Inova Kellar Center presents
Adolescent Suicide Prevention Workshop Series:
Evidence-Based Clinical Practices for Assessment, Intervention and Treatment

Please join us for this very important lecture series.
Through funding provided by the Kellar Family Foundation, Inova Kellar Center is able to provide the education series to the clinical community on an annual basis. The topics are selected based on the current mental health needs of our community and are presented by experts in their field. Each workshop will focus on evidence-based, up-to-date strategies, skills and treatment modalities that can be readily transferred to clinical practice.

Monday, October 5, 2015
Youth Suicide Assessment and Brief Interventions
Matthew B. Wintersteen, PhD

Monday, November 2, 2015
Cognitive Behavioral Treatment of Adolescent Suicidal Behavior
Christine Epsteins-Strmyers, PhD, LCP

Monday, December 7, 2015
Dialectical Behavior Therapy Techniques for Suicidal Adolescents: A Research Base and Clinical Applications
Sarah Fischer, PhD

Location For Lecture Series
All lectures will be held on the Inova Fair Oaks Medical Campus in the Auditorium (Lower Level) of the Inova Dwight and Martha Schar Cancer Institute - Fair Oaks, 3580 Joseph Siewick Drive, Fairfax, VA 22033. (Building is across from the hospital.)

Costs
$70 for each workshop OR register for all three workshops and receive a 50% discount on the third event.

How to Register
Register online: inova.org/kellarEDU
Spaces are limited. Register early!

Earn CEU Credits!
These workshops have been submitted to the National Board for Certified Counselors (NBCC) and the National Association of Social Workers (NASW) for approval to award CEUs.

For questions or more information regarding this workshop series, contact us at kellar.events@inova.org or call 703.999.6800.

Going East or West on I-66: Exit onto the Fairfax County Parkway, 286 north towards Denver, Cross over Rt. 50 (Lee-Jackson Memorial Highway). After crossing over Rt. 50, turn right at the light onto Rugby Road. Follow Rugby Road to the second right on Joseph Siewick Drive.

Going East or West on Route 50: Take the Fairfax County Parkway (286) exit north. Turn right at the light onto Rugby Road. Follow Rugby Road to the second right on Joseph Siewick Drive.

Going North on West Ox Road toward Reston/Northern Herndon: Turn left on Navy Elementary School onto Ox Trail Road. Make first left onto Joseph Siewick Drive.

Going South on West Ox Road away from Reston/Northern Herndon: Turn right at Navy Elementary School onto Ox Trail Road. Make first left onto Joseph Siewick Drive.
Suicide is the second leading cause of death among young people and the 10th leading cause of death in the U.S. There are dozens of signs that people die by suicide have been transformed by targeted research on factors that contribute to increased likelihood of suicidal behaviors and death. Newer models not only inform interventions, but they serve as the basis for formulating suicide prevention policies.

The focus of this workshop is on enhancing knowledge and skills around the complex issue of suicide in clinical practice. Participants will learn about risk factors, protective factors, and warning signs of youth suicide. Theories of suicide will be linked to an empirically informed approach to assessment.

This interactive session will be provided via didactic teaching, role plays, and small group discussions. Participants will be asked to identify strengths and weaknesses in their current assessment, as well as learn collaborative strategies to increase the likelihood of suicide being identified.

Workshop Objectives:
- Develop a better understanding of the complex relationship between suicide risk factors for suicide and suicidal behaviors.
- Learn about empirically supported interventions for the treatment of suicidal youth.
- Create safety plans and learn to use them in clinical practice.

Monday, October 5, 2015
Youth Suicide Assessment and Brief Intervention
Matthew B. Wintersteen, PhD
Assistant Professor and Director of Research in the Division of Child and Adolescent Psychiatry at Sidney Kimmel Medical College at Thomas Jefferson University

Dr. Wintersteen is Co-Investigator and Co-Program Developer of a SAMHSA-funded study designed to build capacity and intervention skills in schools across Pennsylvania. Additionally, he granted-funded work has been conducted in the state of Pennsylvania through the Pennsylvania Higher Education Suicide Prevention Coalition, a collaborative partnership among nearly 100 campuses across Pennsylvania designed to support one another in developing meaningful and effective methods of reducing suicide deaths on campus. Dr. Wintersteen was the first recipient of the Pennsylvania Suicide Prevention Award, a state-wide initiative started by the Pennsylvania Suicide Prevention Coalition. Additionally, he was awarded the 2011 Pennsylvania Association for Suicidology’s Early Career Award. Finally, participants will learn about interventions for suicidal youth and the 10th leading cause of death in the U.S. There are dozens of signs that people die by suicide have been transformed by targeted research on factors that contribute to increased likelihood of suicidal behaviors and death. Newer models not only inform interventions, but they serve as the basis for formulating suicide prevention policies.

This interactive session will be provided via didactic teaching, role plays, and small group discussions. Participants will be asked to identify strengths and weaknesses in their current assessment, as well as learn collaborative strategies to increase the likelihood of suicide being identified.

