Alameda County Behavioral Health is pleased to offer a FREE training:

**Suicide Assessment and Intervention**  
*(YOUTH Focused, 6 CEs)*

**Part 1: Monday, October 10, 2022 AND Part 2: Tuesday, October 11, 2022**  
9:00am - 12:30pm (both days)  
**Must attend both days to complete the training**  
*Location: Online via ZOOM*  
*(webinar link to be emailed to registered participants a few days before training)*

**Audience:** Mental health professionals or anyone in a position to work with children or adolescents experiencing a suicidal crisis. This training is reserved for Alameda County Behavioral Health, contracted Provider Staff and contracted CBOs.

**Trainers:** **Staff of Crisis Support Services of Alameda County (CSS)**

Cris Rita, MA, is the Community Education Coordinator & Lead Instructor at CSS. She provides suicide and related mental health education to all members of the Alameda County community. Positions held include: 24-Hr Crisis Line Volunteer Trainer, 24-Hr Crisis Line Overnight Supervisor, 24-Hr Crisis Line Shift Supervisor, Teens for Life Health Educator. Matt Podkomorski, MA, LMFT is the Clinical Supervisor for MFT Associate supervision in the Grief, Older Adult, and School-Based Counseling Programs.

**Description:** The workshop uses a combination of teaching methods, including didactic work, lecture, and discussion. Participants will be encouraged to explore their own feelings toward suicide and suicidal clients. It will address common myths and perceptions about suicidal behavior. The workshop will cover suicide statistics, trauma, and suicide theory with an emphasis on Thomas Joiner’s model: The interpersonal Theory of Suicide. Risk factors, warning signs, and protective factors for youth populations will be introduced. Participants will learn methods of suicide risk assessment and will be introduced to screening tools that aid in determining risk. Emphasis will be placed on how to talk about and ask about suicide with a client.

**Learning Objectives – by the end of the training, participants will be able to:**

1. Demonstrate competence in speaking about suicidal thoughts, behaviors and feelings to potentially suicidal children/adolescents by asking five basic questions to determine suicidality.
2. Identify how suicidal risk and behavior may differ in diverse communities by reviewing current research and statistics.
3. Identify suicide risk in children and adolescents by identifying five risk factors.
4. Identify five most common warning signs for children and adolescents.
5. Identify three protective factors for both children and adolescents.
6. Identify the four domains of suicide risk assessment.
7. Review three assessment screening tools.
8. Demonstrate competence in using lethal means counseling with client and family or caregivers through four collaborative steps.
9. Reduce suicide risk. Be able to list the six steps in developing a safety plan.
10. Help clinicians learn how to support others and themselves if they experience the loss of a client to suicide through four supportive ways.

*For reasonable accommodation request, or grievance regarding an ACBH training, please contact the Training Unit at Training.Unit@acgov.org, or (510) 567-8113.*