





# Recommended Suicide Prevention Trainings for the Workforce

maximizing [OHA-sponsored training available at low or no cost](#)

For providers named in HB2315 (2021)

Provider Role	Which training?	Training Description	Level	Contact information
Anyone with client contact	 Question, Persuade, Refer	A 1.5 hour virtual or in-person training program for anyone ages 16+ that teaches three easy steps to identify signs someone is thinking about suicide and how to connect them to help. Generally no cost to participant. AVAILABLE VIRTUALLY.	Basic	<a href="#">Find publicly available virtual trainings at no cost here.</a> Typically 2 are offered each month.  Find an in-person trainer in your area by contacting Crystal Larson 503.244.5211 <a href="mailto:qpr@linesforlife.org">qpr@linesforlife.org</a>
Anyone with client contact	Counseling on Access to Lethal Means (CALM)	A 2 hour training available on-demand online free of charge. Designed to equip participants to help someone who expresses suicide ideation create physical safety for potential lethal means.  AVAILABLE VIRTUALLY.	Basic	Online on-demand <a href="#">here</a>  For information about limited availability of in-person training in Oregon: <a href="mailto:kbifulco@aocmhp.org">kbifulco@aocmhp.org</a>
Anyone with client contact	 (MHFA)	A broad overview one-day training on recognizing the early signs of mental illness, mental health problems, and substance use. Options for youth or adult focus. Cost ranges from no cost to \$75 depending on sponsorship. AVAILABLE VIRTUALLY.	Basic/ Intermediate	<a href="#">Find a training in your area here</a> Or by contacting Maria Pos 503.399.7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>
Anyone with client contact	 Applied Suicide Intervention Skills Training	An in-depth, two-day workshop designed for anyone ages 16+ to learn to provide skilled screening and basic safety planning. Cost is typically around \$250 depending on sponsorship. NOT AVAILABLE VIRTUALLY. (4-hour “tune-up” course is available following completion of full training.)	Intermediate	<a href="#">Find a training in your area here</a> Or by contacting Tim Glascock 503.367.3754 <a href="mailto:tglascock@aocmhp.org">tglascock@aocmhp.org</a>
Anyone involved in providing care or coordinating services after a suicide death	 Postvention	An in-person, half-day postvention training teaching adult service providers best practices to respond in a coordinated way in the aftermath of a suicide. Generally no cost to participant. AVAILABLE VIRTUALLY.	Intermediate	Contact Kris Bifulco 203.231.3619 <a href="mailto:kbifulco@aocmhp.org">kbifulco@aocmhp.org</a>

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Those who do risk assessment and safety planning	<a href="#">Youth Suicide Assessments in Various Environments</a> 	An in-depth, equity-centered 9-hour workshop designed for advanced mental health staff to learn to provide skilled intervention and safety planning in virtual, hybrid, and in-person spaces. Cost ranges depending on sponsorship.	Intermediate/Advanced	<a href="#">Trainings can be found here</a>
Those who do risk assessment and safety planning	<b>AMSR (Assessing Managing Suicide Risk)</b>	6.5 hour training in the latest research-informed suicide risk assessment and risk formulation designed for health and behavioral health care professionals working in a variety of settings. AVAILABLE VIRTUALLY.	Intermediate / Advanced	Current trainings nationally are listed <a href="#">here</a> .  Limited OHA sponsored training spots in Oregon:  Maria Pos 503.399.7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>
Those who provide treatment, skills training, or therapy	<b>Collaborative Assessment and Management of Suicidality (CAMS)</b>	“Therapeutic framework for suicide-specific assessment and treatment of a patient’s suicidal risk;” “A flexible approach that can be used across theoretical orientations and disciplines for a wide range of suicidal patients across treatment settings and different treatment modalities.” AVAILABLE VIRTUALLY.	Advanced	Various online training modules for a fee <a href="#">here</a> .  Limited OHA sponsored training spots:  Maria Pos 503.399.7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>
Those who provide treatment, skills training, or therapy	<b>Cognitive Behavioral Therapy for Suicide Prevention (CBT – SP)</b>	3 day training  CBT-SP is a cognitive-behavioral psychotherapy program designed for patients who have previously attempted or thought of suicide.  AVAILABLE VIRTUALLY.	Advanced	Limited OHA sponsored training spots:  Maria Pos 503.399.7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>
Those who provide treatment, skills training, or therapy	<b>ABFT (Attachment-Based Family Therapy)</b>	This is an empirically informed family therapy model specifically designed to target family and individual processes associated with adolescent suicide and depression. This is a 3-day virtual workshop in two parts.	Advanced	Limited OHA sponsored training spots:  Maria Pos 503.399.7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>

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Those who provide treatment, skills training, or therapy	<b>DBT – Skills and Suicide Prevention (Dialectical Behavioral Therapy)</b>	Five-Day training to include DBT Skills and detailed focus on suicide assessment/prevention/ intervention. This is a highly efficacious treatment developed for multi-diagnostic, severely disordered individuals with borderline personality disorder and other problems of emotion dysregulation.	Advanced	Limited OHA sponsored training spots:  Maria Pos 503.399.7201 mpos@aocmhp.org
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Note: These trainings are sponsored in part or in full by the Oregon Health Authority. For a longer list of suicide prevention continuing education courses, visit [this](#) page.