

REGISTRATION BROCHURE

AAS/AFSP/TAPS 30th Annual Healing After Suicide Loss Conference

Strength, Hope and Connection: 30 Years of the Healing Journey

**Hyatt Regency Capitol Hill - Washington, DC
SATURDAY, APRIL 21, 2018**

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Co-Sponsored by



**American
Foundation
for Suicide
Prevention**



Morning Plenary



Finding Hope Again

Kay Warren, Co-Founder, Saddleback Church, and Loss Survivor/Advocate for Mental Health Awareness and Outreach

When Kay Warren's son Matthew Warren ended his life on April 5, 2013, it was the hardest day of her life. Warren and her husband, Rick Warren, pastor of Saddleback Church, decided to channel their grief to help others struggling with mental illness. Warren has been at the fore-front of the fight to eliminate the stigma of mental illness. Through her leadership, Saddleback Church this year hosted a conference to provide steps for clergy and mental health professionals to build a network of support for people living with, or who are affected by, mental illness. She also has worked with donors, agencies and hospital systems to rally around pediatric and adolescent mental health.

Healing After Suicide Loss Conference

SATURDAY, APRIL 21st

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Strength, Hope and Connection: 30 Years of the Healing Journey

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AMERICAN ASSOCIATION OF SUICIDOLOGY



**American
Foundation
for Suicide
Prevention**



7:30 am - 8:00 am	Healing Conference Registration/Meet & Greet
8:00 am - 8:15 am	Opening Remarks & Welcome to Survivors Presentation, 2018 AAS Survivor of the Year Award - Vanessa McGann, PhD
8:15 am - 9:00 am	Plenary Speaker - Kay Warren
9:00 am - 9:15 am	Break
9:15 am - 9:45 am	Q & A with Kay Warren, Frank Campbell, PhD, & Jack Jordan, PhD
9:45 am - 10:30 am	TBD
10:30 am - 10:45 am	Break
10:45 am - 12:00 pm	Sharing Sessions Loss of a Spouse Loss of a Very Important Loved One Loss of a Child Loss of a Sibling Clinician Survivors
12:00 pm - 1:00 pm	Luncheon with Speaker - Iris Bolton, MA
1:00 pm - 2:00 pm	Concurrent Workshops

After-Death Communication

Jack Jordan, PhD and Janet Schnell, MSW, LSW

For many years, bereaved people were told that they must end their attachment when a loved one died. When the bereaved felt a loved one's presence, saw a sign that reflected something about the person, or simply continued their psychological relationship with their loved one, they often believed they couldn't share their experience because they might be told it was impossible that it was happening, or that they had pathological and unresolved grief. However, this is changing, and there is now widespread interest in the ways that mourners continue their ties with their dead, and the role this may play in helping or hindering the healing process. For the suicide bereaved, who struggle not only with the loss but with the additional component of suicide as the mode of death, the continuing connection with the deceased is often more problematic. Suicide loss survivors may search for answers following the death of their loved one as to why they took their life. They often look for signs and clues that their loved one is okay. And unanswered questions may hinder the healing process for some survivors. In this presentation, we will illustrate various types of continuing bonds and after death communications, and explore how survivors may make meaning of these various forms of communication with a loved one. There also will be opportunities for participants to share own stories of communication with their loved one after a suicide loss.

Encouraging Post-Traumatic Growth of Suicide Loss Survivors

Don Belau, PhD

This session will be able to provide the newly and extended bereaved an overview of self-appraisal methods to 'check-on' their personal post-traumatic growth journey. Of special interest will be sibling loss survivors of all ages, developmental differences that impact post-traumatic growth, and the use and 'guided practice' of words that promote healing for all ages.

Healing After Suicide Loss Conference

10 Things We Know to Be True About Surviving Suicide Loss

Kim Ruocco, MSW and Kim Burditt

This session will explore ten things that helped survivors cope with losing a loved one to suicide. Gathered from thousands of loss survivors who are supported by TAPS, these core understandings help ease the pain and promote a healthier grief journey.

