



Raising awareness and hope in the community

#### Welcome

## **Suicide Prevention Summit**

# Thursday, September 19, 2024 8:45 a.m.-4:15 p.m. Student Union, UW-La Crosse

521 East Ave North | La Crosse, WI 54601

Increase your understanding of suicide, its prevalence, and the risk factors for specific populations, and acquire tools for prevention, assessment, and intervention.

#### **Registration is open!**



#### Register by August 19 and save!



Sponsorship & exhibitor opportunities Register by August 19 to be a part of the event!

# **Who Should Attend**

#### **HEALTHCARE**

**Psychologists** 

**Paramedics** 

Nurses

Medical assistants

Social workers and counselors

#### **EDUCATION**

School counselors

Teachers

Youth leaders

Student service personnel

#### COMMUNITY

Law enforcement officials

Clergy and pastoral care

Interested/affected community members

# In partnership:

La Crosse Area Suicide Prevention Initiative **UW-La Crosse Graduate & Extended Learning** 

• Thank you to our planning committee members!

Visit the La Crosse Area Suicide Prevention Initiative's website to learn more about their community activity and involvement.

# Thank you to our sponsors!















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205 Morris Hall 1725 State Street

La Crosse, WI 54601, USA

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# Register



**Register today!** 

# **Summit Fees:**

Attendee: August 19 or before	\$105
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Attendee: August 20 or later \$135

Student (must present ID at check-in)	\$65
Seniors (Age 62+)	\$65
Military (Active & Veterans)	\$65

Registration fees include conference attendance, materials, <u>UW-La</u> <u>Crosse CEUs</u>, refreshments, lunch, and a commemorative item.

Cancellation policy: Substitutions are welcome. A full refund less \$25 processing fee is available up to two weeks prior to event, no refunds thereafter. Cancellations must be submitted in writing to: <a href="mailto:ex@uwlax.edu">ex@uwlax.edu</a>.



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# **Scholarships**



#### Apply for a scholarship!

Scholarships for the 2024 Suicide Prevention Summit have been generously donated by the <u>La Crosse Area Suicide Prevention Initiative</u>.

To <u>apply for a scholarship</u> PDF to the 2024 La Crosse Area Suicide Prevention Summit please download and complete the <u>scholarship</u>

<u>application</u> PDF and provide a 250–400 word response to the questions below by **August 19, 2024.** 

- What is your interest in the topics of mental health and/or suicide?
- What is your current educational/career path and how might it relate to the conference?
- What do you specifically hope to gain from attending the conference (be specific to <u>conference sessions</u>)?

The <u>application</u> PDF and and your responses to the questions should be emailed in an attached document to Jenny Root at <u>JRoot@lacrossecounty.org</u>.

Scholarship PDF priority may be given to survivors, families or those planning to work in the field of mental health or suicide counseling.



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2024 Theme \*\*

2024 Suicide Prevention Summit
Raising Awareness and Hope in the Community
8:45–4:15 p.m., September 19, 2024
Student Union, UW-La Crosse, La Crosse, WI

