

PRE-CONFERENCE WORKSHOP SCHEDULE

Monday 2/23/26

CEUs provided

Monday all day (8:00 am to 5:00 pm)

1 - Why You Do What You Do: Exploring Temperament Theory*

*To make this training personal, it is recommended that each trainee takes an assessment prior to the training day. This assessment is \$15. Email communications@newwayscc.org to register for the assessment and pay the fee.

2 - Evidence-Based Assessment and Treatment of Suicidal Teens and Adults

Monday morning (8:00 am to Noon)

A - Suicide Prevention Through Cultural Connection for the Hispanic Community (in Spanish)

B - Zero Suicide Framework implementation for First Responder Communities

C – 9-8-8 Statewide Meeting (by invitation only – register with Javy P.)

Monday afternoon (1:00 to 5:00 pm)

D - SoulCollage®: Restorative Practice & Resilience in Suicide Work

E - Responder Readiness

F - Safety Planning: A LINC to Life Intervention (separate Eventbrite required; see workshop description)

1 - Why You Do What You Do: Exploring Temperament Theory

Why do people make bad decisions? Why do people do things that hurt others? Why do people take their own lives? Temperament is the key to unlocking life's "whys". In this Pre-Conference Workshop, explore Temperament Theory under certified Temperament Therapists with New Ways Counseling Center, a Certified Academic Institute with the NCCA. This workshop will explore Temperament Theory, Temperament Therapy, and how temperament relates to suicide risk and prevention. Join the New Ways team and discover why you do what you do and why others do what they do. Temperament is the deepest part of an individual. It is the foundation for how each of us react to situations, build relationships, and why we do what we do. Temperament Therapy uses the basis of temperament needs to understand behavior as it connects to met and unmet needs. Suicide risk intertwines with temperament and unmet needs. In this workshop, learn about Temperament Theory and Therapy from a Certified Temperament Instructor, work alongside Temperament Therapists to explore therapy techniques that are based on the individual temperament needs of client, and explore how each temperament is related to suicide risk and how to use an understanding of temperament to prevent suicide. To make this training personal, it is recommended that each trainee takes an assessment prior to the training day. This assessment is \$15. Email communications@newwayscc.org to register for the assessment and pay the fee.

2 - Evidence-Based Assessment and Treatment of Suicidal Teens and Adults

Sadly, suicide is the 10th leading cause of death in the U.S. and from 2000-2022 the number of suicides among people ages 10-24 increased 52%. The rate is up for other

populations as well. Families, Clinicians, School staff and others in all kinds of settings face this issue. Despite the growing field of Suicidology and the development of evidence-based interventions, most clinicians and others who come across suicide are under-prepared and under-trained in how to manage it. Come learn about specific policies, strategies and resources that you can advocate for and implement right away. This interactive workshop is primarily designed for clinicians, but it is also appropriate for family members, consumers, school staff, legislators or anyone who cares about reducing the rates of loss by suicide. We will review some of the most effective clinical assessment tools and treatments like the Collaborative Management of Suicide (CAMS) and Dialectical Behavior Therapy (DBT) which have empirical research showing the effectiveness of treating suicide. We will also address the use of hospitalization, and provide resources for further information.

A - Suicide Prevention Through Cultural Connection for the Hispanic Community (in Spanish)

Let's Talk From the Heart: Suicide Prevention Through Cultural Connection is an evidence based interactive, compassionate Spanish-language workshop that opens a safe space for dialogue about suicide prevention within the Hispanic community. Drawing upon deeply rooted cultural values, in this workshop we explore how these can become protective factors for mental health and well-being. Participants will learn to distinguish myths from realities, recognize warning signs, and understand identification, intervention, and referral processes in situations involving suicidal behavior. They will also gain tools to respond effectively and empathetically while reducing stigma through culturally grounded communication. Through storytelling, reflection, and guided discussion, attendees will leave with tools to engage in sensitive conversations with understanding and hope. The workshop honors the richness of Hispanic culture while encouraging participants to be agents of support and prevention in their families and communities. By the end of this session, participants will be able to:

- Recognize culturally specific warning signs of suicide risk within the Hispanic community
- Use culturally sensitive language to talk about emotional pain and mental health
- Identify family-centered strategies for prevention and community-based connections for support
- Reflect on their own comfort and confidence in discussing mental health openly
- Gain essential knowledge and tools to take action when needed and be part of the solution.

