

West Virginia Higher Education

# SUICIDE PREVENTION CONFERENCE

# 2025

[wvhe-suicideprevention.org/](http://wvhe-suicideprevention.org/)

**Thursday, March 27, 2025**

West Virginia State University  
James C. Wilson University Union, Room 134 • Institute, West Virginia



# 2025

## West Virginia Higher Education **SUICIDE PREVENTION** CONFERENCE

### Welcome...

On behalf of the planning committee from West Virginia State University (WVSU) and BridgeValley Community and Technical College, we are thrilled to welcome you to the 2025 West Virginia Higher Education Suicide Prevention Conference! It is an honor to have you with us for this vital event, bringing together representatives from campuses and communities across the state.

Together, we will address the pressing challenges faced by higher education institutions and communities throughout West Virginia, with a strong focus on enhancing student mental health and preventing suicide. We are excited to offer a day filled with learning, connection, and actionable insights, featuring expert speakers and engaging sessions designed to equip us with the tools necessary to support all students.

This event would not have been possible without the generous funding from the West Virginia Higher Education Policy Commission's Behavioral Health Programs, and the WV Collegiate Strategic Prevention Framework Partnerships for Success Initiative. We would also like to extend our gratitude to our sponsors—BetterMynd, Axsome Therapeutics, and First Choice Services.

Thank you for your invaluable support. We look forward to a day of meaningful progress, inspiration, and positive change.

### Continuing Education and Conference Evaluation

**CEs** - A total of 6.25 CEs are approved for Social Work, Addiction and Prevention, and LPC. CE certificates will be provided to those who have signed into sessions and completed evaluations.

**To complete the conference evaluation:**  
<https://bit.ly/WVHE-Eval> or scanning the QR code.



*This Suicide Prevention Conference is funded by the West Virginia Higher Education Policy Commission's Behavioral Health Programs, an initiative of the Division of Health Sciences. This special project grant opportunity is funded through the Campus Mental Health Grants Program and is intended to provide funding to support a statewide or regional West Virginia higher education suicide prevention conference or ongoing educational series for college faculty and staff from multiple institutions following best practices for suicide prevention in higher education.*

# AGENDA

TIME	SESSION
WEDNESDAY, MARCH 26, 2025	
6:00 PM – 8:00 PM	<b>Evening Reception at the Holiday Inn &amp; Suites Charleston West</b> <i>Sponsored by BetterMynd</i> <i>Kate Wolfe-Lyga, VP of Clinical Operations, BetterMynd</i> <i>Rori Quinonez, Assistant Director of Campus Success, BetterMynd</i>
THURSDAY, MARCH 27, 2025	
7:30 AM – 8:00 AM	<b>Exhibitor Setup</b>
8:00 AM – 8:30 AM	<b>Registration and Continental Breakfast</b> <i>Sponsored by First Choice Services</i>
8:30 AM – 8:45 AM <i>Room 134/135</i>	<b>Welcome</b> <i>President Ericke S. Cage, West Virginia State University</i> <i>Welcome, Carolyn Canini, West Virginia Higher Education Policy Commission</i>
8:45 AM – 10:00 AM <i>Room 134/135</i>	<b>Attending to High-Risk Populations: Eating Disorders in College Students</b> <i>Jessica Luzier, PhD, ABPP, CEDS-C, PsyCare, Inc.</i> This session will review the impact of clinical eating and feeding disorders (EDs) on students in higher education settings, and the relevant links with suicidal and self-harm behavior. Dr. Luzier will discuss the scope of ED behaviors and describe diagnostic criteria for the most common conditions. She will then describe best practice screening questions and provide an overview of effective and evidence-based components of psychological treatment. Incorporating case examples, this session equips behavioral health providers with a solid foundation for further professional development in these therapeutic approaches. Toward the end of the presentation, questions from audience members will be addressed.
10:00 AM – 10:10 AM	<b>Break</b>
10:10 AM – 11:10 AM <i>Room 134/135</i>	<b>Keynote: R.E.S.T. Is Resilience</b> <i>Na Eun "Jiggy" Yoon, BA, Mental Health Motivational Speaker, Mindset &amp; Leadership Coach</i> In this session, Jiggy confronts the harmful narratives of hustle culture that lead to burnout and mental health struggles, sharing her battle-tested experiences to demonstrate how resilience, compassion, and self-care can be cultivated. By sharing personal stories of loss and the consequences of neglecting mental well-being, she introduces the R.E.S.T. framework – practical strategies for reflecting on emotions, practicing self-empathy, seeking support, and taking time to heal. Participants will gain a roadmap for overcoming life's obstacles with grace, strength, and clarity, while learning to build lasting resilience, prioritize mental well-being, and foster sustainable high performance without compromising their health or passion.

