

## LAC DMH Partners in Suicide Prevention (PSP) Training Menu

Training/Presentation	Length of Time	Audience	Description
<p><b>Suicide Prevention Training for Service Providers</b></p>	<p>2 hours</p>	<p>Providers such as mental health clinics, hospitals, and educational facilities</p>	<p>For all age groups. Presentation and video addresses general risk factors, risk assessment, prevention (strength-based) and interventions.</p>
<p><b>Question, Persuade and Refer (QPR)</b> (Specifically for non-mental health professionals)</p>	<p>2 hours</p>	<p>Community members, including parents, and community-based organizations such as schools and clergy</p>	<p>Suicide First Aid for gatekeepers. Audience will learn how to Question, Persuade and Refer someone to get help. Also available in Spanish.</p>
<p><b>Promoting Emotional Well-Being in Senior Living Communities</b></p>	<p>45 – 60 minutes</p>	<p>Seniors in senior living communities, senior centers and adult day health care centers</p>	<p>Late life depression, warning signs, resources and activities to improve emotional well-being. Also available in Spanish and Farsi.</p>
<p><b>Applied Suicide Intervention Skills Training (ASIST)</b></p>	<p>2 days</p>	<p>ANYONE 16 years or older</p>	<p>Interactive workshop that helps professionals and the community at large learn to intervene and help prevent the immediate risk of suicide.  13 CEUs for BBS,</p>

			BRN, 13 CEs for Psychologists.
<b>Mental Health First Aid (MHFA)</b>	8 hours in one day, or two 4-hour sessions	Community-based organizations including gatekeepers such as police officers, primary care workers, teachers, faith communities, college representatives. Must be 18 years and older to participate	Overview of mental illness and substance use disorders including risk factors & warning signs of mental health problems. Programs specific to helping either Youth ages 12-18 or Adults. Participants learn a 5-step action plan to help someone in both crisis and non-crisis situations. Also available in Spanish.
<b>Recognizing and Responding to Suicide Risk (RRSR)</b>	2 days	Health and Mental Health Professionals	Advanced interactive training for clinicians. Teaches effective assessment and management for suicide risk. 12 CEUs for BBS, BRN, 12 CEs for Psychologists.
<b>Assessing and Managing Suicide Risk (AMSR)</b>	1 day	Health and Mental Health Professionals	Interactive training for clinicians. A mix of lecture, video and exercises with the goal of building confidence and competence in assessing and managing suicide

			risk. 6.5 CEUs for BBS and Psychologists.
<b>Suicide to Hope</b>	8 hours in one day	Clinicians and other professional caregivers who work with persons recently at risk of and currently safe from suicide. Completion of suicide first aid training in the last 2 years highly desirable.	Highly interactive workshop with a mix of large group and small group discussion and simulations. Provides tools to help professional caregivers and persons with experiences of suicide work together to develop achievable recovery and growth goals.