

SUICIDE CARE TRAINING OPTIONS

TRAININGS FOR ALL CLINICAL STAFF (TARGETED SUICIDE PREVENTION INTERVENTIONS)

Training	Program Description	Format	Audience
<p>Assessment of Suicidal Risk Using the Columbia Suicide Severity Rating Scale (C-SSRS) NY State Office of Mental Health and Columbia University http://zerosuicide.sprc.org/sites/zerosuicide.sprc.org/files/cssrs_we_b/course.htm</p>	<ul style="list-style-type: none"> » Teaches how the C-SSRS is structured and how to administer the brief screening and full versions » Videos show how to use the scale's Suicidal Ideation and Suicidal Behavior sections in client interviews 	<p>45 minutes</p> <p>Online, self-paced</p>	<ul style="list-style-type: none"> » Health and mental health professionals, paraprofessionals who screen individuals for suicidality
<p>Suicide in the Military PsychArmor Institute https://psycharmor.org/courses/suicide-in-the-military/</p>	<ul style="list-style-type: none"> » Overview of military suicide, symptoms and treatment modalities related to suicidal behavior, » Teaches domains associated with suicidal mode, how deployments and other experiences affect the military population 	<p>1 hour</p> <p>Online, self-paced</p>	<ul style="list-style-type: none"> » Health, mental health, and public health professionals

Preventing Suicide in Emergency Department Patients

Suicide Prevention Resource Center
<https://training.sprc.org/enrol/index.php?id=8>

- » Teaches how to conduct screening, assessment, and brief interventions, such as safety planning and lethal means counseling for patients in an Emergency Department
- » Addresses patient-centered care for persons with suicide risk, patient safety during the ED visit, and incorporating suicide prevention into discharge planning

2 hours

Online, self-paced

- » Open to anyone, especially designed for health care professionals (e.g., medical providers, nurses, behavioral health providers) who work in emergency departments

Structured Follow-Up and Monitoring for Suicidal Individuals

New York Office of Mental Health and Columbia University
http://zerosuicide.sprc.org/sites/zerosuicide.sprc.org/files/monitor-suicidal_individuals/course.htm

- » Describes what structured follow-up and monitoring is and how it can help persons at risk for suicide
- » Teaches how to provide structured follow-up and monitoring for individuals after a crisis, during the time of transition from an emergency visit, when there is increased suicidal ideation, or after a suicide attempt

45 minutes

Online, self-paced

- » Health and mental health professionals and paraprofessionals who follow up with clients after a crisis

Safety Planning Intervention for Suicide Prevention

New York Office of Mental Health and Columbia University
<http://zerosuicide.sprc.org/sites/zerosuicide.sprc.org/files/sp/course.htm>

- » Guides participants in developing a safety plan in collaboration with persons who are at high risk for suicide
- » Video examples show Barbara Stanley, PhD, a lead developer of the Safety Planning intervention, developing a safety plan with a client

45 minutes

Online, self-paced

- » Health and mental health professionals and paraprofessionals
- » This version is a module that is often used as a part of a more comprehensive training; for in-depth training on implementing the intervention, contact the authors

<p>Question, Persuade, Refer, Train (QPRT): Suicide Triage QPR Institute www.qprinstitute.com</p>	<ul style="list-style-type: none"> » Course teaches detection and interviewing of persons in crisis and determining next steps to ensure a person at risk's safety 	<p>8-10 hours Online, self-paced</p>	<ul style="list-style-type: none"> » Health and mental health professionals » Customized versions available for law enforcement, EMS/firefighters, nurses, and primary care physicians and physician assistants
<p>Counseling on Access to Lethal Means (CALM) Suicide Prevention Resource Center http://www.sprc.org/resources-programs/calm-counseling-access-lethal-means</p>	<ul style="list-style-type: none"> » Covers why reducing access to lethal means of self-harm saves lives » Teaches practical skills on when and how to ask suicidal clients about their access to lethal means and how to work with them and their families to reduce that access 	<p>2 hours Online, self-paced</p>	<ul style="list-style-type: none"> » Health and mental health professionals and paraprofessionals

