



INDIANA SUICIDE PREVENTION AND AWARENESS **SUMMIT**

BUILDING CONNECTIONS TO FOSTER THRIVING COMMUNITIES



Wednesday, August 5, 2026
8:30 a.m. - 4:30 p.m.
Wyndham Indianapolis Airport

CONFERENCE WEBSITE!

#ISPAS2026

Welcome!

Welcome to the Indiana Suicide Prevention & Awareness Summit, v2.0!

When we were tossing around ideas for the theme this year, a quote from Dr. Murthy's Together kept swirling around in my head: *"While loneliness engenders despair and ever more isolation, togetherness raises optimism and creativity. When people feel they belong to one another, their lives are stronger, richer, and more joyful."* I don't think this is news to many of us – we know the importance of connection and community. But I think sometimes we get caught up in doing the big strategies and programs that we sometimes forget the impact that building a community right where we are can have. There is **so much** individuals can do to help prevent deaths by suicide and support loss survivors – but none of us can (or should!) do it alone. We can do the big, sweeping initiatives – but we can also make sure each person we interact with feels seen, heard, and loved for who they are as a human.

So, I hope you learn something new, get exposed to different strategies and programs, find a new friend (or two!), and are inspired to rise to the occasion of how to build stronger connections for a thriving community back home.

 Kathleen



Schedule.

**7:00 AM
– 8:30 AM**

Check-in, Welcome,
& Introductions

**8:30 AM
– 9:30 AM**

Morning Keynote

**9:45 AM
– 10:45 AM**

Breakout 1

**11:15 AM
– 12:15 PM**

Breakout 2

**12:15 PM
– 1:00 PM**

Lunch &
Announcements

**1:00 PM
– 1:15 PM**

ISPAS Awards

**1:15 PM
– 2:15 PM**

Lunch Keynote

**2:30 PM
– 3:30 PM**

Breakout 3

**3:45 PM
– 4:30 PM**

Pulling it All Together
& Taking it All Back

4:30 PM

Summit Closing Remarks
& Announcements

Morning Keynote – Derek Lee

Evidence Over Tradition: The Future of Suicide Treatment is Outpatient

For decades, hospitalization has been viewed as the default response for individuals experiencing suicidal ideation. Yet emerging evidence suggests that people can be treated safely and effectively in the least restrictive setting through specialized, evidence-based outpatient care. This keynote examines the evolution of suicide treatment, challenges long-standing assumptions about hospitalization, and explores how models such as The Hope Institute, CAMS, and BCBT are transforming clinical practice. Participants will gain practical insights into building outpatient systems that promote safety, reduce unnecessary hospitalizations, improve outcomes, and restore hope—while reshaping the future of suicide care.

Lunch Keynote – Dr. Anna Mueller

Life Under Pressure: The Social Roots of Youth Suicide and What to do About Them

Why are our youth struggling, and how does the world around them shape their pain? It's time to look past the individual and toward the community. Join Dr. Anna Mueller, author of the award-winning *Life Under Pressure*, for an eye-opening exploration into the social roots of youth suicide. This isn't just a lecture; it's a roadmap. Whether you are a parent, educator, clinician, or a teen yourself, you will walk away with a fresh perspective on why social environments matter and—more importantly—how to change them.

