**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]** |