

# the emotionally naked® speaker



American  
Academy of  
Pediatrics



Fairfax County  
PUBLIC SCHOOLS  
ENGAGE • INSPIRE • THRIVE

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## The Emotionally Naked Truth About Youth Suicide-For Parents

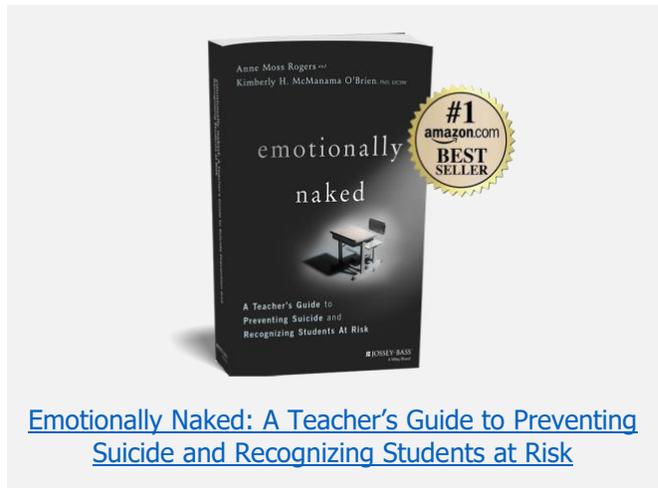
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### From:

Anne Moss Rogers, Richmond,  
Virginia  
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[Contact](#)

Books and free eBooks here:  
<https://annemoss.com/shop>

Professional speaking website:  
<https://annemossrogers.com>



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

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## Topic Description

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**Length-** 1.5 hours with time built in for Q&A during and after the presentation

### The Emotionally Naked Truth About Youth Suicide- For Parents

[TEDx and emotionally naked storyteller](#), Anne Moss Rogers, has built a following on the subject of suicide, and the mental illnesses, addiction, and underlying risk factors that often trigger it. After trying to find help for her once joyful son and rap artist, including wilderness therapy and therapeutic boarding school, Charles met heroin while struggling with depression and he died by suicide in 2015.



Charles Aubrey Rogers  
4/26/1995—6/5/2015



Michigan Association of  
Secondary School Principals



National Institute  
of Mental Health



This presentation dispels common myths about suicide and substance misuse, while delivering a message of hope, and empowering parents with the skills to help prevent this threat to life.

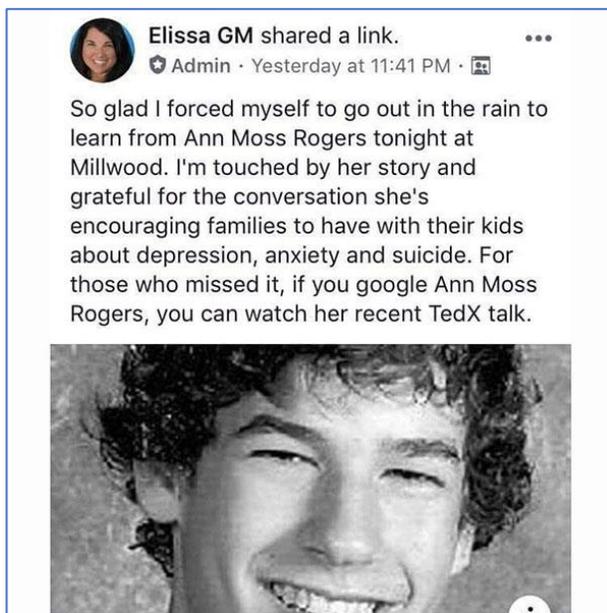
**Takeaways:**

- How to recognize the cryptic ways youth cry for help
- How to respond, what to say/do (includes talking points and scripts)
- Creating a suicide-safe environment (aka. means safety)
- Life events that can increase suicide risk
- How perfectionism can put kids at higher risk and what to do

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## Feedback & Reviews from Parents

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A screenshot of a Facebook post. At the top left is a profile picture of a woman and the text "Elissa GM shared a link." followed by "Admin · Yesterday at 11:41 PM ·". The main text of the post reads: "So glad I forced myself to go out in the rain to learn from Ann Moss Rogers tonight at Millwood. I'm touched by her story and grateful for the conversation she's encouraging families to have with their kids about depression, anxiety and suicide. For those who missed it, if you google Ann Moss Rogers, you can watch her recent TedX talk." Below the text is a black and white photograph of a young man with curly hair, smiling broadly.



