

Suicide Prevention Training Levels:

The purpose of this pathway is to help organizations who are implementing Zero Suicide have a targeted informational training sheet to help guide leaders on the development of their staff and professionals in suicide prevention, screening tools, and other informational trainings. Table 1 provides information on the trainings offered and how to access them. Table 2 provides training expectations by job title. If your job title is not listed then you should identify with a job closest in function to your own job and take those trainings required of that job title you identify with.

Table 1 – Regularly Offered Trainings

Level of Safety Skills	Training/Level of Safety Skills	Length	Training Locations / Information	Job Type I	Job Type II	Job Type III
AWARENESS	Nevada Gate Keeper	In-Person	Nevada Office of Suicide Prevention			X
	Mental Health First Aid Youth/Teen/Adult	In - Person 8 hours or 2-4 hours sessions	Nevada Coalition for Suicide Prevention https://nvsuicideprevention.org/	X	X	X
	Talk Saves Lives	In – Person 2 hours	American Foundation for Suicide Prevention https://afsp.org/our-work/education/			X
IDENTIFY/ SAFETY	safeTALK	In – Person 3 ½ hours	Nevada Coalition for Suicide Prevention https://nvsuicideprevention.org/	X	X	X
	ASIST	In – Person 2 – 8 hour days	Nevada Coalition for Suicide Prevention https://nvsuicideprevention.org/	X	X	
	CALM	Online 45 minutes	Suicide Prevention Resource Center https://training.sprc.org/	X	X	X
IDENTIFY	C-SSRS	Online 45 minutes	Nevada Intervention Connection https://ncsp.academy.reliaslearning.com/	X	X	X
	ASQ	Online Toolkit No time limit	National Institute of Mental Health https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/index.shtml	X	X	
	SAFE-T	Online Toolkit No time limit	Suicide Prevention Resource Center http://www.sprc.org/resources-programs/suicide-assessment-five-step-evaluation-and-triage-safe-t-pocket-card	X	X	
	PHQ 9	Online Toolkit No time limit	http://www.cqaimh.org/pdf/tool_phq9.pdf	X	X	
TREATMENT	CAMS	Online 3 hours	CAMS Training https://cams-care.com/training/online-course/	X		
	CBT-SP	Online / In-Person No time limit (OL) / Two day (IP)	Beck Institute https://beckinstitute.org/workshop/cbt-for-depression-and-suicide/	X		
	DBT-SP	See Website	Behavioral Tech https://behavioraltech.org/training/training-catalog/level-3/	X		
	Motivational Interviewing	Online 30 days	MINT https://motivationalinterviewing.org/	X		
ENGAGEMENT	Safety Planning	Online 45 minutes	Nevada’s Intervention Connection https://ncsp.academy.reliaslearning.com/	X		

*Adobe FlashPlayer is required for some of the above trainings.

Table 2 – Recommended Training by Job Title

Type I	Required Suicide Prevention Training
Regional Directors Therapist and Master Level Clinicians Substance Abuse Worker LDAC Emergency Service Personnel Psychiatric Providers, Psychiatric NP APRN'S Primary Care Physicians Office Managers Emergency Services Peer Specialist	<ul style="list-style-type: none"> • Assessment of suicidal risk using C-SSRS (online) • Safety Planning intervention for suicide prevention (online free) • CALM (online free) • AMRS or CAMS-Care in person • Structured follow-up and monitoring (transition) • SafeTALK and ASIST
Type II	Required Suicide Prevention Training
Care Managers Family Support Workers Educators RN Engagement Specialist (patient observers) Peer Specialist Volunteers	<ul style="list-style-type: none"> • Safety Planning intervention for suicide prevention (online free) • CALM (online Free) • SafeTALK • Mental Health First Aid – Adult/Youth • Structured follow-up and monitoring (transition) • C-SSRS
Type III	Required Suicide Prevention Training
All Administration Staff: Administrators Billing, Accounting, QI Medical Records Tech./Marketing/Grant Writers/ Upper Management Leadership; if no Master’s in Counseling Medical Assistants Facility Operations Housekeeping	<ul style="list-style-type: none"> • SafeTALK • Mental Health First Aid – Adult/Youth • C-SSRS • Talk Saves Lives • Gate Keeper

Descriptions/Notes on trainings listed above:

Columbia – Severity Suicide Rating Scale (C-SSRS):

With C-SSRS training, parents can assess and protect their children; grown children can ask their ill or aging parents; and siblings and friends can look out for each other. The C-SSRS can be used by support group members, community leaders, homeless shelter workers, clergy and other leaders and members of faith-based groups and anyone else who may be able to ask. C-SSRS is:

- Simple. Ask all the questions in a few moments or minutes – with no mental health training required to ask them.

