

MoveMindfully®

A Mind-Body Approach to Suicide Prevention Using QPR®

With the increase of suicide, especially among teens, awareness of the frequency and seriousness of death by suicide is a first step. We believe greater success in suicide prevention is possible when evidence-based tools for assessing suicide risk and referral for support are combined with mind-body practices.

OVERVIEW

During this workshop participants will learn how to ask the difficult and uncomfortable questions to individuals at risk, while integrating MoveMindfully® trauma-responsive BREATHE-MOVE-REST practices.



LEARNING OBJECTIVES

- ▶ Recognize the warning signs of suicide
- ▶ Learn how to ask difficult questions and how to offer hope
- ▶ Explore key strategies for referral and ongoing support
- ▶ Increase awareness of how your body responds to the stress of a suicide conversation and the reality of the situation
- ▶ Experience and learn BREATHE-MOVE-REST strategies and how to incorporate them into your QPR toolkit

BACKGROUND ON QPR

QPR stands for **Question, Persuade, and Refer**: three simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to access and receive help. Each year thousands of Americans, like you, are saying “Yes” to saving the life of a friend, colleague, sibling, or neighbor by being a QPR gatekeeper.

Gatekeepers can be anyone, and include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.



MEET KATHY AND RENEE

Kathy Flaminio, LGSW, MSW, E-RYT-200, is the founder of MoveMindfully®, a training and consulting company that brings the science of mindfulness, movement, and social-emotional learning into educational, therapeutic, and home environments. She is the creator of MoveMindfully training, workshops, products, and curricula that teach trauma-responsive, yoga-based sequences for self-regulation, focus, and overall well-being. With a master's degree in social work, Kathy holds more than 20 years of experience in regular and special education and was adjunct faculty for Saint Mary's University.



Dr. Renee Penticoff and Kathy Flaminio

Kathy has trained over 50,000 professionals in mindfulness, movement, and social-emotional skills strategies and has partnered with the M Health Fairview Masonic Children's Hospital and United Hospital to provide trauma-responsive practices to the child/adolescent and adult mental health units. She is co-author of *Moving Mountains: An Integrative Manual to Help Youth with Intensity, Reactivity and Anxiety* and of the Teen Resiliency Program with Dr. Henry Emmons, Dr. Timothy Culbert and associates.

Renee Penticoff, PsyD, LP, is a licensed clinical psychologist specializing in individual, adolescent, and family therapy and is a co-founder of the Suicide Prevention Collaborative (SPC). With over 25 years of experience providing therapy and community-based services, Dr. Penticoff serves as a private practitioner working with a broad spectrum of clients. Among her areas of expertise are adolescent struggles, suicide-risk assessments, depression, anxiety disorders in children, and family therapy. Dr. Penticoff is committed to suicide prevention efforts through collaborative, community education. She is a certified QPR gatekeeper trainer and has trained over 1,000 individuals in how to take three steps that can save a life from suicide: question, persuade, and refer.

In her private practice, Dr. Penticoff is an interactive, solution-focused therapist. Her therapeutic approach is to provide support and insight-oriented feedback to help clients effectively address personal life challenges. Dr. Penticoff integrates complementary methodologies and techniques to offer a highly personalized approach tailored to each client and/or client family system. With compassion and understanding, she works with each individual to help them build on their strengths and attain the personal growth and changes they are committed to accomplishing.