



Leading Humanity to  
Healthy, Vibrant Lives

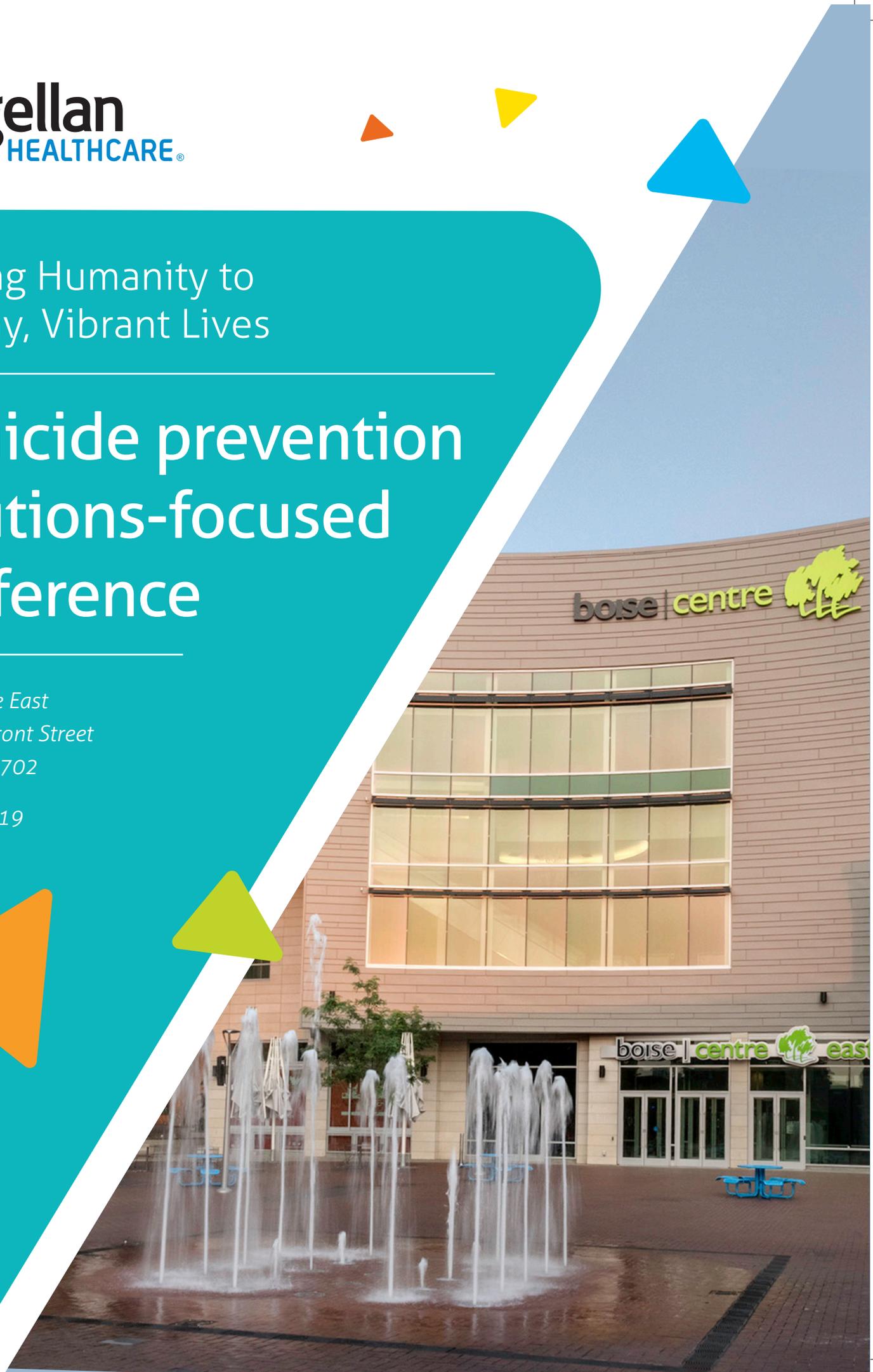
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# A suicide prevention solutions-focused conference

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*Boise Centre East  
850 West Front Street  
Boise, ID 83702*

*June 12, 2019*



# Conference summary

Magellan Healthcare (Magellan) brought together local and national leaders to exchange ideas, share successes and discuss solutions around the challenges we face together in addressing suicide prevention in our communities. The conference took place June 12, 2019, at Boise Centre East in Boise, ID, with approximately 200 local and national leaders in attendance. Participants included the First Lady of Idaho, Teresa Soulen Little; National suicide prevention experts; Idaho Department of Health and Welfare leadership; State wide behavioral health providers; Law enforcement professionals; University and secondary education leaders; Advocacy organizations; and Magellan leadership.

