

Ohio Suicide Prevention Foundation



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Connecting for Life

Assessing & Managing Suicide Risk: Core Competencies for Mental Health Professionals



A one-day workshop for mental health professionals on assessing suicide risk, planning treatment, and managing the ongoing care of the at-risk client

Workshop Goals

Participants will:

1. Gain knowledge in the following core competencies: maintaining an effective attitude and approach; collecting accurate assessment information; formulating risk; developing a treatment and services plan; and managing care.
2. Experience increased willingness, confidence and/or clarity in working with individuals at risk for suicide.
3. Identify changes to make in their practice, specific to the assessment and management of individuals at risk for suicide.

Workshop Objectives

Participants will gain knowledge in the following core competencies:

- Managing one's own reactions to suicide
- Reconciling the difference and potential conflict between a clinician's goal to prevent suicide and a client's goal to eliminate psychological pain through suicide
- Maintaining a collaborative, non-adversarial stance
- Eliciting suicide ideation, behavior, and plans

- Making a clinical judgment of the risk that a client will attempt or complete suicide
- Collaboratively developing an emergency plan
- Developing a written treatment and services plan that addresses a client's immediate, acute, and continuing suicide ideation and risk for suicide
- Developing policies and procedures for following clients closely
- Implementing the principles of crisis management

Workshop Components

Assessing and Managing Suicide Risk includes:

- Pre-workshop reading materials
- 6 ½ hours of training, comprised of an engaging mix of lecture and exercises
- A 110-page participant manual, including an extensive bibliography and other valuable resources
- A video presentation in eight segments, highlighting the competencies taught
- Journaling throughout the day
- Ample time for discussion

Workshop Sponsorship

To support building capacity for suicide assessment and treatment, the Ohio Suicide Prevention Foundation through funding from the SAMHSA Garrett Lee Smith Grant, will partially fund the workshop Assessing and Managing Suicide Risk for agencies requesting assistance. Additionally, agencies sponsoring the training will be asked to charge each participant a reasonable fee.

The cost to co-sponsor a workshop with the Ohio Suicide Prevention Foundation depends on the services requested. At a minimum, these include a \$255 training service fee if working with Ohio Suicide Prevention Foundation, a \$35 per participant fee, and costs associated with the trainer's fee and travel expenses. The Ohio Suicide Prevention Foundation will cover costs for up to 50 manuals and the training fee through funding from the SAMHSA Garrett Lee Smith Grant. Additionally, we will provide technical assistance to each agency coordinating a training.

For more information and/or to apply to sponsor a workshop, contact Ohio Suicide Prevention Foundation, Cheryl Holton at holton.32@osu.edu or 614-688-4480.