

REGISTER NOW



MACON & JOAN BROCK VIRGINIA HEALTH SCIENCES
Eastern Virginia Medical School
AT OLD DOMINION UNIVERSITY

Present

Youth Suicide: Risk and Prevention Conference

Bringing Support, Care, and
Hope to Our Children



April 30 - May 1, 2026

Virtual Conference Event

Community Track - Thursday, April 30

Clinical Track - Friday, May 1

For more information and to register, visit CHKD.org/CME or [click here.](#)



In collaboration with



The Sarah Michelle Peterson
Foundation

This activity has been approved for *AMA PRA Category 1 Credit™*.
Psychology and nursing CEUs will be offered.

CONFERENCE OVERVIEW

The Youth Suicide: Risk and Prevention Conference brings together community partners and clinical professionals for a two-day, multidisciplinary exploration of the factors influencing youth suicide risk and effective approaches to prevention. Through a combination of research-informed presentations, clinical perspectives, and lived experience, the conference examines how social environments, adolescent brain development, substance use, and digital ecosystems intersect with youth mental health and suicidality. Sessions highlight the importance of addressing social context and rejection, understanding impulsivity and developmental vulnerability, and recognizing the growing impact of high potency cannabis and other substances on youth suicide risk. A dedicated youth panel centers young people's voices, offering practical insights into fostering hope, reducing isolation, and strengthening supportive communication. Across both tracks, speakers also emphasize the use of safe, stigma-reducing language; evidence-based screening and intervention tools, and strategies for extending suicide prevention beyond traditional settings; and equipping attendees with knowledge and approaches they can apply in community, educational, and clinical environments.

TARGET AUDIENCE

This conference is designed for pediatricians, neurologists, psychologists, social workers, licensed professional counselors, psychiatrists, mental health and specialty medical care providers, family practitioners, nurses and caregivers, community support personnel, school personnel, interested allied health professionals, parents, and professionals who work with youth.

CONTINUING MEDICAL EDUCATION CREDIT

ACCREDITATION STATEMENT - This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Macon & Joan Brock Virginia Health Sciences at Old Dominion University and Children's Hospital of The King's Daughters. Macon & Joan Brock Virginia Health Sciences at Old Dominion University is accredited by the ACCME to provide continuing medical education for physicians.

CREDIT DESIGNATION - Macon & Joan Brock Virginia Health Sciences at Old Dominion University designates this live activity for a maximum of 9.5 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CONTINUING NURSING EDUCATION CREDIT

Children's Hospital of The King's Daughters is approved as a provider of nursing continuing professional development by the Virginia Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation. Children's Hospital of The King's Daughters designates this live activity for a maximum of 9.5 contact hours.

PSYCHOLOGY CREDIT

9.5 hours of continuing education credit will be awarded for psychologists. Macon and Joan Brock Virginia Health Sciences at Old Dominion University is approved by the American Psychological Association to sponsor continuing education for psychologists. The Macon and Joan Brock Virginia Health Sciences at Old Dominion University maintains responsibility for this program and its content. For questions about CE for psychologists, please contact Jennifer Flaherty at Jennifer.Flaherty@CHKD.org.

CANCELLATION POLICY

Registration is nonrefundable.

REGISTRATION FEES:

Professionals seeking CME or CEUs \$50

Other professionals or parents/caregivers \$25

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CONFERENCE AGENDA Day 1

Thursday, April 30, 2026
Community Track

- 8:30 a.m. **Welcome Remarks**
Cynthia Romero, MD
- 8:45 a.m. **Life Under Pressure: The Social Roots of Youth Suicide and What to Do About Them**
Anna Mueller, PhD
Explain why the external social world matters to youth suicide risk and suicide prevention. Identify social-contextual factors that must be addressed when managing a place with a high number of youth suicides or suicide attempts.
- 10 a.m. **Break**
- 10:10 a.m. **Adolescent Brain Development and Impulsivity**
Patricia Y. King, MD
Examine key areas of development in adolescent brain matter. Relate injury to brain development to mental health conditions.
- 11:10 a.m. **Break**
- 11:20 a.m. **Youth Panel Discussion**
Moderator: Elena Schexnider, R-CPRS,
Youth Panelists: Sam Broughton, Luke Uroskie, and Zoe Zmuda
Analyze practical approaches for fostering hope, reducing isolation, and enhancing supportive communication with individuals experiencing suicidal thoughts or grief.
- 12:20 p.m. **Lunch Break**
- 12:50 p.m. **Addiction: Marijuana/Psychosis/Suicide Ideation**
Elizabeth (Libby) Stuyt, MD
Relate how today's cannabis, with increasing levels of THC, results in increased problem including psychosis and suicide, especially in those whose brains are still developing. Determine the role high potency THC cannabis plays in addiction, anxiety, depression, suicide, psychosis, violence, cannabinoid hyperemesis syndrome, and cognitive impairment.
- 1:50 p.m. **Break**
- 2 p.m. **Words Matter: Speaking Safely About Suicide**
Michelle Peterson, BA
Implement direct language that is safe and non-triggering to talk about suicide, and to help reduce stigma around suicide.
- 2:20 p.m. **Day 1 Conference Comments/Concludes**

