

SUICIDE CARE TRAINING OPTIONS

The Train element of the Zero Suicide framework recommends that all employees, clinical and non-clinical, receive suicide prevention training appropriate to their role. This document may be useful as a reference for Zero Suicide implementation teams when discussing training options. We encourage implementation teams to use the [Zero Suicide Workforce Survey](#) to assess the needs of their staff, reference the specific training website and resources linked below, and review any relevant literature when choosing specific trainings as a part of a comprehensive Zero Suicide training plan. These are not training recommendations, a list of best- or evidence-based trainings, or a set of specific trainings that are required for Zero Suicide. This is not an exhaustive list, as new trainings may have been developed or released after the document was last updated in 2018. The Suicide Prevention Resource Center offers a [similar matrix available](#) for those seeking community gatekeeper trainings.

TRAININGS FOR ALL CLINICAL STAFF (TARGETED SUICIDE PREVENTION INTERVENTIONS)

Training	Program Description	Format	Audience
<p>Suicide in the Military PsychArmor Institute https://psycharmor.org/courses/suicide-in-the-military/</p>	<ul style="list-style-type: none"> » Overview of military suicide, symptoms and treatment modalities related to suicidal behavior » Teaches domains associated with suicidal mode, how deployments and other experiences affect the military population 	<p>1 hour Online, self-paced</p>	<ul style="list-style-type: none"> » Health, mental health, and public health professionals

<p>Preventing Suicide in Emergency Department Patients Suicide Prevention Resource Center https://zerosuicidetraining.edc.org/</p>	<ul style="list-style-type: none"> » Teaches how to conduct screening, assessment, and brief interventions, such as safety planning and lethal means counseling for patients in an Emergency Department » Addresses patient-centered care for persons with suicide risk, patient safety during the ED visit, and incorporating suicide prevention into discharge planning 	<p>2 hours Online, self-paced</p>	<ul style="list-style-type: none"> » Open to anyone, especially designed for health care professionals (e.g., medical providers, nurses, behavioral health providers) who work in emergency departments
<p>Question, Persuade, Refer (QPR): Suicide Triage Training QPR Institute www.qprinstitute.com</p>	<ul style="list-style-type: none"> » Course teaches detection and interviewing of persons in crisis and determining next steps to ensure a person at risk's safety 	<p>6-10 hours Online, self-paced</p>	<ul style="list-style-type: none"> » Health and mental health professionals » Customized versions available for law enforcement, EMS/firefighters, nurses, and primary care physicians and physician assistants
<p>Counseling on Access to Lethal Means (CALM) Suicide Prevention Resource Center https://zerosuicidetraining.edc.org/</p>	<ul style="list-style-type: none"> » Covers why reducing access to lethal means of self-harm saves lives » Teaches practical skills on when and how to ask suicidal clients about their access to lethal means and how to work with them and their families to reduce that access 	<p>2 hours Online, self-paced</p>	<ul style="list-style-type: none"> » Health and mental health professionals and paraprofessionals
<p>SafeSide Behavioral Health SafeSide Prevention https://www.safesideprevention.com/zs-programs</p>	<ul style="list-style-type: none"> » Unites staff across behavioral health service lines with a common framework for recovery-oriented suicide prevention. » 3-4h of video-based learning for the whole team. Virtual office hours and online refreshers year-round 	<p>Blended video and group-based learning</p>	<ul style="list-style-type: none"> » Mental health professionals together with non-clinical patient care personnel

<p>SafeSide Youth Services SafeSide Prevention https://www.safesideprevention.com/zs-programs</p>	<ul style="list-style-type: none"> » Provides staff at all levels with a framework for suicide prevention with youth. » 3-4h of video-based learning for the whole team. Virtual office hours and online refreshers year-round. 	<p>Blended video and group-based learning</p>	<ul style="list-style-type: none"> » Clinical and non-clinical human services staff in youth-serving organizations
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TRAININGS FOR CLINICAL ASSESSMENT AND MANAGEMENT OF SUICIDE RISK

Training	Program Description	Format	Audience
<p>Assessing and Managing Suicide Risk (AMSR) Zero Suicide Institute http://zerosuicideinstitute.com/amsr</p>	<ul style="list-style-type: none"> » Informed by the latest research, Assessing and Managing Suicide Risk (AMSR) is a one-day training that expands the clinical skills of providers and offers a clear and descriptive suicide risk formulation model to inform long-term treatment planning. » Teaching and skills-building methods include video demonstrations, group discussion, written and paired practice, case review, and expert teaching » Offers three clinical-level trainings: AMSR: Core Competencies for Health and Behavioral Health Professionals Working in Outpatient Settings, AMSR: Core Competencies for Behavioral Health Professionals Working in Inpatient Settings, and AMSR for Substance Use Disorder Treatment Professionals 	<p>6.5 hours In-person and online</p>	<ul style="list-style-type: none"> » Mental health professionals

