

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 Sue Kring at Maine Medical Association (skring@mainemed.org) or Julianne McLaughlin at NAMI Maine (MSPP@namimaine.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.

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 for physicians.