

CALM and CAMS-care Training Information Updated 3/16/21
Offered under funding for Zero Suicide from the VT Department of Mental Health
Administered by the Center for Health and Learning (CHL)

For more information about training implementation within your agency, contact your Zero Suicide Coordinator.

CHL Contact: Kirk Postlewaite, Sr. Program Specialist, kirk@healthandlearning.org

I. CALM 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

Course Length: 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.

Certificate of Completion: To receive a certificate of completion, you must do the following through the online course: complete each lesson, pass the posttest (passing score is 80% or higher), and answer the feedback survey questions. You can earn a certificate of completion once per year. Two (2) CE hours can be obtained for the following professions by submitting your certificate to the VT Office of Professional Regulation:

- **Alcohol and Drug Abuse Counselors** - Apprentice Addiction Professionals (AAPs), Alcohol & Drug Counselors (ADCs), and Licensed Alcohol and Drug Counselors (LADCs)
- **Allied Mental Health** - Clinical Mental Health Counselors, Certified Marriage and Family Therapists
- **Psychologists,**
- **Social Workers**
- (No licensed and non-certified psychotherapists)

Access the Vermont Office of Professional Regulation [HERE](#)

How to Access the CALM Course: Participants can access the course [HERE](#)



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www.healthandlearning.org • www.vtspc.org

II. CAMS Online Video Course

This 3-hour Online Video Course provides an engaging demonstration of the CAMS model presented by the creator of CAMS, Dr. David A. Jobes. The training experience combines didactic presentations by Dr. Jobes as he introduces an unscripted clinical demonstration of the use of CAMS with a patient through the course of 12 sessions of the CAMS Framework®. The sessions capture the importance of the collaborative process essential to CAMS Assessment® and CAMS Treatment® while also highlighting the challenges that clinicians often encounter when working with suicidal patients. Includes:

- Unscripted clinical demonstration of the use of CAMS with a patient over 12 sessions
- Demonstration of techniques to reduce access to lethal means
- Identification of direct and indirect drivers of suicide
- Development of a viable CAMS Stabilization Plan
- Creation of a collaborative CAMS Treatment Plan
- How to carry out a set-back session and resolution

3 CE credits available. Participants must complete the full online course and pass the CE test with at least a 76% in order to receive their credits. *Available only to those for whom a CEU course was purchased.*

How to Access the Course:

1. Site Coordinators will identify participants within each training cohort, indicating # desiring a CEU course and # desiring a non-CEU course.
2. Site Coordinators will submit list of participants to the Center for Health and Learning (CHL).
3. CHL will register participants on the CAMS-care site.
4. After participants are registered by CHL, participants will receive an email from CAMS-care with access instructions.

III. CAMS Book – Managing Suicidal Risk: A Collaborative Approach, 2nd Edition

This extensively revised 2nd edition provides a proven therapeutic framework for evaluating suicidal risk and developing and implementing a suicide-specific treatment plan that is respectful, empathic, and empowering. In addition to their clinical utility, the procedures and documentation that are used for assessment, treatment, and progress monitoring within CAMS should help reduce the risk of malpractice liability.

In a large-size format for easy photocopying, the book includes all needed reproducible tools for implementing CAMS, including the Suicide Status Form-4. Purchasers also get access to a Web page where they can download and print the reproducible materials.

It is the only authorized book about CAMS and a component of training in order to attain adherence in the CAMS model. Users who have read and understood the book can purchase the option to earn 6 CE credits if they complete the associated CE test. Additional \$49 for CE credit (CE credits not covered under funding). Includes:

- Fully revised with a greater focus on CAMS as a framework for clinical intervention-not just assessment.
- In-depth case example followed throughout the book.
- Describes innovations to the approach, such as how to target and treat patient-defined “suicidal drivers.
- Additional reproducibles (CAMS Therapeutic Worksheet and CAMS Rating Scale), plus a new version of the Suicide Status Form.



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How to Acquire the Book:

1. Site Coordinators will identify type of book desired for each participant when submitting their registration lists to CHL (paperback or e-Book).
2. CHL will purchase a book for each participant.
3. Paperback books will be ordered and delivered to Site Coordinators or shipped directly to participants. For e-Books, CHL will email participants a download link.
4. Cost for CE credits for book (not covered under funding) can be purchased by participants at the CAMS-care website [HERE](#)

Clinicians who have purchased the book (or received the book through the Zero Suicide funding) and click through an [online license agreement](#) can access the Suicide Status Form and the CAMS Therapeutic Worksheet as fillable PDFs for use in telehealth. Currently, the book is used as a resource - not required readings for the consult calls.