From Pain to Purpose

Amelia Lehto, Pamela Fine, Lisa Klein, and Dylan Koss

Whether we have lost someone to suicide or struggled ourselves, those with lived experience have the power to pass on our stories, our wisdom, our passion. These aspects of lived experience of suicide will be highlighted in a round table discussion. The power people with lived experience hold is to shift the focus from pain to passionate support of others. Each panelist will share their story of suicide and what informed them to address personal tragedy into informed action. For many of us, it was not an overnight epiphany - we've all lived through the fear, shame, and the many obstacles that would have made it easier to stay silent. But we didn't - and we will keep talking.

2:00 pm - 2:15 pm

Break

2:15 pm - 3:15 pm

Concurrent Workshops

The Doctor is In

Doreen Marshall, PhD and Michael Myers, MD

- Is suicide genetic?
- Can antidepressants cause suicide?
- Why do some depressed people kill themselves, while others don't?
- Do you have to talk about it to heal?
- Is this just normal grief, or do I need professional help myself?

Join our expert panel for a unique, open-ended opportunity to ask absolutely any question you may have about suicide, its causes, and its aftermath. This is an appropriate option for those who have not personally experienced a loss to suicide.

From L.O.S.S. to Life: Helping LOSS Participants to Mend Their Lives

Lezlie D. Culver, MSW and Jill McMahon, LPC

The word "mend" is used to represent repair and healing, the putting of something back together. We mend fences. We replace the spine of a book when it has broken. We dress wounds with antiseptic and bandages to expedite healing. Those bereaved by suicide are given the enormous, and daunting task of attempting to mend their hearts. Some may even need to mend their lives.

Mending is hopeful. It represents life after loss. However, how do accomplish something so enormous and elusive? Key to the concept of mending is forgiveness. How can Survivors "mend with forgiveness?" How can helping professionals guide the newly bereaved to events that will facilitate this important coping skill?

Through L.O.S.S., Survivors connect when they are mostly broken. Once the initial L.O.S.S. visit is concluded, then what? One way to continue guidance and support is through teaching mending through forgiveness. Through finding forgiveness of themselves, of those connected to their loved one's death, and of their loved one him/herself, a Survivor can better mend what is broken and begin to repair both psychologically and emotionally.

The primary concept of this workshop is to educate its participants on the healing associated with forgiveness. Participants will be encouraged to explore this concept either themselves or with their clients. The presenters will explain the necessity and benefits of conscious mending through forgiveness. When a community has been impacted by suicide, and the L.O.S.S. team has made a connection, then what? The presenters will answer that question and many others related to the help and healing of those newly bereaved.

Healing After Suicide Loss Conference

Meaning-Making Among Long-Term Loss Survivors

Rebecca L. Sanford, PhD and Quintin Hunt

This workshop is intended for loss survivors who are more than 2-years post-loss and find themselves questioning ‘now what?’ The suicide bereavement journey tends to be rather consuming in the initial weeks and months following the loss – those mourning their loved one may find themselves preoccupied with the death and the circumstances surrounding it as well as the effort to understand how to move forward without their loved one physically present. Over time, the focus of the bereavement experience shifts and many loss survivors question how to integrate the loss into their life moving forward. The workshop will be facilitated by two long-term loss survivors who are also clinicians and researchers. Through the sharing of experiences and experiential activities, participants will be encouraged to reflect on their loss experience, the range of meanings encountered throughout the journey, and the ways in which the experience and meanings made may be used constructively in the future.

Self-Care for the Grieving Soul After Suicide Loss

Susan Auerbach, PhD

This workshop, especially useful for newer loss survivors, aims to create a calming, contemplative atmosphere in which to honor our grief and engage in self-care while providing participants with inspiration and tools for healing. Skills covered: how to use mind-body practices and a “promise letter” for intentional mourning and healing after suicide loss. Knowledge covered: participants will learn about these practices and the concepts of intentional mourning, dosing one’s grief, and post-traumatic growth, while gaining insight into the suicide grief journey through exercises, reflection, and discussion.

3:15 pm - 3:30 pm

Break

3:30 pm - 4:30 pm

Healing Ceremony

4:30 pm - 5:00 pm

Refreshments

Care Team

A team of caring, supportive persons will be available during the Healing After Suicide Loss Conference to provide assistance to anyone in need. CARE Team members will be easily identified with flowers on their lapels.