TIME	SESSION
THURSDAY, MARCH 27, 2025 ( <i>continued</i> )	
11:15 AM – 12:15 PM <i>Room 134/135</i>	<b>Supporting Student Mental Health and Reducing Suicide: A Comprehensive Approach</b> <i>Nance Roy, Ed.D., Chief Clinical Officer, The Jed Foundation</i> This session will discuss trends in college mental health and the importance of a public health approach when designing strategies to support them. An overview of The Jed Foundation's Comprehensive Approach to promoting student mental health and reducing suicide will be reviewed and strategies for implementation will be discussed.
12:15 PM – 1:00 PM <i>Room 134/135</i>	<b>Lunch</b> <i>Sponsored by Axsome Therapeutics</i>
1:00 PM – 2:00 PM <b>Breakout Sessions A</b> <i>A1: Room 134 A2: Room 135</i>	<b>A1: Intersectionality - LGBTQ Youth Support or Lack Thereof and Suicidality</b> <i>Paula Kerner, BA, Program Manager, Safe and Healthy Schools Initiative</i> Participants will analyze current data on LGBTQ youth and mental health to establish need in these areas. Throughout the course, participants will work through scenarios on how to deal with specific needs and disclosures. To increase the probability of success, participants will develop personalized plans and resources relating to their organization's needs.
	<b>A2: Behavioral Intervention Team (BIT) Suicide Prevention and Postvention – How can campuses best respond and support students and the larger university community?</b> <i>Carrie Showalter, Assistant Dean, Executive Director of Campus and Community Life, WVU</i> Session Objectives: <ul style="list-style-type: none"> <li>▪ To understand the difference between imminent risk and suicidal thoughts</li> <li>▪ To be able to identify campus stakeholders and their role in both suicide prevention and postvention efforts</li> <li>▪ To learn the elements of a postvention plan and how to implement on their campus</li> <li>▪ To learn ways to support students, faculty, and staff in dealing with suicide prevention and postvention</li> </ul>
2:00 PM – 2:15 PM	<b>Break</b>

