



**EVMS**  
Eastern Virginia Medical School

Present

# Youth Suicide: Risk and Prevention Conference

Bringing Support, Care, and Hope to Our Children



**May 2 & 3, 2024**

**Hybrid Conference Event**

Virtual Clinical Track – May 2

In-person Community Track – May 3

Eastern Virginia Medical School - Lester Hall

651 Colley Avenue • Norfolk, VA 23507

## CONFERENCE OVERVIEW:

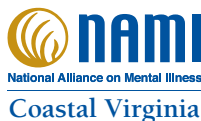
Youth mental health and well-being continues to be of major concern in our community and across the nation. To address this crisis we must invest in our most vulnerable population, our children, and provide support, resources, and services that are accessible to everyone.

National and local mental health experts will gather to discuss a variety of topics to address the youth mental health crisis. Clinicians, community and school professionals, and caregivers will have an opportunity to learn about the state of Virginia's youth mental health and the resources available, understand intersectional identities and suicide, assess the impact of social media on suicide, and navigate the VMAP system and community resources. Additionally, clinicians will learn about depression screenings and recommended primary care strategies, while the community track will provide a session on recognizing, supporting, and referring a person in need of professional support.

**For more information  
and to register,  
visit [CHKD.org/CME](https://CHKD.org/CME).**



In partnership with



The Sarah Michelle Peterson  
Foundation

## 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 Eastern Virginia Medical School and Children's Hospital of The King's Daughters. Eastern Virginia Medical School is accredited by the ACCME to provide continuing medical education for physicians.

**CREDIT DESIGNATION** - Eastern Virginia Medical School designates this live activity for a maximum of 10.75 *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 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 10.50 contact hours.

## PSYCHOLOGY CREDIT

Up to 5 hour(s) of continuing education credit for each day will be awarded for psychologists. The Eastern Virginia Medical School is approved by the American Psychological Association to sponsor continuing education for psychologists. The Eastern Virginia Medical School maintains responsibility for this program and its content. For questions about CE for psychologists, please contact Jennifer Flaherty at [Jennifer.Flaherty@CHKD.org](mailto:Jennifer.Flaherty@CHKD.org).

## CANCELLATION POLICY

Registration is nonrefundable.

## REGISTER ONLINE:

Register online at [CHKD.org/CME](https://CHKD.org/CME).

## REGISTRATION FEES:

Professionals seeking CME or CEUs \$50

Other professionals or parents/caregivers \$25

## COURSE DIRECTOR

### Cynthia Romero, MD

Director, M. Foscue Brock Institute for Community and Global Health  
Associate Professor, EVMS Family and Community Medicine  
Associate Professor, EVMS MPH Program, School of Health Professions  
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## FACULTY

### Jessica Blanchard

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### Victoria M. Cartagena, LCSW

Eastern Region Licensed Mental Health Professional  
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Children's Hospital of The Kings Daughters, Norfolk, VA

### Senator R. Creigh Deeds

Senate of Virginia, 11th District  
Richmond, VA

### Mary Margaret Gleason, MD

Vice Chief, Mental Health Program  
Children's Hospital of The King's Daughters  
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Behavioral Health and Developmental Services Supervisor  
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### Nelson Smith, FACHE

Commissioner  
Virginia Department of Behavioral Health and Developmental Services, Richmond, VA

### Susannah Uroskie

Board President  
Youth and Young Adult Coordinator  
National Alliance on Mental Illness (NAMI) Coastal VA  
Virginia Beach, VA

### Staci Young

Director, Acute Care Crisis Services  
Western Tidewater Community Services Board, Suffolk, VA