QUOTE

“Great information & positive energy.”

CONFERENCE ATTENDEE



Boise Centre East provided a comfortable venue for the attendees.



Conference attendees enjoying a conversation between sessions. The attendees provided favorable feedback regarding the entire conference (see page 12).

“ The conference provided a great opportunity for networking with others regarding suicide prevention. ”

- CONFERENCE ATTENDEE

# Conference goals

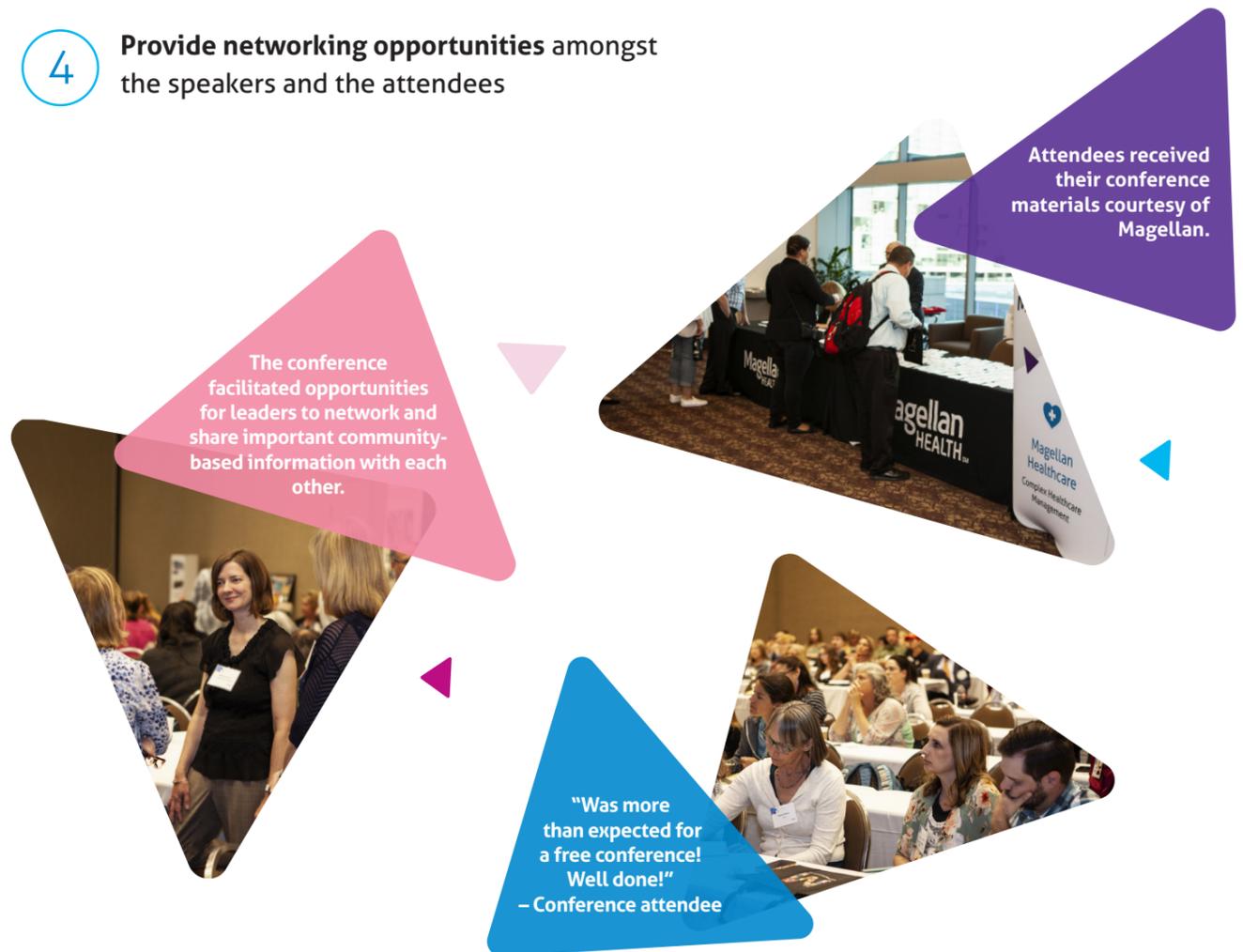
To share best practices regarding suicide prevention in Idaho and to highlight this critical issue, we hosted this conference to demonstrate our commitment for finding solutions and to provide a knowledge base for our attendees. Our overall goals included:

