



canvas
HEALTH



SUICIDE PREVENTION CONFERENCE

Funded by the Minnesota Department of Health

APRIL 24, 2025 // HAMLINE UNIVERSITY ANDERSON CENTER

Agenda

9am - 10am	Light breakfast, networking, exhibitors
10am - 10:45am	Keynote speaker (Chris Hawkey)
11am - 11:45am	First breakout sessions
Noon - 1pm	Lunch break
1pm - 1:45pm	Second breakout sessions
2pm - 2:45pm	Third breakout sessions
3pm - 3:45pm	Fourth breakout sessions
4pm - 4:15pm	Closing remarks

Tracks

Youth, Schools, University
Room 304

Public Health, Community
Room 305

Behavioral Health
Room 111/112

Keynote Speaker

Chris Hawkey is a versatile entertainer known for his work as a co-host and producer of the highly-rated Power Trip Morning Show. He also produces the Minnesota Vikings Radio Network for road games. Beyond radio, he performs with several bands, including the Fabulous Armadillos, Rocket Club, and the Chris Hawkey Band, releasing multiple albums. Hawkey is dedicated to supporting local charities, especially those focused on kids and mental health, and frequently hosts charity events in the Twin Cities. Chris will reveal how each of us can help ourselves and those we love to bring our own darkness into the light.



Chris Hawkey

Reducing Stigma in Schools Around Substance Use

Youth, Schools, University Track



11am - 11:45am



Room 304

A major barrier to overcoming the challenges of addiction and overdose is stigma. Stigma is persistent, pervasive, and rooted in the belief that addiction is a personal choice reflecting a lack of willpower and a moral failing. Yet Research demonstrates that stigma damages the health and well-being of people with substance use disorder and interferes with the quality of care they receive. This is particularly true of our youth. In this session, we will discuss how to support integrative substance use services in a school setting to reduce adverse effects on youth related to mental health and substance use challenges.

Presenter:

Mike Mader, Licensed Drug and Alcohol Counselor at Canvas Health



Mike has experience working with adolescent clients in residential, outpatient settings, community Intervention and community school-based programs. Mike believes that people always have positive choices even when they feel stuck, and that working recovery is the opportunity to rediscover the world around you and to navigate the future that's ahead.

Community Readiness: The Key to Effective Local Suicide Prevention

Public Health, Community Track




11am - 11:45am



Room 305

This interactive session will use EDC's Community-Led Suicide Prevention (CLSP) Toolkit to empower communities to understand community readiness, how to assess it among diverse segments of their community, and how to use that information to take their community to the next level of comprehensive and evidence-informed suicide prevention efforts.

The CLSP Toolkit is a free, web-based resource that offers step-by-step guidance and curated materials, available at www.communitysuicideprevention.org. Developed in 2022 by EDC, with funding from the U.S. Centers for Disease Control and Prevention (CDC) and input from a 12-person advisory group, the CLSP provides actionable steps for communities to implement and sustain comprehensive suicide prevention programs.





Presenter: Jana Boocock - Senior Prevention Specialist at the EDC

Jana Boocock is an experienced trainer specializing in behavioral health and wellness, suicide prevention, and substance misuse prevention. She has extensive experience managing state- and community-led prevention initiatives and has directly supported youth and adults experiencing behavioral health challenges. As a key member of EDC's Suicide Prevention Resource Center (SPRC) team, Boocock collaborates with colleagues to provide training, technical assistance, and support for state and community suicide prevention initiatives. SPRC is the nation's only federally supported resource center dedicated to advancing the National Strategy for Suicide Prevention. Boocock holds an MSW from Arizona State University and is a Certified Addiction Counselor and Certified Prevention Specialist.




