

Suicide Prevention Training Directory

Missouri Suicide Prevention
Network



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www.mospn.org

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INTRODUCTION

This collection of suicide prevention training is to assist Missourians with finding appropriate education/professional development that meets their need. The training listed come in several formats: online courses, webinars and in person. Several of the items listed are offered at no cost but some do have a fee. CEUs or clock hours may be available, possibly for an additional fee. MSPN does not provide any funding for training or CEUs/clock hours, this is at your own expense.

Following each title there is a code in brackets which help users identify the type of training.

[P] = Prevention

[I] = Intervention

[R] = Recovery

The guide is for your convenience in connecting to training resources. MSPN and its project partners neither endorse nor take responsibility for the website content or services of the training resources listed in this guide.

Please submit any comments or questions about this guide to admin@mospn.org.

ACKNOWLEDGEMENTS

This collection of training resources was created through the Missouri Suicide Prevention Network's *Training, Practices and Resources* subcommittee. A special thanks to the following committee members for their role in the creation of this guide:

- Jason Klaus, Missouri Crisis Intervention Team (CIT)
- Jon Sabala, Missouri Department of Mental Health
- Katrina McDonald, Compass Health Network
- Michelle Watson, CommCare
- Rick Strait, Community Counseling Center
- Sara Linenfelser, Missouri Department of Social Services
- Sarah Goellner, Missouri Department of Agriculture

EDUCATOR SUICIDE PREVENTION TRAINING

Applied Suicide Intervention Skills Training (ASIST) [P/I/R]

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

www.livingworks.net/asist

AS+K About Suicide To Save a Life (Basic) [P]

AS+K? About Suicide To Save A Life (Basic) provides participants with an overview of the basic epidemiology of suicide and suicidal behavior, including risk and protective factors. In this one hour e-learning based course, participants are trained to recognize warning signs—behaviors and characteristics that might indicate elevated risk for suicidal behavior—and the initial intervention steps to support a person they think might be at risk for suicide. Please note this course is designed for public health information purposes only and is not designed to assess, screen, diagnose or treat any mental or physical health condition.

<https://texassuicideprevention.org/training/ask-basic-gatekeeper/>

At-Risk for College and University-Faculty & Staff (Kognito) [P]

An interactive role-play simulation for faculty and staff that builds awareness, knowledge, and skills about mental health and suicide prevention, and prepares users to lead real-life conversations with students that build resilience, strengthen relationships and connect them with support. Interactive, avatar-based role-play simulation for a fee.

<https://kognito.com/products/at-risk-for-university-faculty-and-staff>

At-Risk for College and University-Students (Kognito) [P]

An interactive role-play simulation for students that builds awareness, knowledge and skills about mental health and suicide prevention and prepares users to lead real-life conversations with fellow students in distress and connect them with support. Interactive, avatar-based role-play simulation for a fee.

<https://kognito.com/products/at-risk-for-college-students>

At-Risk for High School Educators (Kognito) [P]

An interactive role-play simulation for high school educators that builds awareness, knowledge, and skills about mental health and suicide prevention, and prepares users to lead real-life conversations with students that build resilience, strengthen relationships, and connect them with support. Interactive, avatar-based role-play simulation for a fee.

<https://kognito.com/products/at-risk-for-high-school-educators>

At-Risk for Middle School Educators (Kognito) [P]

An interactive role-play simulation for middle school educators that builds awareness, knowledge, and skills about mental health and suicide prevention, and prepares users to lead real-life conversations with students that build resilience, strengthen relationships, and connect them with support. Interactive, avatar-based role-play simulation for a fee.

<https://kognito.com/products/at-risk-for-middle-school-educators>

At-Risk For PK-12 Educators (Kognito) [P]

An interactive role-play simulation for middle school educators that builds awareness, knowledge, and skills about mental health and suicide prevention, and prepares users to lead real-life conversations with students that build resilience, strengthen relationships, and connect them with support. Interactive, avatar-based role-play simulation for a fee.

<https://kognito.com/products/at-risk-for-middle-school-educators>

The Jason Foundation [P]

Offers 1- and 2-hour training courses that center around the topic of youth suicide. The 2-hour modules have been developed to meet continuing education requirement for suicide awareness and prevention programs.