- 1 **Host a free, 1 day, solutions-focused conference** comprising a diverse audience to address suicide prevention
- 2 **Feature national and state leaders who are passionate about finding solutions to prevent suicide**
- 3 **Highlight the efforts of local organizations that are proactively addressing suicide**
- 4 **Provide networking opportunities amongst the speakers and the attendees**

QUOTE

“I feel extremely fortunate to have been able to attend.”

CONFERENCE ATTENDEE



The conference facilitated opportunities for leaders to network and share important community-based information with each other.

Attendees received their conference materials courtesy of Magellan.

“Was more than expected for a free conference! Well done!”

- Conference attendee

# Morning keynote presentation

## Treat Suicide Like a Public Health Crisis

Barry M. Smith, CEO, Magellan Health

Barry M. Smith covered the following key points in his keynote address:

- An overview of Magellan Health as being one company, with two unique platforms
- Most recent suicide statistics and why it has become a true public health crisis
- Solutions for healthcare and government leaders (see image below)
- Magellan member testimonials detailing success stories with suicide prevention



Barry M. Smith delivers his keynote address.

### Barry M. Smith

Barry M. Smith joined Magellan as CEO in 2013, with responsibility for Magellan's strategic direction and overall growth, as well as the development and operational execution of the company's business strategy. Smith has profit and loss responsibility for all of Magellan's business units. With a deep interest in civic, community and church affairs, Smith has been active in providing enhanced educational and health resources for residents of Haiti. Smith has also been involved with micro-credit initiatives focused on alleviating poverty in third-world countries. Smith holds a bachelor's degree in finance from the University of Utah.

### QUOTE

"Barry did a fantastic job of opening the conference."

CONFERENCE ATTENDEE



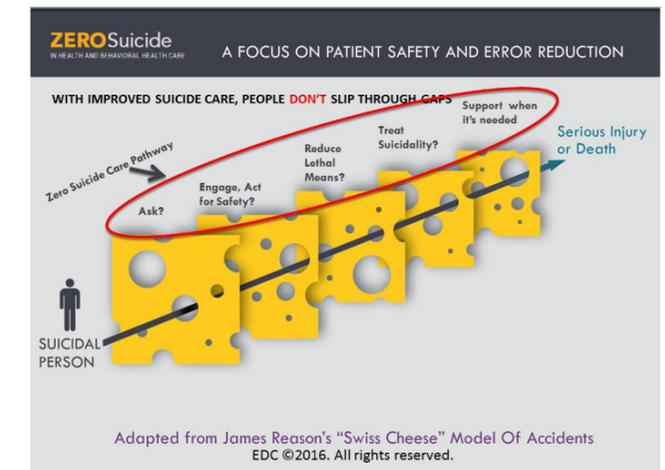
# Lunch keynote presentation

## Preventing Suicide in All Healthcare Settings: Now We Know What Must Be Done

Michael F. Hogan, Ph.D., Principal, Hogan Health Solutions, LLC

In his remarks, Dr. Hogan addressed the following key points:

- We can decrease suicide rates just as we did for heart disease rates
- Primary care, mental health services and emergency departments must be made "suicide safe"
- Closing the holes in care will work to decrease suicide rates (see adjacent image)



Dr. Hogan's keynote presentation emphasized the importance of improved suicide care.

