



Speakers' Bureau Details

Question, Persuade, and Refer (QPR) Gatekeeper Training: Training on warning signs of suicide and connecting an individual at-risk with appropriate resources.

- Duration: 1.5 hours
- Cost: Free
- Audience: Adults

Conversations on Access to Lethal Means: Conversations on Access to Lethal Means is a suicide prevention training that encourages safe storage of lethal means during a suicidal crisis. By temporarily putting time and distance between a suicidal person and highly lethal means, a life may be saved.

- Duration: 3 hours
- Cost: Free
- Audience: Adults

Mental Health First Aid: Utilizing a five-step action plan, participants learn to assess for risk of suicide or harm, listen nonjudgmentally, give reassurance and information, encourage appropriate professional help, and encourage self-help and other support strategies. Participants also receive detailed information regarding local providers, community services and national resources available for support and recovery. This training offers virtual and in person options.

- Duration: 8 hours
- Cost: Free
- Audience: Adults, adults serving youth

Star Behavioral Health Program: This program is a 3-tier training to help healthcare professional better understand and serve veterans, service members, and their families as clients. Tier 1: Military Culture and deployment cycle. Tier 2: Issues commonly associated with military service. Tier 3: Clinical skills on behavioral health issues such as Post Traumatic Stress Disorder, Traumatic Brain Injury, and suicide.

- Duration: 7 to 14 hours per Tier
- Cost: Free
- Audience: Mental health providers, Healthcare providers

Means Safety Counseling (MSC) for Suicide Prevention: Means safety counseling, also referred to as means restriction counseling, entails assessing whether an individual at risk for suicide has access to a firearm or other lethal means for suicide, and working with the individual and their support system to limit their access to these means until suicide risk has declined. This training will provide an overview of means safety counseling with acutely suicidal patients and provide practical suggestions and tips for navigating conversations about safety with high-risk patients.

- Duration: 2 hours
- Cost: Free
- Audience: Adults

Brief Cognitive Behavioral Therapy (BCBT) Suicide Prevention Workshops: BCBT workshops include Crisis Response Plan training and trainees receive a BCBT manual and Crisis Response Plan pocketbook. Continuing education is available.

- Duration: 2 days
- Cost: Yes
- Audience: Licensed mental health professionals

Counseling on Access to Lethal Means: Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies. This free online course focuses on how to reduce access to the methods people use to kill themselves. It covers how to: (1) identify people who could benefit from lethal means counseling, (2) ask about their access to lethal methods, and (3) work with them—and their families—to reduce access.

- Duration: 2 hours
- Cost: Free
- Audience: mental health professionals, others who work with people at risk for suicide, like social service professionals and health care providers

Crisis Response Plan (CRP) for Suicide Prevention Workshops: Learn how to develop a customized crisis plan for individuals that incorporates reasons for living. Demonstrations and skills practice via role play with an approved trainer and consultant is included along with a Crisis Response Plan pocketbook. Continuing education is also available.

- Duration: 6 ½ hours
- Cost: Yes
- Audience: Mental health professionals, peer specialists, teachers, and first responders

Operation S.A.V.E.: Training for veterans and those who serve veterans on identifying veterans who may be at risk for suicide and referring them to services. Optional role-playing exercises are included.

- Duration: 1 hour
- Cost: Free
- Audience: Veterans & those who serve veterans

Loss Survivor Speaker: Trained speaker who can share about their suicide loss journey with a safe and hopeful message.

- Duration: TBD
- Cost: Free
- Audience: Adults

Supporting Loss Survivors: Interactive training and discussion on how to support people impacted by a suicide.

- Duration: 1 hour
- Cost: Free
- Audience: Adults

Suicide Prevention Trusted Adults: This training is geared towards agencies that work with youth such as camps, clubs, parks & rec, coaches, mentors, etc.

- Duration: 90 minutes
- Cost: Free
- Audience: Adults

Youth Suicide Prevention for First Responders - Gatekeepers on the Front Lines: Training that supports First Responders with suicide prevention in youth.

- Duration: 90 minutes
- Cost: Free
- Audience: First Responders

Suicide Prevention for Foster and Adoption Caregivers: This training supports foster and adoption caregivers with suicide prevention. Children in foster and adoption care systems are at even higher risk due to the likelihood of adverse childhood experiences. When care providers know how to respond to suicide risk lives are saved.

- Duration: 1 hour
- Cost: Free
- Audience: Adults

Prevention and Trauma Informed Care Training: A combination suicide prevention and trauma informed care training for youth serving organizations.

- Duration: 90 minutes
- Cost: Free
- Audience: Adults; Youth serving organizations

Preparing to Launch and Navigating Mental Health Concerns of our Youth: Suicide Prevention for Teens and Families during the Transition into Adulthood. As a family member, it can be difficult to shift in how to support teens as they become more independent and legally autonomous. Whether that is a teen going off to college or starting a career, assisting the teen in recognizing when and how to reach out for help when they or a friend is struggling with depression or suicidal thoughts is just as important as when they lived at home.

- Duration: 90 minutes
- Cost: Free
- Audience: Adults, Caregivers

Suicide Prevention for Black Youth: Attendees will learn about suicide among Black youth, including statistics and population-specific risk factors, as well as suicide prevention strategies and interventions, including the role of a trusted adult.

- Duration: 1 hour
- Cost: Free
- Audience: Clinicians, Community Members, Caregivers

Suicide Prevention in Faith-Based Communities: Faith-based communities play a central support role in many communities. Faith-based communities have the potential to play a large role in bridging the gap between religious teachings and critical mental health messages.

- Duration: 1 hour
- Cost: Free
- Audience: Adults

Suicide Prevention with LGBTQ+ Youth: This training has been developed to specifically address the challenges and concerns of LGBTQ+ youth in relation to suicide prevention.

- Duration: 1 hour
- Cost: Free
- Audience: Adults

Talking with Your Child about Mental Health: Caregiver presentations for clubs and other groups. This training can be used in conjunction with youth presentations at camps, clubs, summer programs or sports programs.

- Duration: 1 hour
- Cost: Free
- Audience: Caregivers; Youth serving organizations

Caregiver Training in Spanish: In this training, caregivers are introduced to an overview of the topic of suicide prevention in Latinx youth.

- Duration: 1 hour
- Cost: Free
- Audience: Caregivers

Postvention in Schools: After a suicide death occurs, there are interventions that can mitigate the effects to prevent further loss and support those grieving. This is called postvention.

- Duration: 1 hour
- Cost: Free
- Audience: School Staff Members