



Assessing & Managing Suicide Risk: Core Competencies for Mental Health Professionals



A one-day workshop for mental health professionals on assessing suicide risk, planning treatment, and managing the ongoing care of the at-risk client

Objectives

1. Gain knowledge in the following subjects: maintaining an effective attitude and approach; collecting accurate assessment information; formulating risk; developing a treatment and services plan; and managing care.
2. Experience increased willingness, confidence and clarity in working with individuals at risk for suicide.
3. Build fundamental skills in assessing suicide risk
4. Identify changes to make in practice, specific to the assessment and management of individuals at risk for suicide.

Components

- Pre-workshop reading materials
- 6 ½ hours of training, comprised of an engaging mix of lecture and exercises
- A 175-page participant manual, including an extensive bibliography and other valuable resources
- Multiple video segments featuring David Jobes, PhD demonstrating key competencies
- Journaling throughout the day
- Time for discussion

Professional Development

The Suicide Prevention Resource Center (SPRC) Training Institute offers continuing education credits to social workers, certified counselors, and psychologists. Through a partnership with the University of Rochester, credits are also available to psychiatrists.

Sponsorship

The SPRC Training Institute works closely with workshop sponsors to ensure a successful training event. The workshop sponsor recruits participants and manages on-site logistics. The SPRC Training Institute provides the trainer, materials, CE credits, certificates of completion, and professional planning assistance. Workshop sponsors simply pay the SPRC Training Institute an amount to cover costs or pass on the costs via a participant registration fee.

Results

Over 10,000 mental health professionals have attended AMSR workshops in the United States and abroad. Participant feedback has been overwhelmingly positive.

- "Good information to have for anyone who might come into contact with clients at risk, which is *anyone* working with clients."
- "This was the best presentation I have ever attended dealing with mental health issues bar none."

In addition to post-workshop surveys, the SPRC Training Institute collaborated with researchers at the Universities of Rochester and Michigan to evaluate AMSR using staff at the counseling centers of four universities as workshop participants. Using a pre-/post-test design with a six-month follow-up survey, participants showed statistically significant gains in knowledge after the workshop. Perhaps more importantly, self-assessments of both confidence and competence in assessing and managing suicidal patients increased significantly; and increases were sustained at the six-month follow-up. Participants identified many specific improvements in their own practice during the six-months following the workshop.

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