The Value of Data Driven Outcomes
Nance Roy, EdD
Session Description: Nance Roy has extensive experience with data-based outcomes and strategies to improve the mental health of university campuses, especially focused on the link between student success, self-care, and mental health. During her keynote, Dr. Roy will speak on emotional well-being, suicide prevention, substance abuse prevention, and the role of data in achieving public health goals.

Presenter Bio: Dr. Roy serves as the Clinical Director of The Jed Foundation and is an Assistant Clinical Professor at the Yale School of Medicine, Dept. of Psychiatry. She has over 20 years of experience as a psychologist working in college mental health. She was Director of the Health and Counseling Center at Sarah Lawrence College before becoming the Assistant Dean of Health and Wellness at Sarah Lawrence. More recently she served as the Associate Dean of Health and Wellness at Rhode Island School of Design. She is a senior advisor for the National College Depression Partnership and publications have focused on effective strategies for treatment and management of at-risk students on college campuses. She earned a BS from the University of Rhode Island, an MS from the University of North Carolina and an Ed.D. from Harvard University.

Building Campus Competence to Prevent College Student Suicide
Donn Marshall, PhD
Session Description: Reducing the rate of suicide among college students starts by acknowledging the scope of the problem, examining factors that increase and decrease risk, and identifying approaches to reducing risk. In this keynote we open the second day of the conference with an overview of risk factors most relevant to a college population, an examination of promising elements of effective comprehensive campus suicide prevention programs, and consideration of institutional challenges to this work.

Presenter Bio: Donn Marshall is the Associate Dean of Students and Director of Counseling, Health & Wellness Services at the University of Puget Sound. He has been on staff at Puget Sound since 1987. Donn earned his doctorate in Counseling Psychology from the Ohio State University in 1988 after completing his pre-doctoral psychology internship at Southern Illinois University. A licensed psychologist, Donn is a frequent contributor at regional and national conferences, presenting on a wide range of issues including sexual assault prevention, men and masculinity, sexual/affective identity, Internet abuse and addictions, suicide prevention, and the clinical assessment of suicidality.

Mental Health and Suicide Prevention in Higher Education: Lessons Learned from 475,000 College Students Seeking Treatment.
Ben Locke, PhD
Session Description: Ben Locke will examine the topic of suicide prevention in higher education from the perspective of university/college counseling centers and the students they serve. Using recently published five-year trend results from The Center for Collegiate Mental Health (CCMH), Dr. Locke will review trends in college student mental health and increasing demand for services, explore contributing factors, and discuss data-based implications for higher education policy over the next five years.

Presenter Bio: Ben Locke is the Associate Director for Clinical Services at Penn State’s Center for Counseling and Psychological Services, the Founder and Executive Director of the Center for Collegiate Mental Health– a practice/research network of over 350 counseling centers, and an affiliate faculty member in the Counseling and Clinical Psychology departments at Penn State University. Ben Locke has over 19 years of clinical experience in a wide variety of mental health settings including wilderness therapy, psychiatric hospitals, group homes, community mental health, and college counseling centers.
Student Track:  
**Social Media and Suicide Prevention**

**Presenter:** Erin Butts, MSW  
**Ballroom B**

**Session Description:** This session will provide a teaching-learning interactive platform to discuss current trends in social media, suicide prevention, and mental health in higher education.

**Presenter Bio:**  
Erin Butts is the Statewide School Mental Health Coordinator for the Montana Office of Public Instruction. In 2010 she attained her Masters in Social Work from the University of Montana, School of Social Work. Erin has been involved in statewide school mental health initiatives, trauma informed research, and practice and suicide prevention since 2010.