TIME	SESSION
<b>2:15 PM – 3:15 PM</b> <b>Breakout</b> <b>Sessions B</b> <i>B1: Room 134</i> <i>B2: Room 135</i>	<b>B1: Hope and Healing: Navigating Suicide in SUD Recovery</b> <i>Kenzie Leffingwell, MA, Director of Training and Development, First Choice Services; Heather Julian, MA, Assistant Director of WV 988, First Choice Services</i> Session Objectives: <ul style="list-style-type: none"> <li>▪ Understand the Connection Between SUD and Suicide</li> <li>▪ Recognize Risk and Protective Factors</li> <li>▪ Develop Skills for Compassionate Conversations</li> <li>▪ Explore Evidence-Based Prevention Strategies</li> <li>▪ Foster Hope and Resilience in Recovery</li> <li>▪ Understand the Role of Stigma in SUD and Suicide</li> <li>▪ Enhance Awareness of Community Resources</li> </ul>
	<b>B2: Dialectical Behavior Therapy and Suicide Prevention</b> <i>Chantel Weisenmuller, PhD, Vice Chair, Department of Behavioral Medicine and Psychiatry, CAMC</i> Dialectical Behavior Therapy is an evidence-based, best practice intervention for reducing suicidality, suicide behavior, and non-suicidal self-injury among adults and adolescents (DBT-Adolescent). In this workshop, participants will discuss DBT skills that help reduce emotion dysregulation, enhance crisis survival, and help individuals move toward their life worth living goals. Participants will learn about skills and tools from DBT that can be incorporated into their current practice and identify community resources for formal DBT intervention for persons experiencing suicidality, suicide behavior, or non-suicidal self-injury.
<b>3:15 PM – 3:30 PM</b>	<b>Break</b>
<b>3:30 PM – 4:30 PM</b> <b>Breakout</b> <b>Sessions C</b> <i>C1: Room 134</i> <i>C2: Room 135</i>	<b>C1: Keep them Safe: Safety Planning and Lethal Means</b> <i>Barri Faucett, MA, Director, Prevent Suicide WV</i> Suicide is preventable when we know what to do. Creating a safety plan for yourself, or someone else, to stay safe from suicide can be life-saving. For those with suicidal thoughts, safety plans can add a protective layer and be a guide during those unbearable moments for ways to cope and keep safe. Safety plans are progressive and can be followed when in that moment, place and time, until one feels safe from suicide. A critical component of safety planning includes conversation regarding access to lethal means. Removing and restricting access to lethal means during the crisis period can be the difference between life or death. This session will provide introduction to the core components of safety planning, including parameters for having a conversation about access to means that could be deadly during a moment of suicidal crisis. This interactive session will equip learners to develop a safety plan for a person with suicidal ideation including recognizing contributing circumstances to suicidal thoughts, acknowledging measures that can be taken to increase safety and creating a safe place to have a life-saving conversation about limiting access to multiple lethal means.
	<b>C2: Suicide Risks and Trends in the Veteran Population</b> <i>Christy Haynes, MSW, LICSW, PsyCare, Inc.</i> This session will take a general look at statistics related to suicide prevalence and risk within our Veteran population. It will educate on the unique issues that our Veterans face, and the obstacles they encounter on their route to wellness. It will look at the most relevant information and risk factors, as well as talk about various resources available for the Veteran population.



# SUMMIT SPEAKERS

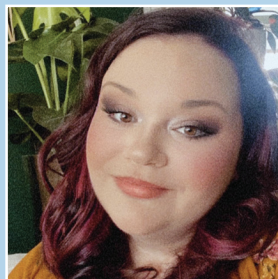
To view speaker bios: <https://wvhe-suicideprevention.org/speakers/>