### QUOTE

"Dr. Hogan brought some very heavily researched based methods to the conference, and had the audience very engaged."

CONFERENCE ATTENDEE



Dr. Michael Hogan delivers his keynote address.

### Dr. Michael Hogan

Dr. Michael Hogan most recently served as New York State Commissioner of Mental Health from 2007-2012, and now operates a consulting practice in health and behavioral healthcare. Previously Hogan served as the Director of the Ohio Department of Mental Health (1991-2007) and Commissioner of the Connecticut Department of Mental Health (1987-1991). Hogan chaired the President's New Freedom Commission on Mental Health in 2002-2003, and served as the first behavioral health representative on the board of The Joint Commission (2007-2015). Hogan has also served as a member of the National Action Alliance for Suicide Prevention since it was created in 2010. Hogan is a graduate of Cornell University, and earned a MS degree from the State University College in Brockport, NY, and a Ph.D. from Syracuse University.

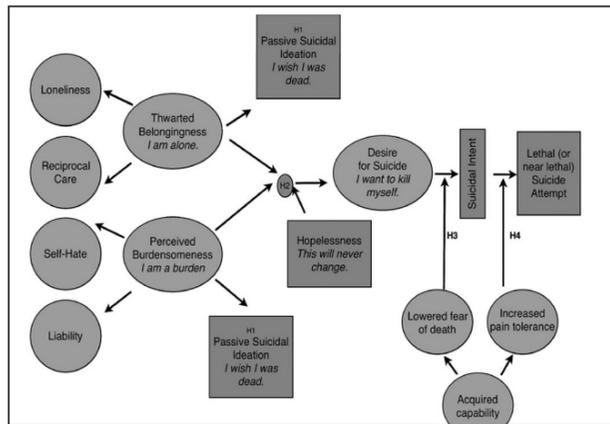
# Afternoon keynote presentation

## Why People Die By Suicide: Recent Developments

Thomas Joiner, Ph.D., The Robert O. Lawton Distinguished Professor of Psychology, Florida State University

In his remarks, Dr. Joiner reviewed these key areas of discussion and research:

- The interpersonal theory of suicide
- Suicide in Anorexia Nervosa
- Suicidal ideation
- Case examples from Robins' (1981) 'The Final Months'
- Suicide rates and the impact of a barrier as a preventative method



Dr. Joiner explained the details around passive suicidal ideation for the conference attendees.

### Dr. Thomas Joiner

Dr. Joiner's work at Florida State University involves the psychology, neurobiology, and treatment of suicidal behavior and related conditions. Joiner is Editor-in-Chief for *Suicide & Life-Threatening Behavior*, and was awarded the Guggenheim Fellowship. Joiner has authored or edited eighteen books and has authored over 675 peer-reviewed publications. Joiner received the Dublin Award for career achievement in suicide research from the American Association of Suicidology, as well as research grants from the National Institute of Mental Health and Department of Defense (DoD). The Lawton Professorship and the Dublin Award are the single highest honors bestowed, respectively, by FSU and the American Association of Suicidology. In 2017, Joiner was named a Fellow of the American Association for the Advancement of Science. Joiner was a consultant to NASA's Human Research Program, and is the Director of the DoD-funded Military Suicide Research Consortium, a \$30 million project which was recently extended for a second five-year phase at a similar funding level. Joiner is a graduate of Princeton University and earned his Ph.D. in Clinical Psychology from the University of Texas at Austin.

QUOTE

"I have not stopped talking about this presentation. Very informative."

CONFERENCE ATTENDEE

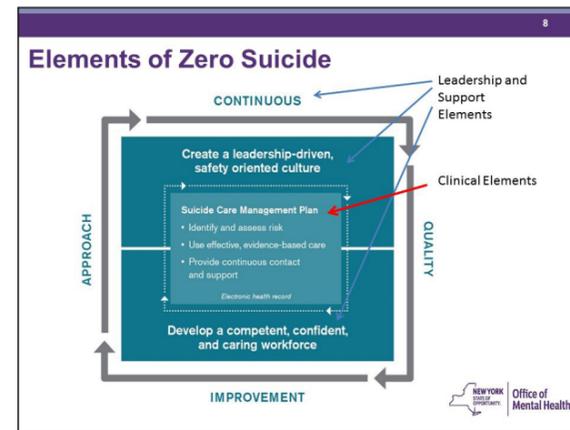


# Educational workshop presentations

## Preventing Suicide in All Healthcare Settings: How Do We Do What Must Be Done

Dr. Hogan briefly reviewed the main points from his keynote presentation, and then he led a discussion on how to implement suicide prevention planning. The key takeaways included:

- For those in healthcare to form a leadership team, and for those outside of healthcare to advocate relentlessly.
- Make a 90-day plan and measure, monitor and report from Day 1.
- Go to [zerosuicide.com](http://zerosuicide.com) for more information and training support.

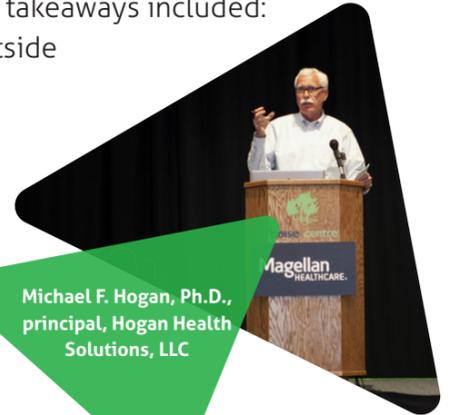


Dr. Hogan discussed how the zero suicide model is most effectively utilized.

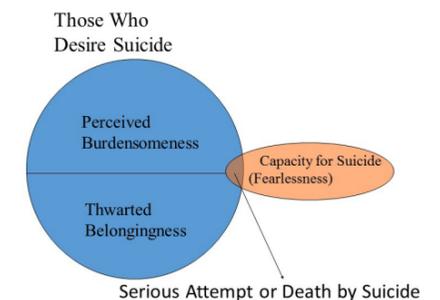
## Clinical and Other Implications of the Interpersonal Theory of Suicide

Dr. Joiner briefly reviewed the main points from his keynote presentation, and then he led a discussion on the interpersonal theory of suicide. The key takeaways included:

- Prevention of "acquired ability", or of "burdensomeness", or of "thwarted belongingness" will prevent serious suicidality - Belongingness may be the most malleable and powerful
- It is important to show genuine care and concern for one another to help prevention and treatment



### Sketch of the Theory



Dr. Joiner explained the concepts and research around the interpersonal theory of suicide.

# A Plenary Session

## Suicide Prevention in Idaho: Perspectives Across Settings

### Moderator:

Charley Curie

*Principal, The Curie Group, LLC*

### Panelists:

Kim Kane, MPA

*Former Program Manager, Suicide Prevention Program, Idaho Department of Health and Welfare*

Judy Gabert, MA, Med

*Program Specialist, Idaho Lives Project*

Penelope Hansen, LCPC

*Mental Health Coordinator, Boise Police Department*

Corey Surber, MHS

*Director of State Advocacy, Saint Alphonsus Health System Lancaster County*



Charley Curie and panelists discussed the current status of suicide prevention efforts across Idaho.



Attendees asked several questions of the panelists that generated additional discussion.

This diverse panel had suicide prevention experiences in education, healthcare and law enforcement.



## Panel questions that were followed by audience questions:

- 1 **Can you tell us a bit about how suicide efforts** have progressed over the years and where Idaho stands now on those efforts? Please include information about evidence-based approaches.
- 2 **What is already taking place within the hospital system to try to stem the tide of the increases in suicide?** Where are the gaps/barriers? Additionally, can you provide information on what is being included within the school system and law enforcement system as well.
- 3 **We know that youth are, perhaps disproportionately, affected by the media. What are your thoughts about that** and how can the news and social media play a responsible and constructive role in supporting efforts around suicide prevention?
- 4 **Males have much higher suicide rates than females. Working in a male-dominated field, what do you see as the barriers for males, in general and for the first responders, receiving that help they need when in crisis?**
- 5 **Looking to the future, what other interventions or supports are necessary** to bring forth a sufficient and comprehensive approach to effectively prevent suicides and reducing Idaho's annual suicide rate?