9 9.45 0 00	Summit Designation Continental Ducalifier to White Early 1.	The Diver
8–8:45 a.m.	Summit Registration, Continental Breakfast & Visit Exhibitors	The Bluffs
8:45–9 a.m.	Welcome	The Bluffs
9–10:15 a.m.	Keynote Session: Implementing Suicide Review: A Pathway to Prevention  —Sara Kohlbeck, Ph.D., Assistant Professor, Medical College of Wisconsin	The Bluffs - 2130
	Fatality review is an evidence-based practice that helps with the prevention of unintentional and intentional deaths. However, suicide review, as a practice, is relatively new and not well understood. A community of practice around suicide review has been convened in Wisconsin, to advance this practice statewide and to share best practices and lessons learned.	
	LEARNING OBJECTIVES:  Describe the background of fatality review, and specifically suicide review.  Discuss how to implement a suicide review team at the community level.  Compile a set of recommendations that have been developed through suicide review practice in Wisconsin.	
	UWL CEUs: .125	
10:15–10:30 a.m.	Break	The Bluffs - 2120
10:30–11:45 a.m.	Morning Concurrent Sessions	
	A B.I.G.G.E.R. Way to Prevent Burnout  —Dominique Pritchett, Psy.D., Owner & Licensed Therapist, Beloved Wellness Center	Rm 3314
	Burnout is the state of mental and physical exhaustion caused by unresolved chronic stress. Left unmanaged, it can become a public safety issue. Explore common root causes to prevent or start recovering from burnout. In this interactive workshop, Dr. Dominique Pritchett uncovers A B.I.G.G.E.R. Way to Prevent Burnout, to increase awareness, assess barriers and advocate.	
	LEARNING OBJECTIVES:  Discuss actionable ways to be a resilient ally.  Apply emotional intelligence to build a support system and prevent suicide.  Summarize common root causes of burnout and recovery steps.	
	UWL CEUs: .125	
	Suicide Survivors are Resilient  —Clem Richardson, M.S., Pastor, Kingdom Empowered Ministries	Rm 3310
	Suicide is the second leading cause of death for youth and young adults in the United States. Factors contributing to thoughts of suicide in this population include mental health and substance use problems, low self-esteem, peer and parental relationship problems, and academic difficulties.	
	LEARNING OBJECTIVES:  Participants will learn to integrate and coordinate suicide prevention activities across multiple sectors and settings.  Participants will learn and Increase knowledge of warning signs for suicide and	
	of how to connect.  Participants will learn to encourage community-based settings to implement effective programs and provide education that promotes wellness and prevent suicide and related behaviors. Engage and explain in suicide survivors group setting.	
	UWL CEUs: .125	
	Acquired Brain Injury and Suicide Risk —Alec Wendelboe, B.S., Minnesota Brain Injury Alliance	Rm 3110
	This presentation will give attendees a better understanding of what changes in the brain after an acquired brain injury, and how these factors can influence the driving forces behind suicidal ideation. This presentation will also provide a broad overview of basic neuronal signaling, and symptoms parallel with suicidal ideation.	
	Participants will be able to describe the criteria of Acquired Brain Injury (ABI), and the traumatic and non-traumatic subcategories under its umbrella. Participants will be able to explain how neuronal circuits are impacted following an injury to the brain, and how these neural impairments can be displayed through neuropsychological conditions.  Participants will be able to describe why depression and suicidal ideation remain such prevalent topics in brain injury recovery, and will be able to utilize supportive strategies to combat these problems.	
	UWL CEUs: .125	D 2120
	Factors Which May Contribute to Suicide in Veterans Including Isolation/Loneliness, Identity, and Belonging	Rm 3130

