

Suicide Prevention Web-based Training Resources

To facilitate the learning of DMHAS staff in suicide screening, assessment and counseling access to lethal means, the following approved self-guided, web-based training resources are available. Please refer to your local administrator for policy and protocol application.

Upon completion of each course, submit your certificate to Richard.Fisher@ct.gov and the training will be added to your DMHAS transcript.

The Columbia-Suicide Severity Rating Scale (C-SSRS) Training

<https://secure.trainingcampus.net/uas/modules/trees/windex.aspx?rx=c-ssrs.trainingcampus.net>
(Columbia Lighthouse Project, 2020)

The Columbia-Suicide Severity Rating Scale (C-SSRS) supports suicide risk assessment through a series of simple, plain-language questions that anyone can ask. The answers help users identify whether someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support that the person needs.

Learning Objectives: Once you have completed this course you will be able to determine:

- Whether and when a patient/client has thought about suicide (ideation)
- What actions they have taken — and when — to prepare for suicide
- Whether and when they attempted suicide or began a suicide attempt that was either interrupted by another person or stopped of their own volition

The Counseling Access to Lethal Means Training

<https://zerosuicidetraining.edc.org/enrol/index.php?id=20>
(Suicide Prevention Resources Center, 2020)

Access to lethal means can determine whether a person who is suicidal lives or dies. This course explains why means restriction is an important part of a comprehensive approach to suicide prevention. It will teach you how to ask suicidal patients/clients about their access to lethal means, and work with them and their families to reduce their access.

Learning Objectives: Once you have completed this course you will be able to:

1. Explain why reducing access to lethal means is an effective way of saving lives.
2. Describe the role of impulsivity, ambivalence, and differing lethality of methods in contributing to suicide deaths and attempts.
3. Describe how counseling on access to lethal means fits into suicide prevention counseling.
4. Ask your patients/clients about their access to lethal means.
5. Work with your patients/clients on reducing access to lethal means, particularly firearms and medications, including:
 - Communicate effectively with your patients/clients about this issue.
 - Set goals for reducing access and develop a plan that is acceptable to both you and your patients/clients.

For additional suicide prevention information, including health and behavioral health system resources, training, data, free materials, etc. please visit www.preventsuicidect.org .

In a crisis call 211 or 1-800-273-8255 (TALK), or text “CT” to 741741.

In an emergency call or text 911.