



**Southeastern
Regional
Education
Service Center, Inc.**

165 S. River Road, Ste. F
Bedford, NH 03110
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www.seresc.net

PAUL HEBERT
Executive Director

Our mission is to engage, support and inspire learning.

Professional Development Opportunity

SUICIDE AWARENESS AND PREVENTION: *Beyond the Basics*

Target Audience

This presentation is designed for district teams consisting of teachers, school counselors and psychologists, administrators at all levels, paraprofessionals, tutors, case managers, and staff supporting the school infrastructure.

Workshop Description

This 2-hour interactive online presentation begins with an explanation of the extent of the problem, based on the 2019 Youth Risk Behavior Survey; information about the adverse experiences that may predict suicidal thoughts and actions; and specific warning signs that can alert educators to a student contemplating suicide.

We will then examine appropriate staff responses to warning signs, explore the fears that could stop us from taking action, and how to overcome those fears. This includes a brief dive into current trauma theory, including increasing our understanding of the cumulative impact of adverse childhood experiences. We will learn how to help students move beyond understanding the causes of their feelings into acceptance and positive action. Finally, we will work together to determine what the school is doing and can do moving forward to help each student build their sense of self and greater resilience to the ongoing challenges of life.

This training fulfills the requirements of NH state law requiring the annual training of school faculty and staff, including contracted personnel and volunteers, in youth suicide risk factors, warning signs, protective factors, response procedures, referrals, best post-intervention practices, and resources available within the school and community.

Learning Objectives

Participants in this session will be able to:

1. Identify five risk factors predicting suicidal thoughts and/or gestures;
2. Recognize five warning signs indicating increased probability of suicidal thoughts and/or actions;
3. Identify their responsibility when one of the above warning signs becomes evident; and,
4. List new actions they can personally take to increase sense-of-self and resilience in the students they encounter.

Additionally, administrators and school counselors will:

1. Leave with a plan of how to educate students about healthy choices, coping strategies, risk factors and warning signs of mental disorders and suicide in self and others. The plan will include information that empowers students to adopt help-seeking strategies when they or those they know feel suicidal.

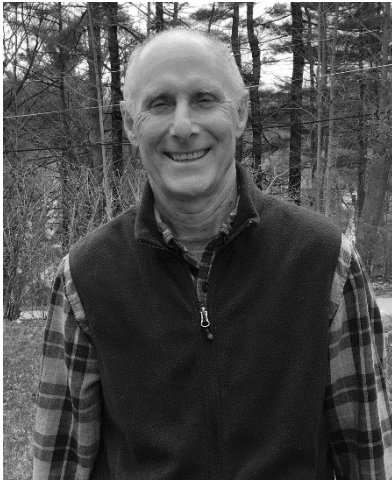


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Presenter

Ken Susskind, MSW, LICSW

Ken Susskind has been a counselor and school-based clinical social worker for over 34 years, working directly with individual students and groups in schools. He has helped conceive and implement model programs for high school age students at risk in Northern California and New Hampshire, and, for 23 years, he worked as a clinical social worker for two district-based alternative programs for students with emotional and behavioral conditions. In addition to working successfully with students, Ken has advised teachers, counselors and administrators on best practices.

Ken's commitment to students struggling with mental health issues, and those who work with them, continues today both through his private practice and through his work as a behavioral consultant and presenter for SERESC.

Registration & Cost

This workshop is designed for district teams. A focus on collaboration and actionable outcomes means that districts are encouraged to provide this workshop for all staff.

The school district cost for this 2-hour interactive presentation is \$1,000.00. Please contact Liz Keliher, SERESC Program Director, at lkeliher@seresc.net, for an individualized plan and more information.

Location and Design

This workshop is designed to be provided virtually; however, in-person trainings will be considered. Please contact Liz Keliher, SERESC Program Director, for more information.

Workshop materials will be emailed in advance of the presentation to all participants.

SERESC is a leading provider of educational consulting services in NH, including a broad array of individualized student level services as well as system-level consultation and training. Please visit our website to learn more: www.seresc.net.