-Erich Roush, Psy.D., BRAVE (Building Resilience through Action in Veterans and first responders) Program, Medical College of Wisconsin -Tamara Morris, Psy.D., BRAVE (Building Resilience through Action in Veterans and first responders) Program, Medical College of Wisconsin We will provide a conceptual framework to develop an integrated sense of military identity. Overidentification with other Veterans can lead to isolation from family, work, and spirituality, whereas avoidance of one's military identity can limit access to pride in service. Worse, veterans can experience a lack of belonging to both, increasing distress and risk of suicide. **LEARNING OBJECTIVES:** Better define the word "Veteran" and discuss the implications of using varying definitions across time. Relate the pre-existing literature of bi-cultural identity models to the proposed conceptual framework for a model between Veteran and civilian identity; Understand how the sense of one's own military identity can influence the risk for suicide, both positively and negatively. Explore interventions for individuals, treatment facilities, veteran organizations, and government institutions to develop integration between military and civilian identity, thus lowering psychological distress. UWL CEUs: .125 The Bluffs - 2120 Noon–12:45 p.m. Lunch Special Session: Mindful Breathing, Body Awareness, and Subtle Movement to The Bluffs - 2130 12:45–1:15 p.m. **Support Participants' Sense of Well-being** -Rebecca Schwarz, M.Ed., Director, The Nature Place This guided mindfulness practice is designed to be accessible to participants in any physical position; seated, standing, or lying down. Participants will be offered opportunities to tune in to their breathing, their body, and their surroundings and will be encouraged to make small changes as needed to care for themselves in the moment. 1:30–2:45 p.m. **Afternoon Concurrent Sessions** 3310 Finding Your Way Out of the Dark Tunnel through Hope, Self-Compassion and -Tracey Atkinson, M.S., Tracey Atkinson Coaching & Counseling, LLC Tracey will share her story of childhood trauma, which created a dark and destructive world for her, ultimately resulting in two suicide attempts. Through her journey of recovery, she became passionate about working in the mental health field and has done so for over 15 years. She is a Licensed Therapist, advocating and educating on mental health awareness. **LEARNING OBJECTIVES:** Demonstrate how childhood trauma negatively impacts thoughts, behaviors and ways an individual views one-self, leading to a decline in mental health. Explain how destructive thoughts and behaviors can keep an individual living in dark tunnels of mental health, with multiple suicide attempts. Describe the journey of healing, including healthy coping mechanisms, building a healthy support system and learning the power of hope, selfcompassion and self-love. UWL CEUs: .125 **Suicidal Thoughts and Autism: One Family's Journey** Rm 3314 -Timothy Markle, M.S.., Forgiveness Factor. -Hunter Markle, Forgiveness Factor Hunter is an autistic young adult. After high school, he got a job and thought everything was going okay. But autism, anxiety, and depression brought him to a point where he wanted his life to end. He wants to share how he got help & what he does today. His dad, Tim, talks about his point of view and will share thoughts on identifying mental issues in autistic youth. **LEARNING OBJECTIVES:** Apply a lived experience perspective to the scientific knowledge around Discuss considerations for suicidal ideation in people who are neurodiverse and how warning signs might go unnoticed. Compile a list of possible coping mechanisms that help neurodiverse youth and young adults use to stay regulated. UWL CEUs: .125 **Suicide Prevention for Faith Leaders** Rm 3130 -Tara Shilts, M.Div., Chaplain, Tomah Veterans Administration Medical Center The suicide rate of Veterans is two times that of non-Veterans. Suicide prevention requires a public health approach that includes clinical and community based interventions. This training will prepare community faith leaders with the skills to respond to Veterans who are experiencing a mental health crisis. **LEARNING OBJECTIVES:** Describe the signs of suicidality in veterans. Identify interventions to reduce the risk of suicide in veterans. Increase lethal means safety and safety planning. UWL CEUs: .125 A Lifeline: Providing Year Round School Counseling Services Rm 3110

	Agenda - Suicide Prevention Summit   UW-La Crosse	
	-Madeline Vinzant, M.S., Assistant Professor, Winona State University	
	Providing year-round access to school counseling is essential for ensuring the ongoing support and well-being of students. Recognizing that mental health issues can arise during the summer break; it is crucial for school counselors to offer their services throughout the year to provide timely intervention and assistance to students in need.	
	LEARNING OBJECTIVES:	
	<b>Understand the Impact:</b> Participants will gain insight into how year-round counseling services contribute to the early identification of suicide risk factors among students, leading to timely intervention and prevention of suicidal behaviors.	
	<b>Explore Effective Strategies:</b> Participants will learn practical approaches for integrating year-round counseling into school settings, including collaboration with mental health professionals, staff training, and resource allocation for sustainable support systems.	
	Enhance Community Engagement: This objective focuses on empowering participants to actively engage with their communities to reduce the stigma surrounding mental health, promote awareness of available counseling services, and foster a supportive environment where students feel comfortable seeking help when facing mental health challenges.	
	UWL CEUs: .125	
2:45–3 p.m.	Break	The Bluffs - 2120
3–4:15 p.m.	Keynote Session Using Storytelling to Understand Suicide in Wisconsin —Sara Kohlbeck, Ph.D., Assistant Professor, Medical College of Wisconsin  Much of our understanding of suicide comes from vital statistics and epidemiological surveillance. However, there is an opportunity to expand our understanding of suicide through other methods, including storytelling. Qualitative research methods, including interviews and photovoice, can provide much-needed context to the statistics we rely upon to understand this issue.	The Bluffs - 2130
	LEARNING OBJECTIVES:  Describe two storytelling techniques that can be used to understand suicidal thoughts and behaviors.  Discuss findings from two qualitative projects that have been conducted in Wisconsin, which have focused on understanding suicide in youth as well as Wisconsin farmers.  Plan for future storytelling projects focusing on suicide and suicide prevention in Wisconsin.	
	UWL CEUs: .125	

4:15 p.m.

