



2026 MCOE Conference CE Syllabus

LOGISTICS

Event:	Rooted in Belonging: Creating Resilient Schools and Minds
Date:	June 24, 2026
Location:	Coyote Valley Wyndham Garden (Redwood Valley, CA)
Conference Host:	Mendocino County Office of Education https://www.mcoe.us/news/1824541/2026-rib-conference
CE hours:	6 hours
CE Fee:	\$40 (does not include event registration)
CE Registration:	www.training-grounds.net/cmhacy
CE Contact:	James Freeman james@training-grounds.net 805-368-1481 mobile

CE POLICIES

For the most up-to-date Continuing Education Program policies, please visit:
www.training-grounds.net/continuing-education

PROVIDER APPROVALS

Certified Medi-Cal Peer Support Specialists (CMPSS)

Training Grounds is an approved continuing education provider for the California Mental Health Services Authority (CalMHSA) Medi-Cal Peer Support Specialists Certification Program. CalMHSA CE Provider # 1023.

California Association of Marriage and Family Therapists (CAMFT)

This conference meets the qualifications for 10 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Training Grounds LLC is approved by CAMFT to sponsor continuing education for: Licensed Marriage Family Therapists (LMFT), Licensed Clinical Social Workers (LCSW), Licensed Professional Clinical Counselors (LPCC), and Licensed Educational Psychologists (LEP). Training Grounds LLC maintains responsibility for this program and its content. CAMFT Authorized Provider ID 10005971.

CONFERENCE DESCRIPTION

This conference brings together professionals, educators, and community partners to strengthen local suicide prevention efforts. Through a keynote address and two in-depth workshops, participants will examine current research, effective communication practices, and means-safety strategies that reduce risk and promote safety across settings. The program emphasizes practical, evidence-informed approaches that elevate youth voice, support coordinated prevention efforts, and equip participants to apply safe, culturally responsive, and hope-centered practices within their roles and communities.

EDUCATIONAL GOALS

The goal of this program is to enhance participants' knowledge and skills in evidence-informed suicide prevention practices, including effective communication, means-safety strategies, and comprehensive prevention approaches. Participants will deepen their understanding of current research, strengthen their ability to evaluate and implement safe messaging and risk-reduction strategies, and apply these practices within school-based, community, and organizational settings to support safety, connection, and well-being. The aim is to enhance the quality, consistency, and effectiveness of suicide-prevention efforts across school and community settings for the direct benefit of young people and families.

MEASURABLE LEARNING OBJECTIVES

At the conclusion of this conference, participants will be able to:

1. Describe at least three principles of effective suicide-prevention messaging based on current research.
2. Identify at least three criteria used to evaluate suicide-prevention messages for safety.
3. List at least three strategies that reduce access to lethal means as part of means-safety practice.

4. Name at least two ways local schools or community entities can incorporate means-safety practices into suicide-prevention efforts.

KNOWLEDGE BASE CITATIONS

Bowman, S., Mckinstry, C., Howie, L., Hepworth, G. & McGorry, P. (2026). Rural Secondary School Teachers' Knowledge of Adolescent Suicide Risk Factors. *Early Intervention in Psychiatry*. 20. 10.1111/eip.70180.

Marshall, T., Cosgrove, J., Wilson, M., Hoey, T., Taylor, J., Ghose, S. & Patel, N. (2025). Suicide Prevention Interventions in Schools: Assessing the Evidence Base. *Psychiatric services (Washington, D.C.)*. 76. appips20250162. 10.1176/appi.ps.20250162.

Matsunari, N., Mikami, K., Suzuki, Y., Takase, S., Sawaguchi, N., Onishi, Y., Takahashi, Y., Sasaki, Y., Tsujii, N., Watanabe, N., Usami, M. & Kenji, Y. (2026). Silent Suicidal Ideation: Low Rates of Disclosure Among Children and Adolescents Who Attempt Suicide. *Child Psychiatry & Human Development*. 10.1007/s10578-026-02008-4.

Rochelle, J., Boisen, M, Spafford, S. & Seeley, J. (2025). Key Determinants of School-Based Suicide Prevention:iii25-09835-1.

Zhang, Z., Payton, M., Zhang, L. (2026). Adolescent Suicide: Trends and Social Determinants. 10.5772/intechopen.1013419.

CONFERENCE SYLLABUS AND OUTLINE

Total credit hours: 6 hours. Lunch break is not included in continuing education credit hours.

8:30 - 9:15 AM Keynote: Stan Collins

9:15 - 9:30 AM Break

9:30 - 11:00 AM Small Groups

- Stan Collins — Messaging Matters, Principles of Effective Communication and Suicide Prevention
- Maggie Steele — Cultural Leadership and the heART of Wellness
- Amanda Pantaleon LMFT & Vivianna Morfin ACSW — The Intersectionality of Trauma, Mental Health & Culture: Understanding First-Gen Mental Health Within BIPOC Communities

11:00 AM Break

11:15 - 12:15 AM Stan Collins — Planning for Living: Means Safety for Suicide Prevention

12:15–1:00 PM Lunch break (not included in CE hours)

1:15 - 2:30 PM Small Groups

- Martha Lopez, Fort Bragg USD — C.A.F.E.: Building Bridges for Community & Family Engagement
- Townley Saye & Bonnie Boek, First 5 Mendocino — Mission: Possible — Using the Community Resiliency Model (CRM) to Build Safe, Connected Learning Environments
- Dr. Kaye-Lor Cruzado — Unlock the Power Within: Rewiring Engagement, Resilience, Wellbeing, and Belonging in K-12 — Backed by Research, Built for Reality

2:30 - 2:45 PM Break

2:45 - 3:00 PM Closing