

# Suicide Prevention and Mental Health Training Summaries

## safeTALK

01

safeTALK is a 3.5-hour suicide alertness skills training open to all community members 16 and older. The course will use audiovisuals, presentation, and practice to help anyone be more alert to signs of suicide risk and become the catalyst to care, linking a person with thoughts of suicide to someone able to work through an intervention. (Maximum class size: 30.)

## ASIST

02

ASIST (Applied Suicide Intervention Skills Training) is a 2-day face-to-face workshop featuring audiovisuals, discussions, and simulations. The training is open to community members with no clinical background necessary. Participants learn signs of possible suicide risk, how to work through a verbal intervention with the individual with thoughts of suicide and develop a plan to keep the person safe in the short-term, before the longer-term care takes place. CEUs are available. (Maximum class size: 30 or with 3 trainers, 45. Minimum age 18.)

## YMHFA

03

Youth Mental Health First Aid (YMHFA) is an in-person 7.5-hour course, or blended 2-hour asynchronous course with 5.5 hour virtual/in-person facilitated training. YMHFA is designed to teach adults who regularly interact with young people. Adults learn how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. (Maximum size class: 30. Minimum age 18.)

## CAMS (CLINICAL)

04

Collaborative Assessment and Management of Suicidality (CAMS) is offered through VDH as a 14-hour asynchronous course with supporting role-play and consultation calls for clinicians. The CAMS Trained designation equips clinicians with the knowledge and skills to provide better suicide care and includes three training components, 3-hour CAMS foundational video series, 7-hour group or individual role-play, and four 1-hour consultation calls. (Individual seats are available or groups of 20-30. Limited to mental health clinicians). CAMS, Managing Suicide Risk, book also available.