



3rd Life Matters- Harford County Suicide Prevention Conference

Workshop Selections

Morning Workshops

A) Ethical Management of Chronic Suicidality

Victor Welzant, Psy.D.

Suicidal thoughts and behavior are intense expressions of pain and suffering. Suicidal ideation may be an ever-present part of our clients' daily lives. Working with "chronically suicidal" clients involves responding to acute moments of risk, as well as, understanding and addressing the factors that maintain suicidality as a constant companion for some clients. In this presentation, Dr. Welzant will facilitate a discussion about working with chronically suicidal clients. The workshop will discuss the challenges of working with chronically suicidal clients, and ways of tolerating the anxiety it may evoke for clinicians.

(Suggested for clinicians)

B) Language and Stigma in Mental Health

W. Henry Gregory, Jr. PhD.

This workshop will examine mental health stigma, its manifestations, dynamics, and solutions. Overcoming the stigma of mental illness can be a major part of recovery for individuals. People living with mental health needs consistently identify stigma, discrimination, and social exclusion as major barriers to their health, well-being, and quality of life, as well as, their willingness to engage in mental health treatment. This workshop will explore the use of person first language as a tool for open and effective engagement.

(Suggested for professionals)

C) “Don’t say DON’T”: Effective Motivation and Communication for Youth Athletes

Arman Taghizadeh, M.D

As parents and coaches are aware, mental health and wellness are critical issues that young athletes struggle with today. Youth may also frequently lack the knowledge or resources to manage daily stressor, or the ability to ask for help when things become overwhelming. This workshop will discuss understanding trends and risks in competitive athletics, recognizing mental health vulnerabilities, challenges with single sport specialization, promoting confidence while minimizing burnout and managing of parent-child-coach conflicts.

(Suggested for community members)

Afternoon Workshops

D) Introduction to Attachment-Based Family Therapy

Suzanne Levy, PhD.

Attachment-Based Family Therapy (ABFT) is a manualized, empirically supported family therapy for adolescents and young adults designed to target family and individual processes associated with depression and suicide (specifically post suicide attempts). Tested with diverse families, ABFT is a trust-based, emotion focused, process oriented, brief therapy. The model is organized by five treatment tasks that provide directionality. Dr. Levy will provide an overview of the theoretical principles and clinical strategies of ABFT using lecture, participant exercises, and therapy video.

(Suggested for clinicians)

F) Impact and Effect of Critical Incidents

Officer 1st Class George T. Mussini

This workshop will be a case study of an off-duty, officer involved shooting that has become the catalyst to a new approach on mental health and wellness for the first responder community and beyond.

(Suggested for professionals)

G) Internet Safety: Social media, cyber-bullying and the impact on mental wellness in youth

Joe Dugan, Internet Safety Specialist, Maryland State Police

This workshop will be an open discussion about dangers children face on the internet such as loss of privacy, exposure to graphic images and pornography, the dangers of sharing nude images, and child pornography laws. This workshop will also discuss the impact on mental health and various ways to keep children safe.

(Suggested for community members)