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Safe Talk - CMHA Edmonton

Suicide Alertness for Everyone

Education

This 3 hour workshop alerts one to warning signs indicating risk of suicide.

The workshop emphasizes the importance of recognizing the signs, communicating with the person at risk and getting help or resources for the person at risk.

Learning Objectives

- Move beyond common tendencies to miss, dismiss, or avoid suicide
- Identify people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe) to connect a person with thoughts of suicide to suicide first aid intervention caregivers

Audience - (Ages 16+) - Participants can include but not limited to: parents and caregivers; family and friends; youth aged 16 or older; natural helpers and advisors; educators and ministers; health practitioners; justice, law enforcers, emergency workers, and community volunteers.”



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Question, Persuade, Refer (QPR)

Education

This three-hour training workshop teaches gatekeepers the warning signs of a suicide crisis, how to offer hope through positive action and ultimately, how to get help to save a life.

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The three basic steps for this training workshop include:

- Question – the individual's desire or intent regarding suicide;
- Persuade – the person to seek and accept help and support;
- Refer – the person to the appropriate resources.



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Applied Suicide Intervention Skills Training (ASIST) - CMHA Edmonton

Training

Attending this two-day course will train you to intervene with an individual who is suicidal.

Applied Suicide Intervention Skills Training (ASIST) is an intensive, interactive, and practice-dominated course designed to help caregivers recognize and review risk, and intervene to prevent the immediate risk of suicide. It is by far the most widely used, acclaimed and researched suicide intervention training workshop in the world.

Learning Objectives

- Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide
- Discuss suicide with a person at risk in a direct manner
- Identify risk alerts and develop a safe plan related to them
- Demonstrate the skills required to intervene with a person at risk of suicide
- List the types of resources available to a person at risk of suicide, including themselves
- Make a commitment to improving community resources and networking

Recognize that suicide prevention is broader than suicide intervention and, includes life promotion and self-care for persons at risk and for caregivers

Audience

Ages 18+ - Participants can include but not limited to: parents and caregivers; natural helpers and advisors; educators and ministers; health practitioners; justice, law enforcers, emergency workers, and community volunteers.



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AHS: Suicide Prevention is Everybody's Business

Training

This education session is a one day interactive professional development event providing practitioners the opportunity to deepen their understanding of suicide, its multifactorial nature, and practice integrating current suicide prevention methodology/knowledge into their existing practice.

Participants will:

- Increase general awareness of suicide and its impact in our schools, agencies and communities.
- Learn how to distinguish between a suicide threat and self-injury behavior.
- Explore common myths and risks associated with suicide, the Adverse Childhood Experience Study on suicide, barriers to people getting help including warning signs of suicide and strategies on how to effectively respond.
- Explore challenges related to working in the area of suicide prevention, challenges inherent to helping those in a suicidal state, and intervention strategies corresponding to these challenges.
- Explore the potential impacts of media on suicidal behavior and learn key awareness factors.
- Discuss and develop a specific set of strategies such as Suicide Safety Plans to support people who are experiencing suicidal ideation designed to decrease the risk of suicide and increase the likelihood that a client/patient will use their Safety Plan.
- Be provided the opportunity to focus on the area of postvention and helping those impacted by suicide to move forward. Postvention includes, addressing suicide contagion and those impacted by suicide or a suicide attempt.

This education is intended for professional practitioners and agency staff for the intention of expanding practice and offering applied learning opportunities.



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QPR Online Gatekeeper Training

Training

QPR offers extended learning opportunities for professions which are especially likely to come into contact with individuals who are in-crisis or suicidal.

Key components covered in the training:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

This education is intended for professional practitioners and agency staff for the intention of expanding practice and offering applied learning opportunities.



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Counseling on Access to Lethal Means

Training

Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies.

This course is about how to reduce access to the methods people use to kill themselves. It covers who needs lethal means counseling and how to work with people at risk for suicide—and their families—to reduce access.

After completing this course you will be able to:

- Explain that reducing access to lethal means is an evidence-based strategy for suicide prevention.
- Explain how reducing access to lethal means can prevent suicide.
- Identify clients for whom lethal means counseling is appropriate.
- Describe strategies for raising the topic of lethal means, and feel more comfortable and competent applying these strategies with clients.
- Advise clients on specific off-site and in-home secure storage options for firearms and strategies to limit access to dangerous medications.
- Work with your clients and their families to develop a specific plan to reduce access to lethal means and follow up on the plan over time.

While this course is primarily designed for mental health professionals, others who work with people at risk for suicide, such as health care providers and social service professionals, may also benefit. This course can be completed in approximately two hours. You do not have to complete the course in one session. You can exit the course at any time and return later to the place where you left off.



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Trauma Informed Care

Training

This two-day introductory training acknowledges the prevalence and significant impact of trauma in an individual's life and aims to inform service providers how to apply a trauma-informed lens to their current practice.

This workshop will define and describe the six main trauma-informed principles outlined in the literature and will focus on how to translate these principles into practice.

By the end of this workshop, participants will be able to:

- Define trauma and understand the different types of trauma
- Identify the signs and symptoms of trauma
- Understand the impacts and effects of trauma
- Define and understand trauma-informed practice
- Identify the main principles of trauma-informed practice
- Understand how to implement trauma-informed principles at the organizational, personal and practice level
- Reflect on how this knowledge fits into your current work
- Recognize the impact working with trauma can have on a practitioner and understand the importance of self-care and reflective practice



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Mental Health First Aid (Basic Course)

Training

The Mental Health First Aid (MHFA) training course was developed to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis. MHFA Canada teaches mental health first aid skills.

The course does not train people to be therapists, counselors, or mental health professionals. The philosophy behind MHFA Canada is that mental health crisis, such as suicidal and self-harming actions, may be avoided through early intervention. If a crisis does arise, then members of the public can take action that may reduce the harm that could result.

The MHFA Canada program aims to improve mental health literacy and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend, or a colleague. MHFA Canada is a 12-hour training course delivered in four modules of three hours each. Participants will learn how to provide initial help to people who are showing signs of a mental health problem or experiencing a mental health crisis.

It does teach people how to:

- Recognize the signs and symptoms of mental health problems.
- Provide initial help.
- Guide a person towards appropriate professional help.