

## Suicide Assessment and Intervention Training



**Instructor:**

*Deborah Silveria, Ph.D*

**Instructor Information:**

Dr. Silveria Ph.D. is a licensed psychologist and marriage and family therapist. She obtained her Ph.D. from the University of Southern California in 1993. She has a private practice in Costa Mesa, with a focus in trauma and grief counseling. She is a Crisis Intervention Training Instructor specializing in PTSD and Veteran's Issues, Psychiatric Medications, and Suicide for Crisis Intervention Training for Law Enforcement since 2010.

**Course Description:**

In this workshop, participants will learn techniques and obtain tools for assessing suicidal risk among consumers, with cultural awareness, humility and sensitivity. They will learn crisis intervention techniques that allow them to practice to the standard of care. Evidence based therapies for working with suicidal clients will be delineated and self-care strategies for clinicians to protect them from burnout with this population will be taught. Recommendations for working with diverse populations, via telehealth and implications of COVID-19 will also be discussed.

**Dates: Wednesday May 19, 2021 & Thursday May 20, 2021**

**\*\*Must attend both dates for credit\*\***

**Time: 8:30am - 12:00pm**

**Location:** Virtual training- link will be sent to registrants

**RUHS-BH Staff - Please register for this course via COR at <http://corlearning.rc-hr.com>**

**Continuing Education Credits:** This course meets the qualifications for **6** continuing education units/credits/hours. Please see the brochure for additional information.

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**Course Description:** In this workshop, participants will learn techniques and obtain tools for assessing suicidal risk among consumers, with cultural awareness, humility and sensitivity. They will learn crisis intervention techniques that allow them to practice to the standard of care. Evidence based therapies for working with suicidal clients will be delineated and self-care strategies for clinicians to protect them from burnout with this population will be taught. Recommendations for working with diverse populations, via telehealth and implications of COVID-19 will also be discussed.

**Instructor Information:** Dr. Deborah Silveria obtained her Ph.D. from the University of Southern California in 1993 with a focus on Counseling Psychology, and she is also a Licensed Marriage Family Therapist in California. She holds specialized training in various treatment modalities. Dr. Silveria is an Eye Movement Desensitization and Reprocessing Trainer (EMDR) and provides this training to various mental health professionals. She is a Crisis Intervention Training Instructor specializing in PTSD and Veteran's Issues, Psychiatric Medications, and Suicide for Crisis Intervention Training for Law Enforcement since 2010. Lastly, since 2010 she has participated in The Counseling Team International (TCTI) as a trainer for Basic and Advanced Peer Support for Public Safety, Suicide Intervention and Prevention, PTSD Prevention and Intervention, and Wellness and Resilience. She is a team psychologist providing psychological counseling, testing, research, and Critical Incident Stress Management (CISM) services to government agencies, law enforcement, fire and emergency services, private industries and organizations. Most recently, Dr. Silveria provided CISM services after the San Bernardino Terrorist attack and Route 91 Las Vegas shooting.

**Audience:** RUHS-BH Clinical Therapists and other treatment staff. LMFTs, LCSWs, LPCCs, and LEPs, associate-level and support staff providing client care in the public behavioral health system.

Level of presentation: Intermediate- applicable to audience with working knowledge of topic

**Seat #:** 150

**Location:** Virtual training- link will be sent to registrants

This is an ADA compliant course. If you require accommodations, please contact the Rustin Conference Center at (951) 955-7270 fourteen days (14) prior to the course date.

## **Educational Goals:**

1. Participants will learn techniques and obtain tools for assessing and intervening for suicidal risk among consumers to a professional standard of care.
2. Participants will learn coping strategies to reduce the emotional impact of working with suicidal clients to prevent their own vicarious trauma.
3. Participants will increasing their awareness of cultural diversity by learning ways to apply a culturally sensitive lens in their work with suicidal clients.

