

Presentation submissions must include:

1. Presentation Title: Title as printed in program will be limited to 50 characters, including spaces

ASLE: From Marginalized to Hope and Resilience

2. If a panel presentation: Panel Organizer (First Name, Middle Initial, Last Name, Degree, Affiliation)

Annemarie Matulis, Founder & Executive Director, AVoiceattheTable.org, a national movement for family/friends impacted by a loved one's suicidal crisis

3. Session or Panel Presenters (First Name, Middle Initial, Last Name, Degree, Affiliation)

Annemarie Matulis, Founder & Executive Director, AVoiceattheTable.org, a national movement for family/friends impacted by a loved one's suicidal crisis; documentary producer, public speaker; author; Executive Committee Massachusetts Coalition for Suicide Prevention; AAS member; suicide prevention, intervention, postvention trainer; prevention and postvention curricula developer; Director, Bristol County MA Regional Suicide Prevention Coalition.

Tracey Pacheco Medeiros, AVoiceattheTable.org, a national movement for family/friends impacted by a loved one's suicidal crisis; AAS member; 2017 Paul Quinnett Attempt Survivor Essay contest, 3<sup>rd</sup> place; certified peer specialist; project manager, Re-Energize & Re-Connect Wellness Check for attempt & loss survivors; suicide prevention/intervention trainer; Bristol County Regional Coalition for Suicide Prevention; Massachusetts Coalition for Suicide Prevention; public speaker; author.

4. I am...(check as many as apply)

✓ a. Bereaved by suicide

b. A suicide attempt survivor

c. Someone who lives with suicidal intensity (thoughts and feelings)

✓ d. Someone who supports (non-professional – peer, friend or family) someone who has been affected by suicide loss or suicidal behavior

e. A mental health professional

f. A researcher

✓ g. A suicide prevention advocate

✓ h. Other: Self-care curriculum developer for attempt, loss & family/friends

8. Educational Objectives: List 2-3 objectives using the format: “At the conclusion of this presentation, the participant should be able to: (define, discuss, distinguish, formulate, evaluate, identify, list, summarize, demonstrate, etc.)”

1. At the conclusion of this presentation, the participant should be able to summarize several points related to the value of family members being open and transparent in sharing their own lived experience with other family members who exhibit signs of trauma or suicidal crisis.

2. At the conclusion of this presentation, the participant should be able to identify the benefits to tearing down the restrictive silos within Suicidology and bring everyone to the table to strengthen recovery, healing and wellness.

3. At the conclusion of this presentation, the participant should be able to list several self-care wellness options available to the family/friends with loved ones who have had or are currently in a suicidal crisis of any kind.

9. Abstract (up to 300 words) that clearly describes the session. Submissions must include:

a. How your presentation/panel will address the conference theme.

b. How your presentation fits within one of the tracks. Presenters must choose one track. Panel organizers must be able to identify the intended track in the program.

c. Your results, outcomes, or findings of your/panelists’ work.

d. How your/panelists work relates to what is already known on the topic.

e. How you will engage your audience.

f. How you will meet the educational objectives stated above (#4).

On the outside looking in is a very uncomfortable place to be under any circumstance but it can be devastating when trying to find your way through the emotional maze and confusion that can develop around anything connected to suicidal crisis of a loved one: a loss, an attempt, self-injury, chronic suicidal thinking. The ensuing fear can be paralyzing. Only recently have attempt survivors been welcomed to and included at the life-ology tables to help guide people in crisis to choose life and prevent more suicides. There is an even larger gap in self-care support resources for the family/friends of those in suicidal crisis who continue to be marginalized.

Panelists will share how the need to have their own peer to peer, lived experience self-care support motivated them to develop innovative projects for attempt, loss and impacted family members. As an attempt survivor, one panelist will outline the life-saving benefits of sitting with and listening to loss survivors and vice versa. This unique experience allows each to bring compassion, understanding and non-judgement to the conversation. The other panelist will demonstrate how being a survivor of brutal domestic violence opened the door of understanding that the paralyzing fear experienced in that situation can return with a suicidal crisis. Aware that

they themselves have healed and recovered from the former nightmare, they have the capacity to recover their emotional and spiritual balance again to be able to support their loved one through a suicidal crisis and beyond, renew their own awareness for self-care and share that with others. Five years into the process, there are several variations of workshops and films. Take-away packets contain documentation about the projects and films, including samples from the workbooks. Evaluation summaries reflect the benefits to healing and recovery when the restrictive silos are shattered.

Submissions must be submitted in a PDF format, typewritten, using 12-point font, without bold, italics, underline, bullets, or additional characters.

\*Note: Session organizers will be responsible for inviting the panel participants and making sure they register and pay the appropriate conference fee.