Part I: The Complexity of Suicide: From Survivor to Professional

Part II: Suicide: Education, Assessment, and Outreach

Ciara Warden, LISW

During this four hour intensive workshop self-proclaimed suicide attempt survivor, Ciara Warden, will describe her powerful journey into wellness and recovery by sharing her story of suffering from major depression to the complicated decent into suicidal despair. Suicide is the tenth leading cause of death in the United States, showing to be higher than homicide and certain cancers (CDC, 2017). During part II of this workshop, clinicians and community members will attain a clearer understanding of suicide, why it happens, how to properly assess for lethality, and what is being done to address suicide. This learning opportunity will allow professionals to reflect on their own current biases regarding suicide and mental health. It also allows professionals to enter a space of empathy and contemplation.

Biography:

Ciara Warden is a Licensed Independent Social Worker (LISW) in the State of Iowa. She attained her B.A. in Psychology and Women’s Studies from Kansas State University and her Master of Social Work degree from the University of Kansas. Ciara has professional experience in mental health crisis response, inpatient psychiatric care, clinical mental health therapy, and post-secondary instruction and management. Currently, Ciara is employed at the University of Nebraska – Omaha, in their Grace Abbott School of Social Work and co-owns a private practice. At UNO, Ciara serves as a full-time faculty member, the BSW Program Coordinator, and the school’s Admissions Chair. Ciara specializes in crisis issues, primarily suicide research, education, outreach, and grief and loss. A self-proclaimed suicide attempt survivor, Ciara has made fighting mental health stigma a priority and a passion. Throughout her personal story of suffering from major depression and the complicated descent into suicidal despair, Ciara also describes her powerful journey into wellness and recovery.

Ciara is from the Crescent, Iowa area. She has two sons, Declan age 4 and Camden age 1. She has a partner of 8 years, Shawn. In her free time, she loves to take photos and spend time with her family, friends, and animals.