

the emotionally naked® speaker

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

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

For: Elementary schools, Middle Schools, High Schools, Colleges

Time: Usually 2 hours plus 1 hour follow up which can be a shorter PD or consulting. Examples below. An initial consult on how it works is free.

Contact Anne Moss Rogers: [am \(at\) annemoss.com](mailto:am(at)annemoss.com)

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

Prevention and Intervention with Anne Moss Rogers



Anne Moss Rogers

It was a teacher who first told Anne Moss Rogers that her son, Charles, might be suffering from depression. And it was a teacher who wrote the most heartfelt note after her son died by suicide. 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. How can we leverage those opportunities to bolster a culture of student wellness?

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. And also how to recognize and exercise self-care in that process.



Charles on homecoming court escorted by his favorite teacher

Learning outcomes:

- The cryptic and often veiled ways students and teachers cry for help (real life examples)
- How to respond, and what to say/do (includes actual scripts based on student age)
- Case studies of how educators have seamlessly built connection, coping skills and embedded SEL competencies into their classroom culture
- Lesser-known triggers that put students at greater risk of suicide and what to do
- Creating a suicide-safe environment
- If relevant, how to spot & respond to elementary age children at risk of suicide who don't have a mature concept of death or know the word "suicide"

Themes include hope, resilience, diversity and inclusion, connection, mental health, coping strategies, SEL, self-care.

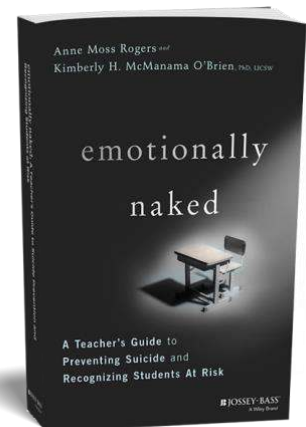
Process:

1. Anne Moss has a conversation usually via zoom with the person arranging the PD, either a principal or school counselor or other representative but usually a decision-maker.
2. We talk time, price, and issues that your teachers and your school is facing, what the teachers would like support with. This is so Anne Moss can customize the PD to best support your school staff and what they are looking to get out of it and achieve a level of comfort regarding the topic.

3. Anne Moss gets back to contact with an outline for your school staff in response to this initial conversation.
 4. If agreement on the outline and price are reached, we schedule the event and exchange the necessary paperwork, POs or W-9 documents.
- **Examples requests for the follow-up 1-hour consulting:** How to get parents to assemblies on mental health, what to name assemblies, newsletter topics, how to normalize the conversation on mental health at your school, how to build a fair commemoration policy, how to respond to parents who are not complying.
 - **Example requests for customizations:**
 - a. Include elementary age kids and how we have those conversations
 - b. When to be concerned their pictures and artwork are indicative of an issue—patterns and examples to look for.
 - c. Given that it's such a hot political topic, how can we include ways to broach the 'removing means' conversations in rural areas where there is a big firearm culture

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



—**Suzanne Button, Ph.D., Senior Clinical Director, High School Programming, The Jed Foundation**
“This book is practical, easy to read and apply, and an important support for any teacher who wants to be a real mental health ally to her or his students. The pages are rich with best and evidence-based practices and the authors provide many useful tools to help teachers understand suicide risk and to help prevent it...this book gives teachers the tools they need to quickly put that understanding to work in the classroom.”



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, 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:

- Registered suicide prevention trainer for the 3.5-hour evidence-based safeTALK
- ASIST Trained: Applied Suicide Intervention Skills Training (ASIST), a 2-day interactive course
- ASK Trained: Focused on identifying, assessing, and helping 5–12-year-olds at risk for suicide find hope for life
- DBT Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A)
- Youth Mental Health First Aid
- 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+
- 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
- Bereavement Support Group Facilitator training

Testimonials

Vicki Hutman, CS ICC to Everyone

Wow! Thank you so much! Best speaker on this subject that I have ever heard in 20 years in the "business".

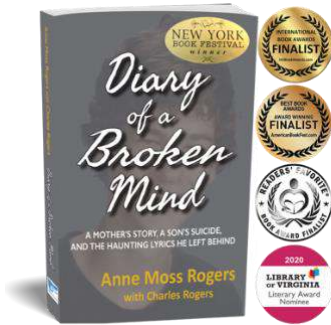
"Thank you very much. This is very powerful and accessible."
--Sarah Farrell, Middle School Teacher, Sandoval Academy of Bilingual Education

"It was very helpful to see how to start a conversation about suicide in younger children, thank you."
--Ruth Ontiveros, Second Grade Teacher, Sandoval Academy of Bilingual Education

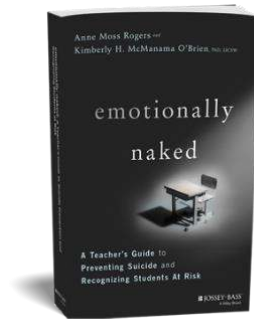
This has really been amazing!!!! one of the best trainings ive had so far....
--Jennifer Kester, Social Work Student, Pennsylvania

"Thank you! As a school-based therapist, this was sooo helpful."
Tara, Pennsylvania Public School Social Worker

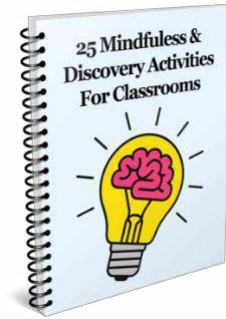
Library of downloads and eBooks are here: <https://annemoss.com/shop/>



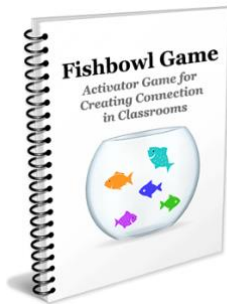
Free: [Diary of a Broken Mind; A Mother's Story, a Son's Suicide and the Haunting Lyrics He Left Behind](#)



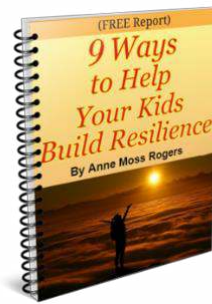
Free: [Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk](#)



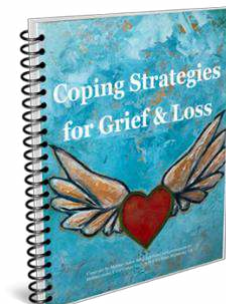
Free: [25 Mindfulness & Discovery Activities for Classrooms](#)



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



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



Free: [Coping Strategies for Grief & Loss](#)



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