



Suicide Prevention Workshops and Educational Material

Geared Towards: Adults who work with, or are around adolescents

1. **Youth Mental Health First Aid-** <http://www.mhankyswoh.org/mentalhealthfirstaid>
 - a. Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Geared Towards: Students, parents, school staff and community members

2. **Surviving the Teens-** <http://www.cincinnatichildrens.org/service/s/surviving-teens/suicide-prevention-program/>
 - a. The Division of Psychiatry at Cincinnati Children's Hospital Medical Center created Surviving the Teens® to provide information, resources and support to help guide teens and families through the ups and downs they might face. The program consists of three components: student training, a parent program and gatekeeper training for school staff and community members.

Geared Towards: School personnel & community professionals:

3. **Suicide in Schools: A Practitioner's Guide to Multi-Level Prevention, Assessment, Intervention, and Postvention, by Terri A. Erbacher, Jonathan B. Singer, Scott Poland**
 - a. *Suicide in Schools* provides school-based professionals with practical, easy-to-use guidance on developing and implementing effective suicide prevention, assessment, intervention and postvention strategies. The authors include detailed case examples, innovative approaches for professional practice, usable handouts, and internet resources on the best practice approaches to effectively work with youth who are experiencing a suicidal crisis as well as those students, families, school staff, and community members who have suffered the loss of a loved one to suicide. Readers will

come away from this book with clear, step-by-step guidelines on how to work proactively with school personnel and community professionals, think about suicide prevention from a three-tiered systems approach, how to identify those who might be at risk, and how to support survivors after a traumatic event--all in a practical, user-friendly format geared especially for the needs of school-based professionals.

- b. Review: <http://www.socialworker.com/feature-articles/reviews-commentary/suicide-in-schools-book-review/>
- c. Available at Amazon.com and Barnes & Noble

Geared Towards: Mental Health providers and organizations

- 4. **The Center for the Prevention of Suicide at the Aaron T. Beck Psychopathology Research Center** is pleased to offer training for mental health clinicians and organizations in evidence-based assessment and treatment of suicidal ideation and behaviors. Workshops, intensive training, and expert consultation are available and described below. In addition, we are able to create customized training plans for interested organizations. Please contact Dr. Gregory Brown to discuss costs and your training needs. <https://aaronbeckcenter.org/training/clinical-training-in-suicide-prevention/>
 - a. We offer workshops ranging from half-day to multi-day in the following areas:
 - i. Suicide Risk Assessment: In this workshop, participants will learn to assess both risk and protective factors for suicide as part of a comprehensive risk assessment, in addition to strategies to continually assess risk over the course of treatment.
 - ii. Safety Planning Intervention (SPI): The SPI is a brief intervention for suicide risk reduction that was developed by Barbara Stanley, Ph.D. and Gregory K. Brown, Ph.D. The SPI is included in the Suicide Prevention Resource Center's Best Practices Registry and has been adopted as standard of care within the Department of Veterans Affairs and other settings across the country. In this workshop, participants will learn the six steps to collaboratively creating a Safety Plan: 1) recognizing warning signs; 2) identifying internal coping strategies; 3) identifying other people or social settings for distraction; 4) identifying individuals to ask for help; 5) identifying professionals and agencies for help; and 6) making the environment safe.
 - iii. Cognitive Therapy for Suicide Prevention (CT-SP): CT-SP is an evidence-based, time-limited psychotherapy for the treatment of suicidal ideation and behaviors and was developed by Gregory K. Brown, Ph.D. and Aaron T. Beck, M.D. CT-SP is unique from other cognitive-behavioral treatment protocols in that the explicit focus of treatment is suicide prevention rather than a primary psychiatric disorder. The beginning phase of treatment includes the narrative interview, creation of a cognitive conceptualization, development of treatment goals, and early interventions, including the creation of the Safety Plan and the Hope Kit. The middle phase of treatment includes interventions specifically targeted to the treatment goals and may include problem-solving, cognitive restructuring, distress tolerance, and behavioral activation. The later phase of treatment includes consolidation of skills and a relapse prevention task. This workshop will

include a didactic presentation and experiential exercises of the three phases of treatment.

iv. **Intensive Training in Cognitive Therapy for Suicide Prevention**

v. In addition to stand-alone workshops, we also offer an intensive training option that includes a three-day workshop in Cognitive Therapy for Suicide Prevention plus weekly consultation on audio-taped cases. Weekly consultation will occur by phone or Skype and occur either individually (30 or 60 minute consultation session) or in a group (60 to 120 minutes with 6 or fewer clinicians per group). In addition to weekly consultation sessions, Instructors will also listen to audio-taped sessions and provide written feedback using the Cognitive Therapy Rating Scale (CTRS).

b. We are also able to offer expert consultation by phone or Skype on an hourly basis.

