

The Reality of Suicide: What Interpreters Need to Know

Saturday, May 3rd - 9am - 4pm MT on Zoom
Free - .6 PS RID CEUS - Presented in ASL
Registration: <https://tinyurl.com/NMCDHHWebinar>

Presented by:

Tarra Grammenos, M.S., SC:L, NIC Advanced
ASL Interpreter & Sibling Suicide Loss Survivor

Presented by:

Laura SkyQuest, M.A., CDI
ASIST Certified & Certified Deaf Interpreter

Suicide is a topic that we aren't comfortable talking about until we absolutely have to, and as suicide deaths continue to climb, interpreters need to be prepared when faced with this topic in their personal and professional lives. Presented by an interpreter sibling suicide loss survivor, and a certified deaf interpreter, this training will be an open and honest conversation about what interpreters need to know: facts, statistics, appropriate language (ASL & English), warning signs, risk factors, terminology, myths, and prevention. We will also talk about different kinds of pain, performing sight translations of suicide screeners, where topics of suicide and self-harm come up in our work, interpreting calls to the 988 Suicide & Crisis Lifeline, risk factors & warning signs specifically for Deaf youth and seniors, working with attempt and loss survivors, and how to provide or interpret a skilled suicide intervention i.e. you ask someone if they're thinking about suicide and they say yes - what do you do? Join us for this hard, but very important conversation.

Learning Objectives:

- Analyze suicide screeners and practice doing sight translations.
- Review suicide and self-harm terminology in both ASL and English.
- Identify risk factors and warning signs in high-risk Deaf populations.
- Discover strategies for working with suicide loss and attempt survivors.
- Identify various suicide warning signs, risk factors, and protective factors.
- Develop strategies on how to provide or interpret a skilled suicide intervention/suicide first aid.
- Discuss current suicide statistics and trends, and where conversations around suicide show up



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Tarra Grammenos, M.S., SC:L, NIC Adv. holds a Master's Degree in Criminal Justice, Graduate Certificate in Legal Interpreting, Bachelor's Degree in Psychology of Deviance, and Associates Degree in ASL/English Interpreting. Born and raised in Minnesota, Tarra has been an ASL/English Interpreter for almost 20 years. Since the death of her youngest brother to suicide in 2017, Tarra has immersed herself into the field of suicidology and has traveled all over the country presenting to Interpreters and the Deaf Community about the reality that is suicide.



Laura SkyQuest, MA, CDI holds a Master's Degree in Deaf Education, and a Bachelor's Degree in History from Gallaudet University. She was born and raised in Maryland but has called Minnesota home for almost 10 years. Before becoming a full-time staff CDI, Laura was a K-12 teacher/ASL specialist working in Deaf schools for 15+ years. She knows first-hand how conversations around suicide, especially with deaf children and young adults can be very challenging. Laura is ASIST Certified (Applied Suicide Intervention Skills Training) and is trained as a Suicide Bereavement Support Group Facilitator by AFSP.