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CONFERENCE AGENDA Day 2

Friday, May 1, 2026

Clinical Track

- 8 a.m. **Welcome Remarks**
Stephanie Osler, LCSW
- 8:10 a.m. **Addiction as a Developmental Disorder/Disease (Intersection of Youth Suicide and Addiction)**
Joseph Lee, MD
Determine core variables that may put some youth at higher risk for developing a substance use disorder. Recognize different presentations of suicidality and risk-taking for youth.
- 9:10 a.m. **Break**
- 9:20 a.m. **The Pain of Rejection and Suicide Risk in Youth**
Caroline Oppenheimer, PhD
Describe the evidence for social rejection or social threat in suicide risk. Explain risk factors for suicide risk among youth.
- 10:20 a.m. **Break**
- 10:30 a.m. **Extending Youth Mental Health Beyond the Clinical Visit**
Leah Rowland, MD
Identify evidence-based mental health strategies included in the free, online toolkit and curriculum and implement them to support youth with mental health needs in busy or high-demand environments.
- 11:30 p.m. **Lunch Break**
- 12 p.m. **Social Media, Chatbots, AI, and Adolescents: Current Trends and Considerations for Adolescent Suicide Prevention**
Candice Biernesser, PhD, LCSW
Analyze risks and benefits of adolescents' use of online mental health help-seeking across a range of digital platforms and apply strategies to support suicide prevention for adolescents embedded within ecosystems of digital platforms.
- 1 p.m. **Break**
- 1:10 p.m. **CRAFFT Model and Substance Use Screening in Youth**
Stephanie Osler, LCSW and Mindy Martini, BS
Describe the use of the Car, Relax, Alone, Forget, Friends, Trouble (CRAFFT) model within the Screening, Brief Intervention, and Referral to Treatment (SBIRT) role. Analyze the scope of concern related to pediatric substance use. Define the risks associated with substance use and youth suicide.
- 2:10 p.m. **Closing Remarks/Conference Concludes**

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COURSE DIRECTORS

Cynthia C. Romero, MD, FAAFP

Director, M. Foscue Brock Institute for Community and Global Health
Professor, Family and Community Medicine
Macon & Joan Brock Virginia Health Sciences at Old Dominion University
Norfolk, VA

Sandra (Sam) Fabian, MS

Community Outreach Manager
Children's Hospital of The King's Daughters
Norfolk, VA

FACULTY

Candice Biernesser, PhD, LCSW

Assistant Professor of Psychiatry
University of Pittsburgh
Pittsburgh, PA

Patricia Y. King, MD

Psychiatrist
CEO, Owner, Medical Director
Dr. King-Jones & Associates
Chesapeake, VA

Joseph Lee, MD

President & CEO
Hazelden Betty Ford Foundation
City Center, MN

Mindy Martini, BS

Youth Screening, Brief Intervention, and Referral to Treatment (SBIRT) Supervisor
Mental Health Services
Children's Hospital of The King's Daughters
Norfolk, VA

Anna S. Mueller, PhD

Luther Dana Waterman Professor
Department of Sociology & Irsay Institute
Indiana University
Bloomington, IN

FACULTY *continued*

Caroline Oppenheimer, PhD

Suicide Prevention Research Scientist
Licensed Clinical Psychologist
Chapel Hill, NC

Stephanie Osler, LCSW

Director, Mental Health Hospital Support
Children's Hospital of The King's Daughters
Norfolk, VA

Michelle Peterson, BA

Executive Director
The Sarah Michelle Peterson Foundation
Norfolk, VA

Leah Rowland, MD, FAAP

Assistant Professor
Macon & Joan Brock Virginia Health Sciences at Old Dominion University
Children's Hospital of The King's Daughters
Norfolk, VA

Elena Schexnider, R-CPRS

Program Coach
Recovery Corps
Virginia and Kentucky

Elizabeth "Libby" Stuyt, MD

Psychiatrist
International Academy on the Science and Impact of Cannabis
Salida, CO

YOUTH PANELISTS

Sam Broughton

Luke Uroskie

Zoe Zmuda

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