Canopy Roots: A Trauma-Informed Approach to De-Escalation and Crisis Response

Behavioral Health Track

 11am - 11:45am  Room 111/112

This session equips professionals with practical tools to de-escalate crisis situations using a trauma-informed, anti-oppressive framework. Grounded in collective knowledge, it explores how trauma—including historical, racial, and vicarious trauma—affects clients' responses and crisis moments. Key topics include: (1) Understanding trauma's impact on stability, relationships, and brain function. (2) Crisis de-escalation techniques, including empathetic communication and nonverbal cues. (3) The role of emotional regulation, grounding skills, and avoiding power struggles. (4) Strategies for self-care, resilience-building, and recognizing secondary trauma. (5) Navigating crisis resources and behavioral health care options.



Presenter: Mikayla Clemens, LICSW

Mikayla (she/her) is a Licensed Independent Clinical Social Worker (LICSW) with a Master's degree from Augsburg University. She is a Clinical Trainer for the Minneapolis Behavioral Crisis Team (BCR), where she develops and facilitates trainings for crisis responders and mental health professionals.

With a background in direct clinical work, Mikayla has served as an Assistant Executive Director and Mental Health Therapist, providing therapy to families and children at risk of or who have experienced abuse.

In addition to her work in crisis response, Mikayla is passionate about maternal mental health. She has worked with the Star Legacy Foundation as a Family Support Coordinator, offering mental health support to families navigating pregnancy and infant loss. Committed to fostering safe and affirming spaces for both clients and providers, she is a strong advocate for mental health equity and empowerment, particularly within BIPOC and marginalized communities.

MN Suicide Prevention Regional Coordination Meet & Greet

Public Health, Community Track

🕒 1pm - 1:45pm

📍 Room 305

Hear about updates to the Suicide Prevention Regional Coordination System and how your Regional Coordinator can help support local prevention efforts. Suicide Prevention Regional Coordinators also will be available for an interactive meet and greet.

Presenter: Stephanie Hamlin, Canvas Health



Stephanie Hamlin is the Regional Supervisor for the Canvas Health Suicide Prevention Program, which oversees suicide prevention regional coordination across 57 counties in Minnesota through an MDH grant.

Stephanie has been with the Canvas Health Suicide Prevention Program for seven years and has a Master of Public Health degree from Southern New Hampshire University.

Stephanie is passionate about working with communities to find effective suicide prevention strategies that can be tailored to their community's needs.

988 and Mobile Crisis Panel

Behavioral Health Track

🕒 1pm - 1:45pm

📍 Room 111/112

Moderated by Kelsey Scott, 988 Project Coordinator with the Minnesota Department of Health, this panel discussion has the following objectives:

- 1) Learn how COPE, mobile crisis response in Hennepin County, and Greater Twin Cities United Way, a 988 Lifeline center, have partnered together to increase collaboration between the 988 Lifeline and Local Mobile Crisis.
- 2) Learn about the services available through the 988 Lifeline and Local Mobile Crisis units.

Presenters: Joyce Morris, Valerie Stewart, and Tammy Doll from Hennepin County COPE, and Parker Roth from Greater Twin Cities United Way.

bhworks: A comprehensive mental health software tool to improve student mental health access in schools

Youth, Schools, University Track

🕒 1pm - 1:45pm

📍 Room 304

Hear how the Minnesota Department of Health Suicide Prevention Unit is using youth suicide prevention grant dollars to support schools to create mental health referral pathways to care for students at potential risk for suicide using a mental health software platform for schools. Schools and their behavioral health partners are implementing a mental health software platform to help screen, assess, and treat youth K-12 at risk of suicide.

Presenters: Stephanie Downey, Minnesota Department of Health

Stephanie Downey is a Suicide Prevention Coordinator for the Minnesota Department of Health. Stephanie has a 20-year career working at a youth residential facility, 9 years coordinating suicide prevention education, awareness, and advocacy to rural communities in the Beltrami County area and has worked at the state level for 7 years. Stephanie earned her bachelor's degree at Bemidji State University in Criminal Justice with minors in Chemical Dependency and Sociology. Stephanie is a certified trainer for multiple suicide prevention topics.

LIVIN Connected: A Universal Platform with a Human Touch, Powered By Hope

Youth, Schools, University Track

🕒 2pm - 2:45pm 📍 Room 304

This panel discussion will have 2 objectives:

- 1) Learn more about how AI and digital technology can be part of the solution in preventing suicide, in tandem with, and alongside, professional services.
- 2) Learn how three Minnesota based non-profits in the mental health space are working together toward the common goal of preventing suicide.