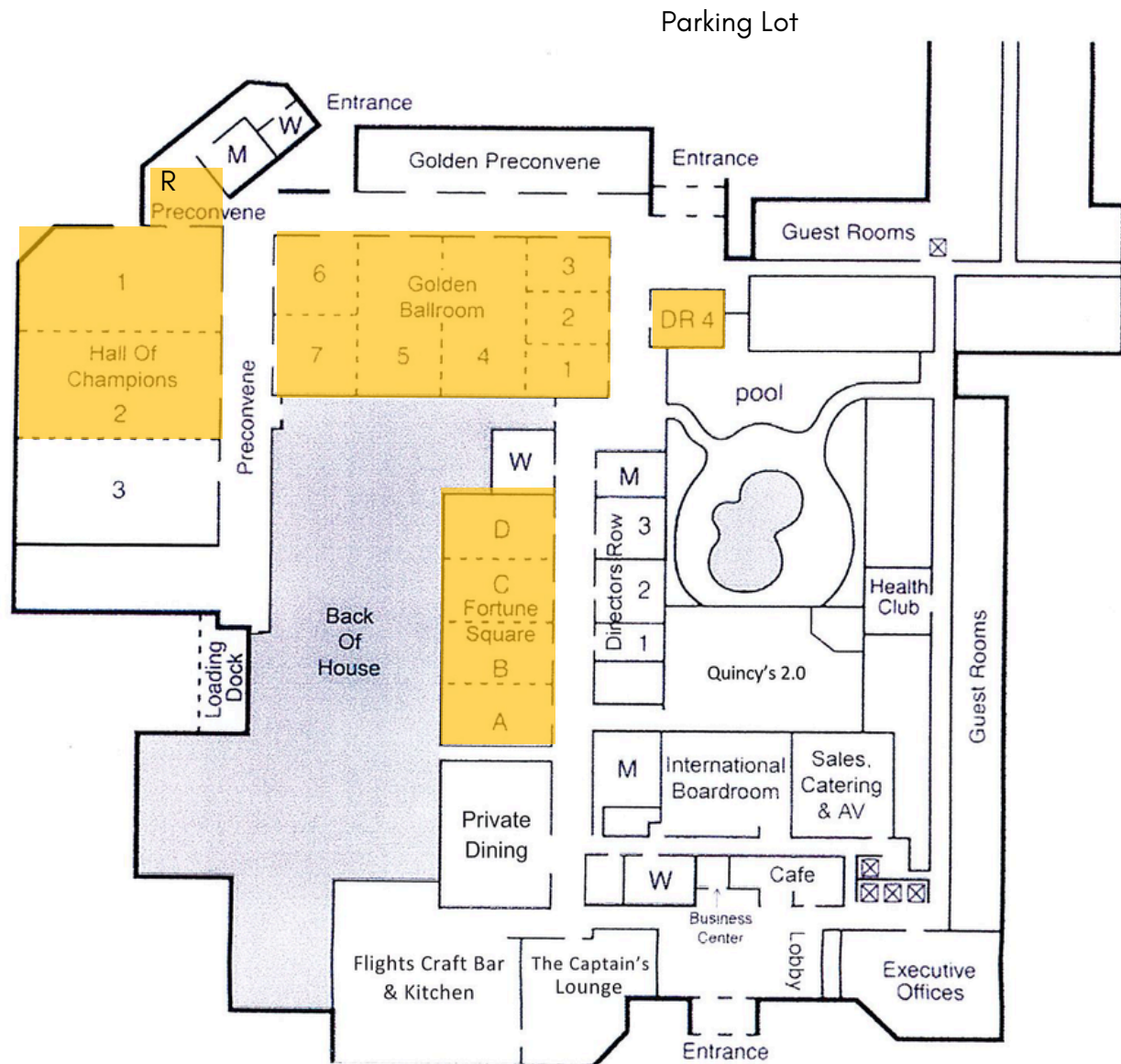
Afternoon Keynote – Kathleen Ratcliff

Pulling it all Together & Taking it All Back

Help us build this interactive closing session by completing the "Take Back Challenge" and submitting your insights to the registration desk by 3:45! This session will focus on sharing ideas and insights from the day as a large group to pull share content together – and then building a consensus of a few key take-away thoughts we can all take back to keep the momentum going and growing.

Prizes from the Bingo cards will also be handed out during this session – so make sure you stick around!

Rooms.



The Summit will be centered in the rooms in gold above, with "R" serving as the Registration desk, DR4 as the Hygge Room, Vendors in the Hall of Champions, and the Game Night occurring in Golden Ballroom 6/7.