## CONFERENCE AGENDA Day 1

Thursday, May 2, 2024

Clinical Track – Virtual Only

- 8:15 a.m. **Registration/Login**
- 8:30 a.m. **State of Mental Health in Virginia**  
*Commissioner Nelson Smith*  
Identify challenges facing Virginia's mental health services and systems.  
Examine how state policies and initiatives are driving change.
- 8:45 a.m. **Welcome Remarks**  
*Stephanie Osler, LCSW*
- 9:00 a.m. **Intersectional Identities and Suicide Risk Among LGBTQ Youth**  
*Myeshia Price, PhD*  
Identify risks associated with suicide among LGBTQ youth.  
Recognize how the intersection of multiple stigmatized identities can impact suicide risk.
- 10:00 a.m. **Break**
- 10:10 a.m. **Adolescent Social Media Use and Suicide Risk: Guidance for Clinicians**  
*Jackie Nesj, PhD*  
Incorporate discussion of social media use into clinical work with young people.  
Examine research on social media use and the correlation to adolescent mental health.
- 11:15 a.m. **The Virginia Mental Health Access Program (VMAP): Empowering healthcare providers in mental health assessment, treatment, and referral through education, consultation, and care navigation**  
*Victoria Cartagena, LCSW*  
Determine the resources and services available to healthcare providers through the Virginia Mental Health Access Program (VMAP).  
Enroll in VMAP and access consultation/care navigation services.
- 12:10 p.m. **Lunch**
- 12:30 p.m. **988 in Virginia: Revolutionizing How We Provide Crisis Services**  
*Staci Young*  
Examine the use of 988 and the Crisis Now model in Virginia.  
Explain how 988 is assisting callers and what types of crisis services are available in the community.
- 1:30 p.m. **Depression Screening Patterns and Recommended Primary Care Strategies**  
*Mary Margaret Gleason, MD*  
Identify commonly used screens for identifying depression and suicide risk.  
Compare the difference in positive and negative screens.
- 2:30 p.m. **Adjourn**

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





## CONFERENCE AGENDA Day 2

Friday May 3, 2024

Community Track – In-Person Only  
EVMS Lester Hall

- 8:15 a.m. Registration/Visit Exhibitors
- 8:30 a.m. Opening/Welcome Remarks  
*Cynthia Romero, MD*
- 8:45 a.m. Mental Health: A Legislative Update  
*Senator Creigh Deeds*  
Discuss legislative and budgetary changes adopted during the 2024 Session of the General Assembly.
- 9:45 a.m. Break
- 10:00 a.m. The Role of Adolescent Social Media Use in Suicide Prevention: Risks, Benefits, and Where We Go from Here  
*Jackie Nesi, PhD*  
Identify key risks and benefits of social media use for the adolescent. Develop strategies to help teens take steps toward healthier use of social media.
- 11:00 a.m. Break
- 11:15 a.m. Bias-based Victimization and Suicide Risk Among LGBTQ Youth  
*Myeshia Price, PhD*  
Identify victimization, such as bullying and rejection, among LGBTQ youth.  
Recognize how bias-based victimization can impact suicide risk.  
Determine ways to reduce victimizing experiences in medical settings.

- 12:15 p.m. Lunch
- 1:00 p.m. Question, Persuade, & Refer Training (QPR)  
*Michelle Peterson*  
Recognize warning signs for suicide, including coded signs. Ask someone about suicidal thoughts with skill and confidence.  
Access local resources to refer people to care for mental health needs.
- 2:30 p.m. Panel – Navigating Community and School Mental Health Resources and Support Groups  
*Jessica Blanchard, John Paradiso, and Susannah Uroskie*  
Identify the mental health resources that are available in the Hampton Roads community.  
Determine how to connect families with resources in the community using VMAP.  
Execute referrals for children in need of mental health and case management support services.
- 3:30 p.m. Adjourn

The Hampton Roads Trauma Informed Community Network Presents:

## Focus on Hope: Youth as Inspiration

Thursday, May 2, 5–6:15 p.m.

Chrysler Museum of Art Auditorium

1 Memorial Place, Norfolk, Virginia

Join area teens, youth leaders, educators, and HRTICN members to celebrate Virginia's statewide resilience initiative and learn about an evidence-based framework for promoting HOPE (Healthy Outcomes from Positive Experiences). Hear from youth regarding their own experiences with trials and triumphs in navigating our uncertain world. The **FREE** event will include a brief overview of HOPE, photos taken by teens, spoken word poetry, and interactive activities. Join the conversation and learn how together we can promote hope, and support the positive contributions that youth make in our communities and schools.

• CHKD • Alternative Inc. • Teens with a Purpose • Communities in Schools



Following the event, you are welcome to stay for the Virginia Stage Company's production of *Every Brilliant Thing*.

Register [HERE](#)

