

MARIN COUNTY SUICIDE PREVENTION COLLABORATIVE

TRAINING AND EDUCATION TEAM MEETING

January 19, 2021

Co-Leaders:

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WELLNESS - RECOVERY - RESILIENCE



SUPPORT



UNITY



TRUST



EXCELLENCE

Agenda

- Check in
- Review upcoming trainings
- Training goals for next 6 months
- Educational events
- Review draft recommendations
- Next steps

Universal Training Recommendations: QPR, Buckelew and AFSP

QPR:

- 200+ (\$5/pp)
- Make available to community partners, County staff

AFSP:

- Train the trainer:
 - February 17, 19, 24, 26 (2-5 pm or 4-7 pm)
 - Attend one AFSP event in advance
 - Marketing flyer will go out January 6
- Trainings: A series of SP training events in January and early February hosted with MCOE, SLEPA

Buckelew:

- Third Wednesday of each month starting in February
- Complete different mododules

Mental Health First Aid:

- March 6th- Youth MHFA
- May 22nd- Youth MHFA
- April 7th- Adult MHFA

Schools Team:

- Sandy Hook Promise (elementary students)
- Signs of Suicide (MS/HS students, faculty, parents)
- Kognito (MS/HS students, faculty)
- Mental health providers (TBD)
 - Customizing a local training by a curriculum designer

Upcoming Trainings

The Marin County Suicide Prevention Collaborative: Suicide Prevention Gatekeeper Training Events and Support Groups

American Foundation for Suicide Prevention

Presentation: Talk Saves Lives

Offered: January 12 (3:30-4:30 pm), January 20 (5:30-6:30 pm), January 28 (3:30-4:30 pm) and February 5 (11:30 am-12:30 pm). **Format:** Virtual. [Register Here.](#)

You can play a life saving role in suicide prevention by learning about the facts of suicide, warning signs, and how you can support someone who may be in distress. Hosted by Marin County Office of Education, BHRS, and community partners. Presented in English with live Spanish translation.

Train-the-Trainer: Talk Saves Lives

American Foundation for Suicide Prevention

Time/Date: February 24, 2021 (2:00-5:00 pm). **Format:** Virtual. **Register:** Kara Connors, MPH, email: kconnors@marincounty.org

Join us! Become a trainer and learn how to present foundation skills in suicide prevention. Led by the AFSP, this 3-hour training will equip you with skills to present Talk Saves Lives to others. Limited to 15 people.

Bucklew Hotline Counselor Training

Times/Dates: January 19, weekly for 10 weeks. (Must sign up to have interview by 1/17). **Register:** HR@Bucklew.org

Become a phone hotline counselor to help others reaching for a new day. This is a 40 hour training to build your skills.

Bucklew Programs Suicide Prevention Trainings

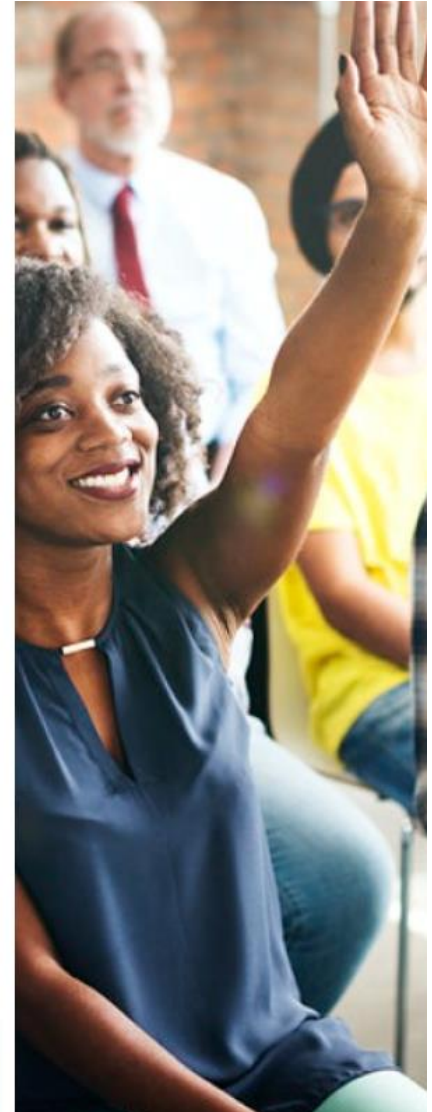
Times/Dates: Held monthly 3rd Wednesday at 11 am (starting February 17). **Format:** Virtual. **Register:** Tim Lea, email: timl@bucklew.org.

This interactive training includes useful phrases to support someone in distress. Can be customized to address needs of LGBTQ, older adults, Hispanic/Latinx communities and others.