**Charley Curie** is the principal and founder of the The Curie Group, LLC, a management and consulting firm specializing in working with national and international leaders in public and private healthcare. He focuses on mental health services and substance use treatment and prevention arenas, to facilitate the transformation of services and to attain increasingly positive outcomes in the lives of people worldwide.

**Kim Kane, MPA** is the former program manager for the Suicide Prevention Program in the Idaho Department of Health and Welfare's Division of Public Health (IDHW). Before coming to IDHW, Kim was the Program Director for the Idaho Lives Project, which fosters connectedness and resilience throughout Idaho school communities to prevent youth suicide. She is a member and co-founder of the Idaho Governor's Council on Suicide Prevention and the former Executive Director of the Suicide Prevention Action Network of Idaho (SPAN Idaho).

**Judy Gabert, MA, Med** is a program specialist for the Idaho Lives Project. She previously worked as a teacher and school counselor for Boise School District, where she became interested in suicide prevention. She helped to write and present the first suicide prevention plan for the District with a committee that included Dr. Peter Wolheim, who was a major promoter of suicide prevention for Idaho. Judy joined SPAN Idaho in 2009 as a resource specialist, and in 2013, worked with Kim Kane and Matt McCarter of the Idaho State Department of Education (SDE) to write for and win the Garrett Lee Smith grant, which created the Idaho Lives Project with Sources of Strength for Idaho schools at its core.

**Penelope Hansen, LCPC** is the Mental Health Coordinator for Boise Police Department (BPD). Prior to coming to BPD, she worked at Idaho Department of Health Welfare (IDHW) monitoring the Idaho Behavioral Health Plan contract. She has worked as the Director of Psychological Health for the Idaho Army National Guard and for IDHW on the Crisis Response Team in Region 3 as a Designated Examiner. In the early stages of her career she worked with adolescents in residential treatment. Shortly after, she worked as a therapist in private and non-profit agencies working primarily with children and families.

**Corey Surber, MHS** currently serves as Director of State Advocacy for Saint Alphonsus Health System and has been part of the Saint Alphonsus team for the past 26 years. She has taught as adjunct faculty in the College of Health Science at Boise State University for the past 10 years, teaching undergrad and graduate courses in health policy, health delivery systems and healthcare quality. Corey's community involvement includes serving as Board Chair for United Way of Treasure Valley 2017-2019, as board chair-elect for the Idaho Association of Commerce & Industry, and on the Boise State Alumni Association Board.

# Magellan Cares Foundation

At lunchtime, the Magellan Cares Foundation led by Deanna Johnston, executive director, recognized three local non-profit organizations from across Idaho currently leading initiatives involving suicide prevention with individual grant awards in the amount of \$5,000 per organization.

Each grant recipient received their award and shared a brief overview of their organization.



## Children's Home Society of Idaho

Founded in 1908, the Children's Home Society mission is to improve the lives of children in their community.

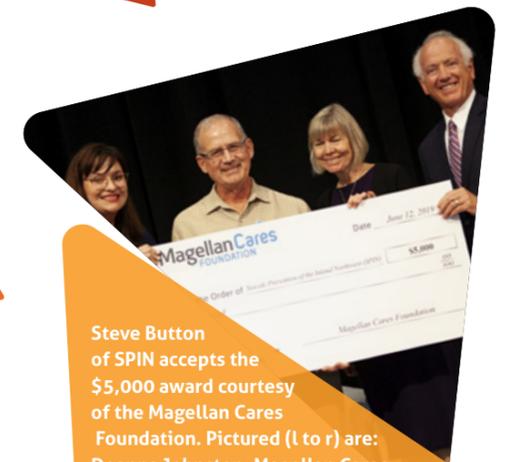
Today, they carry out this mission by operating the Warm Springs Counseling Centers (WSSC) in Boise and Meridian, which provide access to professional and superior mental, emotional, and behavioral healthcare services to children and their families that care for them. The Magellan Cares grant funds will be used to subsidize more than 80 counseling sessions for families who cannot afford to pay for these services.



Anselme Sadiki of Children's Home Society accepts the \$5,000 award courtesy of the Magellan Cares Foundation. Pictured (l to r) are: Deanna Johnston, Magellan Cares Foundation; Anselme Sadiki; First Lady of Idaho, Teresa Soulen Little; Barry Smith, Magellan Health.



