

the emotionally naked® speaker

One Hour Virtual or In-Person Professional Development Topic For:

Educators including teachers, school counselors, school nurses, principals, coaches etc.

Longer, in-person workshops with scripts and role play are available and can be paired with safeTALK suicide prevention training.

Contact Anne Moss Rogers

PD Program Topic: **The Emotionally Naked Truth About Student Suicide**

Postvention (after a loss by suicide) with Anne Moss Rogers



Anne Moss Rogers

Schools have something few other environments have and that's opportunity for genuine human connection. This is the most valuable currency in the education system, particularly in grief. How can we leverage those opportunities to help a school community heal after loss by suicide?

Based on the book, [*Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk*](#), this presentation will empower educators and youth leaders with the skills to leverage their relationships with students to reduce this threat to life following a suicide and how to identify students at risk.

Themes include hope, resilience, diversity and inclusion, mental health, coping strategies.

Learning outcomes:

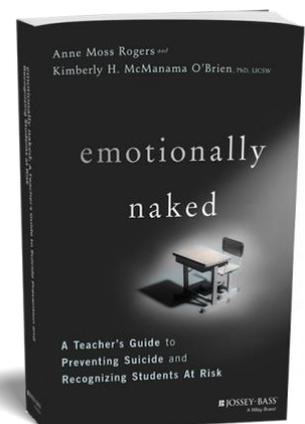
- How teachers can address the topic after a suicide with or without parental consent on cause of death
- How to facilitate healthy grieving through class activities
- How to rally students to watch out for each other and promote help seeking to prevent contagion and cohort suicide
- What to do about the empty desk syndrome and more

Book Description: Perfect for teachers, counselors, coaches, parents, and administrators in schools, ***Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk*** by Anne Moss Rogers & Kim O'Brien PhD, LICSW, highlights the tools, resources, and ideas that fuel small culture shifts for a foundation of suicide prevention.

Since teachers oversee millions of adolescents nationwide, their observations, instincts, and relationships make them a vital first link between students, the school counseling team, their parents, and mental health resources. This book covers key strategies for prevention, intervention, and postvention, emphasizing student wellness, social emotional learning, and



Charles on homecoming court escorted by his favorite teacher



collaboration among educators at all levels. (Bulk order book discounts available for 3 or more.)

Companion Podcast:



Cult of Pedagogy: Suicide Prevention: What Teachers Can Do
<https://www.cultofpedagogy.com/suicide-prevention/>



Anne Moss Rogers' Bio:



Anne Moss Rogers is an emotionally naked® speaker, TEDx storyteller, 2019 YWCA Pat Asch winner for social justice, certified suicide prevention trainer, NAMI Virginia board member, and the award-winning author of *Diary of a Broken Mind*. After her 20-year-old son, Charles died by suicide June 5, 2015, Anne Moss chronicled her family's tragedy in a newspaper article that went viral, and her blog, Emotionally Naked, has reached millions.

She has been featured in the New York Times and was the first non-clinician ever invited to speak about suicide at the National Institute of Mental Health. Her second book, *Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk*, co-written with Kim O'Brien PhD,

LICSW was published in August 2021 through Jossey Bass, a division of Wiley Publishing. A UNC-Chapel Hill alumna, Anne Moss currently lives in Richmond, VA with her husband. Her surviving son, Richard, is a filmmaker in LA.



Anne Moss's Training:

Anne Moss is a registered suicide prevention trainer for safeTALK. Her training also includes:

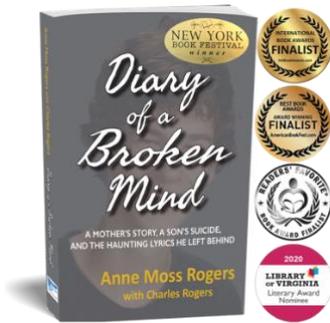
- ASIST: Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop.
- DBT Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A)
- Youth Mental Health First Aid
- REVIVE! Administering Naloxone for opioid overdose
- Facilitator of Bereavement Support Groups as well as workshops
- Trauma Informed Care Basics- Based on the ACEs, Adverse Childhood Experience study.
- Preventure Life Skills Training- Personality-targeted (DBT) life skills training intervention associated with 30—80% reduction in drug and alcohol use in schools 8th grade+
- Healing Conversations: Volunteer role for Suicide Outreach Program, through American Foundation of Suicide Prevention (AFSP)
- NAMI Family to Family: 8-week course on how to manage in a household with a family member suffering mental illness.
- Brain Gym Neurocognitive Training for Addiction: Hamed Ekhtiari, M.D., Ph.D.
- NAMI *In Your Own Voice* Presenter to schools locally

Audience feedback on this topic from a nurse's conference, Feb. 19, 2020:

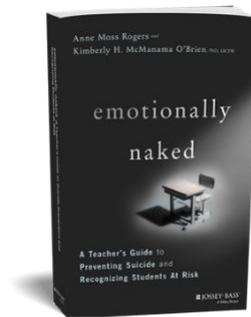
- "best presentation & most useful"
- "It was incredibly powerful."
- "WOW! Talk about taking your grief and making it work for betterment of others."

- "Thank you for including this in the seminar!"
- "Very difficult, but necessary topic."
- "Tough subject done well."
- "I am thrilled that SOMEONE is finally standing up to bring the "elephant in our society" to light."

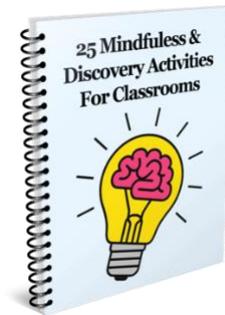
Library of downloads and eBooks are here: <https://annemoss.com/shop/>



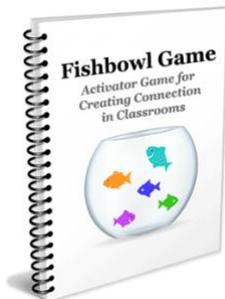
[Diary of a Broken Mind; A Mother's Story, a Son's Suicide and the Haunting Lyrics He Left Behind](#)



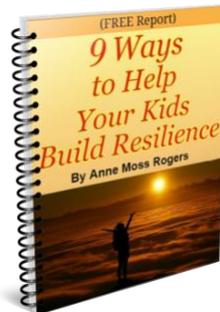
[Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk](#)



Free: [25 Mindfulness & Discovery Activities for Classrooms](#)



Free: [Fishbowl Game Activator Game for Creating Connection in Classrooms and Teen Groups](#)



Free: [9 ways to Help Kids Build Resilience](#)