

## **Post Traumatic Growth & Suicide Prevention Agenda**

**Conference June 11, 2025**

**Overview:** This conference is designed to empower medical staff, therapists, military, law enforcement, and peer support professionals with the knowledge and tools to foster post traumatic growth (PTG) in clients and within themselves. By exploring the latest research, clinical practices, and personal experiences, attendees will gain a deeper understanding of trauma, resilience, and healing.

### **Conference Schedule**

**7:30-8:00 a.m. Registration**

**8:00-9:00 a.m. Limitless Possibilities - Reframing Trauma: From PTSD to PTG**

The focus will be on shifting from a victim mentality to a survivor mindset. Application of PTG in practice helping students find hope and a mission or cause going forward.

- **Jason Webb, MSW, LCSW**

**Summary:** University of Utah graduate, Mr. Webb will challenge the prevailing focus on PTSD and advocate for a PTG-centered approach. He will discuss strategies for reframing trauma narratives and empowering clients through a PTG lens. Mr. Webb will explain the role of the Reticular Activating System and how it plays in perception. He will focus on the following: reframing trauma, the power of perspective personal stories, the role of gratitude, journaling as a tool for growth, cultivating optimism and establishing boundaries.

**At the conclusion of this presentation participants will be able to:**

1. Evaluate research to analyze the prevailing focus on PTSD and advocacy for a PTG-centered approach.
2. Identify the role of the Reticular Activating System and how it plays in perception in reframing trauma narratives.
3. Recognize the power of perspective personal stories; the role of gratitude, journaling as a tool for growth, cultivating optimism and establishing boundaries.

**9:00-10:00 a.m. Research and Clinical Practice**

The focus will be supporting research, case studies personal stories, and the impact on clients.

- **Laura E. Juarez, DPA, PA-C, MPH**

**Summary:** University of Touro graduate, Dr. Juarez, will present empirical findings on PTG, illustrating their application through case studies. She will discuss evidence-based interventions for fostering PTG in medical settings and share her clinical experiences.

**At the conclusion of this session participants will be able to:**

1. Assess empirical evidence and research supporting Post-Traumatic Growth.
2. Apply PTG principles to real-world situations through medical case studies to leverage growth.
3. Formulate practical evidence-based application for personal and professional intervention fostering PTG.

### **10:00 – 11:00 a.m. Suicide Prevention / Physical / Mental Health**

**Integration Dr. David B. England II, PsyD., MS, PCC Performance &**

**Licensed Clinical Psychologist**

**At the conclusion of this presentation participants will be able to:**

1. Illustrate the critical issue of suicide prevention using a biopsychosocial approach.
2. Identify the role of primary care as the initial or only professional involved in mental health.
3. Evaluate the use of screening tools, family history, genetics, and medication for best practice.
4. Formulate suicide prevention strategies implementing PTG for integrated care.

### **11:00 – 12:00 a.m. Trial Action Paths Keynote Address**

The focus will be the introduction to PTG theory and the domains of growth.

- **Hugh D. Watt, MSW, LCSW, Executive Director Post Traumatic Growth Project**

**Summary:** Brigham young University and University of Denver graduate, Hugh Watt will provide a comprehensive overview of PTG theory, exploring its historical development, core principles, and the five primary domains of growth. He will introduce students to the importance of the Trial Action Path (TAP), Relationships, Inspirational, Appreciation, Limitless Possibilities, and Personal Strength. His personal journey will offer powerful insights into the human capacity for resilience.

**At the conclusion of this session participants will be able to:**

1. Gain knowledge of the historical development and five foundational principles of the PTG Theory.

2. Comprehend the application and significance of the Trial Action Path (TAP) including the impact on overcoming challenges and setbacks.
3. Synthesize and integrate the transformative power of resilience both professionally and personally.

### **Lunch on your own 12:00-1:30**

**1:30 – 2:30 p.m.**

Post Traumatic Growth.

- **Martin Berta, BS**

**Summary:** Drawing from a rich background in military and law enforcement, Martin Berta exemplifies leadership and resilience. His career spans over two decades, during which he has led teams, trained officers, and contributed to public safety both domestically and internationally. Now retired, Martin served as a Training Officer and Sergeant with the West Jordan Police Department, UT. He brings a wealth of knowledge and experience in mental health, peer support and CISM. His expertise in mentoring and management, combined with his strategic mindset, ensures that first responders are well-equipped to handle the complexities of their roles.

**At the conclusion of this session participants will be able to:**

1. Evaluate the challenges of trauma and the importance of mental health support.
2. Explain the impact of trauma on interpersonal relationships.
3. Synthesize strategies for integrating PTG into first responder mental health care.

### **2:30 – 3:30 p.m. Steinia Lewis, MPAS, PA-C Suicide Prevention Biopsychosocial Model**

**Summary:**

The speaker will provide a clear and compassionate overview of how suicide prevention is approached through both psychiatric care and the broader biopsychosocial model. Using real-life case examples, they will explain how mental health providers assess risk, recognize warning signs, and create individualized treatment plans that address a person's biological, psychological, and social needs. It also highlights the importance of reducing access to lethal means—especially firearms—and working closely with families, schools, and community resources to support individuals in crisis. Designed to be accessible for all audiences, this session helps demystify what psychiatric care looks like and empowers communities to play a supportive role in prevention. Participants will walk away with a better understanding of how suicide risk is treated and what can be done to help someone stay safe and find hope.

**Learning Objectives:**

1. Learn how mental health professionals help people in crisis, including the use of medications, therapy, and support systems tailored to each person's needs
2. Recognize the warning signs of suicide and understand when someone may be at risk.

3. Understand how family members, friends, and communities can support prevention, including limiting access to dangerous items and connecting individuals to the right help.

### **Systemic Perspectives on Trauma and Growth**

**3:30 – 4:30 p.m. Jeff Denning, ACMHC Ending Keynote**

**TITLE:**

**Prescribing Socialization: Boosting Health Outcomes Through Relationships**

**Summary:** The science is clear—we thrive through connection. Social support isn't just vital for our emotional well-being; which impacts our physical health too. Yet, over the past two decades, socialization has declined, leading to a rise in mental health challenges. So, what can we do about it? In this keynote, we'll dive into how relationships fuel resilience and Post Traumatic Growth and explore actionable ways to boost health outcomes through stronger social connections.

**At the conclusion of this session participants will be able to:**

1. Identify the dual impact of social connection: Participants will be able to articulate how social support influences both emotional well-being and physical health.
2. Analyze the trend of declining socialization: Participants will be able to describe the observed decrease in social interaction over the past two decades and its correlation with increased mental health challenges.
3. Determine strategies for enhancing social connections: Participants will be able to identify and describe actionable methods for strengthening social relationships to improve overall health outcomes and foster resilience.

**Speaker   Hugh Watt, MSW, LCSW**

**4:30 – 5:00 p.m. Conference Summary Feedback, Surveys, Certificates, and Networking**

**5:30 End**