

SUICIDE CARE TRAINING OPTIONS

The Train element of the Zero Suicide framework recommends that all employees, clinical and non-clinical, receive suicide prevention training appropriate to their role. This document may be useful as a reference for Zero Suicide implementation teams when discussing training options. We encourage implementation teams to use the [Zero Suicide Workforce Survey](#) to assess the needs of their staff, reference the specific training website and resources linked below, and review any relevant literature when choosing specific trainings as a part of a comprehensive Zero Suicide training plan. These are not training recommendations, a list of best- or evidence-based trainings, or a set of specific trainings that are required for Zero Suicide. This is not an exhaustive list, as new trainings may have been developed or released after the document was last updated in 2018. The Suicide Prevention Resource Center offers a [similar matrix available](#) for those seeking community gatekeeper trainings.

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

**Question, Persuade, Refer, Treat (QPR-T):
Suicide Triage**

QPR Institute
www.qprinstitute.com

- » Course teaches detection and interviewing of persons in crisis and determining next steps to ensure a person at risk's safety

8-10 hours
Online, self-paced

- » Health and mental health professionals
- » Customized versions available for law enforcement, EMS/firefighters, nurses, and primary care physicians and physician assistants

**Counseling on Access to Lethal Means
(CALM)**

Suicide Prevention Resource Center
<http://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>

- » 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

2 hours
Online, self-paced

- » 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

<p>Collaborative Assessment and Management of Suicidality (CAMS) CAMS-care, LLC https://cams-care.com/</p>	<ul style="list-style-type: none"> » Teaches the Collaborative Assessment and Management of Suicidality (CAMS), an evidence-based, therapeutic framework emphasizing collaborative assessment and treatment planning 	<p>Varies In-person, online, or consultation</p>	<ul style="list-style-type: none"> » 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
<p>Dialectical Behavior Therapy (DBT) Behavioral Tech: A Linehan Institute Training Company https://behavioraltech.org/</p>	<ul style="list-style-type: none"> » Training in foundations and application of Dialectical Behavior Therapy, an evidence-based therapeutic framework 	<p>Varies In-person, online, or consultation</p>	<ul style="list-style-type: none"> » Mental health professionals » Various training options including suicide intervention and DBT certification
<p>Recognizing & Responding to Suicide Risk American Association of Suicidology http://www.suicidology.org/training-accreditation/rrsr</p>	<ul style="list-style-type: none"> » Advanced, interactive training » Designed for mental health clinicians who want to acquire skills in twenty-four core clinical competencies for working with suicidal clients 	<p>2 days In-person</p>	<ul style="list-style-type: none"> » Mental health professionals
<p>Suicide to Hope: A Recovery and Growth Workshop LivingWorks https://www.livingworks.net/programs/suicide-to-hope/</p>	<ul style="list-style-type: none"> » 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 with other caregivers 	<p>8 hours In-person</p>	<ul style="list-style-type: none"> » Mental health professionals
<p>Question, Persuade, Refer, Train (QPRT): Suicide Risk Assessment & Management Training Program QPR Institute www.qprinstitute.com</p>	<ul style="list-style-type: none"> » Teaches how to conduct a suicide risk assessment, create a shared risk management plan, and document suicide risk assessments and clinical decisions 	<p>8-10 hours In-person or online</p>	<ul style="list-style-type: none"> » 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