

Identifying, Assessing & Responding to Suicide Risk

Sponsored by: Northwest Family Life
Instructor: Gregory M. White, MS, LMHC, CCHP
Hosted by: Wrightway Counseling on March 6, 2020

COURSE OVERVIEW

<p>8:00-8:30 SIGN IN</p> <p>8:30-8:50 INTRODUCTION, OBJECTIVES, & COURSE OVERVIEW</p> <ul style="list-style-type: none">● First Responder Story (Video) → Small Group Discussion● Course Objectives & Overview <p>8:50-9:30 THE PREVALENCE OF SUICIDE</p> <ul style="list-style-type: none">● Global Relevance & Comprehensive Approach → Small Group Discussion● National Prevalence<ul style="list-style-type: none">○ Stats & Rates○ Age & Gender Differences○ Methodology → Small Group Discussion <p>9:30-10:00 VETERAN POPULATIONS</p> <ul style="list-style-type: none">● Veteran Commentary (video)● Worksheet <p>10:00-10:15 BREAK</p> <p>10:15-10:30 RESEARCH & WARNING SIGNS</p> <ul style="list-style-type: none">● I-S P-A-T-H W-A-R-M <p>10:30-10:45 DEPRESSION</p> <ul style="list-style-type: none">● Significance● Symptoms● Links to Suicide <p>10:45-11:45 RISK FACTORS</p> <ul style="list-style-type: none">● Chronic Risk Factors (Static)<ul style="list-style-type: none">○ Perpetuating○ Predisposing○ MH Disorders & Risk○ Chronic Pain → Small Group Discussion● Contributory Risk Factors● Acute Risk Factors (Dynamic)● Precipitating/Triggering Stimuli● Crash Course: Skills Practice <p>11:45-12:45 LUNCH</p>	<p>12:45-2:15 INTERVIEWING & RISK ASSESSMENT TOOLS</p> <ul style="list-style-type: none">● Interviewing● Assessment Tools<ul style="list-style-type: none">○ S-L-A-P○ Reasons to Live vs Reasons to Die○ Columbia-Suicide Severity Rating Scale○ Scale of 1-10○ Future-Oriented Questions● Assessment Outcomes<ul style="list-style-type: none">○ DCR/DMHP Interview (video)● Documentation & Consultation<ul style="list-style-type: none">○ Case Example → Small Group Discussion <p>2:15-2:30 BREAK</p> <p>2:30-3:20 A.N.C.H.O.R. MANAGEMENT OF SUICIDE RISK</p> <ul style="list-style-type: none">● <u>A</u>ssess (Ability) – Know Your Stuff● <u>N</u>avigating (Nuances) – Know Your Client● <u>C</u>onfidence (Calm) – Know Your Self● <u>H</u>elpful (Tools) – Know Your Options<ul style="list-style-type: none">○ Safety Planning○ DBT: Distress Tolerance Plan● <u>O</u>ptimism (Hope) – Know Your Attitude<ul style="list-style-type: none">○ Survivor Story (video) → Small Group Discussion● <u>R</u>esources (Referrals) – Know Your Network<ul style="list-style-type: none">○ Protective Factors: → Small Group Discussion○ Medications○ National Resources <p>3:20-3:30 SELF CARE & POSTVENTION → Small Group Discussion</p> <p>3:30 COURSE EVALUATIONS CERTIFICATES</p>
--	--