Kyle Hodges and Dixie Tate of Mini-Cassia PAuSe accept the \$5,000 award courtesy of the Magellan Cares Foundation. Pictured (l to r) are: Deanna Johnston, Magellan Cares Foundation; Dixie Tate; Kyle Hodges; First Lady of Idaho, Teresa Soulen Little; Barry Smith, Magellan Health.



Steve Button of SPIN accepts the \$5,000 award courtesy of the Magellan Cares Foundation. Pictured (l to r) are: Deanna Johnston, Magellan Cares Foundation; Steve Button; First Lady of Idaho, Teresa Soulen Little; Barry Smith, Magellan Health.

## Mini-Cassia PAuSe Suicide Prevention Group

The Mini-Cassia PAuSe mission is to reduce suicide by providing an awareness message that "every life matters" in local schools and throughout Cassia and Minidoka Counties in Southern Idaho. They also work with local education and healthcare stakeholders to create hope and healing opportunities for these communities that have experienced many suicides in the past few years. The Magellan Cares grant funds will be used to launch the first local Suicide Summit in September to include speakers, a walk/run, and more activities to raise awareness about suicide prevention and resources available.

## Suicide Prevention of the Inland Northwest (SPIN)

SPIN is on a mission to raise awareness of, educate on, and decrease stigma around suicide and mental illness in Northwest Idaho communities. Over the past several years this organization has continuously distributed suicide prevention hotline materials to local schools to include having the hotline information on student ID badges, and they have hosted numerous suicide prevention trainings, awareness activities and a suicide prevention conference for mental health clinicians and community members. The Magellan Cares grant funds will be used to increase Question, Persuade, Refer (QPR) suicide prevention training opportunities for community members by training additional instructors and the organization plans to purchase additional billboard advertising opportunities to share the Idaho Suicide Prevention Hotline.

The Magellan Cares Foundation, a 501(c)(3) organization, focuses on efforts to improve access to quality healthcare and related social supports. The Foundation supports programs and initiatives in four areas: national or large-scale health access and quality improvement initiatives; efforts that help to improve the social supports around a quality healthcare system, such as access to housing, food, clothing or self-improvement opportunities; local efforts, including legacy initiatives supported by Magellan Health's employees; and efforts to support America's military service members, veterans and wounded warriors.

# Attendee feedback



“Thank you for bringing this conference to Boise.”

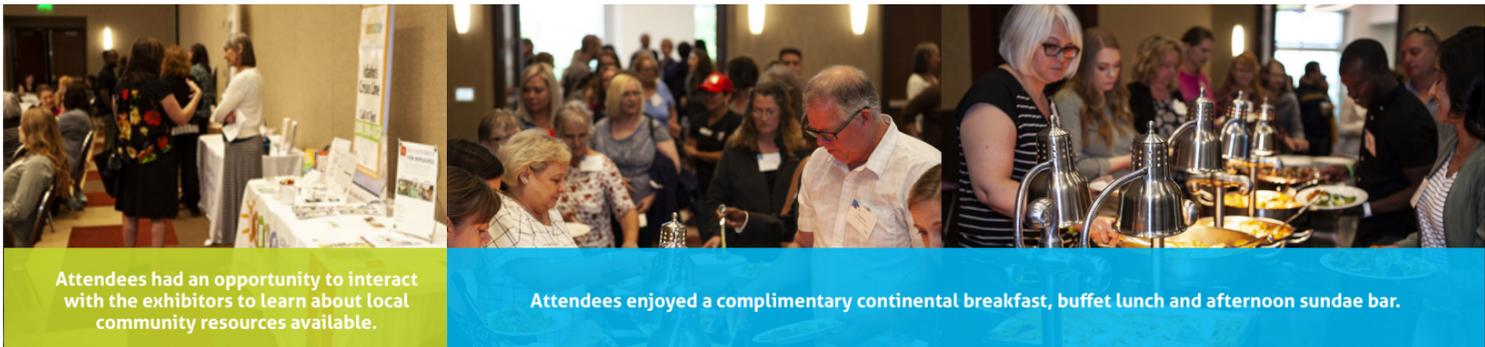
“The panel of experts was a thorough overview and I gained even more knowledge. Kudos for keeping that local and having a diverse group of experts.”

