

### **Assessing and Managing Suicide Risk: Core Competencies for Mental Health**

**Professionals:** SPRC, in partnership with the American Association of Suicidology (AAS), developed a one-day competencies-based curriculum for mental health professionals on assessing suicide risk, planning treatment, and managing the ongoing care of the at-risk client. Components include:

- Pre-workshop reading (about 20 pages)
- 6.5 hours of face-to-face training, comprised of an engaging mixture of lecture and exercises
- Training DVD in eight segments, highlighting competencies taught. Four of the segments are “live” demonstrations of a clinical interview between master clinician and researcher, David Jobes, Ph.D., and a professional actor.
- Over 110 pages of Participant Manual with an extensive bibliography organized by subject.
- Journaling spread through the day, allowing participants to reflect on their reactions to the course and to set goals for improving their practice and studying the topic further.
- Q & A and discussion.
- Awarding of CEUs (determined individually at each delivery site).

**ASIST:** ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide. The workshop is for all caregivers (any person in a position of trust). This includes professionals, paraprofessionals and lay people. It is suitable for mental health professionals, nurses, physicians, pharmacists, teachers, counselors, youth workers, police and correctional staff, school support staff, clergy, and community volunteers. ASIST has five learning sections:

- **Preparing:** sets the tone, norms, and expectations of the learning experience.
- **Connecting:** sensitizes participants to their own attitudes towards suicide. Creates an understanding of the impact which attitudes have on the intervention process.
- **Understanding:** overviews the intervention needs of a person at risk. It focuses on providing participants with the knowledge and skills to recognize risk and develop safeplans to reduce the risk of suicide.
- **Assisting:** presents a model for effective suicide intervention. Participants develop their skills through observation and supervised simulation experiences in large and small groups.
- **Networking:** generates information about resources in the local community. Promotes a commitment by participants to transform local resources into helping networks.

**Strategic Planning for Suicide Prevention: Core Competencies** was developed by the American Association of Suicidology (AAS) in partnership with the Suicide Prevention Resource Center (SPRC).

- Participants will enhance their leadership and collaboration skills, and in line with The National Strategy for Suicide Prevention, be able to collect and present suicide-related data and information; implement suicide prevention programs in their communities; and determine the effectiveness of programs they implement. Participants also will increase their comfort and ability to communicate effectively about suicide and suicide prevention.

**QPR: Question, Persuade, and Refer** – 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying “Yes” to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour. 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

**QPR Gatekeeper Trainer Certification Course** --This certification course trains Instructors to teach QPR for Suicide Prevention to their community. Participants first learn about the nature of suicidal communications, what forms these communications take and how they may be used as the stimulus for a QPR intervention. To gain perspective, participants are introduced to the history of suicide, suicide prevention and the spectrum of modern day public health suicide prevention education efforts. The history, background and research support for QPR are reviewed. Participants then learn to market QPR, target potential Gatekeepers, and how to teach the QPR curriculum. Participants also learn to deal with pent up audience demand to talk about suicide, survivor issues and how to make immediate interventions and referrals. Each participant has the opportunity for individual rehearsal and practice through role-plays.

**Mental Health First Aid** is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid is offered in the form of an interactive 12-hour course that presents an overview of mental illness and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Those who take the 12-hour course to certify as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.