



**Ohio Suicide
Prevention Foundation**

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Connecting for Life

**The Ohio Suicide Prevention Foundation
invites you to attend our:**

Annual Suicide Prevention Training Conference

October 30 & 31, 2013

Featuring:

Elaine Frank, MHS

Presenting

**CALM (Counseling on
Access to Lethal Means) &
The Gun Shop Project**

Josephine Ridley Ph.D.

Presenting:

**Assessing and Managing
Suicide Risk:**

Core Competencies for
Mental Health Professionals

Location:

Crowne Plaza Columbus North

6500 Doubletree Avenue, Columbus, OH 43229

614.885.1885

The Ohio Suicide Prevention Foundation gratefully acknowledges funding support from the Ohio Department of Mental Health and Addiction Services and the SAMHSA GLS Grant for this conference.

Annual Suicide Prevention Training Conference

You are cordially invited to attend the Annual Suicide Prevention Training Conference presented by the Ohio Suicide Prevention Foundation (OSPF) with support from the Ohio Department of Mental Health and Addiction Services and the SAMHSA Garrett Lee Smith Grant. The conference has been specifically designed to meet the needs of new and established mental health providers. This year the conference has a dual emphasis, featuring Assessing and Managing Suicide Risk, and CALM Training of Trainers and The Gun Shop Project. Mental health professionals, social service providers, educators, consumers, family members, survivors of suicide, and others concerned with preventing suicide and saving lives are encouraged to attend the conference.

Participants will gain knowledge in the following areas:

- ⇒ Eliciting suicide ideation, behavior, and plans
- ⇒ Making a clinical judgment of the risk that a client will attempt or complete suicide
- ⇒ Collaboratively developing an emergency plan
- ⇒ Risk reduction by reducing access to lethal means
- ⇒ Specific steps to take to remove/reduce access to lethal means
- ⇒ Developing a written treatment and services plan that addresses a client's immediate, acute, and continuing suicide ideation and risk for suicide
- ⇒ Implementing the principles of crisis management

Featured Presenters & Workshops

Josephine Ridley Ph.D. is a licensed clinical psychologist and Program Manager for the Wade Park Psychiatry Day Hospital. She received a B.A. degree from The College of Wooster, her M.A. and Ph.D. degrees in Clinical Psychology from West Virginia University where she was awarded a W.E.B. Dubois Fellowship. She completed a psychology internship at the Cleveland VAMC with rotations in health psychology, posttraumatic stress disorder, neuropsychology and inpatient psychiatry, and has worked at several sites in the VA. Dr. Ridley has been an adjunct professor at Baldwin-Wallace College and Cuyahoga Community College Eastern Campus, and served on the VA's Psychology Training Committee for 3 years. She is published in the area of anxiety disorders and is currently conducting research on depression. She is a voting member of the VA's Institutional Review Board and Police Evaluation Committee. She is also a member of the Ohio Suicide Prevention Foundation Advisory Committee and is certified by the Suicide Prevention Resource Center as a Trainer of Trainers in Assessing and Managing Suicide Risk.

Assessing and Managing Suicide Risk: Core Competencies for Mental Health Professionals is one-day workshop for mental health professionals on assessing suicide risk, planning treatment, and managing the ongoing care of the at-risk client. Offered both October 30 and 31.

A significant proportion of the 36,000 people who die by suicide each year have had recent contact with a mental health professional. However, many providers are inadequately trained to assess, treat, and manage suicidal patients or clients. Assessing and Managing Suicide Risk was designed to address that training gap. It teaches essential core competencies that meet the needs of an entire spectrum of mental health professionals, including psychiatrists, psychologists, licensed counselors, social workers, and employee assistance professionals

Featured Presenters & Workshops

Elaine Frank, MHS, is the Program Director of CALM at the Injury Prevention Center (IPC) at Dartmouth. CALM - Counseling on Access to Lethal Means – is a program she developed and has promoted in collaboration with Mark Ciocca, a practicing psychologist. For almost twenty years Elaine was the Program Director of the IPC. In that capacity, Ms. Frank co-developed NH's first Suicide Prevention State Plan, was a co-chair of the Youth Suicide Prevention Assembly (YSPA) and sat on the State Suicide Prevention Council. She currently is a member of NH's Suicide Fatality Review Committee. Elaine also chairs the NH Firearm Safety Coalition which developed the Gun Shop Project, an effort to expand suicide prevention efforts to gun shops and firing ranges. This program is currently being implemented in places around the country.

Elaine holds a Masters Degree from Johns Hopkins School of Hygiene and Public Health where she was introduced to the public health approach to addressing complex social issues. Ms. Frank has a history of working collaboratively with a broad range of professionals and publics to ensure that their diverse strengths and needs are addressed and utilized.

Wednesday, Morning Session: CALM (Counseling on Access to Lethal Means) is a means reduction program developed in New Hampshire at the Injury Prevention Center at Dartmouth in collaboration with researchers at the Harvard Injury Control Research Center and their Means Matter Program.

