

Alameda County Behavioral Health is pleased to offer a **FREE** training:



# Suicide Assessment and Intervention

(*YOUTH Focused, 6 CEs*)



**Part 1: Mon. March 14, 2022 AND**

**Part 2: Wed. March 16, 2022**

**9:00 - 12:30pm (both days)**

**Must attend both days to complete the training**

**Location:** Online via **ZOOM**

*(webinar link to be emailed to registered participants a few days before training)*

**Audience:** Mental health professionals or anyone in a position to work with children or adolescents experiencing a suicidal crisis. This training is reserved for Alameda County Behavioral Health, *contracted* Provider Staff and *contracted* CBOs.

**Trainers: Staff of Crisis Support Services of Alameda County (CSS)**

Cris Rita, MA, is the Community Education Coordinator & Lead Instructor at CSS. She provides suicide and related mental health education to all members of the Alameda County community. Positions held include: 24-Hr Crisis Line Volunteer Trainer, 24-Hr Crisis Line Overnight Supervisor, 24-Hr Crisis Line Shift Supervisor, Teens for Life Health Educator. Matt Podkomorski, MA, LMFT is the Clinical Supervisor for MFT Associate supervision in the Grief, Older Adult, and School-Based Counseling Programs.

**Description:** The workshop uses a combination of teaching methods, including didactic work, lecture, and discussion. Participants will be encouraged to explore their own feelings toward suicide and suicidal clients. It will address common myths and perceptions about suicidal behavior. The workshop will cover suicide statistics, trauma, and suicide theory with an emphasis on Thomas Joiner's model: The Interpersonal Theory of Suicide. Risk factors, warning signs, and protective factors for youth populations will be introduced. Participants will learn methods of suicide risk assessment and will be introduced to screening tools that aid in determining risk. Emphasis will be placed on how to talk about and ask about suicide with a client.

**Learning Objectives** – *by the end of the training, participants will be able to:*

1. Demonstrate competence in speaking about suicidal thoughts, behaviors and feelings to potentially suicidal children/adolescents by asking five basic questions to determine suicidality.
2. Identify how suicidal risk and behavior may differ in diverse communities by reviewing current research and statistics.
3. Identify suicide risk in children and adolescents by identifying five risk factors.
4. Identify the five most common warning signs for children and adolescents.
5. Identify three protective factors for both children and adolescents.
6. Identify the four domains of suicide risk assessment.
7. Review three assessment screening tools.
8. Demonstrate competence in using lethal means counseling with client and family or caregivers through four collaborative steps.
9. Reduce suicide risk. Be able to list the six steps in developing a safety plan.
10. Help clinicians learn how to support others and themselves if they experience the loss of a client to suicide through four supportive ways.

*For reasonable accommodation request, or grievance regarding an ACBH training, please contact the Training Unit at [Training.Unit@acgov.org](mailto:Training.Unit@acgov.org), or (510) 567-8113.*

## REGISTRATION:

Registration required. Please **Register here** open until filled.

For registration help contact:  
[Training.Unit@acgov.org](mailto:Training.Unit@acgov.org)  
Tel. (voicemail) 510-567-8113

*When emailing, include training Date and Title in Subject Line.*

## Continuing Education

**CE credit is ONLY provided for County and ACBH contracted Provider staff.**

*This course meets the qualifications for **6 hours** of continuing education credit for **LMFTs, LCSWs, LPCCs, and/or LEPs** as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care Services is approved by the California Assoc. of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; for **Addiction Professionals** by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP\_EI), Provider No. 4C-04-604-0622; for **RNs** by the California Board of Registered Nurses, BRN Provider No. 12040; and for **Psychologists** as an approved provider by the California Psychological Assoc., Provider No. ALA006. ACBHCS maintains responsibility for this program/course and its content.*

**Please note: in order to receive CE credit from an ACBH sponsored virtual training it is the participant's responsibility to (1) attend the full training, (2) complete an evaluation, and (3) complete a post-test with a passing score of at least 70%.**

**To complete attendance for an ACBH sponsored virtual training, ALL participants must take and achieve a score of at least 70% on the post-test(s).**