

Trainings

Introductory Suicide Prevention Gatekeeper Training Options

S.A.V.E. (1-2 hour training depending on if we want to add role plays). This is a VA-created Suicide Prevention Gatekeeper Training to train non-clinicians on how to recognize signs that someone is in distress, how to ask about suicide, and how to link to help. [VA S.A.V.E. Training](#). Trainers: Alissa Harris, Matt Raad, Jeremy Suttles, Mary Pat Tucker

Q.P.R. (1-2 hour training depending on if we want to add role plays). This is the community version of S.A.V.E. but there is a cost to participants. Has a cost but LifeWays may be able to waive it. [QPR Institute | Practical and Proven Suicide Prevention Training QPR Institute \(en-US\)](#) Trainers: Alissa Harris, Matt Raad, Jeremy Suttles, Chelsea Oliver

Safe Talk: Suicide Prevention Training-In person only. [SafeTalk Suicide Prevention Course | LivingWorks](#). Trainer: Doug Brinker

Talk Saves Lives (1 hour) American Foundation for Suicide Prevention's Suicide Prevention Training. [Talk Saves Lives TM | AFSP](#). Trainer: Ian Perry (MI AFSP)

VA S.A.V.E. – Caregivers ○ <https://psycharmor.org/courses/va-s-a-v-e-preventing-caregiver-suicide/>

Advanced Suicide Prevention Trainings for Community Members

Mental Health First Aid (6-8 hours). This covers Stigma, Mental Health diagnoses and symptoms, Substance Abuse disorders and prevention, Recovery, and Types of Treatment. Has a cost but LifeWays may be able to waive it. [Mental Health First Aid](#). Trainers: Doug Brinker and Christina Crouch

ASIST (1.5 hours): Applied Suicide Intervention Skills Training. Has a cost. Trainers: Jeremy Suttles

CALM: Counseling on Access to Lethal Means is a suicide prevention training specific to reducing access to lethal means such as firearms and medication as a means of reducing/ending suicide. This is primarily designed for mental health professionals, social service professionals, and those working with people at risk for suicide. [CALM: Counseling on Access to Lethal Means | Suicide Prevention Resource Center \(sprc.org\)](#). Trainers: Jeremy Suttles

Inner Conflict and Survivor's Guilt – Dr. Heidi Kraft ○ <https://psycharmor.org/courses/inner-conflict-survivors-guilt/>

Finding Stability After Suicide Loss – Kim Ruocco, MSW ○ <https://psycharmor.org/courses/finding-stability-after-suicide-loss/>

Suicide in Military Members and Veterans – Dr. Craig Bryan ○
<https://psycharmor.org/courses/suicide-in-the-military/>

Advanced Suicide Prevention Trainings for Clinicians

Risk Assessment and Risk Stratification (1 hour): An evidence-based protocol utilized by VA teaching clinicians how to assess for risk and stratify risk utilizing the Columbia-Suicide Severity Rating Scale (C-SSRS) and Comprehensive Suicide Risk Evaluation (CSRE). The presentation provides strategies about next steps clinicians can take in order to mitigate risk based on the level of risk. *Trainer: Alissa Harris, Matt Raad, Jeremy Suttles, Mary Pat Tucker*

Safety Planning (1 hour): Teaches clinicians how to develop a safety plan with patients and specific strategies for lethal means safety counseling. *Trainers: Alissa Harris, Matt Raad, Jeremy Suttles, Mary Pat Tucker*

Lethal Means Safety (1 hour): Teaches clinicians about how limiting access to lethal means during periods of crisis can make it more likely that the person will delay or survive a suicide attempt and ways to converse with patients around reducing access to lethal means. *Trainers: Alissa Harris, Matt Raad, Jeremy Suttles, Mary Pat Tucker*

The Intersection of Substance Use and Suicide (1 hour): Teaches clinicians and community members about how substance use plays a role in suicide. Provides risk mitigation strategies for both accidental and intentional overdose. *Trainers: Alissa Harris, Matt Raad, Jeremy Suttles, Mary Pat Tucker*

Crisis Response Plan for Health Care Providers – Introduction and Assessment – Dr. Craig Bryan ○ <https://psycharmor.org/courses/crisis-response-plan-for-healthcare-providers-introduction-and-assessment/>

Crisis Response Plan for Health Care Providers – Intervention – Dr. Craig Bryan ○ <https://psycharmor.org/courses/crisis-response-plan-for-healthcare-providers-intervention/>
Postvention – Dr. Shauna Springer, TAPS ○ <https://psycharmor.org/courses/postvention-healing-after-suicide/>

Substance Use Disorder in Military and Veteran Populations – Dr. Ted Bonar ○
<https://psycharmor.org/courses/substance-use-military-veteran-populations/>

Peer Support Trainings

WRAP: Wellness Recovery Action Planning is a peer to peer training that helps individuals identify their strengths, resources to maintain wellness and goals and helps a person stay in

control in times of crisis. [Home - Wellness Recovery Action Plan](#). *Trainer: Andy Webb, Clarissa Winters, Sherry Mills*

WHAM: Whole Health Action Management is a peer to peer training that helps enhance physical health of people with mental health and substance use challenges. Is a holistic approach including areas such as Restful sleep, healthy eating, cognitive skills, etc. [WHAM Training Guide \(center4healthandsdc.org\)](#). *Trainer: Andy Webb*

Military Culture Trainings

Military 101 (1-2 hours): Information on the different branches, unique experiences of serving in the military. Alissa's supervisor developed a powerpoint that Randy Evans has edited and used. *Trainer: Randy Evans, Kelly Tulloch, Ted Crockett*

15 Things Veterans Want You to Know for Health Care Providers ○ <https://psycharmor.org/courses/15-things-veterans-want-you-to-know-for-healthcare-providers/> VIDEO

Women Who Serve – Margaret Riley ○ <https://psycharmor.org/courses/women-who-serve/>

15 Things Veterans Want You to Know – Heidi Squier Kraft, Ph.D. ○ <https://psycharmor.org/courses/15-things-veterans-want-you-to-know/>

Myths & Facts of Wounded Warriors – Michael Richardson, (Lt. Col. USA, Ret.) ○ <https://psycharmor.org/courses/myths-and-facts-about-wounded-warriors/>

Communication Skills with Veterans – Diego Flores, MFT ○ <https://psycharmor.org/courses/communication-skills-veterans/>

Other Types of Training

Whole Health Training (1 hour). Education about the Mind-Body divide and discusses an approach to whole-person care. Highlights the connection between mental health and each component of the circle of health including mindful awareness and the various aspects of self-care. [Whole Health for Mental Health and Well-being - VHA TRAIN - an affiliate of the TRAIN Learning Network powered by the Public Health Foundation](#).

Mental Health Apps (30 min): Review of Hope Box, Safety Planning, PTSD Coach, etc.

****Psycharmor Trainings available for free here:** [Governor's Challenge Portal – PsychArmor](#)