The workshop addresses why and how to do this, focusing on the steps below. The workshop includes: PowerPoint presentations regarding why CALM is important, a model videotaped counseling session, and time for discussion and/or role plays.

During CALM, the following steps are emphasized:

1. Explain that you believe that your client or a family member is at risk for suicide and why you have made this determination.
2. Explain that they can **reduce** the risk by reducing access to lethal means, particularly firearms.
3. Collaborate to develop a plan they can implement to remove or at least reduce access to firearms and other lethal means.

While the program is designed primarily for clinicians it can be useful for anyone with an interest in suicide prevention whether on the individual, community or larger level.

Wednesday, Afternoon session: Means Reduction beyond the clinical setting

This session will explore several initiatives aimed at engaging a broad range of partners in this component of suicide prevention. The Gun Shop Project – also developed in NH – that engages gun shop owners and their customers in suicide prevention will be presented along with efforts to reduce access to prescription medications; training for First Responders, gatekeepers and peer support personnel, Crisis Line and Center staff, VA and military groups and others. Participants will then explore opportunities to implement Lethal Means Reduction strategies in their communities.

Thursday, October 31 is a **CALM Training of Trainers** day long workshop. Means reduction education is an evidence-based strategy to prevent suicide as a component of a broader effort. Ms. Frank will train suicide prevention advocates to provide workshops for mental health and health care providers in their communities. Interested trainers should possess:

- Good presentation skills including working with presentation equipment
- Familiarity with suicide prevention concepts and practices
- Experience working with mental health providers and other health/social service providers especially in implementing training sessions
- Familiarity with firearms and/or the gun culture is helpful but not essential

Conference Agenda

Wednesday, October 30

- 8:30 am Registration and Coffee
- 9:00 am Welcome, Cheryl Holton,
Program Administrator, OSPF
- 9:10 am Proceed to selected Workshop

**A. *Assessing and Managing
Suicide Risk: Core Competencies for
Mental Health Professions***

Presented by
Josephine Ridley, Ph.D.

**B. *CALM (Counseling on Access to
Lethal Means) & The Gun
Shop Project***

Presented by
Elaine Frank, MHS

Noon **Lunch**

1:00 pm Return to Workshops:

**A. *Assessing and Managing
Suicide Risk: Core Competencies for
Mental Health Professions***

Presented by
Josephine Ridley, Ph.D.

**B. *CALM (Counseling on Access to
Lethal Means) & The Gun
Shop Project***

Presented by
Elaine Frank, MHS

4:30 pm Turn in evaluations and
pick-up CEU's certificates

Thursday, October 31

- 8:30 am Registration and Coffee
- 9:00 am Welcome, Cheryl Holton,
Program Administrator, OSPF
- 9:10 am Proceed to selected Workshop

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4:30 pm Turn in evaluations and
pick-up CEU's certificates

Continuing Education Credits for Social Work, Counseling, Psychologists, Nursing and Chemical Dependency Professionals will be provided.

Registration

The registration fee for both days of the conference is **\$100.00**. If you would like to attend only Wednesday, Oct. 30, the fee is **\$50.00** and includes lunch and CEU's. The cost for Thursday, Oct. 31 is **\$50.00** and includes lunch and CEU's. Vendor/Exhibit tables are available for \$50.00 (non-profit rate) and \$100.00 (for-profit rate). Please make checks payable to the Ohio Suicide Prevention Foundation. Complete this form and mail it with a check to **Ohio Suicide Prevention Foundation, 2323 West Fifth Avenue, Suite 160, Columbus, OH 43204**.

Online registration and payment is available at:

<https://www.regonline.com/ospfannualsuicidepreventiontrainingconference>

The full brochure is on our website www.ohiospf.org with a link to the registration website.

Name
Agency
Address
City, State & Zip
Email
Phone
<u>Please check the workshop you wish to attend each day:</u>
Oct. 30 <input type="checkbox"/> CALM Workshop or <input type="checkbox"/> Assessing & Managing Suicide Risk
Oct. 31 <input type="checkbox"/> CALM Training of Trainers or <input type="checkbox"/> Assessing & Managing Suicide Risk
Vendor/Exhibit Table <input type="checkbox"/> \$50.00 non-profit & <input type="checkbox"/> \$100.00 for-profit

Return Registrations to:

**Ohio Suicide Prevention Foundation
2323 West Fifth Avenue, Suite 160
Columbus, OH 43204**

Additional Information:

Phone: 614-429-1528 ext.2

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www.ohiospf.org**

A portion of the funding for this training conference was made possible through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) under the Garrett Lee Smith Memorial Act. The views expressed in written materials or by speakers does not necessarily reflect views, opinions, or policies of CMHS, SAMHSA or HHS nor does mention of trade names, common practices, or organizations imply endorsement by the U S Government.