Bucklew Programs SOS Allies of Hope Support Group

Times/dates: Held 2nd and 4th Wednesday monthly. **Format:** Virtual. **Register:** Call 415-492-0614 to get a zoom link or email _SOSinfo@Bucklew.org

This peer to peer support group offers a community for families and loved ones of people who have died by suicide to safely share their experience with others who are similarly affected.



Upcoming Trainings

The Marin County Suicide Prevention Collaborative: A Safety Planning Intervention Training

Are you a mental health provider, case worker, or health professional caring for a client in distress? Safety planning has been utilized in diverse care settings to help reduce suicide risk and improve coping skills. **During this one hour training, you will:**

- Learn about this widely used 6-step safety planning framework developed by Stanley and Brown
- Engage in group discussion
- Learn about local data and resources

Presenters:

- Vanessa Blum, PhD, Clinical Psychologist, Marin County-BHRS
- Kara Connors, MPH, Senior Program Coordinator for Suicide Prevention
- Tim Lea, Outreach and Education Coordinator and Hotline Counselor, Buckelew Programs

Time/Date and Registration:

January 21, 2021 at 1:30 pm. Zoom Details: [Register here.](#)

Questions? Email: kconnors@marincounty.org



Website

Suicide Prevention Trainings

A survey conducted by the American Foundation for Suicide Prevention indicates that the majority of Americans want to help someone who is in distress, feel they lack the words to help, but would like to learn them! Taking just **one** training can increase your confidence to help a person who may be in distress. You can learn the words and skills to communicate with someone who may be experiencing emotional or psychological pain and refer them to safety. All trainings are offered online or virtual. Join us and be a helper for someone needing support and a connection to safety.



Train-the-Trainer

Are you interested in training others in suicide prevention? Join us on February 24, 2021 at 2:00-5:00 pm as we build a team of trainers skilled in educating others.



Gatekeeper Trainings

Gatekeeper trainings offer suicide prevention first aid. These trainings also address LGBTQ+, older adults, first responders, and others disproportionately impacted by suicide.



Schools Trainings

Learn more about trainings recommended by the Schools Team for students, educators, and mental health providers in school-based settings.



Trainings for Health Professionals

Health professionals can play a key role in conducting assessment for suicide risk and safety planning in health care settings.

Website

Question, Persuade, and Refer (QPR) Gatekeeper Trainings for Suicide Prevention

QPR is designed to provide learners the basic skills necessary to recognize the warning signs that someone may be contemplating suicide. The QPR Gatekeeper Trainings are funded by Marin County.

As a QPR-trained Gatekeeper, you will learn to:

- Recognize warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

Audience: Anyone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide such as: parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, caseworkers, firefighters, and many others.

Training Length: 1.5-2 hours

Cost: FREE

Format: This training is provided online and self-directed.

Register: Details provided shortly.

Questions: Please email the BHRS Prevention and Outreach Team

American Foundation for Suicide Prevention Talk Saves Lives

Talk Saves Lives addresses common risk factors and warning signs associated with suicide, and how to keep themselves and others safe. The standard Talk Saves Lives presentation is also available in Spanish.

Audience: Anyone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide such as: parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, caseworkers, firefighters, and many others.

Presentation: 1 hour

Cost: FREE

Format: Virtual

Presentation Dates (Choose One):

Tuesday, January 12, 2021 from 3:30-4:30pm

Wednesday, January 20, 2021 from 5:30-6:30pm

Thursday, January 28, 2021 from 3:30-4:30pm

Friday, February 5, 2021 from 11:30-12:30

[REGISTER HERE](#) [†]

Eventbrite Link: <https://talksaveslives2020.eventbrite.com/> [†]

Presented in English with Live Spanish Translation

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Buckelew Suicide Prevention Training

As a PEI provider, The Buckelew Suicide Prevention Training program provides foundational suicide prevention information. This training is interactive and can be customized to meet the needs of the audience and address topics impacting groups who are disproportionately impacted by suicide, including LGBTQ or older adults. Participants will learn about:

- Facts and terminology about suicide.
- Warning signs
- Risk and protective factors
- How to communicate with someone in distress using helpful phrases
- Local resources

This presentation is available in Spanish.

Date: Trainings held the 3rd Wednesday at 11 am monthly. Upcoming dates follow:

February 17, 2021

March 17, 2021

April 21, 2021

May 19, 2021

Register: Contact [Tim Lea](#), Outreach and Education Coordinator, for Buckelew Programs.

