



Empowerment Through Education

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

Youth Suicide Risk Assessments & Safety Planning *with Kim O'Brien PhD, LICSW and Anne Moss Rogers*

Audience: PCs, psychologists, LCSWs, health care providers, school counselors, peer recovery specialists

Time: 3.5 hours/half day.

[Example of previous event here.](#)

Description:

Led by AnneMoss Rogers and Kimberly O'Brien, PhD, LICSW, this workshop will help clinicians decrease a patient's suicide risk by knowing what to look for, how to do a suicide risk assessment, and a suicide safety plan. In addition, the training will cover tips on how to get young people to communicate their pain, so they get the support they need.

AnneMoss Rogers, a mental health and suicide education expert, will tell her personal story of losing a son to suicide, what she wishes she knew in terms of resources, what she has learned since and what clinicians can do to get the family engaged with supporting a child in crisis. Finally, she will share how she healed from the most devastating loss of her life, online trends in teenage mental health, and examples from various case studies.

Overall, this workshop will give clinicians the confidence to support those struggling with thoughts of suicide.

Bios:

Dr. Kim O'Brien was part of the team who developed an evidence-based safety plan for youth, and parents because they need a road map on what to do and how to support a child who is struggling. She is a Clinical Social Worker at Boston Children's Hospital, a Research Scientist, and Assistant Professor of Psychiatry at Harvard Medical School. Her clinical practice serves adolescent and young adult athletes with mental health concerns.

AnneMoss Rogers is a Mental health & Suicide Education Expert, Professional Trainer, Speaker and Consultant, and author of the [award-winning memoir, *Diary of a Broken Mind*](#). After her 20-year-old son, Charles, died by suicide in 2015, Anne Moss chronicled her family's tragedy in a newspaper article that went viral. She was the first non-clinician invited to speak on youth suicide at the National Institute of Mental Health and she speaks all over the country to clinicians, educators, education leaders, corporations, parents, people in recovery, and at conferences and fundraisers.

Dr. O'Brien and AnneMoss Rogers are co-authors of the book, [Emotionally Naked: A Teacher's Guide to Preventing Suicide & Recognizing Students at Risk](#), Wiley Publishing, 2021.

Let's Talk

Chesterfield
Suicide
Awareness
& Prevention
Coalition

YOUTH SUICIDE RISK ASSESSMENTS & SAFETY PLANNING WORKSHOP

Kim O'Brien, PhD, LICSW & Anne Moss Rogers

WHERE: Chippenham Hospital, 2nd floor, Kraus Auditorium, Richmond VA

WHEN: Fri, May 12, 2023, 9am-12pm

COST: Free, **Register:** bit.ly/safetyplanning-rva

FOR: Mental health clinicians, healthcare providers

All attendees get Contact Hours. The first 60 get a free book.