Geared Towards: Teachers & school personnel

5. **Kognito At-Risk for High School Educators:**

<http://legacy.nreppadmin.net/ViewIntervention.aspx?id=317>

a. Kognito At-Risk for High School Educators is a 1-hour, online, interactive gatekeeper training program that prepares high school teachers and other school personnel to identify, approach, and refer students who are exhibiting signs of psychological distress such as depression, anxiety, substance abuse, and suicidal ideation. Through a self-paced, narrative-driven experience, participants build knowledge, skills, and confidence to connect at-risk students to counseling, mental health, or crisis support services. By engaging in a role-play practice conversation with fully animated and emotionally responsive student avatars that act and respond like real humans, participants learn effective communication tactics for managing these challenging conversations. The course also works to reduce stigma around mental health issues by normalizing mental health disorders and increase protective factors by improving social connectedness. Simulations are authored and delivered using Kognito's proprietary Human Interaction Game Engine, which is based on research in social cognition, neuroscience, adult learning theory, and motivational interviewing.

Geared Towards: Gatekeepers (parents, friends, teachers, caseworkers, police officers, etc.)

6. **QPR Gatekeeper Training for Suicide Prevention:**

<http://legacy.nreppadmin.net/ViewIntervention.aspx?id=299>

a. The QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a brief educational program designed to teach "gatekeepers"--those who are strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers)--the warning signs of a suicide crisis and how to respond by following three steps:

- Question the individual's desire or intent regarding suicide

- Persuade the person to seek and accept help
 - Refer the person to appropriate resources
- b. The 1- to 2-hour training is delivered by certified instructors in person or online, and it covers (1) the epidemiology of suicide and current statistics, as well as myths and misconceptions about suicide and suicide prevention; (2) general warning signs of suicide; and (3) the three target gatekeeper skills (i.e., question, persuade, refer). The training includes a short video that shows interviews with people who have experienced suicide in their families, schools, and neighborhoods, and it provides standardized role-play dialogue for use in a behavioral rehearsal practice session. For participants whose focus is on schools and youth, the training also reviews local rates of students' suicidal behavior and the school district's protocol for responding to suicidal students. Once trained, the participants, or gatekeepers, receive a booklet that contains an overview of the didactic presentation and a review of the gatekeeper role. Wallet cards also are distributed for use as a review and resource tool, with prompts to recall the gatekeeper skills emphasized in the training and information about local referral resources.

Geared Towards: Students

7. **SOS Signs of Suicide:** <http://legacy.nreppadmin.net/ViewIntervention.aspx?id=53>
- a. SOS Signs of Suicide is a secondary school-based suicide prevention program that includes screening and education. Students are screened for depression and suicide risk and referred for professional help as indicated. Students also view a video that teaches them to recognize signs of depression and suicide in themselves and others. They are taught that the appropriate response to these signs is to use the ACT technique: acknowledge that there is a problem, let the person know you care, and tell a trusted adult. Students also participate in guided classroom discussions about suicide and depression. The program attempts to prevent suicide attempts, increase knowledge about suicide and depression, develop desirable attitudes toward suicide and depression, and increase help-seeking behavior among youth.

Geared Towards: Students/youth who become peer leaders

8. **Source of Strength:** <http://legacy.nreppadmin.net/ViewIntervention.aspx?id=248>
- a. Sources of Strength, a universal suicide prevention program, is designed to build socioecological protective influences among youth to reduce the likelihood that vulnerable high school students will become suicidal. The program trains students as peer leaders and connects them with adult advisors at school and in the community. With support from the advisors, the peer leaders conduct well-defined messaging activities intended to change peer group norms influencing coping practices and problem behaviors (e.g., self-harm, drug use, unhealthy sexual practices). Specifically, these activities are designed to reduce the acceptability of suicide as a response to

distress, increase the acceptability of seeking help, improve communication between youth and adults, and develop healthy coping attitudes among youth. Sources of Strength is also designed to positively modify the knowledge, attitudes, and behaviors of the peer leaders themselves.

Geared Towards: School staff and students

9. **Lifelines Curriculum:** <http://legacy.nreppadmin.net/ViewIntervention.aspx?id=37>
 - a. Lifelines is a comprehensive, schoolwide suicide prevention program for middle and high school students. The goal of Lifelines is to promote a caring, competent school community in which help seeking is encouraged and modeled and suicidal behavior is recognized as an issue that cannot be kept secret. Lifelines seeks to increase the likelihood that school staff and students will know how to identify at-risk youth when they encounter them, provide an appropriate initial response, and obtain help, as well as be inclined to take such action.

Geared Towards: High School students

10. **LEADS: For Youth (Linking Education and Awareness of Depression and Suicide):** <http://legacy.nreppadmin.net/ViewIntervention.aspx?id=269>
 - a. LEADS: For Youth (Linking Education and Awareness of Depression and Suicide) is a curriculum for high school students in grades 9-12 that is designed to increase knowledge of depression and suicide, modify perceptions of depression and suicide, increase knowledge of suicide prevention resources, and improve intentions to engage in help-seeking behaviors. The curriculum addresses such topics as depression and its symptoms, the link between depression and suicide, the risk and protective factors associated with suicide, the warning signs of suicide, seeking help and overcoming barriers to seeking help, and school and community suicide prevention resources. By educating students about seeking help and the resources available to them, the intervention aims to empower students to get help for themselves or others.
11. **Applied Suicide Intervention Skills Training (ASIST)** is a workshop for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. To learn more about ASIST, visit www.livingworks.net.