

Presented by Greg A Marley, LCSW - Clinical Director of Suicide Prevention, NAMI Maine

1. Suicide Prevention and Management in Healthcare Practice Settings: A Comprehensive Evidence-based Approach
2. Suicide Prevention Lunch and Learn for Healthcare Settings
3. Death With Dignity: Supporting Patient needs at the End of Life

Suicide Prevention and Management in Healthcare Practice Settings: A Comprehensive Evidence-based Approach

A Maine citizen is 12.4 times more likely to die by suicide than by homicide (2018-2020), yet suicide is among the most preventable forms of death. Healthcare practice settings provide an excellent venue for the identification and assessment of suicide risk and the provision of ongoing care to assist in the management of the drivers of suicide.

This 1-hour presentation will provide updated information on trends in suicidal behavior across the lifespan and an overview of the best-practice approach to suicide identification, assessment, and management of suicide within a practice or hospital setting. Tools for practice will be offered to address assessment, Collaborative Safety Planning and coordinated follow-up. This presentation is appropriate to any professional working in a medical, clinical or behavioral health role: medical providers, nurses, social workers and ancillary clinicians, and support staff.

Objectives: Attendees will leave able to

- Articulate the rationale for a structured approach to suicide assessment and management in healthcare.
- Describe the elements of suicide assessment and Collaborative Safety Planning.
- Appreciate the recent trends in suicide across the lifespan in Maine.

For more information and to schedule a presentation, contact Julianne McLaughlin, NAMI Maine Suicide Prevention Coordinator at mspp@namimaine.org or at (800) 464-5767 x2318.

The Maine Medical Education Trust designates this live internet activity for a maximum of 1 AMA PRA Category 1 Credit(s)TM. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Maine Medical Education Trust and NAMI Maine. The Maine Medical Education Trust is accredited by the Maine Medical Association Committee on Continuing Medical Education and Accreditation to provide Continuing Medical Education (CME) for physicians.

Suicide Prevention Lunch and Learn for Healthcare Settings

Description:

The Suicide Prevention Lunch and Learn is an educational session delivered onsite addressing suicide prevention and management issues in a healthcare practice setting. It follows the national best-practice model Zero Suicide initiative. The session is typically 90 minutes for non-clinical staff or 90-120 minutes for clinical staff and includes elements of assessment and safety planning as well as discussion of how the elements are best carried out in a practice. These sessions are designed to be offered over a lunch period or at the beginning or end of the workday.

The lunch and learn presentation addresses:

- Beliefs about suicide and appropriate language,
- Statistics on suicide trends in Maine and the US,
- Suicide attempts and non-suicidal self-injury
- Risk factors, protective factors, and warning signs for suicide
- Introduction to tools for intervention and management
 - Flags indicating suicide screening is needed
 - Suicide screening using the C-SSRS tool
 - The use of Collaborative Safety Planning
 - Structuring proactive follow-up for a patient at risk
- The needs of survivors of suicide loss.

Learning Objectives: Participants will leave with;

- An appreciation of the importance of a systemic approach to suicide prevention in clinical settings
- Improved understanding of the trends in suicide risk and loss
- Understanding of the tools and processes of screening, assessment of risk, safety planning and assured follow-up in suicide prevention
- An appreciation of the needs for support after a suicide loss

To learn more or arrange for a Lunch and Learn session for your practice, contact Julianne McLaughlin at NAMI Maine (MSPP@namimaine.org) or Susan Kring at the Maine Medical Association (skring@mainemed.org).

The Maine Medical Education Trust designates this live activity for a maximum of 2 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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Death With Dignity: Supporting Patient needs at the End of Life

Passage of Maine's Death with Dignity law in 2019 allows interested terminally ill people a legal avenue to work with their medical providers to gain access to medication to end their lives. The law has been somewhat controversial with some professionals and family members.

Medical and behavioral health providers and their organizations face a number of ethical dilemmas as they move to implement the law in their practices. This training will review the law and the steps to carrying out the law with patients. It will address the differences and the overlap with suicide and it will also offer an opportunity to explore the values clarification needed and the ethical challenges faced by patients, their families, healthcare professionals and organizations in end-of-life care.

Learning Objectives:

- Develop an understanding of the elements of Maine's Death with Dignity law and application in healthcare settings.
- Develop an appreciation of the ethical dilemmas inherent in suicide intervention and management across all care settings.
- Address the complex ethical issues arising from implementation of the Death with Dignity Act.

For more information and to schedule a 90 minute in-person or 60 minute virtual presentation, contact Julianne McLaughlin, NAMI Maine Suicide Prevention Coordinator at mspp@namimaine.org or at (800) 464-5767 x2318.

The Maine Medical Education Trust designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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