



# Spring Suicide Prevention Training Opportunities

## Nebraska Department of Education - School Safety



Free Live Webinar Series through Zoom

# Anne Moss Rogers

## National Suicide Prevention Specialist

Anne Moss Rogers is a mental health and suicide prevention speaker, trainer, and consultant. After her 20-year-old son, Charles died by suicide in 2015, Anne Moss wrote her award-winning memoir, *Diary of a Broken Mind* and in 2020, she co-wrote the best seller, *Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk* with Dr. Kimberly O'Brien.

She has been a TEDx speaker, was featured in the New York Times, Variety Magazine, and was the first non-clinician invited to speak on youth suicide at the National Institute of Mental Health. She has been interviewed by CNN's Erin Burnette on teen mental health at the prestigious Billionaire's Summer Camp and is one of the editors of the American Academy of Pediatrics Blueprint for Youth Suicide Prevention. A UNC-Chapel Hill alumna, Anne Moss currently lives in Richmond, Virginia.



Offered on  
2 Dates

### Coping Strategies for Grief & Loss: Healing in a School Community After a Suicide Loss

**Times/Dates:** Tues, April 30, 2024, 1:00-2:15 pm CT or May 13, 2024, 9:00-10:15 am CT

**Topic Description:**

This presentation includes Anne Moss's practical steps on managing the pain of suicide loss facilitated by a mother who lost a son and others to suicide. There will also be case studies and video of how educators have managed grief from suicide while also fostering community healing.

Anne Moss has co-facilitated a suicide loss grief group for the last 5 years and runs workshops on healing after loss.

**Takeaways:**

- What to say and how to support students and faculty after a suicide loss
- Protocol of what to say to a family who has suffered a suicide loss
- How to support a grieving child returning to school after a family suicide loss
- Case studies/video on how school mental health professionals have coped personally and professionally with a suicide loss
- Turning grief into action to find a path to healing
- A strategy for the "coulda woulda shouldas" and self-blame



### Addiction and the Tragic Link to Suicide: Awareness and Prevention Strategies for Schools

**Time/Date:** Thurs, May 2, 2024, 9:00-10:15 am CT

**Topic Description:**

Anne Moss Rogers has built a following on the subject of suicide, and the mental health conditions including addiction that elevate that risk. After trying to find help for her once joyful son and rap artist, including wilderness therapy and therapeutic boarding school, Charles became addicted and died by suicide in 2015.

This presentation dispels common myths about suicide and substance misuse while delivering a message of hope, and empowering regular humans with the skills to recognize and help prevent this threat to life.

**Takeaways:**

- How to address a culture that fears pain and numbs difficult emotions
- Trending substances overview
- What is the new "gateway" drug?
- The primary substance in the bloodstream of youth who attempt or die by suicide.
- How shame and substance misuse figure into risk
- What are the signs of suicide and what does one do or say? (includes talking points)
- Life events that can increase suicide risk especially those with SUD
- Resources to share with parents of students
- Bonus: Parenting Tips for Teaching Your Kids How to Cope (For attendees who are also parents.)



### Spotting Students at Risk of Suicide: Signs and Early Intervention Strategies for Grades PK-6

**Time/Date:** Mon, May 13, 2024, 1:00-2:15 pm CT

**Topic Description:**

It was a teacher who first told Anne Moss Rogers that her son, Charles, might be suffering from depression. And it was a teacher who wrote the most heartfelt note after her son died by suicide.

Schools have something few other environments have and that's opportunity for early intervention and genuine human connection. How can we leverage these opportunities to bolster a culture of student wellness and build early resilience to prevent suicide?

**Takeaways:**

- Learn early risk factors for elementary age students and how we can strengthen the protective factors
- Learn age-appropriate conversations (talk bubbles or scripted role play conversations)
- Find out the single most important skill for emotional regulation
- Hear about an early intervention case study that started with a pediatrician saying, "He'll grow out of it...."
- Learn an easy, fun strategy of building emotional awareness

Registration

April 30



May 13



May 2



May 13