Adjourn





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#### **Venue-travel**

#### **Suicide Prevention Summit**

Thursday, September 19, 2024 | 8:30 a.m.-4:15 p.m. Student Union, UW-La Crosse, La Crosse, WI

#### **Hotel Room Block**

There are a limited number of rooms for the night of September 18 reserved at:

#### **Hampton Inn & Suites**

511 Third Street La Crosse, WI 54601

You may book <u>online</u> or call 608.791.4004 to reserve a room. When calling reference **Suicide Prevention Summit** to receive the special rate.

#### Room rates:

• \$98, per night + tax

Rates do not include sales or room tax. Cut off date for reservations is August 22, 2024.

Please refer to the hotel website or contact them directly for check-in and check-out times, services and amenities, directions, parking/shuttle service, and other hotel information.

# **Parking**

You are encouraged to arrive early to secure parking. Limited parking is available on level 2 of the UWL parking ramp (located between La Crosse and Farwell Streets). Ramp parking is available on a first-come, first-served basis. Parking is also available in the commuter parking lots on campus at your own expense. You may purchase parking by using the <a href="Passport Parking">Passport Parking</a> mobile app. The rate is \$1/hour. Zone numbers are listed on the parking lot signs.



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# **Keynote presenter**



Sara Kohlbeck, Ph.D.

Dr. Sara Kohlbeck is the Director of the Division of Suicide Research and Healing in the Comprehensive Injury Center at the Medical College of Wisconsin. She is also an Assistant Professor in the Department of Psychiatry and Behavioral Medicine. Dr. Kohlbeck is also the Assistant Director of the Ph.D. program in Public and Community Health at the Medical College of Wisconsin. Sara received her Ph.D. in Public and Community Health from the Medical College of Wisconsin in 2022, her Master of Public Health from the University of Wisconsin-Milwaukee in 2015, and her Bachelor of Science in Education from the University of Wisconsin-Oshkosh in 2000. Sara's research interests focus on understanding suicide from a public health perspective. Specifically, she is conducting research that focuses on better understanding suicide among disproportionately affected populations, including farmers, veterans, and youth of color, to facilitate the development of appropriate prevention strategies. She is also engaged in community-based research with communities across Wisconsin who are implementing suicide prevention activities.



Register today!
EARLY DISCOUNT BY AUGUST 19.



**Scholarships available!** SUBMIT YOUR APPLICATION BY AUGUST 19.



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# **Concurrent presenters**

#### **☒** Tracey Atkinson, M.S., LPC

**Tracey Atkinson** is a Licensed Professional Counselor and Life Coach in the State of Wisconsin. She has been working in the mental health field for over 15 years. Tracey has worked in settings such as an inpatient hospitalization facility, outpatient mental health clinic, mobile crisis, contracted position in a school setting and has worked collaboratively with local police and sheriff departments, emergency rooms, jails, and with a local Children's Advocacy Center. She specializes in trauma work and has presented at multiple mental conferences on trauma.

#### **❷** Pardeep Kaleka, M.S., LPC

Pardeep Singh Kaleka M.S., LPC Author of, *The Gifts of Our Wounds*. Pardeep works as a hate and violence prevention senior advisor and the director of Behavioral Health Response at Carroll University. He also serves as a de-radicalization interventionist with Parents4Peace, assisting families and individuals offramp from violent ideologies. In 2012, following the death of his father in the hate killings at the Oak Creek Sikh Temple, he co-founded Serve2Unite, an organization nationally recognized for bridging school and community healing and resilience. As a first-generation immigrant from India, Mr. Kaleka has spent more than 25 years in the public arenas of law enforcement, education, and mental health, assisting hate crime survivors and perpetrators across the United States with recovery. He is the former director of the Interfaith Conference and has also worked on numerous coalition-building efforts across ethnic, racial, and religious differences. With a specialization in understanding the impacts of communal trauma, he has helped to develop policies and practices to help mental health professionals, social service practitioners, law enforcement agents, and educators address hate and the rise of targeted violence.

#### Hunter Markle

**Hunter Markle** is an autistic young adult who also has some mental health challenges. He is currently working part-time. He loves Dungeons & Dragons and heavy metal music! (Feel free to search for his mental health play list on Spotify.) After high school, he got a job and thought everything was going okay. But his autism, anxiety, and depression brought him to a point where he really wanted his life to end. He wants to share how he got help and what he does today to make sure he doesn't go back to that place.