Respite Room

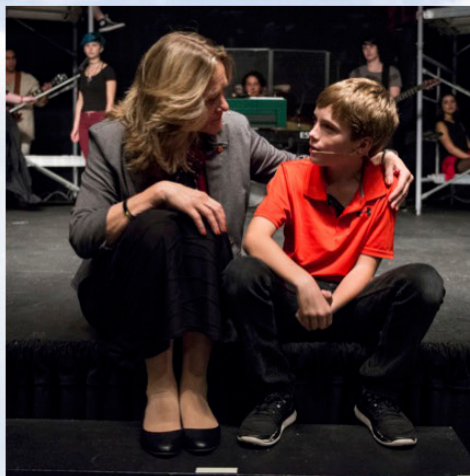
A room will be designated for survivors who need a break from the conference activities. Look for the room assignment in the program book you will receive on site.

Healing Ceremony

A Will to Survive - Saturday, April 21st - 3:30pm



(A new interactive presentation about suicide prevention)



A Will to Survive was a rock opera, which performed in front of over twenty-thousand students over the last two years and most recently premiered at the Terrace Theater at the Kennedy Center. Inspired by the life of William Robinson, who took his life at age 17, the show stars his real mother, Ann Charlotte Robinson. The show takes an intimate look into the pressure, confusion and ever-evolving society that teens deal with today.



This new presentation offers the viewing of a 25-minute documentary about William, his family and the theatrical tour of A Will to Survive. Followed a live performance of 3 songs from A Will to Survive, and ending with a presentation by Will's mom leading into an open forum for students and other audience members to ask questions and share their thoughts.

For more information, contact A Place To Be

Kim Tapper: kim@aplacetobeva.org

Healing Conference Scholarships

Survivor Scholarships for Healing After Suicide Loss Conference

Conference costs should not prohibit anyone from attending the Healing After Suicide Loss Conference. Therefore, if we have adequate funding, scholarships will be provided to individuals requesting assistance. Scholarships are for survivors of suicide and will cover registration fees only. If you are in need of scholarship assistance, please complete the following Scholarship Request Form, copy, and FAX TO AAS PRIOR TO REGISTERING for the conference. Scholarship Request Forms must be received **no later than March 15th, 2018** for consideration.

SCHOLARSHIP REQUEST FORM

All information will be held in confidence. Scholarships will be awarded on a first-come, first-served basis.

NAME _____ DAYTIME PHONE NUMBER _____

ADDRESS _____

EMAIL _____ FAX NUMBER _____

Using discount fares and rates, the total cost of my _____ day stay is estimated at \$ _____

I request scholarship help as follows: _____

I need scholarship help because (briefly describe your circumstances):

Have you received a conference scholarship in the past? Circle one: Yes No

Are you receiving support to attend the conference from another source? Circle one: Yes No

NOTE: These scholarships are for loss survivors to attend the Healing After Suicide Loss Conference on Saturday only, and are made possible through temporarily restricted funds. Survivors wishing to attend the entire AAS Annual Conference may apply for a scholarship to offset their total registration fee, providing they will attend the Healing After Suicide Loss Conference.

Memory Quilts

The Healing After Suicide Loss Conference organizers are planning a virtual quilt display to honor those who have died by suicide. For more information, please contact Janet Schnell, AAS Loss Survivor Division Director, at 1suicidesurvivor@gmail.com

For Your Information

THE HYATT REGENCY CAPITOL HILL

400 New Jersey Avenue, NW
Washington, D.C., USA, 20001
Tel: 202-737-1234
www.washingtondc.hyatt.com

America's capital city, Washington, D.C., beckons travelers near and far to discover the past, but there's so much more: the Michelin-starred dining scene, the quaint neighborhoods, the cherry blossoms in bloom on the Yoshino and Akebono trees each spring. Begin at the United States Capitol, steps from Hyatt Regency Washington on Capitol Hill, then introduce yourself to the Washington, D.C., that exists beyond its history.

RONALD REAGAN NATIONAL AIRPORT-DCA

Only 4 miles from the Hyatt Regency, the airport is conveniently located and is served by most major airlines.