IV. CAMS Online Role-Play Training: Immersive Online Experience in the Use of CAMS

This model provides an effective immersive experience in the use of standard CAMS. There are ample opportunities for group discussion and Q&As. Attendees invariably report that the larger group discussions are useful in providing effective strategies for challenging clinical issues, sharing different techniques and tactics, and consideration of systems-level issues that may occur when implementing CAMS into routine clinical use. While suicide is a serious topic, experienced and talented CAMS-care trainers bring clinical wisdom, insight, and humor to the training experience. As our trainers demonstrate the clinician's role in live unscripted role-play demonstrations, there is a shared sense of mutual and collaborative learning that most participants find rewarding, supportive, and even inspiring as the entire training group endeavors to learn how to save lives using CAMS-guided care.

By the end of this training, participants should be fully prepared to start using CAMS and the Suicide Status Form with suicidal patients. To support optimal clinical outcomes, participation in a series of CAMS-care Consultation Calls is highly recommended subsequent to completion of the Practical Role-Play Training.

- 7 CE credit hours approved by APA, NBCC and NASW (available at additional cost of \$45 per person)
- Online class – no more than 50 participants per training
- Interactive exercises to practice using CAMS
- Demonstrations of the use of CAMS in live unscripted role plays including Telepsychology
- Group discussions to strategize challenging case presentations, different techniques and tactics, and application to specific patient populations
- Recommendations for implementation in systems of care
- Opportunity for one on one questions with trainers
- Demonstrations on using the Suicide Status Form and creating medical records

How to Register: Register on CAMS-care website [HERE](#) using code VT20 (available through 6/20/21 only). Note: Time of training is Central Time. **Upcoming training dates: 5/21/21, 6/18/21.**



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After attending the Role Play Training, participants will receive an email from CAMS-care with a survey which contains a link to purchase the 7 hours of credits.

V. CAMS Consultation Calls

CAMS Consultation Calls are hour-long phone meetings for clinicians who have completed either the CAMS Book and/or CAMS Online Video Course and/or CAMS Practical Role-Play Training. During the calls, CAMS expert trainers will answer questions that arise for clinicians as they begin using CAMS with their patients. Participating agencies are expected to sign up for and present one case during each Consultation Call session.

Questions typically range from identifying when to use CAMS, how to maintain pace through the initial session, creating an effective CAMS Stabilization Plan, identifying drivers of suicide, introducing the CAMS Therapeutic Worksheet, maintaining focus of treatment on drivers, and techniques for treating drivers. Case presentations are encouraged as an additional method to increase clinician's knowledge base.

- Expert consultants answer questions that arise as providers use CAMS with patients
- Case presentations with suggestions and feedback
- Tips and strategies for addressing access to lethal means
- Specific coping strategies and treatment modalities for treating suicidal drivers
- How to address set-backs and maintain a collaborative approach

Participants within each training cohort must participate in 4 of 6 consult calls. CE credits are currently not available for the consultation calls.

How to Access the Consultation Calls: Participants in the CAMS training cohort are automatically enrolled in and expected to attend a minimum of 4 out of 6 Consultation Calls. A separate schedule of consultation calls, along with Zoom connection information, will be provided to the Zero Suicide Site Coordinator for distribution to their participants.

VI. OPTIONAL: CAMS OVERVIEW WEBINAR

This one-hour webinar is designed for administrators or others who are interested in learning more about the CAMS Training Framework. A CAMS-care Consultant will provide an introduction to Evidence-Based, Suicide-Specific Assessment and Intervention.

- Approaching Suicide-Specific Risk Assessment
- Options For (and Challenges To) Suicide-Specific Intervention
- CAMS as One Possible "Solution"

How to Register: Next offering: April 19, 2021 – 12:00 – 1:00 pm. Register [here](#)



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VII. CE Credits for CALM/CAMS-care TRAINING COMPONENTS

Information on availability and costs of CE Credits for each of the CALM/CAMS-care training components is provided in the chart below:

CONTINUING EDUCATION CREDITS/HOURS BY TRAINING COMPONENT				
Training Component	CE Hours	Cost and Where to Access	Cost Covered By:	
			DMH ZS Project	Participant
CALM Training	2 hours approved by VT Office of Professional Regulation (see approved professions under CALM description above)	No cost Download Certificate of Completion after taking CALM course. Access VT Office of Professional Regulation online services here	N/A	N/A
CAMS Online Video Course	3 hours	\$36.00 Provided to participant after successful completion of CAMS-care test (only if a CEU course was purchased for participant- indicated on Registration form sent to CHL).	X	
CAMS Book/Manual	6 credits Optional - Users who have read and understood the book can purchase, for an additional fee, 6 CE credits if they complete the associated CE test.	\$49.00 The cost of the book purchase is covered by project funding. CE credits for book can be purchased separately by participants at the CAMS-care website HERE		X
CAMS Online Role-Play Training	7 hours approved by APA and NASW	\$45.00 If CE hours desired, cost of CE hours covered by participant. Each attendee will receive an email from CAMS-care post training to complete a survey which contains a link to purchase the 7 CEs.		X
CAMS Consult Calls	CE hours/credits currently not available.	N/A	N/A	N/A
Optional CAMS Overview Webinar	CE hours/credits currently not available.	N/A	N/A	N/A