

# Multi-County Suicide Prevention

## Summit 2021

September 30, 2021

9:00am-5:00pm



Keynote from mental health advocate and suicide attempt survivor, Kelechi Ubozoh featured in "The S Word"

The Columbia Lighthouse Project presents the  
Columbia-Severity Suicide Rating Scale

**MENTal Health: A conversation about men's mental  
health & suicide prevention**

**Lived Experience Panel: A Better Crisis Experience**

**Breakouts on Safety Planning and Suicide Prevention Messaging**

**Register Here:**

<https://www.eventbrite.com/e/2021-multi-county-suicide-prevention-summit-tickets-166352020371>

For questions, contact Lisa Crossley at [lcrossley@fresnocountyca.gov](mailto:lcrossley@fresnocountyca.gov)

**Continuing Education Credits are Available!**

**All day training on Sept 30th will satisfy "New Requirement for Existing Licensees and Applicants for  
Licensure: Suicide Risk Assessment and Intervention."**

**The Summit is free thanks to the Mental Health Services Act, sponsorships, our community  
partners, and participating counties**



## Summary Description of Summit Workshops

**Workshop Session 1:** 9:15am-10:30am. This workshop will explore the unique insights offered by a suicide attempt survivor and share with providers how to connect and provide effective support in a time of crisis, with the goal of providing intervention at the least restrictive level.

**Workshop Session 2:** 10:45am - 12:00pm. Sharing experience across the lifespan, this panel discussion will explore the mental health needs of men, barriers to help seeking behaviors, and ways to outreach effectively to men who may need support. This workshop will be moderated by a licensed mental health clinician.

**Workshop Session 3:** 1:00pm - 2:30pm. The Columbia Lighthouse Project team will provide training on the proper use, scoring, efficacy in clinical settings, and interpretation of the Columbia Suicide Risk Assessment Scale.

**Workshop Session 4 (Option 1):** 2:30pm - 3:30pm. This workshop will define collaborative safety planning and explore the need for structured follow up, connecting the use of the Columbia-Suicide Severity Rating Scale to indicators for implementation of safety planning and structured follow up.

**Workshop Session 4 (Option 2):** 2:30pm - 3:30pm. Following current best practices and National Suicide Prevention Lifeline standards, this workshop will present multiple ways to create safe messaging and social media postings related to suicide and suicide prevention work.

**Workshop Session 5:** 3:45pm - 4:45pm. This session will explore various experiences and voices of lived experience of mental health crises and share insights into non-traditional ways to support and intervene effectively with individuals at risk. Systems collaboration and effectively utilizing natural supports in intervention work will be included. This panel discussion will be moderated by a licensed mental health clinician.

**Workshop Trainers:** Kelechi Ubozoh, Dr. Ashley Hart, Dr. Kelly Posner, Ellen Eggert, Stan Collins, and Meghan Boaz Alvarez.

**Date:** Thursday September 30, 2021

**Location:** Zoom

Please register for the training here: <https://www.eventbrite.com/e/2021-multi-county-suicide-prevention-summit-tickets-166352020371>

**CE Registration:** <https://sloco.wufoo.com/forms/m1b2z8wh037rcua/>

**Check-in:** 8:45

**Training Time:** 9:00-5:00

Lunch is 12:00pm to 1:00pm. No CE credits for lunch hour.

**Cost:** Thanks to a multi-county partnership and several sponsors, this training is free.

**Who should attend:** Open to the public including: Direct Care Staff, Crisis Line Workers, Clinicians, Counselors, Social Workers, Teachers, Law Enforcement, Support Staff, Agency Supervisors and Managers, and anyone who would like to learn more about effective suicide prevention and intervention.

**CE Credits:** 6 contact hours (BBS & BBN) PLEASE NOTE: NO PARTIAL CREDITS PROVIDED

## Learning Objectives

- 1) Identify two ways providers can provide effective support during a mental health crisis
- 2) Identify two ways natural supports (friend/family) can provide support during a mental health crisis
- 3) List three key factors that influence help seeking behaviors in men
- 4) Describe two marketing/outreach strategies for reaching males who do not traditionally present for treatment
- 5) Identify two settings appropriate for administering the Columbia-Suicide Severity Rating Scale
- 6) Describe at least two levels of intervention that may be indicated based on a C-SSRS score
- 7) List three key elements in safe, effective messaging regarding suicide
- 8) Describe two ways to compose safe, effective social media messaging related to suicide and suicide prevention
- 9) Identify the 7 safety planning components
- 10) Give two examples of how structured follow up support can be effectively provided
- 11) Identify at least three helping behaviors person's at risk found to be effective during a mental health crisis
- 12) Identify at least two behaviors that may be barriers to help seeking and effective crisis intervention during a mental health crisis.

## Registration & Accommodation Questions?

Contact: Lisa Crossley, [lcrossley@fresnocountyca.gov](mailto:lcrossley@fresnocountyca.gov), Fresno County Department of Behavioral Health

## CE Questions?

Contact: Caroline Johnson, [cmjohnson@co.slo.ca.us](mailto:cmjohnson@co.slo.ca.us) County of San Luis Obispo Behavioral Health Department

*County of San Luis Obispo Behavioral Health Department is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for behavioral health professional. County of San Luis Obispo Behavioral Health Department maintains responsibility for this program/course and its content.*

*Please allow 3 weeks for completion of training and evaluation to receive certificate. County of San Luis Obispo Behavioral Health Department - course meets the qualification for 6 hours of continuing education credit for MFTs, LPCCs, and/or LCSW as required by the California Board of Behavioral Sciences. Approval #55442. Provider approved by the California Board of Registered Nursing, Provider Number 1857 for up to 6 hours.*