

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



# Suicide Assessment and Intervention Adult Focus (Two-Day, online training)



**Behavioral Health  
Department**  
Alameda County Health

**Part 1: Monday, May 6 2024 AND**

**Part 2: Tuesday, May 7, 2024**

**9:00 - 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 adults 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. The workshop will address common myths and perceptions about suicidal behavior, and cover suicide statistics, trauma, and suicide theory with an emphasis on Thomas Joiner's model. Risk factors, warning signs, and protective factors will be introduced for adult populations. Participants will learn methods of suicide risk assessment and will be introduced to screening tools that aid in determining risk.

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

1. Demonstrate competence to speak about suicidal thoughts, behaviors and feelings to potentially suicidal adults/older adults by asking five questions to determine suicidality.
2. Identify two suicide risk factors and behaviors that may differ in diverse communities by reviewing current available research and statistics that speak to the impact of health.
3. Demonstrate how to determine suicide risk for both adults (25-64) and older adults (65+) by identifying five risk factors for suicide.
4. Identify the five most common warning signs for adults and older adults.
5. Identify five protective factors for adults and older adults.
6. Identify the four domains of suicide risk assessment
7. Review three assessment screening tools
8. Reduce suicide risk by listing the six steps to develop a safety plan.
9. 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](mailto:Training.Unit@acgov.org), or (510) 567-8113.*

## REGISTRATION:

Please register at:

[https://www.surveymonkey.com/r/AdultSuicAssess\\_May2024](https://www.surveymonkey.com/r/AdultSuicAssess_May2024)

For registration help contact:

[Training.Unit@acgov.org](mailto:Training.Unit@acgov.org)

*When emailing, include training Date and Title in Subject Line.*

## Continuing Education:

*Continuing Education (CE) credit is only provided for County and ACBH contracted Provider staff.*

*This two part course meets qualifications for 6 hours of CE credit for **LMFTs, LCSWs, LPCCs, and/or LEPs** as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care Services (ACBHCS) is approved by the California Assoc. of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; for **Addiction Professionals** by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP\_EI), Provider No. 4C-04-604-0624; for **RNs** by the California Board of Registered Nurses, BRN Provider No. 12040; and for **Psychologists** as an approved provider by the California Psychological Assoc., Provider No. ALA006.*

**Please note: in order to receive CE credit, it is the participant's responsibility to attend the full training, sign in, sign out, achieve a score of at least 70% on post-tests, and complete the evaluation.**

*CE Certificates will be emailed to qualifying participants within 30 days after the training.*