## Learning Objectives:

1. Participants will identify five (5) myths about suicide
2. Participants will list three (3) current trends in suicidology
3. Participants will list five (5) theories to explain suicidal behavior
4. Participants will name and give one (1) example of each of the 6 steps of Brown and Stanley's Safety Plan
5. Participants will list three (3) evidence-based treatments for suicide
6. Participants will list three (3) ways to provide service at the standard of care and how to minimize risk of lawsuits

## Course outline:

### Day 1:

<b>8:30am–9:30am</b>	<b>Introduction and Overview of Demographics:</b> <ul style="list-style-type: none"><li>• Suicide prevalence myths and facts, adolescents, adults and the elderly.</li><li>• The prevalence of suicide and the problem of stigma in underreporting.</li><li>• Suicide incidence in the United States since the COVID 19 pandemic</li></ul>
<b>9:30am-10:30am</b>	<b>History:</b> <ul style="list-style-type: none"><li>• Early suicide prevention and intervention practices and the development of suicide studies</li><li>• Definition of clinical suicidology and current suicidology trends</li><li>• AESCHI working group and the development of the patient-oriented approach</li></ul>
<b>10:30am-10:45am</b>	<b>Break (NON-CE)</b>
<b>10:45am-11:45am</b>	<b>High Risk Groups and Theories of Suicide</b> <ul style="list-style-type: none"><li>• Risk Factors</li><li>• Warning Signs</li><li>• Major Theories of Suicide</li><li>• Protective Factors</li></ul>
<b>11:45am-12:00pm</b>	<b>Q&amp;A and Evaluations</b>

### Day 2:

<b>8:30am–9:30am</b>	<b>Suicide and Assessment:</b> <ul style="list-style-type: none"><li>• Columbia Suicide Severity Rating Scale (C-SSRS, Posner) role play vignette</li><li>• Safety Plan (Brown and Stanley) vignette role play</li><li>• Collaborative Assessment and Management (CAMS) of Suicidality (Jobes) role play vignette</li></ul>
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<b>9:30am-10:30am</b>	<b>Evidence Based Treatments for Suicide and Management of the Suicidal Patient</b> <ul style="list-style-type: none"> <li>• Cognitive Behavioral Therapy for the suicidal client (Beck, Rudd, Bryant)</li> <li>• Dialectical Behavior Therapy (Linnehan)</li> <li>• CAMS (Jobes)</li> </ul>
<b>10:30am-10:45am</b>	<b>Break (NON-CE)</b>
<b>10:45am-11:45am</b>	<ul style="list-style-type: none"> <li>• ASK Model (Attitude, Skills, Knowledge) model for cultural diversity. Experiential exercise and practice recommendations that meet the standard of care and reduce liability</li> <li>• COVID-19 Implications for Suicide in Telehealth, Elderly, and additional Cultural Considerations</li> <li>• Prevention of Vicarious Trauma and self-care strategies</li> <li>• Resources and Apps for clients</li> </ul>
<b>11:45am-12:00pm</b>	<b>Q&amp;A and Evaluations</b>

**This course meets the qualifications for 6 continuing education units/credits/hours.**

**Continuing Education:** Course meets the qualifications for (6) hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Riverside University Health System-Behavioral Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. Riverside University Health System-Behavioral Health maintains responsibility for this program/course and its content.

CAMFT approved continuing education provider number: 100060

Provider approved by the California Board of Registered Nursing, Provider # CEP17400 for six (6) Contact Hours.

Provider approved by CCAPP-EI, Provider Number 1N-98-402-2021 for six (6) CEH'S.

Mailing address: Riverside University Health System-Behavioral Health (RUHS-BH), Workforce Education and Training (WET), 2085 Rustin Ave., Riverside, CA 92507.

**Requesting Continuing Education:** Participants interested in receiving continuing education credit or a certificate of participation should contact Manuel Pondivida via email at [MPondivida@ruhealth.org](mailto:MPondivida@ruhealth.org). Please include the following information in your email request: full name, title of training, and certification or license number. For in-person courses, continuing education certificates will be issued immediately after the completion of the course. For distance learning courses, continuing education certificates will be issued via email or by mail within five (5) business days after the completion of the course and receipt of required documentation.

**Attendance Policy:** Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants

must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

**Enrollment/Registration Policy:** RUHS-BH Staff should register for this course via COR Learning Management System (<http://corlearning.rc-hr.com/>). The enrollment deadline is three (3) calendar days prior to the course start date (excluding holidays and weekends).

**Cancellation and Refund Policy:** Registration must be cancelled on or before three (3) calendar days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

**Grievances:** Please contact training coordinator Taide Arias at [TArias@ruhealth.org](mailto:TArias@ruhealth.org) or 951-955-7265 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008). (2008).