Faculty Track:  
**Research Initiatives Across Montana & Future Collaborations**

**Presenters:** David Schuldberg, PhD; Matt Byerly, MD; Helen Melland, PhD  
**SUB 233/235**

**Session Description:** This presentation draws on research and service projects in the Institute for Educational Research and Service, the Psychology Department at UM– Missoula and Youth Aware of Mental Health. Useful findings and interesting lessons from a program in a hospital Emergency Department in a rural reservation community are described. It then examines gatekeeper training approaches to prevention and concludes by demonstrating a visual approach to clients’ paths out of suicide risk. Additionally, this presentation will examine Youth Aware of Mental Health, a new, universal suicide prevention intervention designed for high school freshmen. In a recent European study involving over 11,000 students in 10 countries, YAM demonstrated a 59% reduction in suicide attempts and 52% reduction in cases of severe suicidal thoughts compared to control over a 12-month follow-up period. Dr. Byerly will describe a developing pilot study of YAM adapted for the youth of Montana.

**Presenter Bios:**

**David Schuldberg** is a Professor of Clinical Psychology at The University of Montana- Missoula. He served as Director of Clinical Training for 1992 - 1997 and 2006 - 2010. He also serves as Director of Evaluation for UM’s National Native Children’s Trauma Center at the Institute for Educational Research and Service. David received his undergraduate degree from Harvard University, with graduate degrees from The University of California at Berkeley. He has been at The University of Montana since 1984. Much of David's current work is in rural mental health care, with an emphasis on Integrated Behavioral Health in primary care. He is involved in developing and evaluating community-based preventive, school, and clinic-based health care programs that are suicide sensitive and trauma informed. David has extensive experience in the areas of psychological assessment, research design, psychometrics, and evaluation, as well as psychopathology, health psychology, and the study of well-being. He does clinical work and supervises graduate students on their practicum work and research. His other research interests include Severe and Persistent Mental Illness and applications of nonlinear (chaos theory) methods to psychological data.

**Matt Byerly**, is a Professor of Cell Biology and Neuroscience at Montana State University where he has been the director of the Center for Mental Health Research and Recovery since August 2015. For the previous 18 years, he was a faculty member of the University of Texas Southwestern Medical Center at Dallas where he was as professor in the Department of Psychiatry, directing the Schizophrenia Research and Adult Fragile X Syndrome Research Programs. He received his MD degree from the University of Arizo-
Helen Melland is the Dean for the College of Nursing at Montana State University. Under her leadership, the College planned and launched the doctor of nursing practice program, an accelerated second degree program for baccalaureate students, and a unique program that allows registered nurses prepared at the associate degree level to progress to the master's degree level. She is currently the Project Director on two federally funded grants that provide support for American Indian students through the Caring for our Own Program at MSU. Helen received her BS in Nursing from Pacific Lutheran University. She received her MS in Nursing from University of Portland, and her PhD from the University of Minnesota.

**Student Affairs / Administration Track:**
**Means Reduction and Best Practices across MUS**
**Presenters:** Brian Kassar, Psy.D , Jerry Girard, LCPC
**Ballroom C**

**Session Description:** Means restriction is one component of a comprehensive plan to prevent suicide attempts and completions. Means restriction involves removing or reducing access to potential means for suicide, particularly during times of an emotional crisis. A brief overview of the research on Means Restriction will be provided, including recommendations from the Jed Foundation, Suicide Prevention Resource Center, and Campus Program. The program will also include a discussion of current practices and possible ways to reduce risk on our campuses.

**Presenter Bios:**
Brian Kassar has been a psychologist and outreach coordinator at Montana State University's Counseling & Psychological Services for 15 years. He is the project director of the Garret Lee Smith suicide prevention grant from the Substance Abuse Mental Health Services Administration, which provides recommendations and consultation on suicide prevention and means restriction in conjunction with the Suicide Prevention Resource Center. He chaired the Means Restriction work group for the OCHE Task Force and the Suicide Prevention Summit and also co-chairs the Mental Health Task Force at MSU. So far this academic year, he and the outreach team at CPS have provided mental health education/prevention to over 3,900 students, parents, staff, and faculty, and suicide prevention training to over 950 members of the MSU campus.

