

# Recommended Suicide Prevention Training

For providers named in HB2315 (2021)

Provider Role	Level	Which training?	Training Description	Contact information
Anyone with client contact	Basic	Question, Persuade, Refer (QPR)	A 1.5 hour virtual or in-person training program that teaches three easy steps to identify signs someone is thinking about suicide and how to connect them to help. AVAILABLE VIRTUALLY.	To get a group trained: Crystal Larson 503.244.5211 <a href="mailto:gpr@linesforlife.org">gpr@linesforlife.org</a>  To sign up individually: Register <a href="#">here</a>
Anyone with client contact	Basic	Counseling on Access to Lethal Means (CALM)	A 2 hour training available on-demand online free of charge. Designed to equip participants to help someone who expresses suicide ideation create physical safety for potential lethal means. AVAILABLE VIRTUALLY.	Online on-demand <a href="#">here</a>  For information about limited availability of in-person training in Oregon: <a href="mailto:kbifulco@aocmhp.org">kbifulco@aocmhp.org</a>
Anyone with client contact	Basic/ Intermediate	Mental Health First Aid (MHFA)	A broad overview one-day training on recognizing the early signs of mental illness, mental health problems, and substance use. Youth and Adult trainings available. AVAILABLE VIRTUALLY.	For information about trainers in your area: Maria Pos 503.399.7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>
Anyone involved in providing care or coordinating services after a suicide death	Intermediate	Connect: Postvention	An in-person, half-day postvention training teaching adult service providers best practices to respond in a coordinated way in the aftermath of a suicide. AVAILABLE VIRTUALLY.	For information about trainers in your area: Kris Bifulco 203.231.3619 <a href="mailto:kbifulco@aocmhp.org">kbifulco@aocmhp.org</a>
Anyone with client contact	Intermediate	Applied Suicide Intervention Skills Training (ASIST)	An in-depth, two-day workshop designed to learn to provide skilled intervention and basic safety planning. CURRENTLY NOT AVAILABLE VIRTUALLY.	Calendar of trainings nationally <a href="#">here</a> .  For information about trainers in Oregon: Tim Glascock 503.367.3754 <a href="mailto:tglascock@aocmhp.org">tglascock@aocmhp.org</a>
Those who do risk assessment and safety planning	Intermediate / Advanced	<a href="#">Youth Suicide Assessments in Virtual Environments</a> (Youth SAVE)	An in-depth, equity-centered 9-hour workshop designed for advanced mental health staff (including school counselors) to learn to provide skilled intervention and safety planning in virtual, hybrid, and in-person spaces.	Current training spots are posted <a href="#">here</a> .  To receive alerts for training opportunities: Tim Glascock 503.367.3754 <a href="mailto:tglascock@aocmhp.org">tglascock@aocmhp.org</a>

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Those who do risk assessment and safety planning	Intermediate / Advanced	AMSR (Assessing Managing Suicide Risk)	6.5 hour training in the latest research-informed suicide risk assessment and risk formulation designed for health and behavioral health care professionals working in a variety of settings. AVAILABLE VIRTUALLY.	Current trainings nationally are listed <a href="#">here</a> .  Limited OHA sponsored training spots in Oregon: Maria Pos 503.399.7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>
Those who provide treatment, skills training, or therapy	Advanced	Collaborative Assessment & Management of Suicidality (CAMS)	Collaborative Assessment and Management of Suicidality (CAMS): “Therapeutic framework for suicide-specific assessment and treatment of a patient’s suicidal risk;” “A flexible approach that can be used across theoretical orientations and disciplines for a wide range of suicidal patients across treatment settings and different treatment modalities.” AVAILABLE VIRTUALLY.	Various online training modules for a fee <a href="#">here</a> .  Limited OHA sponsored training spots: Maria Pos 503.399.7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>
Those who provide treatment, skills training, or therapy	Advanced	Cognitive Behavioral Therapy for Suicide Prevention (CBT – SP)	3 day training CBT-SP is a cognitive-behavioral psychotherapy program designed for patients who have previously attempted or thought of suicide. AVAILABLE VIRTUALLY.	Limited OHA sponsored training spots: Maria Pos 503.399.7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>
Those who provide treatment, skills training, or therapy	Advanced	ABFT (Attachment-Based Family Therapy)	This is an empirically informed family therapy model specifically designed to target family and individual processes associated with adolescent suicide and depression. This is a 3-day virtual workshop in two parts.	Limited OHA sponsored training spots: Maria Pos 503.399.7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>
Those who provide treatment, skills training, or therapy	Advanced	DBT – Skills and Suicide Prevention (Dialectical Behavioral Therapy)	Five-Day training to include DBT Skills and detailed focus on suicide assessment/prevention/intervention. This is a highly efficacious treatment developed for multi-diagnostic, severely disordered individuals with borderline personality disorder and other problems of emotion dysregulation.	Limited OHA sponsored training spots: Maria Pos 503.399.7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>

Note: These trainings are sponsored in part or in full by the Oregon Health Authority. For a longer list of suicide prevention continuing education courses, visit [this](#) page.