- Free. The scale and the training on how to use it are available free of charge for use in community and healthcare settings, as well as in federally funded or nonprofit research.
- Evidence-supported. An unprecedented amount of research has validated the relevance and effectiveness of the questions used in the C-SSRS to assess suicide risk, making it the most evidence-based toll of its kind.
- Effective. Real-world experience and data show that the scale has helped prevent suicide.
- Universal. The C-SSRS is suitable for all ages and special populations in different settings and is available in more than 100 country-specific languages.
- Efficient. Use of the C-SSRS redirects resources to where they're needed most. It reduces unnecessary referrals and interventions by more accurately identifying who needs help – and it makes it easier to correctly determine the level of support a person needs, such as patient safety monitoring procedures, counseling, or emergency room care.

[Columbia-Suicide Severity Rating Scale \(C-SSRS\)](#) is an online resource that we recommend be reviewed by all staff, clinical as well as relevant nonclinical staff.

Counseling on Access to Lethal Means (CALM):

Access to lethal means can determine whether a person who is suicidal lives or dies. This course explains why means restriction is an important part of a comprehensive approach to suicide prevention. It will teach you how to ask suicidal patients/clients about their access to lethal means, and work with their families to reduce their access.

After completing course, you will be able to:

- Explain why reducing access to lethal means is an effective way of saving lives.
- Describe the role of impulsivity, ambivalence, and differing lethality of methods in contributing to suicide deaths and attempts
- Describe how counseling on access to lethal means fits into suicide prevention counseling.
- Ask your patients/clients about their access to lethal means.
- Work with your patients/clients on reducing access to lethal means, particularly firearms and medications, among other ways.
- Communicate effectively with your patients/clients about this issue.
- Set goals for reducing access and develop a plan that is acceptable to you and your patients/clients.

[Counseling on Access to Lethal Means \(CALM\)](#) is an online resource that we recommend be reviewed by all staff, clinical as well as relevant nonclinical staff.

Safety Planning Intervention for Suicide Prevention:

All individuals identified as at risk of suicide in primary care practices and clinics, hospitals and emergency departments, behavioral health organizations, and crisis services should have a safety plan. Collaborative safety planning is becoming standard practice in many behavioral health organizations and health systems. A safety plan is a prioritized written list of coping strategies and sources of support developed by a clinician in collaboration with patients who are at high risk for suicide.

A safety plan should:

- Be brief, in the patient's own words, and easy to read

- Involve family members as full partners in the collaborative process, especially to establish their role in responding to patient crises
- Include a plan to restrict access to lethal means, which is also balanced with respect to legal and ethical requirements under federal and state laws
- Be updated whenever warranted
- Be in the patient's possession when she or he is released from care²

[Safety Planning Intervention for Suicide Prevention](#) is an online resource that we recommend be reviewed by all staff, clinical as well as relevant nonclinical staff.

SafeTALK:

Most people with thoughts of suicide don't want to die – instead, they are looking for a way to work through the pain in their lives. Through their words and actions, they usually invite others to help them in making a choice for life. SafeTALK teaches participants to recognize these invitations, engage with the person with thoughts of suicide, and connect them with resources to help them be safer from suicide. These resources could include health care professionals, first responders, or the crisis help line worker – among others who have had suicide intervention training.

Structured Follow Up and Monitoring: (Warm Hand-offs)

Communicate and train in the Centers contracts or memoranda of understanding with outside organizations, including local crisis centers – for safe care transitions:

- When the patient is referred to a provider or service both within or outside of your organization
- When the patient transition to another organization or provider in the community
- When the patient terminates services, either independently or in agreement with the care provider
- When the patient repeatedly misses appointments
- Following a patient's contact with crisis services
- At discharge from ED or a psychiatric hospital
- Train staff on policies and procedures for safe care transitions.

Ensure that patients receive education about the model of care and the rationale for treatment as they move from one clinician to another, or from agency/setting to another.

Monitor to ensure that care transitions are documented and flagged for action (either in an electronic health record or a paper record).

Mental Health First Aid:

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders. There are currently three trainings available Youth, Teen and Adult.