

Suicide Prevention, Intervention, and Postvention

Why do people kill themselves? How do I ask someone if they are feeling suicidal? What do I do if they say they ARE suicidal? How do I deal with the strong emotions suicide generates?

This training will provide answers for these and other questions many of us have about suicide. It will provide you with basic information about suicide as well as help you develop practical skills for prevention, intervention and postvention. Small group role plays will allow you to apply the suggested techniques as you learn them. We will also develop a short educational briefing about suicide that you can give to your local agencies.

This training is open to anyone who wishes to learn more about intervening across the suicide spectrum. Professionals from the fields of social work, emergency services, security, human resources, EAP, education, and mental health may all benefit. This course should be helpful for persons at all levels of experience in working with other people.

Course Learning Objectives:

Students will be able to:

- Identify 3 physical, emotional, and verbal warning signs of suicide
- Identify 5 do's and don'ts of successful suicide intervention
- Identify probable feelings and reactions of suicide survivors
- Identify useful helping strategies when working with suicide survivors
- Identify appropriate interventions to apply when responding to a suicide

General Continuing Education Credits:

14 Contact Hours; 14 CE Credits for Psychologists; 14 PDHs for EAPs; 14 CE Hours for Calif. MFTs & LCSWs; 16.8 Nursing Hours; OR 1.4 general CEUs from University of Maryland Baltimore County

Completion of The CISM: Group Crisis Intervention class and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a CORE class in ICISF's Certificate of Specialized Training Program.

Daily Agenda:

Day 1: (8:30 a.m. – 4:30 p.m.)

- Scope of the suicide problem
- Statistical patterns
- Common myths about suicide
- Motivations for suicide
- Attitudes about suicide
- Small group role plays
- Effective communication skills

- Dealing with strong emotions
- Developing an education briefing

Day 2: (8:30 a.m. – 4:30 p.m.)

- Problem solving skills
- Small group role plays
- Intervention skills
- Referrals
- Postvention and aftercare

Learning Materials:

The instructor will supply a workbook and handouts of the PowerPoint presentation used in this course. Lecture and discussion will be the main learning activities along with the extensive use of small group activities. A short post-test will also be used to measure learning.

Assignments:

Participants are expected to actively engage in dialogue with the instructors and other participants during interactive segments of the course.

Evaluation:

There will be an opportunity for the participants to complete an evaluation of the course and the instructor. Depending on the requirements of the hosting organization, there may be a short post-test of the material at the end of the seminar.