TRAININGS FOR CLINICAL ASSESSMENT AND MANAGEMENT OF SUICIDE RISK

Training	Program Description	Format	Audience
<p>Assessing and Managing Suicide Risk (AMSR) Suicide Prevention Resource Center http://www.sprc.org/training-events/amsr</p>	<ul style="list-style-type: none"> » Informed by the latest research, Assessing and Managing Suicide Risk (AMSR) is a one-day training that expands the clinical skills of providers and offers a clear and descriptive suicide risk formulation model to inform long-term treatment planning. » Teaching and skills-building methods include video demonstrations, group discussion, written and paired practice, case review, and expert teaching 	<p>6.5 hours In-person</p>	<ul style="list-style-type: none"> » Mental health professionals
<p>Chronological Assessment of Suicide Events (CASE) Shawn Shea, PhD https://suicideassessment.com/certification-programs</p>	<ul style="list-style-type: none"> » Participants practice a specific interviewing strategy in groups to elicit suicidal ideation, behaviors, planning, and intent » Uses scripted group role-playing to teach the CASE Approach 	<p>1-day and 2-day options In-person</p>	<ul style="list-style-type: none"> » Mental health professionals » Additional workshops ranging from 1.5 hour, half-day, to full days focused on specific clinical content or special populations such as military and veterans and colleges and schools available through the Training Institute for Suicide Assessment and Clinical Interviewing
<p>Cognitive Therapy – Suicide Prevention (CT-SP) Aaron Beck Psychopathology Research Center https://aaronbeckcenter.org/training/clinical-training-in-suicide-prevention/</p>	<ul style="list-style-type: none"> » Training in Cognitive Therapy – Suicide Prevention (CT-SP), an evidence-based, time-limited therapeutic framework specifically for suicidal thoughts and behaviors 	<p>Varies In-person or consultation</p>	<ul style="list-style-type: none"> » Mental health professionals » Additional training options include suicide risk assessment, safety planning intervention, and intensive training in CT-SP

Collaborative Assessment and Management of Suicidality (CAMS)

CAMS-care, LLC
<https://cams-care.com/>

- » Teaches the Collaborative Assessment and Management of Suicidality (CAMS), an evidence-based, therapeutic framework emphasizing collaborative assessment and treatment planning

Varies
 In-person, online, or consultation

- » Mental health professionals
- » There are various CAMS training options to meet the needs and expectations of a wide range of clinicians and systems of care

Dialectical Behavior Therapy (DBT)

Behavioral Tech: A Linehan Institute Training Company
<https://behavioraltech.org/>

- » Training in foundations and application of Dialectical Behavior Therapy, an evidence-based therapeutic framework

Varies
 In-person, online, or consultation

- » Mental health professionals
- » Various training options including suicide intervention and DBT certification

Recognizing & Responding to Suicide Risk

American Association of Suicidology
<http://www.suicidology.org/training-accreditation/rrsr>

- » Advanced, interactive training
- » Designed for mental health clinicians who want to acquire skills in twenty-four core clinical competencies for working with suicidal clients

2 days
 In-person

- » Mental health professionals

Suicide to Hope: A Recovery and Growth Workshop

LivingWorks
<https://www.livingworks.net/programs/suicide-to-hope/>

- » Provides tools to help professional caregivers work together with individuals with experiences of suicide to develop recovery goals
- » Competencies and skills focus on structuring and managing work with an individual recently at risk of suicide and/or coordinating that work with other caregivers

8 hours
 In-person

- » Mental health professionals

Question, Persuade, Refer, Train (QPRT): Suicide Risk Assessment & Management Training Program

QPR Institute

www.qprinstitute.com

- » Teaches how to conduct a suicide risk assessment, create a shared risk management plan, and document suicide risk assessments and clinical decisions

