

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

Suicide Assessment and Intervention

Adult Focused (two-day, online training)

Part 1: Wed. October 1, 2025

Part 2: Fri. October 3, 2025

Time: 9:00 - 12:30pm (both days)

Must attend both days for CE credit

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 who may be experiencing a suicidal crisis. This training is reserved for Alameda County Behavioral Health, *contracted* Provider Staff and *contracted* CBOs.

Description: This training 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. Methods for how to talk about and ask about suicide with a client will also be addressed. A combination of teaching methods, didactic work, lecture, and discussion will be used.

Trainer: Cris Rita, MA, is the Community Education Coordinator & Lead Instructor at Crisis Support Services of Alameda County (CSS) for 20+ years. 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.

Learning Objectives – *by 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 5 questions to determine suicidality.
2. Identify 2 suicide risk factors and behaviors that may differ in diverse communities by reviewing current research and statistics.
3. Identify 5 risk factors in determining suicide risk for both adults (25-64) and older adults (65+).
4. Identify the 5 most common warning signs for adults and older adults.
5. Identify 5 protective factors for adults and older adults.
6. Identify the 4 domains of suicide risk assessment
7. Review 3 assessment screening tools
8. Reduce suicide risk by listing the 6 steps to develop a Safety Plan.
9. Help clinicians learn how to support others and themselves if they lose a client to suicide in 4 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.



**Behavioral Health
Department**
Alameda County Health

REGISTRATION:

Registration required. Please

Register here

Link open until filled

Please only register once.

For registration help contact:

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-04-604-0626; 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: to receive CE credit, it is the participant's responsibility to attend the full training, achieve a score of at least 70% on post-test EACH Day, and complete the evaluation at the end of day 2.

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

To complete an ACBH sponsored virtual training ALL attendees must achieve a score of at least 70% on the post-test(s).