**Barri Faucett, MA**  
*Director,  
Prevention Suicide WV*



**Christy Haynes, MSW,  
LICSW**  
*PsyCare, Inc*



**Heather Julian, MA**  
*Assistant Director of  
WV 988,  
First Choice Services*



**Paula Kerner, BA**  
*Program Manager,  
Safe and Healthy  
Schools Initiative*



**Kenzie Leffingwell, MA**  
*Director of Training  
and Development,  
First Choice Services*



**Jess Luzier, Ph.D.,  
ABPP, CEDS-S**  
*Director of Child  
Psychology, Charleston  
Area Medical Center*



**Rori Quinonez**  
*Assistant Director  
of Campus Success,  
BetterMynd*



**Nance Roy, Ed.D.**  
*Chief Clinical Officer,  
The Jed Foundation*



**Carrie Showalter**  
*Assistant Dean, Executive  
Director of Campus and  
Community Life, WVU*



**Chantel Weisenmuller, PhD**  
*Vice Chair, Department of  
Behavioral Medicine and  
Psychiatry, CAMC*



**Kate Wolfe-Lyga**  
*VP of Clinical Operations,  
BetterMynd*



**Na Eun "Jiggy" Yoon, BA**  
*Mental Health Motivational  
Speaker, Mindset &  
Leadership Coach*

# SPONSORS

## EVENT SPONSORS

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## BREAKFAST SPONSOR

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## LUNCH SPONSOR

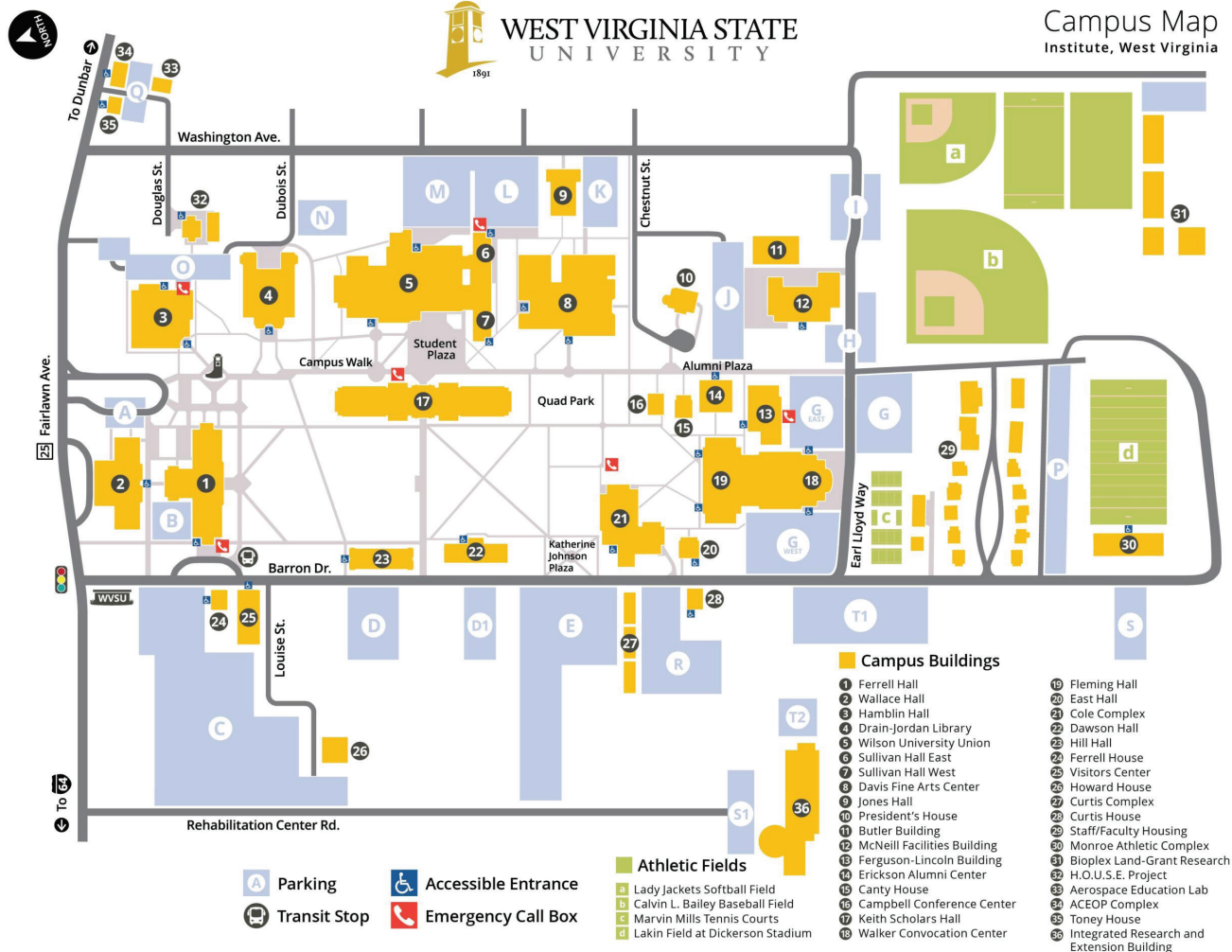
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## EVENING RECEPTION

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# BetterMynd

HIGHER EDUCATION'S PARTNER FOR  
**Meeting  
Individualized Student  
Mental Health Needs**

Start building meaningful  
connections at West Virginia's  
Suicide Prevention Conference.

BetterMynd invites you to join us for a  
welcoming gathering with light  
refreshments at the Holiday Inn & Suites  
Charleston West from 6-8 PM on  
Wednesday, March 26.

**Bettermynd.com**