8-10 hours

In-person or
online

- » Mental health professionals

TRAININGS SPECIFIC TO EMERGENCY DEPARTMENT AND PRIMARY CARE SETTINGS

Training	Program Description	Format	Audience
<p>At-Risk in the ED Kognito https://kognito.com/products/at-risk-emergency-department</p>	<ul style="list-style-type: none"> » Build skills in screening patients for substance use, mental health disorders, and suicide risk, collaboratively engaging in treatment planning, and referring patients for further support as part of routine care » Focused on integrating behavioral health in acute care » Interactive, avatar-based role-play simulation 	<p>1 hour Online, self-paced</p>	<ul style="list-style-type: none"> » Emergency department professionals (nurses & medical providers), and medical students
<p>At-Risk in Primary Care Kognito https://kognito.com/products/at-risk-in-primary-care</p>	<ul style="list-style-type: none"> » Prepares primary care personnel to screen patients for mental health and substance abuse disorders including suicide risk, perform brief interventions, and refer patients to treatment » Interactive, avatar-based role-play simulation 	<p>1 hour Online, self-paced</p>	<ul style="list-style-type: none"> » Primary care professionals who screen patients for mental health and substance abuse disorders
<p>Recognizing & Responding to Suicide Risk in Primary Care American Association of Suicidology http://www.suicidology.org/training-accreditation/rrsr-pc</p>	<ul style="list-style-type: none"> » Teaches how to integrate suicide risk assessments into routine office visits, to formulate relative risk, and to work collaboratively with patients to create treatment plans » Includes a pocket assessment tool and reproducible patient handouts 	<p>1 hour Online, self-paced</p>	<ul style="list-style-type: none"> » Medical providers such as nurses, physicians, physician assistants, and nurse practitioners working in primary care

TRAININGS FOR ALL INDIVIDUALS

Please note: Trainings in this section are not explicitly clinical trainings; they are often designed for broader audiences such as community members and administrative staff. See individual websites for more information.

Training	Program Description	Format	Audience
<p>Applied Suicide Intervention Skills Training (ASIST) Living Works www.livingworks.net/programs/asist</p>	<ul style="list-style-type: none"> » Workshop teaches the warning signs of suicide, how to help individuals at risk for suicide stay safe in the moment, respond, and seek further help as needed » A standardized training customizable to local resources 	<p>15 hours In-person</p>	<ul style="list-style-type: none"> » For community members » Persons 16 or older
<p>Connect Suicide Prevention/Intervention Training National Alliance on Mental Illness: New Hampshire www.theconnectprogram.org</p>	<ul style="list-style-type: none"> » Teaches warning signs and interventions with a person at risk for suicide » Examines prevention and intervention in the context of an individual, family, community, tribe (if applicable), and society » Applies a public health approach, including the socio-ecological model 	<p>6 hours In-person 4 hours Online</p>	<ul style="list-style-type: none"> » Community members and professionals » Training is offered by audience including American Indian/Alaska Native, Education, Law Enforcement, Military, Mental Health/Substance Abuse, Social Services, Suicide Prevention Coalitions, and Youth
<p>Connect Postvention Training National Alliance on Mental Illness: New Hampshire www.theconnectprogram.org</p>	<ul style="list-style-type: none"> » Training on how to coordinate a comprehensive and safe response to suicide death including strategies for reducing the risk of contagion » Optional second day for development of postvention response plan 	<p>6 hours In-person</p>	<ul style="list-style-type: none"> » For community members and professionals

Question, Persuade, Refer (QPR): Gatekeeper Training for Suicide Prevention

QPR Institute

www.qprinstitute.com

- » Teaches the warnings signs of individuals at risk for suicide, how to recognize them, offer hope, and get help

1 to 2 hours

In-person or online

- » Geared towards gatekeepers including community members

Suicide Alertness for Everyone: Tell, Ask, Listen, and Keep Safe (safeTALK)

Living Works

www.livingworks.net/programs/safetalk

- » Training to improve awareness and identification of as well as response to a person with suicidal thoughts
- » How to apply the steps specific to safeTALK and help connect a person at risk or in crisis with resources

3.5 hours

In-person

- » Anyone 15 or older
- » Can be taught in English and French