



Suicide Risk Assessment & Prevention

Overview

Elevate BDG's Suicide Risk Assessment and Prevention workshop is intended to help professionals learn best practices for suicide risk assessment. Participants will become familiar with chronic and acute risk factors for suicide, protective factors for suicide, and how to formulate an overall level of suicide risk based on these factors. In addition, participants will learn when to screen for suicide risk, how to talk with individuals who may be suicidal to assess risk, and how to document the suicide risk assessment process. Finally, participants will learn how to make appropriate referrals for persons at risk for suicide.

Learning Objectives

- Understand the prevalence of suicide
- Increase confidence in discussing suicide with others
- Increase competence and confidence in the assessment and management of those at risk for suicide
- Develop and enhance skills to conduct a suicide risk assessment

Course Agenda

Module 1: Suicide...A Taboo Topic

- Are You Comfortable Directly Speaking to Someone About Suicide?
- Myths or Facts?

Module 2: A Look at the Numbers

- Suicide Statistics Among the Homeless
- Additional Statistics
- Reflection

Module 3: Key Components of a Suicide Risk Assessment

- 1. Assess Risk Factors

- General
- Social/Environmental Risk Factors
- Societal Risk Factors
- Scenario: Mr. D
- 2. Suicide Inquiry
 - Thoughts
 - Ideation
 - Plan
 - Intent
 - Access to Means

Module 4: Strategies and Techniques

- Assess Protective Factors
- Go with Your Gut
- What Not to Say
- Self-Harm Behaviors and Suicidality
- Skills Practice
- Bonus
 - Suicide Prevention Resources

Personal Action Plan