B - Zero Suicide Framework implementation for First Responder Communities

This presentation explores the implementation of the Zero Suicide Framework within first responder communities, focusing on how its core principles can be adapted to meet the cultural, structural, and operational realities of public safety agencies. While Zero Suicide has been adopted in healthcare systems, its application in first responder settings remains limited- despite the elevated risk for suicide, repeated trauma exposure, and unique organizational barriers to care faced by these populations. Drawing on lessons learned from Florida's statewide initiatives, this session will highlight how system-level leadership, policy alignment, and cross-sector partnerships can drive meaningful change. Participants will gain insight into practical strategies for integrating evidence-based screening, peer support, and coordinated referral pathways into department wellness systems. The presentation will also address critical challenges to

implementation, including stigma, confidentiality concerns, and variability in behavioral health infrastructure across agencies. By grounding discussion in the Zero Suicide Framework's seven pillars—lead, train, identify, engage, treat, transition, and improve—the session will demonstrate how first responder agencies can translate theory into practice to build sustainable, life-saving systems of care. Attendees will leave with actionable steps to strengthen leadership engagement, enhance workforce readiness, and embed suicide prevention as a shared organizational responsibility.

C – 9-8-8 Statewide Meeting (by invitation only)

This is a special FREE pre-conference workshop being hosted by FSPC that **REQUIRES SEPARATE CONFIRMATION** (with Javy P.).

D - SoulCollage®: Restorative Practice & Resilience in Suicide Work

This workshop is for clinicians, volunteers, peer supporters, first responders, and survivors who support others in suicide prevention, intervention, or postvention. Anyone in these roles faces emotional challenges that can lead to compassion fatigue, burnout, and spiritual exhaustion over time. SoulCollage® is a practical, creative process that helps participants restore balance, focus, and resilience. Using found images, participants make small collage cards representing different parts of themselves, inner strengths, and resources. Through guided reflection and group discussion, participants explore what helps them stay grounded and effective in their work. No artistic skill is needed—just openness and willingness to try the process. SoulCollage® is evidence-informed, based in art therapy and transpersonal psychology, and supports mindfulness, self-reflection, and meaning-making. Participants will:

- Learn how SoulCollage® can be used as a restorative practice.
- Explore imagery reflecting the emotional and spiritual aspects of suicide work.
- Identify inner strengths and resources that support resilience and compassion.
- Use reflective dialogue with SoulCollage® cards to increase self-awareness.
- Discover practical tools for ongoing self-care and burnout prevention.

Facilitated by a clinician and survivor of suicide loss, this session combines professional experience with lived experience. Materials are provided, and participants leave with personal creation and strategies to support their ongoing work.

E - Responder Readiness

SCOPE: This lesson is intended to provide learners with their first exposure to key elements of law enforcement suicide statistics, operational stress, resilience, help seeking behaviors, and the #IWillListen/#IWillTalk campaign. **BACKGROUND:** Suicide is a First Responder safety issue, but it is the tip of the iceberg when it comes to the impact of operational stress and trauma. For First Responders, suicide outnumbers other line of duty deaths year after year. Far more often than suicide however, they experience disciplinary issues, marital problems, health concerns, and a whole list of other challenges because of operational stress and trauma. Through this program we will discuss what stress is and the effects it has on First Responder job and life performance. The course will present tools to manage stress and improve job performance. In addition to improved job performance, the First Responder will have tools to live a more resilient life. First Responders will also participate in a persistence exercise where they will learn an effective communication model.

F – Safety Planning: A LINC to Life Intervention

This is a special FREE pre-conference workshop that REQUIRES SEPARATE REGISTRATION. The Eventbrite link

is: <https://www.eventbrite.com/e/safety-planning-a-linc-to-life-suicide-prevention-training-fspc-conf-tickets-1965150850093>

Participants will: Review statistics and research that illuminates suicide as a public health concern that requires our attention in various settings Review best-practice tools in screening and assessing risk that lead to the decision to engage in safety planning Review factors that may lead someone to consider suicide as an option and build confidence that positive, collaborative action can prevent suicide attempts and death. Understand why the My Wellness Toolbox & Crisis Action Plan, and other safety planning tools, are an essential suicide intervention and strongly recommended over no-harm safety contracts Describe the essential components of the My Wellness Toolbox & Crisis Action Plan, including triggers, coping strategies, personal and professional supports, lethal means safety, reasons for living, and signatures/documentation, and how to collaborate with the client to elicit feasible, concrete resources they are likely to implement in a crisis Explain to individuals at risk how to use the safety planning tool to keep themselves safe Discuss how to integrate a My Wellness Toolbox & Crisis Action Plan into a Zero Suicide Care Pathway, and continue to follow-up to ensure ongoing usefulness of the tool Demonstrate increased knowledge, skills, self-efficacy and intent to act to intervene with persons at risk of suicide using the safety planning intervention.