<p>Chronological Assessment of Suicide Events (CASE) Shawn Shea, PhD https://suicideassessment.com/certification-programs</p>	<ul style="list-style-type: none"> » Participants practice a specific interviewing strategy in groups to elicit suicidal ideation, behaviors, planning, and intent » Uses scripted group role-playing to teach the CASE Approach 	<p>1-day and 2-day options</p> <p>In-person</p>	<ul style="list-style-type: none"> » Mental health professionals » Additional workshops ranging from 1.5 hour, half-day, to full days focused on specific clinical content or special populations such as military and veterans and colleges and schools available through the Training Institute for Suicide Assessment and Clinical Interviewing
<p>Cognitive Therapy – Suicide Prevention (CT-SP) Penn Center for the Prevention of Suicide https://www.med.upenn.edu/suicide/training.html</p>	<ul style="list-style-type: none"> » Training in Cognitive Therapy – Suicide Prevention (CT-SP), an evidence-based, time-limited therapeutic framework specifically for suicidal thoughts and behaviors 	<p>Varies</p> <p>In-person or consultation</p>	<ul style="list-style-type: none"> » Mental health professionals » Additional training options include suicide risk assessment, safety planning intervention, and intensive training in CT-SP
<p>Collaborative Assessment and Management of Suicidality (CAMS) CAMS-care, LLC https://cams-care.com/</p>	<ul style="list-style-type: none"> » Teaches the Collaborative Assessment and Management of Suicidality (CAMS), an evidence-based, therapeutic framework emphasizing collaborative assessment and treatment planning 	<p>Varies</p> <p>In-person, online, or consultation</p>	<ul style="list-style-type: none"> » Mental health professionals » There are various CAMS training options to meet the needs and expectations of a wide range of clinicians and systems of care
<p>Dialectical Behavior Therapy (DBT) Behavioral Tech: A Linehan Institute Training Company https://behavioraltech.org/</p>	<ul style="list-style-type: none"> » Training in foundations and application of Dialectical Behavior Therapy, an evidence-based therapeutic framework 	<p>Varies</p> <p>In-person, online, or consultation</p>	<ul style="list-style-type: none"> » Mental health professionals » Various training options including suicide intervention and DBT certification
<p>Recognizing & Responding to Suicide Risk American Association of Suicidology http://www.suicidology.org/training-accreditation/rrsr</p>	<ul style="list-style-type: none"> » Advanced, interactive training » Designed for mental health clinicians who want to acquire skills in twenty-four core clinical competencies for working with suicidal clients 	<p>2 days</p> <p>In-person</p>	<ul style="list-style-type: none"> » Mental health professionals

<p>Suicide to Hope: A Recovery and Growth Workshop LivingWorks https://www.livingworks.net/programs/suicide-to-hope/</p>	<ul style="list-style-type: none"> » Provides tools to help professional caregivers work together with individuals with experiences of suicide to develop recovery goals » Competencies and skills focus on structuring and managing work with an individual recently at risk of suicide and/or coordinating with other caregivers 	<p>8 hours In-person</p>	<ul style="list-style-type: none"> » Mental health professionals
<p>Question, Persuade, Refer, Treat (QPRT): Suicide Risk Assessment and Management Training Pro QPR Institute www.qprinstitute.com</p>	<ul style="list-style-type: none"> » Teaches how to conduct a suicide risk assessment, create a shared risk management plan, and document suicide risk assessments and clinical decisions 	<p>8-12 hours In-person or online</p>	<ul style="list-style-type: none"> » Mental health professionals
<p>Attachment-Based Family Therapy (ABFT) Drexel University: ABFT Training Program www.abfttraining.com</p>	<ul style="list-style-type: none"> » ABFT is a brief, empirically supported intervention model to improve family functioning to better support adolescents at risk for suicide and depression. The model is process oriented, trauma informed, and strength based. 	<p>Varies In-person, online, or consultation</p>	<ul style="list-style-type: none"> » Mental Health professionals » Various training options including suicide intervention and ABFT certification.

TRAININGS SPECIFIC TO EMERGENCY DEPARTMENT AND PRIMARY CARE SETTINGS

Training	Program Description	Format	Audience
<p>At-Risk in the ED Kognito https://kognito.com/products/at-risk-emergency-department</p>	<ul style="list-style-type: none"> » Build skills in screening patients for substance use, mental health disorders, and suicide risk, collaboratively engaging in treatment planning, and referring patients for further support as part of routine care » Focused on integrating behavioral health in acute care with interactive, avatar-based role-play simulation 	<p>1 hour Online, self-paced</p>	<ul style="list-style-type: none"> » Emergency department professionals (nurses & medical providers), and medical students

