

SUICIDE ASSESSMENT, TREATMENT, & COLLABORATIVE MANAGEMENT FOR HEALTH PROFESSIONALS

PROGRAM/LECTURE

Morning Session: 8:30 AM to 10:00 AM

- Procedures, Schedule Overview, Developer and Trainer Expertise.
- Local Data.
- Suicide Risk Assessment.
- The Data, Field of Suicidology, and Risk Assessment.
- How to Structure an Assessment Interview.
- How to Understand the Level of Risk.
- Skills Practice Exercise #1.

Break (15 minutes) First Break: 10:00 AM to 10:15 AM

Mid-Morning Session: 10:15 AM to 11:30 AM

- Suicide Risk Assessment Continued.
- Appropriate Actions for Different Levels of Risk.
- Documentation; HIPAA & Info Sharing; Legal Cases.
- Treatment/Management of Risk.
- Available Evidence-Based Treatments.
- Safety Planning Strategies Including Engagement of Supportive Third Parties and Reducing Access to Lethal Means; Continuity of Care.
- Skills Practice Exercise #2.

Lunch: 11:30 AM to 12:30 PM

Afternoon Session: 12:30 PM to 2:00 PM

- Treatment and Management of Suicidal Risk.
- Suicide Among Veterans.
- Population-Specific Data.
- Population-Specific Risk and Protective Factors.
- Population-Specific Intervention Strategies.
- Suicide Risk Patterns Among Incarcerated.
- Specific Risk Patterns for Suicide Among the Incarcerated.
- Applying Three Step Theory to Reduce Risk Among Incarcerated.
- Borderline Personality Disorder.
- Diagnosis.
- Suicide Risk Data.
- Harm Mitigation.
- How to Recognize and Assess Non-Suicidal Self-Injury and Other Self-Injurious Behaviors and Assess Intent.
- Common Means, Lethality and Impulsivity; Screening for and Limiting Access to Lethal Means Prevents Suicide.
- Reduce Risk of Imminent Harm & Referrals.
- Suicide Postvention & Reducing Risk of Suicide Contagion.

Break (15 minutes): 2:00 PM to 2:15 PM

Mid-Afternoon Session: 2:15 PM to 4:00 PM

- Skills Practice Exercise #3.
- Questions, Answers, Course Quiz Review, Evaluation.

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) describe suicide risk assessment including how to structure an assessment interview, understand risk level, and take appropriate actions based on risk level and best practice.
- 2) identify important elements of appropriate documentation for risk assessment.
- 3) discuss treatment and management of suicidal risk including evidence-based treatments with data from the past four years, safety planning, and continuity of care.
- 4) discuss suicide among veterans, including population-specific data, risk/protective factors, and intervention strategies.
- 5) describe importance of sensitivity to the client population we are discussing and the role of lived experience of survivors.
- 6) describe the implications of content learned in this course for nursing, dentistry, mental health, and other health care professions.

INSTRUCTOR

Dr. Samara C. Kezele Fritchman (LMHC, EJD, PhD) is a Washington State-licensed mental health counselor (LMHC), a national certified counselor (NCC) through NBCC (National Board for Certified Counselors), a Certified Employee Assistance Professional (CEAP), and a Critical Incident Responder as a Certified Clinical Trauma Professional.

Dr. Fritchman holds a doctoral degree (PhD) in educational psychology and an executive juris doctorate (EJD: a law degree for those individuals who do not intend to become practicing attorney) from Columbus University. In addition, she obtained a master's degree in counseling psychology from St. Martin's College, and has been in private practice for 30 years. In her professional career, Samara has provided consulting, counseling, and professional-development services. She has over 40 years of experience working with all levels of staff, spanning a variety of job classifications, ethnic backgrounds, and educational levels within a wide variety of industries providing consulting, counseling, and professional development services. Dr. Fritchman currently provides tele-therapy for Employee Assistant Programs (EAP).

Dr. Fritchman is the presenter of several INR programs: "Ethics/Legal Issues for Mental Health Professionals," "Suicide Assessment, Treatment & Management, and Collaborative Management with Health Professionals," and "Diversity and Cultural Competence." Samara's presentations are derived from her work with complex clients. Samara's "Ethics" program is one of the longest-running national ethics seminars in the United States. Samara's use of humor, relevant examples, and the ability to elicit lively audience interactions help make a tough subject fun and the day fly by.