

# ZERO SUICIDE WEBINAR SERIES

All webinars are 1.5 hours, 10:30 am – 12:00 pm

This 6-week series offered under funding from the Vermont Department of Mental Health in January – February 2019 is designed for teams from health care, mental health organizations, primary care and hospitals interested in implementing Zero Suicide. This series will prepare staff in positions to oversee, lead or manage a Zero Suicide initiative. Each webinar topic builds on the next so participants are encouraged to attend all webinars. The webinar series will be followed up by a Zero Suicide Skills Institute planned for April, 2019 for clinical teams.

## Structure of Each Webinar:

- Basic Overview of topic including evidence-based approach and technical skills
- Description of experience using the tool, engaging in the strategy, addressing challenges and opportunities
- Interactive Q&A and Discussion

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## 1 INTRODUCTION TO *UMATTER* SUICIDE PREVENTION GATEKEEPER TRAINING

January 9, 2019

### Participants will be introduced to:

1. Responses to suicidality by identifying signs and symptoms of suicide, risk and protective factors, profession-specific roles, responsibilities, and protocols
2. Ways to identify when and how to refer an individual for more help
3. Profession-specific prevention and postvention protocols for local adaptation

## 2 ZERO SUICIDE OVERVIEW

January 16, 2019

### Participants will learn:

1. The seven essential elements of Zero Suicide
2. The origins of the Zero Suicide approach
3. About Vermont Zero Suicide Initiatives
4. Zero Suicide Resources for Health Care

## 3 USING THE ZERO SUICIDE ORGANIZATIONAL SELF-ASSESSMENT

January 23, 2019

### Participants will:

1. Be able to identify the main components necessary to conduct the self-assessment
2. Recognize the elements of the Zero Suicide self-assessment rating guide
3. Feel confident in taking the first steps to launch an OSA and know where to find more resources

## 4 IMPLEMENTING THE ZERO SUICIDE WORKFORCE DEVELOPMENT SURVEY

January 30, 2019

### Participants will:

1. Be able to identify topical areas of Zero Suicide identified in the WFD Survey
2. Identify the steps necessary to administer the Workforce Development Survey in their organization
3. Learn how to plan communications, roll-out, and review of the Workforce Survey and Results

## 5 IDENTIFICATION, ASSESSMENT, AND TREATMENT OF SUICIDALITY

February 6, 2019

### Participants will:

1. Learn the Zero Suicide standard of care in screening for and assessing suicide risk
2. Identify barriers to consistent screening and risk assessment
3. Be able to describe two or more screening tools used in health care settings
4. Recognize evidence-based interventions and treatment strategies

## 6 FOLLOW UP AND CARE COORDINATION

February 13, 2019

### Participants will:

1. Be able to describe the 6 levels of care for the Stepped Care Model
2. Recognize core safe care transition practices for patients with suicidality
3. Identify tools and resources to help their organizations improve safe care transition practices

## ZERO SUICIDE SKILLS TRAINING INSTITUTE APRIL 2019

The webinar series will be followed by an in-person Zero Suicide Skills Institute planned for April, 2019 and will provide more in-depth information about Zero Suicide principles and practices for clinical teams, focused on Screening, Assessment, Treatment and Follow Up. This will include workshops on the use of the Columbia Suicide Severity Rating Scale (CSSRS), Collaborative Assessment for the Management of Suicide (CAMS), Counseling About Lethal Means (CALM), and Follow Up protocols. More details to come.



A program of the Center for Health and Learning,  
under advisement of the  
VT Suicide Prevention Coalition