Presenters: Kaitlin Daeges, LIVIN Foundation; Paul Thomas Hohag, LIVIN Foundation; Tammy Diehn, 2BContinued; Sarah Smith, Smiles for Jake

Paul Thomas Hohag ("PT") is a media personality and founder of the Minnesota based mental health non-profit, LIVIN Foundation. After losing his father to suicide, PT founded the LIVIN Foundation as a way to start conversations about mental health and prevent suicide.

Kaitlin Daeges is the Co-Founder of a new revolutionary mental health support platform, called LivinConnected, and is an Advisory Board Member for the LIVIN Foundation. After losing her father to suicide, Kaitlin joined the LIVIN Foundation to turn her personal tragedy into driving passion to prevent suicide.

Tammy Diehn, an Advanced Practice Registered Nurse and adjunct instructor at Minnesota State University, Mankato, lives on a family farm in rural Arlington with her husband, Allen. After losing her sister, Shelly "Teuby" Teubert, to suicide in 2017, Tammy turned her grief into advocacy by founding 2B CONTINUED in Shelly's memory in 2019. As Executive Director, she promotes suicide prevention and mental health awareness, and is certified to teach QPR (Question, Persuade, Refer) and various other mental health programs.

Sarah Smith is the Executive Director of Smiles for Jake, a non-profit in central Minnesota that focuses on providing education, resources and a response effort for mental health awareness and suicide prevention. Sarah brings 15+ years of non-profit experience to the team and thrives on working together to make life changing impacts.

Gambling Addiction & Suicide: How this hidden addiction is impacting our community

Behavioral Health Track

🕒 2pm - 2:45pm 📍 Room 111/12

Coping with the negative consequences of gambling addiction can be overwhelming, leading to feelings of shame, guilt, and hopelessness. The National Council on Problem Gambling has reported that about 20% of those diagnosed with gambling disorder attempt suicide – a higher percentage than any other addictive disorder. The families of problem gamblers are also at a higher risk of suicide for many of the same reasons. As access to gambling and its influences on society and communities increases, the need for problem gambling awareness becomes vital to ensure that those communities remain healthy. This presentation will include current trends in gambling (including sports betting), the signs of problem gambling, the risk factors for those affected by problem gambling, common co-morbidities, treatment and tools that are available, and the concept of low-risk guidelines and other prevention topics.

Presenters: Sonja Mertz, Community Educator, Minnesota
Alliance on Problem Gambling

Sonja Mertz is the Community Educator for the Minnesota Alliance on Problem Gambling. Sonja joined MNAPG in 2021 with a variety of skills in prevention research, education, and advocacy. Formerly a Prevention Research Specialist with the Minnesota Prevention Resource Center, Sonja expands MNAPG's outreach efforts throughout Minnesota and develops programs specifically geared towards youth, young adults, families, and educators, while also promoting general awareness of gambling issues. Sonja holds a Master of Library and Information Science from St. Catherine University and a bachelor's degree in Sociology and Theater Arts and is a Certified Prevention Professional.

PATCH Program- Authentically Partnering with Youth in Prevention Work

Public Health, Community Track

🕒 2pm - 2:45pm 📍 Room 305

Since 2010, PATCH has worked alongside youth to improve the health and well-being of their generation through innovative, youth-driven programs that foster leadership, advocacy, and community impact. We believe young people are the experts on their own lives and work to ensure their voices shape the programs, policies, and initiatives that affect them. In this session, attendees will learn from our best practices in youth engagement, focusing on proven methods for youth-driven programming and to form meaningful youth-adult partnerships. We'll help adults develop confidence to work directly with young people and create spaces in which youth participants can thrive.

