



## **Suicide and Risk Assessment (Core)**

**9:00am-4:00pm**

**Description:** Assessing suicide risk or risk of harm to others is the most critical aspect of crisis work. Because suicide and homicide can and does happen, this one-day core training emphasizes the importance of self-care in order to be an effective helper during times of acute crisis. Participants will be given an overview of secondary trauma as a by-product to the work they do, and asked to identify personal coping strategies to help mitigate the effects. Participants will also learn about the trauma-informed crisis response process and be given an overview of suicide statistics. Risk factors, warning signs and protective factors will be identified and participants will develop a crisis response plan, utilizing what they have learned. Also covered will be assessment and intervention with those at risk to harm others, including personal safety and duty to warn. Legal implications of decision-making will be covered with an emphasis on risk management and use of supervision for response planning with individuals at risk for suicide or to harm others.

### **Learning Objectives:**

- Define secondary traumatic stress and ways to mitigate the impact
- Understand the fundamentals of trauma-informed response
- Understand the stages of crisis response
- Demonstrate active listening skills
- Understand the role of validation and affirmation in crisis response
- Describe suicide statistics in the general and specific populations
- Understand the risk factors, warning signs and protective factors involved in suicide assessment
- Conduct an assessment for suicide
- Understand borderline personality disorder, parasuicide and suicide risk
- Understand the risk factors involved in assessing an individual at risk to harm others
- Define risk management and the need to share the risk through accessing supervisory consultation
- Understand the basic guidelines for interacting with a person who is potentially violent
- Understand the legal implications of decision-making, including the importance of good documentation

6 Hours toward Crisis Certification