Jerry Girard is a 2008(MAC) and 2011(MSC) graduate of The University of Great Falls, and Jerry has been a Counselor and Addiction Specialist at the University of Montana Western in Dillon since 2011. During recently, Jerry has remphasized on promoting student resilience on the campus of Montana Western in counseling, athletic, and academic settings. Jerry has discovered the a message of resilience resonates with students when discussed in the context of personal wellness, academic achievement, and athletic performance. Jerry believes that personal emotional resilience in college students is the result of enhancing personal characteristics such as problem solving abilities, stress-coping skills, mindfulness, and social networks. Whether working with students one-on-one or in groups, Jerry has a passion for working with students and encouraging resilience development.
Clinical Track:  
Screening and Intervention Options with the Imminently Suicidal  
Presenter: Lynn Weltzien, LCSW (Panel Facilitator), John Sommers-Flanagan, Karl Rosston, LCSW, Jenny Given, LCSW, Kristi Lavin, APRN, FNP  
Ballroom D  
Session Description: Working with clients or students who are suicidal is extremely stressful. This presentation reviews three specific strategies for suicide assessment and intervention. These strategies include: (1) using normalizing statements and gentle assumptions, (2) integrate suicide assessments into routine solution-focused mood evaluations, and (3) generating alternatives to suicide. Additional web-based information about these strategies and suicide assessment skills will be provided.

Presenter Bios:  
Lynn Weltzien has been the Director of Campus Counseling at the University of Montana Western since 1992. She is one of the founding members of the Montana College Counseling Association. Lynn is a commissioner-appointed member of the Beaverhead County Local Advisory Council on Mental Health and is currently working on a task force to assure integrative healthcare for college students and the entire community. She is a graduate of the School of Social Work at the University of Louisville in Louisville, Kentucky.

John Sommers-Flanagan is a Professor of Counselor Education at the University of Montana and a clinical psychologist. He is the author or coauthor of over 60 professional publications and eight books. His books, co-written with his wife Rita, include Tough Kids, Cool Counseling (2007), How to Listen so Parents will Talk 2011) and Clinical Interviewing (6th ed., forthcoming in 2016). Dr. Sommers-Flanagan has been publishing articles, book chapters, and training videos on suicide assessment and intervention since 1995.

Karl Rosston is the Suicide Prevention Coordinator for the Montana Department of Public Health and Human Services. He provides evidenced-based programs to all Montana secondary schools, implements the State Suicide Prevention Plan, supports the Montana Suicide Prevention Lifeline, implements firearm safety programs and statewide media campaigns, provides suicide prevention trainings, and coordinates suicide prevention efforts around the state. Karl is adjunct faculty at the Montana Law Enforcement Academy and a nationally certified trainer in QPR and Mental Health First Aid. Previously, Karl was the Director of Social Services at Shodair Children’s Hospital in Helena. Before returning to Montana, he was on the faculty of the University of Colorado, School of Medicine, and a clinical consultant with the Colorado Division of Youth Corrections. He is a licensed clinical social worker who maintains a small private practice in Helena. He received his Master’s in Social Work from the University of Denver and his Bachelor’s in Psychology from the University of Montana.

Jenny Given is currently employed as a Behavioral Health therapist and crisis social worker at Barrett Hospital and HealthCare in Dillon, where her passions unite daily. In session and in the Emergency room her hope is to support others to struggle well rather than to expect life to be tidy and predictable. She completed degrees in education and social work at UMW, Lewis Clark State College, and Boise State University.

Kristi Lavin has been a Family Nurse Practitioner since 1998. She has worked at the MSU Student Health Service for 27 years, initially as a RN and then as FNP since 1998. She provide primary care and Urgent Care to the Students of MSU. She also have worked in a variety of local clinics from primary care to family planning to hospice. Kristi is a member of the Quality Improvement committee, the women's health Committee and the facilitate Acute Care meetings and staffing concerns. She participated in the NCDP
Depression Quality Improvement Collaborative team. Kristi is married, and has two grown children, she enjoy skiing, hiking, the arts and people!

Workshops #2
9:45 am - 11:00 am

Student Track:
**Resiliency and Support for our Students**
Presenter: Jerry Girard, LCPC
SUB 233/235

**Session Description:** “Hey, I got this!” is a response that you might hear from an emotionally resilient college student - a student that remains calm, rational, and thoughtful in a moment of stress, grief, chaos, or anger. It’s resilience that allows such students to, not only survive, but continue to thrive in such times of intensity and crisis. Many in the mental health field also believe that developing emotional resilience can be a viable suicide prevention method - that those of us who are more resilient are far less likely to attempt suicide in times of emotional crisis. The purpose of this presentation is to demonstrate the qualities of an emotionally resilient college student, and to present and discuss student-led promotion ideas for spreading a message of resilience among Montana colleges and universities.