Mental Health First Aid: Youth and Adult

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Dates:

March 6th- Youth MHFA

May 22nd- Youth MHFA

April 7th- Adult MHFA

Register: Email the [BHRS Prevention and Outreach Team](#)

[For More Information](#)

Min. Training Goals: 6-8 Months SP Gatekeeper Events (with Schools)

Training	Dates	Goals	Total
AFSP Train the Trainer. Limited to 15.	February 24	15 people host 3 events with 15 people average	675
Bucklew Suicide Prevention Program	Third Wednesday monthly	Min. 6 events (months) with 10 people: 90	90
QPR	Online, self directed	200 people	200
AFSP/MCOE	January-May	8 events with 15 people (not including districts separate events)	120
BHRS/Partners	May and September alone	8 events total (4/month) each with 30 people	240+
Mental Health First Aid	March-April	Min. 3 events with 20 people	60
TOTAL			1400 2800 (Year One)

Tracking Form

TRACKING FOR SUICIDE PREVENTION TRAINING/EDUCATION EVENTS: 2021-2022

DATE	NAME OF EVENT	HOST/PARTNERS	NUMBER OF REGISTRANTS	LEAD PRESENTER	TOPIC	AUDIENCE
August 5, 2020	SP Collaborative	SP Collaborative	100+	Stan Collins	SP Theory 101	
September Month 2020	Substance Use	BHRS, Marin Healthy Youth Partnership	30	Linda Henn, Dr. Devido	Substance use and SP foundation	
September Month 2020	Sons of Suicide	BHRS, NAMI	40	Authors	Friendship, loss survivors	
September Month 2020	Gatekeeper (Spanish)	BHRS, North Marin Community Services	15	Maria Rea, LMFT and Berta Campos, MPH	SP Foundation	
September Month 2020	Gatekeeper	TUHSD, Buckelew	100+	Tim Lea	SP Foundation	

Trainings	January-February	March-April	May
AFSP Trainings and Train the Trainer	X		
Buckelew Programs	X	X	
QPR	X	X	X
Law Enforcement (Jan, Feb)	X		
Mental Health First Aid		X	X
Events			
Safety Planning	X		
Safety Planning with focus on LGBTQ			X
Lethal Means Task Force: Gun Restraining Order Training (TBD)		X	
Faith Leaders: Panel (?)			X
Parent Education with Rodef Shalom		X	
Race, Equity and Mental Health (Film, S Word)			X
Older Adult Panel			
Clinicians--Josh Jordan: Characteristics of a suicide attempt predict who makes another attempt after hospital discharge: A decision-tree investigation			X
Youth Engagement: Caring Cards (TBD)			
Resilience, Self-Care			X

Indicated Trainings: Acute Suicidality

1. Collaborative Assessment and Management of Suicidality (CAMS):

<https://cams-care.com/about-cams/> (see next slide)

2. The Columbia-Suicide Severity Rating Scale (C-SSRS)

- Free online training: <https://cssrs.columbia.edu/training/training-options/>
- Local trainer (Elizabeth Horevitz, PhD, LCSW)

3. Safety Planning

- Free training
- Local trainers



This 3-hour Online Video Course provides an engaging demonstration of the CAMS model presented by the creator of CAMS, Dr. David A. Jobes.

The training experience combines didactic presentations by Dr. Jobes as he introduces an unscripted clinical demonstration of the use of CAMS with a patient through the course of 12 sessions of the CAMS Framework. The sessions capture the importance of the collaborative process essential to CAMS Assessment and CAMS Treatment[®] while also highlighting the challenges that clinicians often encounter when working with suicidal patients.

Single-seat

Multi-seat

Select an option to buy a single-seat license for an individual.

Video Course & CE (\$135)

Choose

Purchase course access for 30 days along with the opportunity to earn 3 CE credits. Users must complete the full online course and pass the CE test with at least a 76% in order to receive their credits.

Video Course Only (\$99)

Choose

Purchase course access for 30 days. You may purchase CE credits separately at a later date.

CE Only (\$36)

Choose

Purchase the ability to earn 3 CE credits. As a prerequisite each user must complete the video course. To receive a CE Certificate the test must be passed with at least a 76%.

Draft Recommendations

- Universal trainings
- Review after the first 6 months. Goal in year one: 2800
- Tracking form: Attendance, numbers, audience, reach
- Build skills of trainers in other types of trainings where opportunities emerge
- Stipends for trainers, TBD
- Offer trainings/events during key months (May, September)
- Columbia, CAMS for acute suicidality
- Other? What's missing?

Next Steps

- Finalize recommendations
- Finalize Train the Trainer sign up
- Share recommendations and 6 month goals at February-March Collaborative meeting
- Meeting frequency