

# Zero Suicide

TRAIN

LIFEWORKS<sup>NW</sup>



# Process

- Robust onboarding process
- How to incorporate into onboarding?
- To whom does the messaging go?
- What is the standard for training?
- How to create accountability?



# Onboarding

Every new incoming staff member receives information regarding our Zero Suicide Initiative:

- What is the Zero Suicide Initiative
- What are the goals & objectives
- Facts about suicide – nationally and locally
- Our current efforts and training opportunities



# Training Matrix

	QPR	MHFA	ASIST	CALM	CBT-S
	1.5hrs	8 hrs	2 days	2hrs	4hrs
	Live/OL	Live	Live	Online	Live
	(29.95) \$ OL* or Free live	Free	Free	Free	Free
<b>Staff Classification or Service Area</b>					
<b>Administrative/Non-Clinical positions</b> Records, office support specialists, finance/billing, HR, IT, maintenance	R	O			
<b>Prevention</b> ECE specialists, family advocates, parent education specialists, Promotoras		O		R	
<b>Chemical Dependency</b> CD counselors			R	R	
<b>Crisis Services</b>			R	R	
<b>Rehab</b>			R	R	
<b>Adult Outpatient Mental Health</b>			O	R	R
<b>Child Outpatient Mental Health</b>			O	R	O
<b>Behaviorists</b>			O	R	
<b>LMPs</b>				R	



# CBT-S

EBP for suicide treatment is limited at best or cost prohibitive. We developed our own in-house curriculum. Content covered:

- General principles and steps-after attempt, hospitalization for an attempt or client has ideation but doesn't require hospitalization
- Safety planning
- Lethal means counseling
- Suicidal clinical pathway: frequency of visits, monitoring safety, safety plan review, focus of treatment



# CBT-S

Content continued:

- Exploring the suicide attempt/ideation
- Targeting reasons for suicide in treatment
- CBT – ICARE (Thomas Joiner) and overview of CBT
- CBT for Suicide (CBT-ST) (Beck)
- Techniques to combat cognitive distortions
- CBT Model of Suicide (Matthews, 2012)
- 3 phase course of CBT for preventing suicide
- Role plays and participant learning opportunities

