**Identifying, Assessing & Responding to Suicide Risk**

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 **COUNSELOR’S CHOICE: COURSE OVERVIEW**

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| **.5 HOURS INTRODUCTION, OBJECTIVES, &**  **COURSE OVERVIEW*** Instructor Welcome
* First Responder Story (video)
* Course Objectives & Overview

**.75 HOURS THE PREVALENCE OF SUICIDE** * Global Relevance & Comprehensive Approach
* National Prevalence
	+ Stats & Rates
	+ Gender, Race & Age Differences
	+ Methodology

**.5 HOURS VETERAN POPULATIONS** * VA Suicide Risk & Prevention
	+ Worksheet
	+ Veteran Interview (video)

**.5 HOURS RESEARCH & WARNING SIGNS*** Suicide Risk & Mental Disorders
	+ Alcoholism & Suicide
* Warning Signs of Acute Suicide Risk

**1 HOUR RISK FACTORS** * Individual
	+ Mental Health Conditions
* Self-Injurious Behaviors
* Chronic Pain
* Relationship
* Community
* Societal
	+ Firearms
	+ Media

**.25 HOURS SKILLS PRACTICE****[3.5 HOURS]** | **1 HOUR INTERVIEWING & RISK ASSESSMENT**  **TOOLS*** Interviewing: CASE Approach
* Assessment Tools
* S-L-A-P
* CAMS: Reasons to Live vs Reasons to Die
* Columbia-Suicide Severity Rating Scale
* Scale of 1-10
* Future-Oriented Questions
* Assessment Outcomes
	+ ITA/DCR Decisions
		- DCR Interview (video)

**20 MIN DOCUMENTATION & CONSULTATION*** Case Example

**35 MIN A.N.C.H.O.R. MANAGEMENT OF SUICIDE RISK*** **A**ssess (Ability) – Know Your Stuff
* **N**avigating (Nuances) – Know Your Clients
* **C**onfidence (Calm) – Know Your Self
* **H**elpful (Tools) – Know Your Options
	+ Safety Planning
	+ DBT: Distress Tolerance Plan
* **O**ptimism (Hope) – Know Your Attitude
	+ Survivor Story (video)

**20 MIN*** **R**esources (Referrals) – Know Your Network
	+ CDC: Preventing Suicide
	+ Medical Providers
		- Medications
		- Ongoing Research
	+ National Resources

**.25 HOURS POSTVENTION & SELF CARE****[2.5 HOURS]** |