A screenshot of a Twitter post from the account "WellStone @WellStoneBH · 2h". The text of the tweet says: "It's been over a week and we're still receiving positive feedback from our Beacon of Hope Keynote @AnneMossRogers Anne Moss, thank you again for your powerful message to our community. Your words impacted so many in that room and we will never forget your presentation!". Below the text is a collage of three images: the largest image shows a woman with blonde hair hugging another woman from behind; the top right image shows a woman at a podium on a stage with a presentation screen behind her; the bottom right image shows three people (two women and one man) standing together and smiling for a photo.

"I love hearing the scripts and how to talk to teens with empathy."  
**—Melodi Dewey, Lafayette School District School Psychologist, Lafayette, California**

"Thank you for sharing your vulnerable and powerful story. I feel so much better equipped to have these difficult discussions with my kids."  
**--Parent, Lafayette School District, California**

"I had the privilege of attending the hosted event this past week with keynote speaker Anne Moss Rogers. I find I have few words to describe the evening...it was riveting. It gave me pause and has stayed with me. I've had several conversations this week with

friends who feel the same. So I'm writing to ask you to bring Anne Moss Rogers back again next year and to open it up to the entire district."

**—Lori, California School District Parent**

"Anne Moss Rogers is probably the most resilient person I know. She has managed to turn grief into action, and she is a suicide prevention champion. I had the pleasure of presenting with her at the Pediatric Academic Societies conference and her part was absolutely the best. She received a standing ovation from the audience. I have been to this conference for two decades and I have never seen any speaker receive a standing ovation."

**--Lisa M. Horowitz, PhD, MPH, Clinical Psychologist, National Institute of Mental Health**

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## About Anne Moss

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**Anne Moss Rogers** is an emotionally naked® public speaker, [TEDx storyteller](#), certified suicide prevention trainer, NAMI Virginia board member, and the award-winning author of the memoir, [Diary of a Broken Mind](#). After her 20-year-old son, Charles died by suicide on 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. Her second book, [Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk](#), with co-writer Dr. Kimberly O'Brien was published August 24, 2021, through Wiley Publishing.



She has been featured in the New York Times and was the first non-clinician to be invited to the National Institute of Mental Health to speak on suicide. 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 safeTALK trainer, evidence-based suicide prevention training
- ASIST: Applied Suicide Intervention Skills Training (ASIST), a two-day interactive workshop.
- ASK Training 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 & Mental Health First Aid
- 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+

- Brain Gym Neurocognitive Training for Addiction for all ages with Hamed Ekhtiari, M.D., Ph.D.
- Co-facilitator of Suicide Loss Bereavement Support Group
- Trauma Informed Care Basics- Based on the ACEs, Adverse Childhood Experiences
- Suicide Outreach Program: Volunteer role 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.
- NAMI In Your Own Voice Presenter to schools locally
- REVIVE! Administering Naloxone for opioid overdose

### Companion Podcast:



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

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

Anne Moss follows safe messaging [reporting guidelines on suicide](#).

## Bulk Order Books

**Bulk order book discounts** available for *Emotionally Naked Teacher's Guide*, contact: Victoria Finley at [vfinley@wiley.com](mailto:vfinley@wiley.com). Bulk orders for *Diary of a Broken Mind*, contact Ray McCallister at [ray@raymcallisterbooks.com](mailto:ray@raymcallisterbooks.com)

- **Diary of a Broken Mind**- Approximately \$203.
  - A current case has 22 books retailing at \$16.95 each (two cases left of first printing). Wholesale is half that, or a total of \$186.45, plus shipping.
  - USPS Media Mail is a standard \$16.42 for that weight, which would total \$202.87 with the books. Slower shipping.
  - UPS Ground would be slightly cheaper, but it's dependent on distance. Most likely it would be a couple dollars more, but it's almost always faster.
  - These books can arrive already signed.
- **Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk**- Approximately \$360
  - A case is 18, around \$19 each currently on Amazon. You can order through amazon, or the publisher and they'll match or beat the amazon price. They can also ship to individuals.