Faculty Track:
**Question, Persuade, Refer (QPR) Training for Faculty**
Presenter: Jeff Rosenberry, MS, and Triniti Halverson, BS, CHES
Ballroom C

**Session Description:** Join presenters for the national QPR suicide prevention program. Participants will take part in an interactive and engaging presentation to better learn how to intervene when individuals are presenting suicidal tendencies. Through the use of training like Question, Persuade, and Refer program participants will see how providing hope can make biggest difference in helping to save a life. Program participants completing this training will acquire QPR Gatekeeper Certification.

**Presenter Bios:**

**Jeff Rosenberry** hails from Washington State where he graduated from Richland High School in 2001 and went on to attend Central Washington University. During his time at CWU he was actively involved in residence life serving as a resident assistant for 3 years and later becoming a student government representative for 2 years. He graduated in 2007 with a Bachelors of Science in Community Health Education. Jeff attended graduate school at Colorado State University and graduated in 2009 with his Masters of Science in Student Affairs in Higher Education. After graduation from CSU Jeff started his professional journey at Montana State University Billings where he serves as the Associate Dean of Students. Among his primary roles Jeff also serves works with Student Conduct, Housing & Residential Life, the Office for Community Involvement, and Parent & Family Programs. Jeff has served in a variety of regional leadership roles (BASPA NGPS and Student Athlete KC Rep; Current President of the Association of Intermountain Housing Officers) and has presented nationally and regionally on several topics. Living by the motto “Step Up, Work Hard, and Make a Difference” Jeff continuously strives to make an impact on the development of students during their collegiate experience. In his spare time he enjoys outdoor recreation including bike riding, hiking and camping; and likes to cook and read to get rid of stress.

**Triniti Halverson** is a Billings native that explored a couple of colleges before deciding to finisher her degree at Montana State University Billings. She earned a Bachelor’s of Science in Health Promotion with a minor in Psychology. Triniti is recognized by the National Commission for Health Education Credentialing as a Certified Health Education Specialist (CHES). Triniti is the Health Educator in Student Health Services.
and the advisor for the student organization HEROES (Health Educators Reaching Others and Encouraging Success). Triniti is actively involved in the community through public health campaigns and volunteering for other organizations including the United Way, Yellowstone AIDS project, Billing Jaycees and others. Triniti is passionate about encouraging students to get involved and volunteer. She believes that it is the best way to network and get familiar with campus and community resources.

**Student Affairs / Administration Joint Session:**
**Mandatory Student Assessment After an Attempted Suicide**
Presenter: Donn Marshall, PhD
Ballroom D

**Clinical Track:**
**Postvention and Supporting the Campus After a Student Suicide**
Presenter: Lynn Weltzien, LCSW (Panel Facilitator), Kyrie Russ, LCPC, Sandra Schoonover, MEd
Ballroom B

**Session Description:** Panel discussion on postvention after a suicide on campus. Two campuses will share their responses to events on their campuses. General strategies and best practices for suicide postvention will be discussed. Participants may be asked to share ideas from their own campuses, and will have an opportunity to ask questions of the panel.

**Presenter Bios:**

**Kyrie Russ**, is the Associate Director of Counseling Services at Carroll College, currently in her fifth year working as a counselor at Carroll. Her educational background includes a Master of Science in Counseling from the University of Great Falls and a Masters in Adult Education from Buffalo State College in New York. She completed her undergraduate degree in Human Development from Montana State University.