<https://learn.jasonfoundation.com/courses/>

The Lifelines Trilogy: Prevention, Intervention, & Postvention [P/I/R]

Lifelines is a whole-school program that educates administrators, faculty and staff, parents, and students on the facts about suicide and their roles in suicide prevention, intervention, and postvention.

<https://www.sptsusa.org/training-programs/>

Mental Health First Aid [P]

Mental Health First Aid is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness.

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

Question, Persuade, Refer (QPR) Training for Professionals [P]

QPR offers specialized training programs for several professions: Clergy, Medical, Firefighter, EMS, law enforcement, school health professionals and more. The training program teaches professionals how to detect, screen, and refer people at risk of suicide. Courses are available online, times to complete the course vary depending on the profession and has a fee.

<https://qprinstitute.com/professional-training>

Question, Persuade, Refer (QPR) Gatekeeper [P]

As a QPR-trained Gatekeeper you will learn to recognize the warning signs of suicide, know how to offer hope, know how to get help and save a life. This course is available to individuals online for a fee.

<https://qprinstitute.com/individual-training>

SafeTALK [P]

SafeTALK is a half-day training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training—anyone age 15 or older who wants to make a difference can learn the SafeTALK steps.

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

SOS - Signs of Suicide® [P]

Evidence based suicide prevention program for students in grades 6-12, faculty, and parents. Students learn warning signs and symptoms of depression and suicide, ACT® (Acknowledge, Care, Tell), and have the opportunity to speak with a counselor.

<https://www.mindwise.org/what-we-offer/suicide-prevention-programs/>

EMPLOYERS AND EMPLOYMENT SERVICE SUICIDE PREVENTION TRAINING

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FAITH-BASED SUICIDE PREVENTION TRAINING

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LEGAL AND LAW ENFORCEMENT SUICIDE PREVENTION TRAINING

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LOCAL COMMUNITY SUICIDE PREVENTION TRAINING

Friend2Friend (Kognito) [P]

A game-based simulation for adolescents that builds awareness, knowledge, and skills about mental health while reducing stigma. It prepares youth to recognize signs of distress, reach out to a friend they are concerned about, and help identify a trusted adult for support. Interactive, avatar-based role-play simulation for a fee.

<https://kognito.com/products/friend2friend>

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Talk Save Lives [P]

A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it.

<https://afsp.org/our-work/education/talk-saves-lives-introduction-suicide-prevention/>

MEDICAL COMMUNITY SUICIDE PREVENTION TRAINING

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Assessing and Managing Suicide Risk (AMSR) [I]

AMSR is a one-day training workshop for behavioral health professionals that expands the clinical skills of providers and offers a clear and descriptive suicide risk formulation model to inform long-term treatment planning. 6.5 hours, in-person, for a fee.

<http://www.sprc.org/training-events/amsr>

Assessment of Suicidal Risk Using the Columbia Suicide Severity Rating Scale (C-SSRS) [I]

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.

<https://cssrs.columbia.edu/training/training-options/>

At-Risk in the ED (Kognito) [I]

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. 1 hour Interactive, avatar-based role-play simulation for a fee.

<https://kognito.com/products/at-risk-emergency-department>

At-Risk in Primary Care (Kognito) [P/I]

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 for a fee.

<https://kognito.com/products/at-risk-in-primary-care>

Chronological Assessment of Suicide Events (CASE) [I]

Participants practice a specific interviewing strategy in groups to elicit suicidal ideation, behaviors, planning, and intent. 1-day and 2-day options, in-person, for a fee.

<https://suicideassessment.com/certification-programs/>

Collaborative Assessment and Management of Suicidality (CAMS) [I,R]

It is a therapeutic framework for suicide-specific assessment and treatment of a patient's suicidal risk. Available online, in-person and consultation for a fee.

<https://cams-care.com/>

Communicating with Farmers Under Stress [P]

This workshop has been developed for people who work with agricultural producers and farm families and want to know more about managing farm-related stress and learn ways to approach and communicate with those in need.