Breakouts

Breakout Session 1 (9:45 – 10:45 AM)

- **When We Go Together, We Go Further** (Panel Discussion)—Golden Ballroom 6/7
- **Mood Follows Food** (Ashlee Shoaff, M.Ed., LMHC)—Fortune Square A
- **Saving Lives Together: Zero Suicide Initiative** (Mark Hummell, Molly Kelly, & Amy Spanopoulos)—Fortune Square B
- **Rolling for Connection: How Collaborative Storytelling Creates Protective Spaces for Belonging** (Ben Boruff)—Fortune Square C
- **Talk Saves Lives: Supporting Our Veterans** (Brandon Puskiewicz & Arsalan Rehman)—Fortune Square D

Breakout Session 2 (11:15 – 12:15 PM)

- **LOSS Teams – The Midling Years** (Panel Discussion)—Golden Ballroom 6/7
- **The Role of Resilience First Aid in Building Protective Connectedness** (Dawn Altmaier)—Fortune Square A
- **The Forgotten Caregiver: Recognizing Caregiver Burden & Improving Support in Suicide Prevention** (Amber Parker)—Fortune Square B
- **Horses, bunnies, and dogs, oh my! Building the Human-Animal Connection to Thrive** (Bethany Kellogg, LCSW, RPT-S)—Fortune Square C
- **Breaking Down Barriers: Unlocking the Power of Partnership for Long-Term Impact** (Kim Linkel & Kristina Clark)—Fortune Square D

Breakout Session 3 (2:30 – 3:30 PM)

- **Suicide and Overdose Fatality Review in Indiana** (Panel Discussion)—Golden Ballroom 6/7
- **Fostering Hope: School-Centered Models for Suicide Prevention and Grief Recovery** (Lisa Herald)—Fortune Square A
- **Finding My Way After Kent's Suicide** (Janet Schnell, LCSW)—Fortune Square B
- **Behind the Badge: Building Connections to Prevent Officer Suicide** (April Bordeau & Evan Love)—Fortune Square C
- **Ask the Question: Identifying and Understanding the Military Connected Community** (Sylvia Maixner)—Fortune Square D

Evaluation & CEMs



To get up to six (6) Category 1 Continuing Education Units or Library Education Units, please make sure you:

1. Sign-in to each breakout room (in the room)
2. Sign in at the Registration Desk for the Keynotes you attend
3. Scan the QR Code to complete the evaluation **at the end of the Summit** or complete via email!

Connect through Bingo

Complete the Summit bingo card to be entered into a raffle to receive a prize! Get 5 in a row, column, or diagonal – or for an extra challenge – go for full coverage! We will draw raffles during the last session, and you must be present to win – all cards must be submitted to the information desk by 3:45 p.m.!

Thank You!

Today would not have been possible without:

The Planning Committee & Summit Volunteers – Danielle Washington, Elizabeth Boyle, Janet Schnell, La Wanda Girton, Mariaelena Trejo, Michelle Hendrix-Swords, Sylvia Maixner, Tricia Duncan, Chelcee Hill, Colleen Carpenter, Kristen Ludeker-Seibert, Taylor Fry, Katie Mowery, and Tina Hoffman

Award Nominees for all the work you do in your community! See them listed on the Summit Website!

And the support of the Executive Committee of the Suicide Prevention Coalition of Johnson County, the Upstream Prevention Board of Directors, and the Upstream Team! Special thanks also to the Missouri PIP Staff for letting us borrow SO MUCH stuff!



Sponsors

**Maple Heights
Behavioral Health**

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Health Network**



**American
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for Suicide
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Indiana



Suicide Prevention Coalition
of Johnson County

Upstream



Prevention

Vendors

Sponsors above, plus:

- American Foundation for Suicide Prevention (Indiana Chapter)
- Centerstone
- Columbus Behavioral Center
- Department of Veteran Affairs – Community Engagement & Partnership Coordinators
- Division of Mental Health and Addiction
- Handle with Care – Indiana Department of Education
- Hendricks Behavioral Hospital
- Indiana Suicide Prevention Network / Mental Health America Indiana
- Indiana Treatment Centers
- LIO
- LivingWorks
- Maple Heights
- Resource Treatment Center
- Suicide & Overdose Fatality Review – Indiana Department of Health
- Suicide Prevention Coalition of Johnson County
- Sycamore Springs
- UnitedHealthcare
- Valle Vista Health System