**Sandy Schoonover** has worked in housing administration for the past twenty-seven years. As the Director of Residence Life, Sandy strives to build a Residence Life system that is positive, respectful, and inclusive of all students. Throughout her career, Sandy has been involved in the regional housing associations for college and university housing officers as well as the Association of College and University Housing Officers – International. Sandy knows that living in the residence halls is an important part of each students’ academic success and social success at the University of Montana. As an undergraduate student, Sandy lived in the residence halls for four years, and enjoyed her experiences so much that she chose to work in residence halls for her career. Sandy's close friends in life are people that she met during her residence hall experience as an undergraduate. Sandy wants students to experience that same type of experience at the University of Montana. Sandy has an undergraduate degree from Minnesota State University – Mankato in Speech Communications, Mass Communications, and Secondary Education. After finishing her undergraduate degree, Sandy attended North Dakota State University where she worked on her master's degree in College Student Personnel Administration part time while working as a full-time Hall Director. After completing her master's degree, she went to the University of South Dakota where she worked in a few different jobs before taking a job at the University of Oregon. After spending eleven years at the University of Oregon, Sandy moved to Missoula to work at the University of Montana in July of 2010. Sandy is the co-chair of the Behavioral Intervention Team (BIT) at the University of Montana.
Workshops #3 11:15 am - 12:30 pm

**Student Track:**
**Suicide Prevention and the Future**  
Presenter: Lynn Weltzien, LCSW  
SUB 233/235  
**Session Description:** Suicide prevention of the future will not be focused on raising awareness, nor noticing behavioral clues. Rather, we will be testing for early biomarkers and teaching resiliency skills as much as ten years before a potential suicide attempt. We are on the cusp of exciting work and our college students today, as the leaders of tomorrow in the state with the highest rate in the nation, will need to be cutting edge. Join this discussion to get a glimpse of what the future will hold and your role in it.

**Faculty / Student Affairs / Administration Joint Session:**  
**Roundtable Discussion on Behavioral Intervention Teams (BITs)**  
Lead: Rhondie Voorhees, PhD  
Ballroom B  
**Presenter Bio:**  
Rhondie Voorhees has been the Dean of Students at the University of Montana since July of 2012. Over the last three and a half years, Voorhees has aided in student and program development throughout the university, increased student leadership and had a leading hand in student affairs. After graduating from Hellgate High School, Voorhees completed her undergraduate degree in Psychology with a minor in French from the University of Montana. Voorhees went on to receive her Masters and Doctorate from the University of Maryland where she was also the Affiliate Faculty Member for the College Student Personnel Program in the College of Education, Program Director for the Common Ground Multicultural Dialogue Program and the Student Conduct Hearing Officer. Along with her many years in higher education, Voorhees also has experience in career counseling, research, curriculum development, and multicultural education.

**Clinical Track:**  
**Balancing Increasing Demands with Effective Treatment**  
Presenter: Ben Locke, Phd  
Ballroom D

Workshops #4 2:00 pm - 3:15 pm

**Student Track:**  
**Sustained Dialogue on Student Mental Wellness**  
Presenter: Darby Lacey & Karli Kusler  
SUB 233/235  
**Session Description:** Join MSU Sustained Dialogue for a dialogue about past experiences with mental wellness on campus, what things we can do in our everyday lives to build space for mental wellness, and what can be done institutionally to support mental wellness. Sustained Dialogue is a student organization and program of the Diversity Awareness Office at Montana State University that seeks to empower students to address -- through dialogue and social action -- the root causes of identity-related conflicts by creating spaces in which students develop a deeper understanding of their peers, share their own experiences, and learn how to create positive social change.
Presenter Bios:
Darby Lacey and Karli Kusler are both seniors at Montana State University. Darby studies English Literature and Biochemistry, and Karli studies Political Science and Women and Gender Studies. Darby plans to attend medical school and use her medical knowledge to address systemic gender and racial inequalities. Karli will be serving in the Peace Corps in Ukraine and then plans to pursue a career in international law. Together, they co-coordinate Sustained Dialogue, a student organization and program of the MSU Diversity Awareness Office that seeks to empower students to address -- through dialogue and social action -- the root causes of identity-related conflicts by creating spaces in which students develop a deeper understanding of their peers, share their own experiences, and learn how to create positive social change.