DC METRO LINE FROM AIRPORT

- Proceed to Ground Transportation.
- Board the Yellow Line towards Fort Totten.
- De-Board at the Archives-Navy Memorial-Penn Quarter
- 14 minute walk to Hotel.

OR

- Proceed to Ground Transportation.
- Board the Blue Line Train towards Largo Town Center
- Transfer at Metro Center and board a Red-Line Train towards Glenmont.
- De-Board at Judiciary Square Metro Station
- 7 minute walk to hotel.

DC METRO INFORMATION:

The Hotel is located near the Judiciary Square Station, Union Station, and the Archives-Navy Memorial-Penn Quarter metro stations.

You will need a SmartTrip® card to travel on the Metro. You may purchase a SmartTrip® card at a metro station or online here: <https://smartrip.wmata.com/storefront>

For more information on riding the metro and bus lines throughout DC please go here: <https://www.wmata.com/>

DRIVING

Driving time from Reagan National airport to the hotel takes approximately 10 minutes. Please allow more time for traffic.

TAXIS, UBER, AND LYFT

Taxi fare from Reagan National airport to the airport is approximately \$15. Fare with UberX is between \$14-\$18. Fares with Lyft start at \$14.

OTHER AIRPORTS:

Dulles International Airport (IAD) – Driving from Dulles to the hotel takes about 40 minutes (without traffic). You can also use public transportation by taking a bus to get to the Metro Line.

Baltimore Washington International Thurgood Marshall Airport (BWI) – Driving from BWI to the hotel takes about 50 minutes. You can take the MARC train from BWI to Union Station in DC and it's a 6 minute walk to the hotel.

WEATHER

Temperatures steadily rise throughout April in DC. In early April low temperatures are in the low to mid 40s°F and highs are in the low 60s°F. Later in April the lows are in the 50s°F and the high temperatures reach the low to mid 70s°F.

PARKING

Hyatt Regency Washington on Capitol Hill offers valet parking for guests and visitors. Please note the following rates:

0–2 hours: \$33

2–10 hours: \$43

10–24 hours*: \$59 (\$64 for oversized vehicles)

*Overnight rates include in-and-out privileges.

Please note that the parking garage has a clearance of six feet. Van and RV parking is available at nearby Union Station.

CONFERENCE BOOKSTORE

If you are an author with a recently published book and/or would like to hold a book signing during the conference, please contact:

Nicole Greenough, M.A.

ngreenough@suicidology.org

The Conference Bookstore will be open during posted hours only. Look for signage in the Exhibit Hall for details.

Deadline: February 12, 2018

Things to Do & See



Cherry Blossoms

In 1912, Mayor Yukio Ozaki of Tokyo gifted Washington, DC 3,000 cherry trees that were planted along the Tidal Basin and the National Monuments. Peak bloom (when most of the trees have blossomed), is expected to be in early April, but you will still be able to see the blossoms.

Cherry Blossom Festival April 14th, 2018 <http://www.nationalcherryblossomfestival.org/parade/>

Smithsonian Museums

The Smithsonian Institute has 17 free museums throughout Washington, DC including: African American Museum (timed passes required), African Art Museum, Air and Space Museum, American Art Museum, American History Museum, American Indian Museum, Archives of American Art, Arts and Industries Building, Freer Gallery of Art, the Hirshhorn, National History Museum, Portrait Gallery, Postal Museum, the Renwick Gallery, and the Sackler Gallery.

Monuments and Memorials

DC is home to many famous monuments and memorials. On the National Mall you will find the Washington Monument (currently closed), the Lincoln Memorial and Reflecting Pool, Vietnam Veterans Memorial, the Jefferson Memorial, Korean War Veterans Memorial, FDR Memorial, MLK Jr. Memorial, and the World War II Memorial.

The White House

To tour the inside of the White House you must submit a request in advanced through your Congress member or your embassy. All tours are free.

