

# Pre-Conference Workshops

## Schedule & Descriptions

### Monday All Day (8am to 5pm)

1. Why You Do What You Do: Exploring Temperament Theory 2.  
Evidence-Based Assessment and Treatment of Suicidal Teens and Adults

### Monday Morning (8am to 12pm)

- A. Responder Readiness
- B. ~~WITHDRAWN-Zero Suicide Framework Implementation for First Responder Communities~~
- C. 9-8-8 Statewide Meeting (invitation only)

### Monday Afternoon (1pm to 5pm)

- D. SoulCollage®: Restorative Practice & Resilience in Suicide Work
- E. Suicide Prevention Through Cultural Connection for the Hispanic Community/Prevención del suicidio a través de la conexión cultural para la comunidad hispana (Bilingual Section)
- F. Safety Planning: A LINC to Life Intervention

## **ALL-DAY WORKSHOPS (8:00 AM – 5:00 PM)**

**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](mailto: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.

## MORNING WORKSHOPS (8:00 AM – 12:00 PM)

### A. 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.

### ~~B. WITHDRAWN 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...~~

### C. 9-8-8 Statewide Meeting (invitation only)

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

## AFTERNOON WORKSHOPS (1:00 PM – 5:00 PM)

**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. Suicide Prevention Through Cultural Connection for the Hispanic Community/Prevención del suicidio a través de la conexión cultural para la comunidad hispana (Bilingual Section)**

English:

Let's Talk From the Heart: Suicide Prevention Through Cultural Connection is an evidence-based interactive, compassionate workshop that opens a safe space for dialogue

about suicide prevention within the Hispanic community. Drawing upon deeply rooted cultural values, this workshop explores 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.

Spanish: Hablemos desde el corazón: Prevención del suicidio a través de la conexión cultural es un taller interactivo, compasivo y basado en evidencia que abre un espacio seguro para el diálogo sobre la prevención del suicidio dentro de la comunidad hispana. Basándose en valores culturales profundamente arraigados, este taller explora cómo estos pueden convertirse en factores protectores para la salud mental y el bienestar. Las personas participantes aprenderán a distinguir mitos de realidades, reconocer señales de advertencia y comprender los procesos de identificación, intervención y derivación en situaciones que involucran conductas suicidas. También adquirirán herramientas para responder de manera efectiva y empática, reduciendo el estigma mediante una comunicación culturalmente fundamentada. A través de la narración de historias, la reflexión y el diálogo guiado, las personas participantes se llevarán herramientas para entablar conversaciones sensibles con comprensión y esperanza.

## **F. Safety Planning: A LINC to Life Intervention**

This is a special FREE pre-conference workshop but still requires registration. Participants will review statistics and research that illuminate suicide as a public health concern, review best-practice tools in screening and assessing risk, understand factors that may lead someone to consider suicide, and build confidence that positive, collaborative action can prevent suicide attempts and death. Participants will learn the essential components of the My Wellness Toolbox & Crisis Action Plan, including triggers, coping strategies, supports, lethal means safety, reasons for living, and documentation. They will also learn how to collaborate with clients to elicit feasible, concrete resources they are likely to implement in a crisis, how to explain the tool to individuals at risk, and how to integrate it into a Zero Suicide Care Pathway. Participants will demonstrate increased knowledge, skills, and intent to act to intervene with persons at risk of suicide using the safety planning intervention.