“Excellent on all levels!!! Thank you for a wonderful conference!”

“The conference center was amazing. Very clean, and very modern.”

“I want to thank Magellan for being BOLD enough to see a need and then STRONG enough to do something about it!”

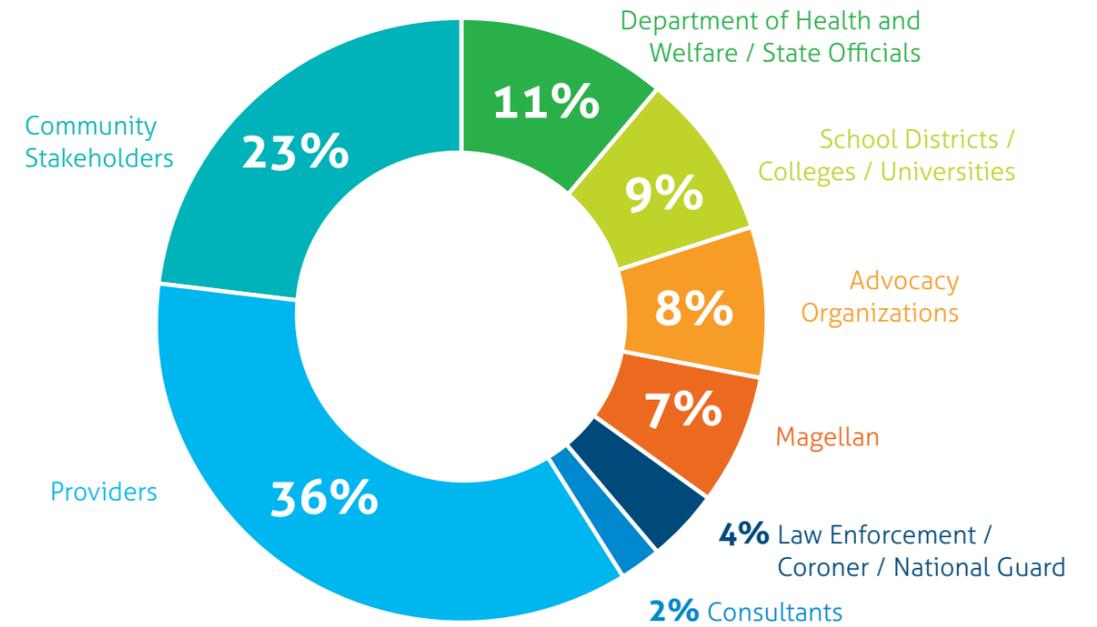
“It was wonderful to learn of what is being done in Idaho and who the leaders are.”



Attendees had an opportunity to interact with the exhibitors to learn about local community resources available.

Attendees enjoyed a complimentary continental breakfast, buffet lunch and afternoon sundae bar.

# Conference participation and post-conference questionnaire



A post-conference questionnaire was completed by attendees. Here is a sampling of the questions and results:

How satisfied are you with your overall experience at this conference?	93% Very Satisfied / Satisfied
How satisfied are you with the quality of the plenary session ("Suicide Prevention in Idaho: Perspectives Across Settings")?	83% Very Satisfied / Satisfied
Do you feel that this conference provided solutions-focused information related to suicide prevention?	87% Yes
If Magellan Health invites you to a future education-focused conference, would you be willing to attend or suggest that a colleague attend?	97% Yes
How do you rate the conference's overall organization (i.e. communications, on-site logistics and schedule of program)?	93% Very Satisfied / Satisfied

# For more information:

## View all of the 2019 conference presentations:

[www.magellanhealthcare.com/Medicaid-and-Medicare/Boiseconference](http://www.magellanhealthcare.com/Medicaid-and-Medicare/Boiseconference)

## For more information about Magellan's efforts in Idaho contact:

Diane Marciano, vice president of business development government affairs, Magellan Health at [DEMarciano@MagellanHealth.com](mailto:DEMarciano@MagellanHealth.com)



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