#### Timothy Markle, M.S.

**Tim Markle** is founder and director of Forgiveness Factor. Forgiveness Factor exists to promote forgiveness as a way to live mentally well. Tim teaches classes, workshops, and seminars and speaks about forgiveness, suicide prevention, and addiction recovery in Wisconsin, nationally, and internationally. Tim brings a unique perspective by sharing his personal journey through childhood trauma, alcoholism, betrayals, misunderstandings, mental health challenges, and life. Tim has a master's in counseling from John Carroll University and a master's in Christian studies from Trinity Evangelical Divinity School. Tim is married, has two adult children, and lives in Stoughton, WI.

- forgivenessfactor.org
- <u>internationalforgiveness.com</u>

#### **Samura Morris, Psy.D.**

**Dr. Tamara Morris**, Psy.D. is a licensed Psychologist, Assistant Professor, and Director of Training with the Building Resiliency through Action for Veterans and First Responders (BRAVE) Program at the Medical College of Wisconsin. She earned her doctorate in Clinical Psychology from the Wisconsin School of Professional Psychology after serving in the U.S. Army. Her doctoral internship was completed at the Cheyenne VAMC where she later worked as staff in the specialty and trauma clinics, as well as having served as the Director of Training for the psychology internship program. Dr. Morris specializes in working with Veterans from all eras of service and in treating complex trauma.

#### **⊗** Carin Neloms, M.S.W.

Carin Neloms currently possesses a master's degree in social work. She obtained her undergraduate degree from Mount Mary University and her master's degree from the University of Wisconsin Milwaukee. She was born and raised in Milwaukee, Wisconsin. For most of her social work career, she has worked with children from ages 5 to 18. She has worked as a youth mentor, probation officer for at-risk youth, and as an in-school therapist at 4 different Milwaukee Public Schools helping youth enhance their mental wellness. Carin has always had a passion for working with youth. She believes youth are our future. "It is imperative that all professionals of today including me keep the youth in our mind. As generations pass through we must inspire today for tomorrow," states Carin. She can be reached on LinkedIn.

# **Obligation** Dominique Pritchett, Psy.D.

Born to challenge the status quo, **Dr. Dominique Pritchett** strategizes with companies to prioritize mental wellness solutions to evolve personal and professional development. She is an international speaker, owner of Beloved Wellness Center, and the founder and podcast host of *Space for Sistas*®. Dr. Dominique holds a doctorate in clinical psychology, a master's in clinical social work, and a bachelor's in social work. She has been featured on BBC London Radio, Shondaland, Women's Health Magazine, The New York Times, and many more.

# **⊗** Clem L. Richardson, M.S.,CSAC, MAC

Clem L. Richardson is the CEO and Executive Director of Manna Behavioral Services. Mr. Richardson is a Mental Health Professional (M.S.), Clinical Substance Abuse Counselor (CSAC), Master Addiction Counselor (MAC), and Associate Degree in Theology (A.A.). Mr. Richardson has over 21 years of professional experience he provides workshops, group facilitation, and prevention education at Alternative Schools, church groups, and drug treatment facilities to adults or youth. He has a nontraditional approach to counseling using various techniques to engage his audience. Mr. Richardson has 20 years of lived experience which led into street crimes, drug addiction, and gang affiliation. Mr. Richardson is a recipient of many prestigious awards including the Outstanding Leadership, 2001 Certificate of Appreciation Prison –Reentry Department of Corrections (DOC), 2009 Community Impact Award Rising Star 2009, and in 2018 he received the "Black Excellence Awards" by the Milwaukee Times just to name a few. He is married and has five children and seven grandchildren. He enjoys reading, traveling, weight training, and family time. Mr. Richardson is the author of the book White Keys/Black Lives. Mr. Richardson is the founder and lead pastor of Kingdom Empowered Ministries located in Milwaukee, WI.

#### **Erich Roush, Psy.D.**

**Erich Roush**, Psy.D., is a clinical psychologist, and a Major in the United States Army Reserves. Dr. Roush has unique experiences as a service member, serving in both active and reserve components and serving in multiple roles (19A-Armor, 25A-Signal, 70B-Medical Officer, 73B-Psychologist) in his ongoing career. He served as an active-duty armor officer for 4 years in the 2nd Infantry Division including a deployment to Iraq in 2009–2010. He currently works as a psychologist and Assistant Professor with the Building Resiliency through Action for Veterans and First Responders (BRAVE), part of the Wisconsin Institute of Neuroscience (WINS) at the Medical College of Wisconsin.

#### **⊗** Tara Shilts, M.Div.

Chaplain **Tara Shilts** is a Board Certified Chaplain through the Association of Professional Chaplains and is ordained by the Evangelical Lutheran Church in America. She is the Chief of Chaplains at the Tomah Veterans Administration medical Center and outside of her one-to-one ministry with the Veterans who reside there, she co-facilitates the Suicide Postvention Committee, co-facilitates REAL (Reclaiming Experiences and Loss) a support group for Veterans with Moral Injury, and leads a telehealth grief group for Veterans. She was raised in the La Crosse community and is proud a graduate of Logan High School.

#### **⊗** Madeline Vinzant, M.S.

Madeline Vinzant serves as an Assistant Professor in the Counselor Education program at Winona State University. She has over ten years of experience as a school counselor, having worked with students across all grade levels within the public K–12 education system. Her research focus is on examining the effects of extended breaks on student mental health and wellness. Madeline holds a bachelor's degree in psychology from the University of Wisconsin-La Crosse, a master's degree in school counseling from Winona State University, and is currently pursuing a doctorate in counselor education and supervision at Viterbo University. Her primary objective is to empower others and ensure that all students have the opportunity to achieve their full potential by promoting their overall wellness and mental health. She firmly believes in the essential, challenging, and transformative role that school counselors play in the lives of students.

#### **⊗** Alec Wendelboe, B.S.

**Alec Wendelboe** oversees the Education and Community Outreach Department for the Minnesota Brain Injury Alliance and Minnesota Stroke Association. He is a Hamline University graduate who

studied neuroscience, with lab experience at the Wesley and Lorraine Artz Cognitive Neuroscience Center.



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## **CEUs**

# **UWL CEUs**



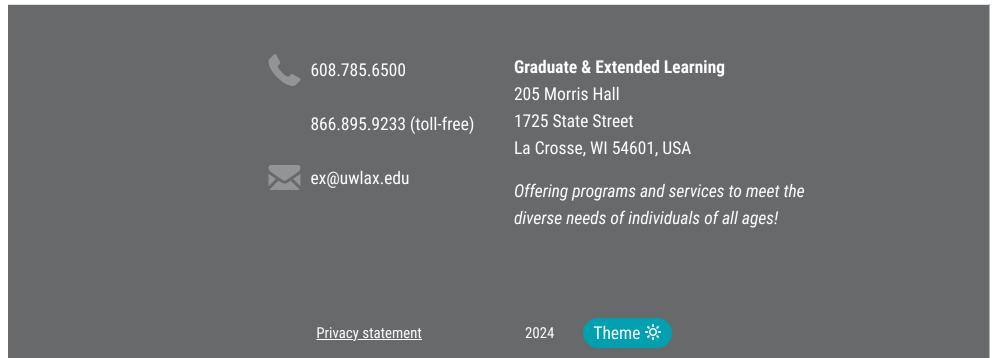
**UW-La Crosse Continuing Education Units (CEUs)** are a means of recognizing and recording satisfactory participation in non-degree programs. University of Wisconsin-La Crosse (UWL) awards one CEU for every 10 contact hours in a continuing education experience.

Actual contact hours are recorded. (5 Contact Hours/.5 CEUs)

- You must attend the Suicide Prevention Summit in its entirety to earn UW-La Crosse CEUs.
- UWL CEUs fulfill continuing education requirements for many professionals, agencies and organizations. Professional associations may have specific licensing requirements. Individuals should contact their licensing association before assuming UWL CEUs will fulfill all requirements.
- UW-La Crosse keeps records of individual CEUs for three years of programming. Certificates are emailed within two weeks of the conclusion of online access to the program.
- UW-La Crosse CEUs are included in registration fee.



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## **Handouts**

Presenters may provide handouts at their discretion. Documents will be posted as they are received. You will be prompted for the password (provided in your registration confirmation email) to access the information.

## **Access handouts here**





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# **Sponsorship & exhibitor information**

# Important information regarding the sale of published items:

Follett Bookstore has exclusive rights to sell published books, DVDs, and CDs on the University of Wisconsin-La Crosse campus. Please contact <a href="https://www.uww.number.com/www.numb

# **Sponsorship fees:**

Summit sponsorships offer marketing opportunities that provide increased visibility to attendees. Currently, we are planning for an in-person event. Please register and submit your logo by **August 26**, **2024 to be included in conference materials**. Consider the following levels of sponsorship to match your goals and budget:

SPONSOR REGISTRATION

	In person event
\$2,000+ Gold Sponsorship	<ul> <li>Brief description of your organization in conference folder</li> <li>Mention on the Suicide Summit homepage</li> <li>Logo in the event program</li> <li>One registration that includes lunch and refreshment breaks</li> <li>Up to two, 6-foot tables for exhibit space</li> </ul>

\$1,000	0	
<b>Silver</b>	<b>Spons</b>	orship

- Brief description of your organization in conference folder
- Mention on the Suicide Summit homepage
- Logo in the event program
- One registration that includes lunch and refreshment breaks
- One 6-foot table for exhibit space

## **Exhibitor fees:**

**EXHIBITOR REGISTRATION** 

	In-person event
\$100** Exhibitor	<ul> <li>One registration that includes lunch and refreshment breaks</li> <li>One, 6-foot table for exhibit space</li> </ul>

**Exhibition hours** are 7:30 a.m. – 5 p.m., Thursday, September 19, (includes setup/teardown time). Electricity hook-up is NOT guaranteed.

\*\*Financial assistance may be available for exhibitors. Please contact *Jenny Root, 2024 Suicide*Prevention Summit Conference Chair, for details: <u>jroot@lacrossecounty.org</u>.

#### **Cancellations**

- **Exhibitors:** Substituions are welcome. A full refund less \$25 processing fee is available until August 19, 2024, no refunds thereafter. Cancellations must be submitted in writing to, <a href="mailto:ex@uwlax.edu">ex@uwlax.edu</a>.
- **Sponsors:** All sponsorships are final, refunds will not be provided.



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# Our Mission

The La Crosse Area Suicide Prevention Initiative (SPI) is committed to promoting awareness that suicide is a public health problem that is preventable.

\*\*\*This website is not a crisis line. Please see our disclaimer at the bottom of the page for more information on immediate assistance.

Learn More about SPI



# Get Involved

#### Donate

Donations help us to continue and increase our ability to raise awareness and provide education to our community.

# **Attend Our Meetings**

Where: La Crosse County Health and Human Services Building; 300 4th St N La Crosse (currently meeting both in person and virtually)

# Volunteer

We are always looking for volunteers to help us run our events and programming. For more information, submit a volunteer request form.

https://www.lacrossesuicideprevention.org



otherwise noted)

**Request Meeting Link** 

# Community Happening S

See what's going on in the community related to mental health/suicide awareness, education, and prevention, including events and projects put on by the La Crosse Area Suicide Prevention Initiative.

Events

What We're Up To

# Learn More About Suicide?

What is suicide? What are the warnings signs? How do you prevent suicide? What are common myths surrounding suicide? What are the current statistics on suicide rates? Hear personal stories from suicide attempt survivors.

https://www.lacrossesuicideprevention.org



https://www.lacrossesuicideprevention.org



# \*\*\*Disclaimer\*\*\*

THIS WEBSITE IS NOT A CRISIS LINE. IF YOU OR SOMEONE ELSE MAY BE SUICIDAL, OR IN THE CASE OF ANY EMERGENCY, PLEASE CALL ONE OF THE FOLLOWING RESOURCES FOR IMMEDIATE ASSISTANCE:

911 -> dial 911

La Crosse County Crisis —> dial 608.784.4357

Great Rivers 211 Information & Referral and Crisis Line —> dial 211

988 Suicide & Crisis Lifeline —> dial or text 988

Crisis Textline —> text home to 741741

Click on the images below to visit their webpage





**CRISIS TEXT LINE** 

YOUR LIFE MATTERS 💛 YOUR LIFE MATTERS 💛 YOUR LIFE

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SPI, PO Box 231, Onalaska, WI 54650

**CONTACT US**