<p>At-Risk in Primary Care Kognito https://kognito.com/products/at-risk-in-primary-care</p>	<ul style="list-style-type: none"> » Prepares primary care personnel to screen patients for mental health and substance abuse disorders including suicide risk, perform brief interventions, and refer patients to treatment » Interactive, avatar-based role-play simulation 	<p>1 hour Online, self-paced</p>	<ul style="list-style-type: none"> » Primary care professionals who screen patients for mental health and substance abuse disorders
<p>Recognizing & Responding to Suicide Risk in Primary Care American Association of Suicidology http://www.suicidology.org/training-accreditation/rrsr-pc</p>	<ul style="list-style-type: none"> » Teaches how to integrate suicide risk assessments into routine office visits, to formulate relative risk, and to work collaboratively with patients to create treatment plans » Includes a pocket assessment tool and reproducible patient handouts 	<p>1 hour Online, self-paced</p>	<ul style="list-style-type: none"> » Medical providers such as nurses, physicians, physician assistants, and nurse practitioners working in primary care
<p>SafeSide Primary Care SafeSide Prevention https://www.safesideprevention.com/zs-programs</p>	<ul style="list-style-type: none"> » Brief teaching, demonstrations, and group discussion that provide a framework and practical steps for primary care. » Three 50-min group video-based sessions. 	<p>Blended video and group-based learning</p>	<ul style="list-style-type: none"> » Primary care providers and staff

TRAININGS FOR ALL INDIVIDUALS

Please note: Trainings in this section are not explicitly clinical trainings; they are often designed for broader audiences such as community members and administrative staff. See individual websites for more information.

Training	Program Description	Format	Audience
<p>Assessing and Managing Suicide Risk (AMSR) Zero Suicide Institute http://zerosuicideinstitute.com/amr</p>	<ul style="list-style-type: none"> » Informed by the latest research, Assessing and Managing Suicide Risk (AMSR) for Direct Care Staff is a half-day training that develops skills in the recognition, assessment, and management of suicide risk and the delivery of effective suicide-specific interventions » Teaching and skills-building methods include video demonstrations, group discussion, written and paired practice, case review, and expert teaching » Offers two curricula for direct care staff: AMSR for Direct Care Staff Working in Outpatient Health and Behavioral Health Care Settings and AMSR for Direct Care Staff Working in Inpatient Behavioral Health Care Settings 	<p>3.5 hours In-person</p>	<ul style="list-style-type: none"> » Direct care staff including mental health and patient care technicians, LPNs, teachers, recreation and expressive therapists, case managers, recovery coaches, life skills, peer, and employment specialists, and others.
<p>Applied Suicide Intervention Skills Training (ASIST) Living Works www.livingworks.net/programs/asist</p>	<ul style="list-style-type: none"> » Workshop teaches the warning signs of suicide, how to help individuals at risk for suicide stay safe in the moment, respond, and seek further help as needed » A standardized training customizable to local resources 	<p>15 hours In-person</p>	<ul style="list-style-type: none"> » For community members » Persons 16 or older

<p>Connect Suicide Prevention/Intervention Training National Alliance on Mental Illness: New Hampshire www.theconnectprogram.org</p>	<ul style="list-style-type: none"> » Teaches warning signs and interventions with a person at risk for suicide » Examines prevention and intervention in the context of an individual, family, community, tribe (if applicable), and society » Applies a public health approach, including the socio-ecological model 	<p>6 hours In-person 4 hours Online</p>	<ul style="list-style-type: none"> » Community members and professionals » Training is offered by audience including American Indian/Alaska Native, Education, Law Enforcement, Military, Mental Health/Substance Abuse, Social Services, Suicide Prevention Coalitions, and Youth
<p>Connect Postvention Training National Alliance on Mental Illness: New Hampshire www.theconnectprogram.org</p>	<ul style="list-style-type: none"> » Training on how to coordinate a comprehensive and safe response to suicide death including strategies for reducing the risk of contagion » Optional second day for development of postvention response plan 	<p>6 hours In-person</p>	<ul style="list-style-type: none"> » For community members and professionals
<p>Question, Persuade, Refer (QPR): Gatekeeper Training for Suicide Prevention QPR Institute www.qprinstitute.com</p>	<ul style="list-style-type: none"> » Teaches the warnings signs of individuals at risk for suicide, how to recognize them, offer hope, and get help 	<p>1 to 2 hours In-person or online</p>	<ul style="list-style-type: none"> » Geared towards gatekeepers including community members
<p>Suicide Alertness for Everyone: Tell, Ask, Listen, and Keep Safe (safeTALK) Living Works www.livingworks.net/programs/safetalk</p>	<ul style="list-style-type: none"> » Training to improve awareness and identification of as well as response to a person with suicidal thoughts » How to apply the steps specific to safeTALK and help connect a person at risk or in crisis with resources 	<p>3.5 hours In-person</p>	<ul style="list-style-type: none"> » Anyone 15 or older » Can be taught in English and French