Workshop Objectives:
- Develop a better understanding of the complex relationship between suicide risk factors for suicide and suicidal behaviors.
- Learn about empirically supported interventions for the treatment of suicidal youth.
- Create safety plans and learn to use them in clinical practice.

Monday, November 2, 2015
Cognitive Behavioral Treatment of Adolescent Suicidal Behavior
Christine Esposito-Smythers, PhD
Associate Professor in the Psychology Department at George Mason University and Adjunct Faculty in the Department of Behavioral and Social Sciences at Fairfax Campus

Dr. Esposito-Smythers completed a PhD in Clinical Psychology at Virginia Tech, a clinical internship at the Pennsylvania School for the Deaf and Post-Doctoral Fellowships at the Warren Alpert Medical School at Brown University and the Western College University Center Alcohol and Addiction Studies. Dr. Esposito-Smythers is a Licensed Clinical Psychologist with expertise in the treatment of adolescent suicidal behavior, depression, and substance abuse. Dr. Esposito-Smythers’ research interests include the development and application of family-based CBT and protocol for interventions for adolescent suicide prevention. Dr. Esposito-Smythers is the creator of the Family Program for Suicidal Adolescents: A Research Base and Clinical Applications. This workshop will describe the conceptual models that form the basis of CBT for suicide adolescents. You will explore the evidence-based manualized and treatment protocol model for adolescent and family treatment. Dr. Esposito-Smythers will describe strengths and weaknesses of the research examining the efficacy of CBT for treating suicidality and depressive adolescents, and strategies to implement DBT principles and techniques in clinical work with the population.

Workshop Objectives:
- Explain the Biopsychosocial Model of the development of suicidal behaviors, suicide behavior, and self-harm.
- Explain how the concept of dialectical behavior therapy (DBT) integrates with an emphasis on dialectical treatment of adolescents and their families’ needs.
- Provide an overview of the components of Dialectical Behavior Therapy.
- Describe effective safety planning supporting the use of CBT to treat suicidality and self-injuries.
- Describe specific in-session intervention techniques used to prevent and address suicide behavior.

Monday, December 7, 2015
Dialectical Behavior Therapy Techniques for Assessment and Treatment of Adolescent Suicidal Behavior
Matthew B. Wintersteen, PhD
Assistant Professor in the Psychology Department at George Mason University

Dr. Fischer completed her PhD in Clinical Psychology at the University of Kentucky, and her internship and postdoctoral fellowship at the University of Chicago Medical Center. While a staff member at the University of Georgia, she developed and implemented the Georgia’s Suicide Prevention Program for adults and adolescents. At George Mason University, she continues to focus on suicidology research and investigate the efficacy of interventions designed to reduce suicide, depression, and self-harm. She is an Adjunct Professor at Saint Mary’s College and, as a consultant for the Foundation for Suicide Prevention, and the National Council on Patient Information Rights, she conducted numerous workshops to train clinicians in CBT for personality disorders. Dr. Fischer’s current focus is on the development and implementation of treatment outcome studies; one investigating the impact of mindfulness-based interventions for parents of children involved in the juvenile justice system, and one investigating the effectiveness of a mindfulness intervention for parents of adolescents with substance use disorder.

Workshop Objectives:
- Explain the Biopsychosocial Model of the development of suicidal behaviors, suicide behavior, and self-harm.
- Explain how the concept of dialectical behavior therapy (DBT) integrates with an emphasis on dialectical treatment of adolescents and their families’ needs.
- Provide an overview of the components of Dialectical Behavior Therapy.
- Describe effective safety planning supporting the use of CBT to treat suicidality and self-injuries.
- Describe specific in-session intervention techniques used to prevent and address suicide behavior.

Monday, October 5, 2015
8:30 a.m. – 3:30 p.m.
Fairfax, VA 22033
Inova Fairfax Medical Campus 3250 Joseph J Pizzorno Drive Falls Church, VA 22033

Registration and Networking Breakfast
8:30 a.m. – 3:00 p.m.
Workshop Session
12:30 – 1:00 p.m. Lunch Included
3:00 – 3:30 p.m. Questions and break signups when available

Monday, November 2, 2015
8:30 a.m. – 5:30 p.m.
Fairfax, VA 22033
Inova Fairfax Medical Campus 3250 Joseph J Pizzorno Drive Falls Church, VA 22033

Registration and Networking Breakfast
8:30 a.m. – 3:00 p.m.
Workshop Session
12:30 – 1:00 p.m. Lunch Included
3:00 – 3:30 p.m. Questions and break signups when available

Monday, December 7, 2015
8:00 a.m. – 3:30 p.m.
Fairfax, VA 22033
Inova Fairfax Medical Campus 3250 Joseph J Pizzorno Drive Falls Church, VA 22033

Registration and Networking Breakfast
8:30 a.m. – 3:00 p.m.
Workshop Session
12:30 – 1:00 p.m. Lunch Included
3:00 – 3:30 p.m. Questions and break signups when available