



Promoting Diversity and Inclusion in Suicide Prevention

Shelby Rowe, MBA: Suicide Prevention Project Director, Oklahoma Department of Mental Health & Substance Abuse Services

Date: Thursday May 17, 2018

Location: Regis University – Lowell Campus

Time: 10:00-11:15am

Title:

Reconnecting with your Unconquerable Spirit

Abstract:

Suicide can affect anyone, even a suicide prevention professional. In this session, Ms. Rowe intertwines evidence-based suicide prevention best practices with her own experience as a suicide attempt survivor to discuss risk factors, address some of the barriers to help-seeking behavior, and challenge common stereotypes of who can be at risk for suicide. She walks us through her journey to recovery, shares

Learning Objectives:

- 1) Participants will have a greater understanding of risk & protective factors for suicide.
- 2) Participants will have a greater understanding of post traumatic growth.
- 3) Participant will understand the difference between post traumatic growth and resilience.
- 4) Participants will be able to identify easy to implement steps for nurturing resilience.

Presenter Biography:

Shelby Rowe is the youth suicide prevention program manager for the Oklahoma Department of Mental Health and Substance Abuses Services, and the 2016 Chickasaw Nation Dynamic Woman of the Year. A public health professional, crisis intervention expert and suicide attempt survivor, Ms. Rowe has been a leader in the suicide prevention movement at the local, state and national level since 2007. Before moving back home to Oklahoma in 2017, she worked as the national manager of education and prevention programs for the American Foundation for Suicide Prevention in New York. She is a former member of the board of directors

for the National Association of Crisis Center Directors, and currently serves on the board of directors for United Suicide Survivors International as well as the Consumer/Survivor Committee for the National Suicide Prevention Lifeline Network. Ms. Rowe holds a B.A. in Sociology and Philosophy, and an M.B.A.

Citations: