

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

Adult-Focused Suicide Assessment and Intervention

Part 1: June 2, 2026 (Tues.)

Part 2: June 3, 2026 (Wed.)

Time: 9:00am – 12:30pm (both days)

Must attend both days for Continuing Education Credit

Location: Online via Zoom

(webinar link to be emailed to registered participants by CSS)

Audience: Mental health professionals who work with adult and older adult populations. Target organizations are Alameda County Behavioral Health Dept (ACBHD) and ACBH's *contracted* Providers.

Trainer: Cristina Rita 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.

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 in determining risk.

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 and older adults by asking five (5) questions to determine suicide risk.
2. Identify two (2) suicide risk factors that may differ in diverse communities
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 (5) most common warning signs for adults and older adults
5. Identify five (5) protective factors.
6. Identify the four (4) domains of suicide risk assessment
7. Review three (3) assessment screening tools
8. Identify the six steps of safety planning.
9. Learn four (4) ways clinicians can support themselves or others if they experience the loss of a client to suicide.

To earn CE credit: *(1) attend the full training, (2) complete an evaluation, and (3) complete both days of the post-test with a passing score of at least 70%.*

For accommodation request, or grievance regarding an ACBH training, please contact the Training Unit at Training.Unit@acgov.org.

REGISTRATION:

Pre-registration required. Click:

bit.ly/3PiRxL8

For questions, contact:

Cristina Rita

crita@crisissupport.org

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

Continuing Education

CE credit is ONLY provided for County and ACBH contracted Provider staff.

*This course meets the qualifications for **6 hours** of continuing education credit for **LMFTs, LCSWs, LPCCs, and/or LEPs** as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care Services 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. ACBHCS maintains responsibility for this program/course and its content.*

CE Certificates will be sent to qualifying participants via email within 30 days after training.