



# breakout sessions

## Clinical/Peer Support Track - Ascent Center Room 110

**THURSDAY, MAY 18**

### **Suicide Prevention in a Digital Social Environment**

**11:00 am - 12:00 pm**

**Speaker:** Skylar Finewax, Online Emotional Support Supervisor, RMCP

*The breakout session aims to educate about the text-based suicide prevention strategy employed by RMCP, which answers for Colorado Crisis Line and 988, and how to do the same. The presentation highlights the advantages of the service, such as the ability for a single specialist to respond to several texts at once, using written language to convey an empathic response, and providing a safe space for those afraid of being overheard. The service is available 24/7 and helps prevent suicide overnight when the risk is highest. The presentation also allows attendees to witness how a therapeutic suicide assessment can be done naturally by texting various mock scenarios in real-time, all while reflecting the digital social environment needed.*

### **New Clinician Training in Suicide Prevention**

**1:30 pm - 2:30 pm**

**Panel Organizer:** Beth M Johnson, LPC, RMCP

**Panel Presenters:** Beth M Johnson, Program Manager, MAC, LPC, RMCP | Melissa Schacht, Intern Supervisor, MSW, RMCP | Olivia Michael, PsyD Intern, Denver University, RMCP | Chrystina Ashanti Jimenez, MS

*This presentation will address the impact of training and experience in suicide assessment and intervention on new clinicians' readiness entering the field. The panel will discuss the importance of increasing access of training and direct experience opportunities to new clinicians on the clinical environment for suicide prevention. The panel will present on how the training and experience with Rocky Mountain Crisis Partners (RMCP) impacted confidence, readiness, and professional development from each panelists' perspective.*

**FRIDAY, MAY 19**

### **Collaboration: Support Choice and Community**

**10:30 am - 11:30 am**

**Panel Presenters:** Katrina M Carnes, MA, Crisis Services Program Manager, RMCP | Brandon Wilcox, Director of Peer Services, RMCP | Lacy Monday, Director of Crisis Services, Diversus Health

*In this presentation, the presenters will discuss the RMCP goals, limits, and collaborative strategies of each program and how they address challenges as they arise. They will focus on the options provided to callers from the moment they call in, including interventions that encourage choice and agency, help people stay in their communities, and navigate further external supports. The presentation will cover the benefits and challenges of utilizing multiple formats of intervention and the need for collaboration when supporting people experiencing heightened states of crisis.*

### **Effective Safety Planning: Collaboration is Key**

**1:00 pm - 2:00 pm**

**Speaker:** Dr. Jessa Navidé, PsyD, Clinical Psychologist in NYC

*This presentation aims to address the issue of clinicians perceiving safety plans as a waste of time or ineffective. It emphasizes the importance of a collaborative safety plan and equipping individuals with the tools needed to survive a crisis. Participants will gain increased awareness of personal biases to safety planning and how to respond to clients' resistance to safety planning. The presentation will cover the difference between a safety plan and a collaborative safety plan, with the goal of helping participants complete a collaborative safety plan more successfully and train others in their community to utilize it.*

**Enhancing our Social Environments as a Suicide Prevention Strategy**