

Suicide Prevention and Safety Planning Training Resource Sheet (*please note, trainings may have a cost*):

Introductory Suicide Prevention Training for all Audiences:

Applied Suicide Intervention Skills Training - 2 days, in person – 15 CEUs available
ASIST participants learn to understand the ways that personal and societal attitudes affect views on suicide and interventions, provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs, identify the key elements of an effective suicide safety plan and the actions required to implement it, appreciate the value of improving and integrating suicide prevention resources in the community at large, and recognize other important aspects of suicide prevention including life-promotion and self-care.

<https://www.livingworks.net/asist>

Mental Health First Aid (MHFA) – 8 hours, in person – 8 CEUs available
Participants will learn the risk factors and warning signs of mental health problems, information on depression, anxiety, trauma, psychosis, and addiction disorders, a five-step action plan to help someone developing a mental health problem or in crisis, and where to turn for help — professional, peer, and self-help resources.

<https://www.mentalhealthfirstaid.org/cs/take-a-course>

SafeTALK - 4 hours, in person

Over the course of their training, safeTALK participants will learn to notice and respond to situations where suicide thoughts may be present, recognize that invitations for help are often overlooked, move beyond the common tendency to miss, dismiss, and avoid suicide, apply the TALK steps: Tell, Ask, Listen, KeepSafe, and know the community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help.

<https://www.livingworks.net/safetalk/>

Assessment of Suicidal Risk Using the Columbia Suicide Severity Rating Scale (C-SSRS) – free online or in person 20 to 60 minutes. The Columbia-Suicide Severity Rating Scale (C-SSRS) supports suicide risk assessment through a series of simple, plain-language questions that anyone can ask. The answers help users identify whether someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support that the person needs.

Online training course access:

http://zerosuicide.sprc.org/sites/zerosuicide.sprc.org/files/cssrs_web/course.htm

Additional training options: <http://cssrs.columbia.edu/training/training-options/>

Question, Persuade, Refer (QPR) - 1 hour online <https://qprinstitute.com/individual-training>

S.A.V.E. – 24 minutes online, free veteran edition (requires free account registration)

<https://psycharmor.org/courses/s-a-v-e/>

Suicide Prevention Training and Safety Planning for Behavioral Health, Medical, and Other Clinical Professionals such as (*but not limited to*) Case Managers, Nurses, Social Workers, Counselors, Psychiatrists, and Psychologists:

Assessing and Managing Suicide Risk (AMSR) - 1 day in person training for healthcare providers and behavioral health professionals to provide safer suicide care <http://www.sprc.org/training-events/amsr>

Recognizing & Responding to Suicide Risk (RRSR) – web-based assessment and 2 day in person training. The goal of this training is for the clinicians to gain the knowledge and practice the skills to effectively assess and manage suicide risk, using multiple case application exercises. After completing the training program, participants should be able to competently conduct a suicide risk assessment, reasonably formulate client risk for suicide, and develop a treatment and services plan to address risk for suicidal behavior. <http://www.suicidology.org/training-accreditation/rrsr>

Safety Planning Intervention for Suicide Prevention – free online. This training guides participants in developing a safety plan in collaboration with clients or patients who are at high risk for suicide. It includes a video illustrating working to develop a safety plan with a client. <http://zerosuicide.sprc.org/sites/zerosuicide.sprc.org/files/sp/course.htm>

Collaborative Assessment and Management of Suicidality (CAMS) – Online, 3 hour video course. The CAMS training is a flexible therapeutic framework that is guided by a multi-purpose clinical tool called the “Suicide Status Form” (SSF), which guides the patient’s treatment. This treatment includes suicide-specific assessment, suicide-specific treatment-planning, tracking of on-going risk, and clinical outcomes and dispositions. Typically, CAMS is focused on outpatient care, but can be modified for inpatient use. CAMS can be used in a range of clinical settings and can be adapted to different treatment modalities). <https://cams-care.com>

Counseling on Access to Lethal Means (CALM) - 2 hours online. The course explains why means restriction is an important part of comprehensive suicide prevention. It will teach you to ask suicidal patients/clients about their access to lethal means and work with them and families to reduce their access <https://training.sprc.org/enrol/index.php?id=3>

suicide2Hope – 1 day in person training for short term continued care for those dealing with thoughts of suicide on a more regular basis <https://livingworks.net/programs/suicide-to-hope/>

Additional Resources:

The VA’s National Suicide Risk Management Consultation Program (SRM) offers free hour consultation to VA and community providers that are working with Veterans at risk for suicide. It is common to need consultation when it comes to working with those at high risk for suicide, therefore their consultation service can help fulfill that need. For additional information: <https://www.mirecc.va.gov/visn19/consult/>

Common topics for consultation include risk assessment, conceptualization of suicide risk, lethal means safety counseling, strategies for how to promote therapeutic engagement with Veterans

at high-risk, best practices for documentation, and provider support after a suicide loss (postvention).

Community providers interested in this free service can contact them by sending an email to: SRMconsult@va.gov

Uniting for Suicide Postvention

Postvention is critical for healing after suicide. Uniting for Suicide Postvention (USPV) provides resources and support for **everyone** touched by suicide loss. Special emphasis on coping for services providers, workplace colleagues, and broader community members.

<https://www.mirecc.va.gov/visn19/postvention/>

This list may not contain all training options, please contact Nicole Gore to submit additional training options, nicole.gore@dbhds.virginia.gov