The United States Capitol Building

To tour the Capitol Building it is recommended to book in advance. For more information: <https://www.visitthecapitol.gov/plan-visit/book-tour-capitol>

Arlington National Cemetery

The Arlington National Cemetery is the nation's largest military cemetery and more than 400,000 military service members and their immediate family members are buried there. The cemetery also includes the Tomb of the Unknown Soldier, JFK's gravesite, the U.S. Marine Corps War Memorial, and the U.S. Coast Guard Memorial. Accessible by the Blue line of the DC Metro.

The National Zoo

The Smithsonian National Zoo is located in Northwest DC and has free admission. Highlights include the Asian elephants, Sumatran tigers, orangutans, and the giant pandas including cub Bei Bei. To get there, take the Red Line Metro to the Woodley Park/Adams Morgan station.

Pentagon

To visit the Pentagon, you must request a tour 14 days in advance. You may request a tour here: <https://pentagontours.osd.mil/Tours/tour-selection.jsp>

Newseum

The Newseum is an interactive museum of news and the role of the free press throughout history. The museum includes 15 galleries and 15 theatres with exhibits including the 9/11 Gallery, the Berlin Wall Gallery, and the Pulitzer Prize Photographs Gallery. Adult Admission is \$24.95.

United States Holocaust Memorial Museum

Admission is free but you must have a ticket to enter. You may get passes in person or online.

National Harbor

The National Harbor is home to the Capital Wheel and MGM National Harbor, along with many shops and restaurants. For more information: <https://www.nationalharbor.com/>

Rock Creek Park

An expansive 1,754 acre park located within Washington, DC. There are over 32 miles of hiking trails to explore. For more information: <https://www.nps.gov/rocr/index.htm>

Concerts, Art Exhibits, Sports, and Live Performances

The John F. Kennedy Center for the Performing Arts

Free Performances at 6:00pm every day!

Tracy Morgan – 4/20 8:00pm

Shear Madness – 4/18 5:00pm; 4/19 5:00pm; 4/20 8:00pm, 4/21 6:00pm; 4/21 9:00pm

National Symphony Orchestra (NSO):

A Portrait & a Frame: Works by Stravinsky, Mozart & W.F. Bach – 4/19 7:00pm, 4/20 11:30am, 4/21 8:00pm

Capital One Arena

April 16th 7:30pm P!nk Beautiful Trauma Tour 2018

April 17th 7:30pm P!nk Beautiful Trauma Tour 2018

Ford's Theatre

The Wiz – 4/18 7:30pm, 4/19 7:30pm; 4/20 2:00pm; 7:30pm; 4/21 2:00pm; 4/21 7:30pm

Oriole Park at Camden Yards (in Baltimore; take the MARC train from Union Station to Camden Yards)

Friday 20th 7:05pm (Baltimore Orioles vs. Cleveland Indians)

Saturday 21st 4:05pm (Baltimore Orioles vs. Cleveland Indians)

Sunday 22nd 1:05pm (Baltimore Orioles vs. Cleveland Indians)

Dining and Shopping:

Georgetown – Historic shopping and dining section of DC. Includes an assortment of upscale shopping, scenic paths, dining experiences, nightlife experiences and the famous Georgetown Cupcake.

Chinatown – Located in the heart of DC. Visit Chinatown for an variety of shopping, museums, entertainment, dining, and nightlife.

Fashion Centre at Pentagon City – Accessible by Metro. Features over 170 stores including Apple, Coach, and Microsoft.

Tyson's Corner Center – Accessible by Metro. Features over 300 specialty and department stores including the American Girl store, Apple, Bloomingdales, and the Disney Store.

Tours

Big Bus Tours - <https://www.bigbustours.com/en/washington-dc/washington-dc-bus-tours/>

Old Town Trolley Tours - <https://www.trolleytours.com/washington-dc#home-section>

Segway Tours - <http://www.segsinthecity.com/WashingtonDCSegwayTours.htm>

DC Ducks tour - <https://www.dcducks.com/>

Conference Information

This year's conference activities represent the collaborative efforts across two events: 1) AAS Annual Conference & 2) AAS/AFSP/TAPS Healing After Suicide Loss Conference. Please see pages 47-49 for fees and form. If you pre-register, you may pick up your badge and registration materials at the Pre-Registration Desk. **In order to be pre-registered, you must register online or registration forms must be received by AAS by April 10, 2018.** Otherwise, please plan to register on-site at the On-Site Registration Desk.