Presenter: Erica Koepsel, PATCH Director of Youth Engagement

Erica Koepsel has dedicated her time to improving health education for adolescents and young adults across the mid-west since she was 19. In 2015, Erica finished her Master of Arts in Gender and Women's Studies from the University of Wisconsin-Madison, where her research focused on holistic, life-long approaches to sexual health education. She also worked in curriculum development with Planned Parenthood of Wisconsin during graduate school and played a vital role in revamping their sexual health curriculum. Erica is passionate about creating a community where people can relate to their sexuality in a positive way and believes that flourishing sexual health is strongly correlated with overall health. She's been working with PATCH since 2015 and has enjoyed combining health education with advocacy while also working with youth to promote open and honest communication about tough topics.

Integrated Care for Co-Occurring Mental Health and Substance Use Disorders

Behavioral Health Track

🕒 3pm - 3:45pm 📍 Room 111/112

This session will provide a general overview of current drug trends with a focus on the opioid epidemic, specifically fentanyl and other dangerous emerging drugs. It will also address the undeniable (conscious and unconscious) link between suicide and substance use, and how this impacts treatment.

Presenter: Jaxx Wolfe, LADC, Substance Use Disorder Program Manager, Canvas Health



Jaxx Wolfe began their career in substance use in 1998. Over the years, they have worked with adults and adolescents in community, residential, outpatient and correctional settings. From the start, they have firmly believed that the greatest opportunity for recovery happens when treating the entire person, not the addiction. Regardless of their role (Technician, Driver, Counselor, Manager, Director), they have always been passionate about recovery. They are honored to have spent their career helping others to achieve their goals for improved quality of life and lasting recovery. In their current role at Canvas Health, they are afforded the unique opportunity to mentor other professionals, and, in that way, they have been able to continue to provide an excellent quality of care to the clients we serve.

When Mindfulness Fails: Reframing Tools for Suicide Prevention

Youth, Schools, University Track



3pm - 3:45pm



Room 304

As mental health challenges surge among people of all backgrounds, you need more than meditation apps and breathing exercises. This session examines the limitations of traditional mindfulness and introduces targeted interventions that bridge the gap between theory and crisis response. Learn why belonging matters and how The Mindful i Method offers a fresh approach to engagement and prevention.



Presenter: William Drew, Mindful i Consulting and Healing House Yoga

William Drew (simply, "Drew," to friends) transforms organizations through mindfulness and movement. As founder of Mindful i Consulting and Healing House Yoga, Drew has created lasting change across Minnesota's education, healthcare, corporate sectors, and justice system, all with the goal of promoting Emotional Intelligence and expanding Emotional Literacy.

Using Data on Upstream Risk and Protective Factors in Suicide Prevention and Substance Misuse Prevention

Public Health, Community Track



3pm - 3:45pm



Room 305

Prevention professionals working to address suicide and substance misuse can leverage each other's capacity, energy, and resources by collaboratively improving protective factors and reducing risk factors associated with both. Using a whole family and whole community approach, prevention professionals can address factors at the individual, family, peer, school/workplace, and community levels. In this session, you'll learn: 1) How to find and use data on shared risk and protective factors. 2) Strategies for aligning suicide prevention and substance misuse prevention efforts.

Presenter: Melissa Adolfson, Wilder Research

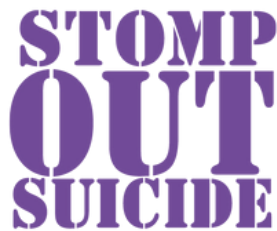


Melissa Adolfson, Research Scientist with Wilder Research, has almost 20 years of research and evaluation experience. She is experienced in evaluating community- and state-level initiatives focused on supporting youth, families, and communities in their efforts to reduce and prevent substance misuse, suicide, and adverse childhood experiences, and to improve behavioral health systems. Melissa is especially passionate about community-based participatory research and evaluation. She holds a master's degree in population health sciences from the University of Wisconsin-Madison.

Thank you for joining us!



The mission of Canvas Health is to bring hope, healing, and recovery to the people we serve. Learn more and get support at CanvasHealth.org.



Register now!

*14th Annual Stomp Out Suicide 5K & family event
August 9, 2025 | Wyoming, MN
StompOutSuicide.org*



Wifi Information

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