Faculty / Student Affairs / Administration Joint Session:
Common Training Across the MUS System
Presenter: Betsy Asserson, PhD
Ballroom C
Session Description: The Jed Foundation, Suicide Prevention Resource Center, and Campus Program all suggest gatekeeper training as an important component of a comprehensive plan for suicide prevention and mental health on college campuses. This discussion session will include an introduction to gatekeeper training, a review of current practices across the MUS campuses, and exploration of the needs and barriers at different campuses. Finally, we will discuss potential recommendations to OCHE related to collaboration across MUS campuses and common gatekeeper training.

Presenter Bio:
Betsy Asserson has worked in college mental health for the past fifteen years. She is currently the Assistant Director and Coordinator of Clinical Services at MSU Counseling and Psychological Services. She is the Chair of the Common Training work group for the MUS Suicide Prevention and Student Mental Health Task Force.

Student Affairs Officials / Counseling Directors Joint Session:
Roundtable Discussions with Student Affairs Officials & Directors of Counseling
Lead: Mike Frost
Ballroom B
Session Description: An increasing number of college students nationwide are seeking help for mental health issues at a rate outpacing the growth in enrollment by five-fold according to the latest report from the Center for Collegiate Mental Health at Penn State University. What are the student mental health needs on your campus? What is the demand for counseling services on the college campuses in Montana? How can your school best serve students, especially those who struggle with suicidality? This session is a roundtable discussion intended for counseling service providers and student affairs administrators and staff. It will review the results of a recent Montana University System survey on student mental health. Bring your questions, challenges and successes about addressing students’ mental health needs.

Presenter Bio:
Mike Frost has 28 years of experience as a counselor, 25 of which have been at the University of Montana’s Curry Health Center where he now serves as the Counseling Director. His Master’s degree is in Guidance and Counseling from UM and he is a Licensed Clinical Professional Counselor and a Licensed Addictions Counselor.
Clinical Track:
Prevention and Promising Practices for Veterans
Lead: Brenda York, MEd, Chip Kern LCPC
Ballroom D
Session Description: Interactive conversation with audience, discussing working with veterans in higher education. Includes, identifying issues with veterans within a school setting, i.e., financial, mental health, isolation, substance use. Secondary issues such as Traumatic Brain Injuries, hearing issues, along with issues dealing with the VA system, housing, etc., provide added stressors to a veteran student. Discussion will include treatment, programs, outside resources and other resources universities in attendance can provide to the discussion.

Presenter Bios:
Brenda York, is the Director of Disability, Re-entry & Veteran Services at Montana State University. She has been at MSU since 1997 and Director since 2002. She has a Med from MSU and has been actively involved with veteran issues, locally, statewide, and nationally. She is currently on the State of Montana’s Veteran Affairs Board. She works for her 3 horses and 2 silly red heeler dogs.

Chip Kern is a Licensed Professional Counselor in the state of Montana and currently works for Counseling and Psychological Services here at MSU. In addition to his work with university students and staff, Chip also works directly with the Disability and Veterans Re-entry Office in support of the Veterans returning to the University. Chip received his Masters Degree in Mental Health Counseling from Montana State in 2010. In addition to his work here at MSU, Chip also runs a private practice working mostly with couples counseling.

Question and Answer Session:
Panel to include Brian Kassar (Moderator), Donn Marshall, PhD, Ben Locke, PhD, Karl Rosston, LCSW.

Opening Session Speakers
Matthew Caires, President Waded Cruzado, President Royce Engstrom, Commissioner Clayton Christian, Lt. Governor Mike Cooney, Karl Rosston, Marny Lombard

Marny Lombard is a writer and editor. She lost her 22-year-old son Sam, an Architecture student at Montana State University, to suicide in April 2013. After nearly 10 years at Gonzaga University as editor of the alumni magazine, she is now working as an advocate for suicide prevention and depression awareness. Lombard is an organizer with Zero Suicide: Inland Northwest and a volunteer with Forefront at the University of Washington. Marny Lombard has this advice on preventing suicide: “Reach out. Connect. Encourage your children to connect. That is how we thrive. If you see loneliness, reach out to it. Wrap your arms around the lonely. Maybe figuratively, maybe actually.”