Group Rates

Discounted fees for a minimum of three attendees from the same organization, registering concurrently by mail/fax only, are available. Discounts are as follows:

- 3 to 5 attendees - 10% discount
- 6 to 10 attendees - 15% discount
- 11+ attendees - 20% discount

Member Rates

AAS Members are being offered registration fees at a considerable discount over non-member rates. **Non-members** join AAS at the same time as you register for the conference and take advantage of the low AAS Member registration fees! See Page 39 for details.

Payment

- Make checks payable to **American Association of Suicidology (Tax ID 95-2930701).**
- Checks must be drawn from a U.S. Bank
- Payment may be made by personal check, traveler's check, organizational check, purchase order, or credit card (Visa, Master Card, American Express, Discover).
- If your organization is to be billed, an organizational purchase order must accompany the completed registration form.

Cancellations and Refunds

Cancellations and requests for refunds of the registration fees must be made in writing. No phone requests will be honored. Requests must be postmarked by April 3, 2018. No refunds will be made if postmarked after this date. If you are entitled to a refund, you will receive it after the conference, less a \$75 processing fee.

First Time at an AAS Conference?

Join us for a "Meet & Greet" on Thursday, April 19th. This interactive orientation will allow you to talk with the AAS Board of Directors, network with others new to our conference, track down the author or presenter that you want to meet, and discover answers to your conference and AAS questions.

Exhibits/Sponsorships

Opportunities are available to organizations and companies interested in participating as exhibitors or sponsors. Please visit www.suicidology.org and click on the conference link or contact AAS at (202) 237-2280 or ajkulp@suicidology.org. Space is limited. Reserve yours today!

Dates to Remember

March 26	Hyatt Hotel Reservations
March 17	Early Registration Discount Ends at Midnight
April 10	Cutoff for Pre-Registration
March 24	AAS Scholarships
April 3	Cut-off for Registration Cancellation



If you have physical needs requiring special assistance, please contact AAS Central Office at (202) 237-2280 or info@suicidology.org. Please submit your request as soon as possible, but no later than March 31, 2018 so we may have ample time to accommodate your need.

Conference Registration Form

Please Print or Type

Name _____
 Last First M.I. Name as it should appear on badge

Organization _____

Address _____ City, State, & Zip _____

Country _____ Phone _____ Fax _____ Email _____

Please list your highest degree: ☐ BS/BA ☐ MS/MA ☐ RN/NPP ☐ MPH ☐ PhD/PsyD ☐ MD/DO ☐ Other _____

Please indicate your primary area of interest with a "P" and check all others in which you currently participate:
☐ Clinical ☐ Crisis Centers ☐ Prevention ☐ Research ☐ Survivors of Suicide ☐ Attempt Survivor/Lived Experience ☐ Student

☐ I am a Loss Survivor. I lost my (father, daughter, client....) _____ Is this your first time at an AAS Conference? ☐ Yes ☐ No

☐ Please check here if you require special accessibility or accommodations. My requirements are _____

Healing After Suicide Conference Saturday, April 21, 2018 Includes all sessions, breaks, program packet, and Saturday luncheon.	AAS Member	Non Member	*Family Member Accompanying two others		Fee Paid
Early Registration (By March 17th)	\$130	\$140	\$95		\$
Late Registration (After March 17th)	\$145	\$155	\$115		\$
☐ Please check here for a vegetarian lunch				Total Due:	\$

Payment may be remitted by check, purchase order, (Payable to AAS) or credit card (Visa, Master Card, American Express, Discover).

☐ I have enclosed a check for the full amount

☐ I am paying by purchase order # _____

☐ I would like to pay by credit card ☐ DISCOVER ☐ VISA ☐ MASTERCARD ☐ AMERICAN EXPRESS

Number _____ Expiration Date _____

Name as it appears on card _____ Signature _____

IF YOU ARE PAYING BY CREDIT CARD AND CHOOSE TO FAX YOUR REGISTRATION FORM OR REGISTER ONLINE, DO NOT ALSO MAIL IT AS DUPLICATE CHARGES COULD RESULT.