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Suicide Prevention Trainings

**The Office of Mental Health
Coordination**

HHSC Suicide Prevention Team



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- Tammy Weppelman: State Suicide Prevention Coordinator
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- Samm Zachary: Suicide Care Coordinator
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- Jennifer Crutsinger: Youth Grant Project Director
- Tara Reyna: Veterans Suicide Prevention Coordinator



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Trainings Available

Gatekeeper

- Suicide Prevention 101
- AS+K
- Applied Suicide Intervention Skills Training
- SafeTALK

Direct Care Staff

- Chronological Assessment Suicide Events
- Assessment and Management of Suicide Risk
- Counseling on Access to Lethal Means
- Safety Planning Intervention

Clinical Staff

- Dialectical Behavioral Therapy
- Cognitive Behavioral Therapy-Suicide Prevention
- Collaborative Assessment and Management of Suicidality

Suicide Prevention 101

Training Highlights:

- Provides a basic overview:
 - Suicide risk factors, warning signs, protective factors; and
 - Resources to seek help.
- Generalizable across the lifespan.
- Brief and basic. Excellent training for:
 - Community members; and
 - Staff that do not often interact with individuals served.



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Ask about Suicide to Save a Life (AS+K)

Training Highlights:

- Provides participants
 - Basic epidemiology of suicide;
 - Overview of risk and protective factors; and
 - Ability to recognize warning signs.
- Generalizable across the lifespan.
- Benefits:
 - Brief; and
 - Includes a key roleplay component to improve participant competencies with the material.



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Suicide Alertness for Everyone: Tell, Ask, Listen, Keep Safe (SafeTALK)

Training Highlights:

- Provides participants skills to:
 - Recognize;
 - Engage; and
 - Connect individuals with thoughts of suicide to resources.
- Generalizable across the lifespan.
- Offers a suicide specific training that is a middle ground between the short and long gatekeeper trainings.



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Applied Suicide Intervention Skills Training (ASIST)

Training Highlights:

- Considered suicide first aid
- Participants learn to:
 - Identify persons with thoughts of suicide;
 - Hear a person's story;
 - Listen for a turning point, and make a plan for safety.
- Generalizable across the lifespan
- Participants are more equipped to provide a brief intervention with an individual experiencing thoughts of suicide after receiving this training.



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Chronological Assessment of Suicidal Events (CASE)

Training Highlights:

- CASE is an interviewing strategy for uncovering suicidal ideation and behaviors.
- Participants learn:
 - Seven interview techniques for enhancing validity when exploring suicidal thinking.
- Techniques are mostly generalizable across populations; however, some are not recommended for youth.
- Benefits of the CASE on risk assessments:
 - Increases validity; and
 - Decreases errors of omission.



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Counseling on Access to Lethal Means (CALM)

Training Highlights:

- This course focuses on how to increase the time and distance between people and the methods they use to end their lives.
- Participants learn how to identify people who could benefit from lethal means safety, how to ask about their access to lethal methods, and how to work with people and their families to put time and distance between them and their chosen method.



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Safety Planning Intervention (SPI)

Training Highlights:

- SPI teaches the steps of the safety planning intervention using the Stanley Brown Safety Plan.
- Participants will learn when to complete a safety plan and what steps are necessary to complete a successful safety plan.



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Dialectical Behavioral Therapy (DBT) Skills

Training Highlights:

- Dialectical behavior therapy is a treatment approach with explicit focus on and prioritization of reducing/eliminating suicidal behaviors.
- Participants in this training will learn how to balance problem-solving techniques with emotion regulation techniques to bring about change for individuals experiencing suicidal thinking.



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Cognitive Behavioral Therapy for Suicide Prevention (CBT-SP)

Training Highlights:

- Cognitive Therapy for Suicide Prevention is a CBT program designed for individuals recently experiencing suicidal thoughts or behaviors.
- Participants learn how to conceptualize suicidal thinking and behavior in the context of the cognitive model, assess suicide risk, and apply CBT techniques specific to the treatment and prevention of suicide.



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Collaborative Assessment and Management of Suicidality (CAMS)

Training Highlights:

- CAMS is a flexible therapeutic framework in which individuals and providers work together to assess suicidal risk and use that information to plan and manage suicide-specific treatment.
- Participants learn techniques to reduce access to lethal means, draft a viable CAMS Stabilization Plan, identify direct and indirect individual-defined drivers of suicide, and cooperatively create a treatment plan.



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Postvention Training Options

- Two training options regarding LOSS teams; and
- Attempt survivor group facilitator training.



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How to Start a Local Outreach to Suicide Survivors (LOSS) Team

Training Highlights:

- LOSS teams are teams of two who go to the scene of the suicide to provide resources and hope to those newly bereaved by suicide.
- In the how-to training, participants will learn the important steps necessary to start a LOSS team in their community.



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LOSS Team Volunteer Training

Training Highlights:

- LOSS Team volunteer training is geared toward ensuring the volunteers selected for the LOSS team are prepared for their volunteer experience.
- This training is typically six to eight hours in length depending on the needs of your specific LOSS team.



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Attempt Survivor Group Facilitator Training

Training Highlights:

- This training is recommended for those interested in facilitating attempt survivor groups.
- Participants learn how to implement and manage this support group, recommended curriculum, safety issues, resources, and helpful tools.



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Training Availability

- Trainings are available at different times of year in different locations around Texas.
- If you are interested in learning more about one of the trainings or providing one of the trainings at your agency, please email the suicide prevention team at suicide.prevention@hhs.texas.gov



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Thank you

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