<https://learn.extension.org/events/3337>

Counseling on Access to Lethal Means (CALM) [I]

This course is about how to reduce access to the methods people use to kill themselves. It covers who needs lethal means counseling and how to work with people at risk for suicide—and their families—to reduce access. The course can be completed in about two hours at no cost.

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

Measurement of Suicidal Ideation and Behavior in Adults [P/I/R]

Webinar. Dr. Kim Van Orden defines terms on suicide ideation and behavior, describes reasons for measurement and links them to measurement tools, and discusses considerations in interpreting data from measurement tools.

<http://edc.adobeconnect.com/p93lqyrmb3zh/>

My Client is Thinking about Suicide....Now What Do I Do? Presented by The Wisconsin Chapter [I]

Participants will learn about the risk factors and warning signs of suicidal ideation, how to talk to clients about suicide and how to work with the person in their care to address their suicidality. (1) Learn about the personal fears/limitations that mental health professionals face when dealing with suicidal clients/patients (2) Learn how to recognize risk factors and warning signs of suicidal ideation (3) Learn how to ask the Suicide question and what steps to take when “yes” is the answer. 1hr 43 min, NASW members only.

<https://naswinstitute.inreachce.com/Details/Information/7f865be9-dd79-4b0c-9598-520e7c87d272>

Preventing Suicide in Emergency Department Patients [I]

This course teaches healthcare professionals who work in an ED how to conduct screening, assessment, and brief interventions, such as safety planning and lethal means counseling. It also addresses patient-centered care for patients with suicide risk, patient safety during the ED visit, and incorporating suicide prevention into discharge planning. The course can be completed in about two hours at no cost.

<https://www.sprc.org/resources-programs/preventing-suicide-emergency-department-patients>

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<https://qprinstitute.com/professional-training>

Recognizing & Responding to Suicide Risk: Essential Skills for Clinicians [P/I/R]

An advanced, interactive training based on established core competencies that mental health professionals need in order to effectively assess and manage suicide risk. 2 day, in-person training for a fee.

<http://www.suicidology.org/training-accreditation/rsrc>

Relational Suicide Assessment: Risks, Resources, Safety [I]

Explores a relational approach to assessment that emphasizes the importance of empathy, attending to intra- and interpersonal risks and resources, and collaborating with clients on developing detailed safety plans. AAMFT has a fee for both members and non-members.

<https://www.aamft.org/store/detail.aspx?id=L111>

The Relationship between Suicide and Opioid Abuse [P/I/R]

Archived online presentation. Lisham Ashrafioun PhD discussed research on the interaction between pain and substance use, how this association may influence patients' experience of pain, substance use behaviors, and suicide risk, and the development of interventions to identify and treat patients at high-risk of pain and substance use disorders.

<http://edc.adobeconnect.com/pn05k1qmy5qt/>

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Suicide Assessment and Intervention - Presented by the NASW Massachusetts Chapter [I]

This training will familiarize participants with empirically supported suicide risk assessment and intervention tools. (1) knowledge about current trends in suicide assessment and intervention; (2) familiarity with several empirically supported suicide risk assessment tools; (3) Familiarity with several empirically supported methods of intervention. 1hr 15 min NASW members only.

<https://naswinstitute.inreachce.com/Details/Information/a05d1168-54ab-4f65-abbb-31a55396207b>

Suicide Bereavement: What Helps and What Hurts? [R]

Explores the experiences of suicide survivors with abstract and concrete examples of things that help survivors cope and things that have been barriers to healing. AAMFT has a fee for both members and non-members.

<https://www.aamft.org/store/detail.aspx?id=L1508>

Suicide in the Military [P/I]

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.

www.psycharmor.org/courses/suicide-in-the-military/

Suicide to Hope: A Recovery and Growth Workshop [R]

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. 1 day, in-person training for a fee.

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

Working with Suicidal Adolescents [I]

Explores evidence from family-based interventions with adolescents that have attempted suicide, experienced suicidal ideation, or engaged in suicidal behavior. Essential information about working with suicidal adolescents and their families will be presented using information collected from interviews with clinicians that specialize in the treatment of suicide. AAMFT has a fee for both members and non-members.

<https://www.aamft.org/store/detail.aspx?id=L1625>

YOUTH SUICIDE PREVENTION TRAINING

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