

SUICIDE PREVENTION & MANAGEMENT

trainings for
Healthcare Professionals



Available through a collaboration with the Maine Suicide Prevention Program, NAMI Maine, and the Maine Medical Association. For more information, contact Suicide Prevention Coordinator, Gretchen Swain, at: mspp@namimaine.org or at (800) 464-5767 x2318

SUICIDE PREVENTION LUNCH & LEARNS FOR HEALTHCARE

Suicide Prevention and Management; *Clinical* Lunch & Learn for Healthcare

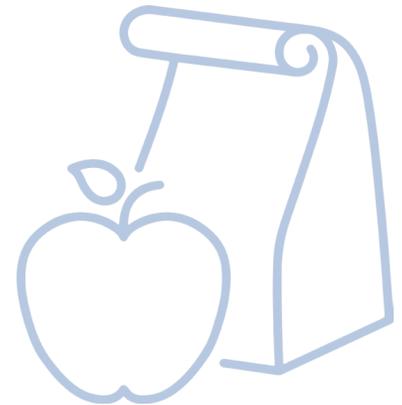
Presenter: Greg A. Marley, LCSW

Length: 90 minutes - 2 hrs

This presentation will provide updated information on trends in suicidal behavior across the lifespan, address the stigma of suicide and an overview of the best-practice approach to the identification, assessment, and management of suicide within a practice or hospital setting. Basic suicide risk assessment will be covered using the C-SSRS tools, Collaborative Safety Planning, and proactive follow-up demonstrated as tools for reducing ongoing risk. This session is designed for people working at a clinical level, including MDs, mid-level practitioners, RNs and mental health clinicians.

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
 - Suicide risk 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



Suicide Prevention And Management; *Non-Clinical* Lunch & Learn For Healthcare

Presenter: Greg A. Marley, LCSW

Length: 60 - 90 minutes

This presentation presents basic information about suicide and suicide prevention to equip staff working in non-clinical roles but in contact with patients and family who may present at risk. The presentation focuses on prevention and addresses stigma and encouraging talking about suicide and recognition of possible risk and the practice-based resources to engage for help.

The lunch and learn presentation addresses:

- Beliefs about suicide and appropriate language
- Statistics on suicide trends in Maine and the US
- Risk factors, protective factors and warning signs for suicide
- How to connect the person to appropriate help
- The importance of follow-up
- Support after suicidal behavior or a suicide loss

CLINICAL ASSESSMENT TRAININGS

Presenter: Greg A. Marley, LCSW

Length: 6.5 hours

Education credit pending for this event. CEUs are provided.

The ability to conduct an informed suicide risk assessment is a vital skill for any clinician working with high-risk populations. Suicide Assessment for Clinicians is a day-long workshop designed to prepare a new or seasoned therapist to understand the risk of suicide in a variety of populations, how to approach and complete an effective suicide risk assessment, and recommended elements of response and management for a suicidal client. The focus is on assessment skills across the lifespan, for those working in clinical roles. The Columbia Suicide Severity Rating Scale (C-SSRS) will be used as a recommended tool for assessment. A systemic approach to suicide prevention is followed where assessment, intervention, Collaborative Safety Planning, and assured follow-up are the critical elements.

Specific focus will include:

- Trends in suicide in Maine and the US
- Suicide risk associated with specific mental disorders
- Recognition of increased risk of suicide in specific populations
- The risk assessment interview process and content
- Assessment using the Columbia Suicide Severity Rating Scale (C-SSRS)
- Determination for referral or level of care placement of a suicidal client
- Collaborative Safety Planning as a tool and process for management of suicidality
- Importance of assured follow-up for reducing ongoing risk
- Liability and documentation
- Suicide survivor needs, including clinicians as survivors

Learning Objectives:

- Articulate a rationale for a systemic approach to suicide assessment and management within a system of care
- Describe the components of a suicide risk assessment interview, using the C-SSRS tools
- Use the elements of risk assessment to determine level of care needs and corresponding appropriate resources
- Understand the rationale for and applicability of Collaborative safety planning, referrals and follow-up to help manage risk

Who Should Attend:

This training is designed for mental health professionals working in clinical roles. Though master's level training is not required, a strong working knowledge of mental health clinical work is. This workshop will be useful for clinical professionals working with people of all ages including school/college counselors and/or medical practitioners, nurses, therapists in an agency or private practice, and crisis clinicians.

USE OF COLLABORATIVE SAFETY PLANNING IN HEALTHCARE SETTINGS

Presenter: Greg A. Marley, LCSW

Length: 4 hrs

Best practice recommendations for addressing and managing suicide risk in healthcare settings include use of a good assessment tool for determining risk and guiding intervention. A vital next step is the collaborative development and use of a Safety Plan to help an individual to recognize signs of a crisis and to manage themselves during periods of increased risk. A Safety Plan is a tool and a process for working with a patient and potentially their family to identify and increase the use of coping skills, social and family supports, and professional resources. It is often used with people at increased risk for suicide but is an excellent tool for use with anyone at risk for escalating to crisis. This session will provide the tools and process for implementing safety planning as one tool in a comprehensive suicide prevention strategy. Appropriate for providers, clinicians, nurses, and others working directly with patients at elevated risk for suicide. Prior training in suicide prevention is recommended.

Learning Objectives:

- Articulate a rationale for use of safety planning with someone in crisis
- Describe the components of safety plan
- Appreciate the collaborative process of safety planning.
- Build skills and comfort in use of safety plans



Ethical Considerations in Managing Suicide Risk: From Death With Dignity to Involuntary Hospitalization

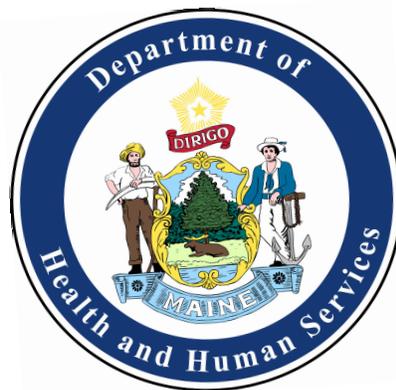
Presenter: Greg A. Marley, LCSW

Length: 2.5 hrs Education credit pending

Suicide is a tragic loss of life impacting everyone who is touched by the death, and the stigma associated with suicide makes it difficult to talk about. Suicide prevention is rooted in religious values regarding the sanctity of life and from these values come the professional practices and even laws that allow us to take action to protect the suicidal individual and prevent harm. Our healthcare professional guidelines and laws allow for an individual at imminent risk to be held against their will for assessment and for an individual to be hospitalized involuntarily to preserve safety and to initiate treatment. These laws and guidelines are counter to professional ethics supporting autonomy, empowerment and the right to confidentiality. The recent passage of Maine's Death with Dignity Act presents another set of ethical challenges for the individual and for organizations. This session will explore the intersection of suicide prevention and risk management through a lens of the ethical challenges and dilemmas regularly faced by people working to prevent this most tragic death.

Learning Objectives:

- Appreciate the gradual shift away from a moralistic stance and toward a more libertarian stance regarding suicide
- Develop an understanding of the many ethical dilemmas inherent in suicide intervention and management across healthcare settings
- Address the complex ethical issues arising from implementation of the Death with Dignity Act
- Develop a framework to address and work through common ethical issues in suicide prevention



Maine Medical Association



NAMI

National Alliance on Mental Illness

Maine