

# Suicide Prevention Programs

## Promoted by and/or Implemented by Arkansas Department of Health

The Arkansas Department of Health, Suicide Prevention Program is working to provide educational programs that encourage people from all walks of life to become knowledgeable about suicide prevention. While the program is not a crisis center or hotline, we are here to promote the right programs for your particular needs. Below is a list of the programs we are currently promoting and/or implementing. **If you would like more information about any of these educational programs, such as how to schedule one in your area, please call 501-683-0707.**

- ❖ **National Suicide Prevention Lifeline**—1-800-273-TALK or <http://www.suicidepreventionlifeline.org/> are the places to go for **those who are in immediate crisis**. The line is answered 24/7, and has a separate line for veterans who are in crisis. This is a national lifeline so it can be answered anywhere in the US. We encourage anyone in crisis, regardless of whether or not they are having suicidal feelings to call this number.
- ❖ **Arkansas Suicide Prevention Website**-- This website is to provide a place where all Arkansans can learn about events across the state, statistics on suicide, laws and policies, organizations in Arkansas, news in relation to suicide and suicide prevention efforts, resources to help those in need or crisis, and training opportunities that are offered. [www.ARSuicidePrevention.org](http://www.ARSuicidePrevention.org)
- ❖ **SafeTALK**--Is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. This program is excellent for anyone who wishes to have basic knowledge of suicide prevention, and it can be a good first class to take in preparation for future, more intense training. We especially recommend it to those in law enforcement, and all first responders. <https://www.livingworks.net/programs/safetalk/>
- ❖ **Applied Suicide Intervention Skills Training (ASIST)**--Is for everyone 16 or older—regardless of prior experience—who wants to be able to provide suicide first aid. The ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community. This is an intensive 2 day workshop that provides detailed instruction on suicide interventions with someone who is immediately in crisis. We recommend this for anyone who might encounter youth who could be in crisis. This could include police, first responders, teachers, administrators, or any trusted adult. <https://www.livingworks.net/programs/asist/>
- ❖ **KOGNITO K-12**-- Is an online interactive training that people can do at their leisure. It takes participants through simulations with people who are displaying suicidal behaviors and gives them options on how to handle those scenarios. We will have modules for elementary, intermediate, and high school educators. There is a student module, one for those working with the LGBT community, and a module for children of military families. <https://www.kognito.com/>
- ❖ **Signs of Suicide (SOS)**—Is a comprehensive training program that comes in one kit. It includes screening tools, videos, and information on handling a suicide after the fact. The SOS Signs of Suicide® High School Prevention Program is the only school-based suicide prevention program listed on SAMSHA's National Registry of Evidence-based Programs and Practices that addresses suicide risk and depression, while reducing suicide attempts. In a randomized controlled study, the SOS program showed a reduction in self-reported suicide attempts by 40% (BMC Public Health, July 2007).

<https://mentalhealthscreening.org/programs/youth> \*\*\*coming spring 2017\*\*\*

- ❖ **Mental Health First Aid**--Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. <http://www.mentalhealthfirstaid.org/cs/> \*\*\*coming spring 2017\*\*\*
- ❖ **Making Educators Partners**—Is a free online training that is available to educators. This program will give those in the field of education a basic overview of suicide prevention so that they may become better aware of how to deal with crisis issues in the classroom. <http://sptsuniversity.org/> Recommended for educators and this will fulfill your requirements for your two hours of suicide training required by ADE.
- ❖ **Counseling on Access to Lethal Means Online Training**—Is a free online training that is available to anyone. It is a two hour training, and it can be especially beneficial to those working with clients who are experiencing suicidal thoughts and/or behaviors. It explains how to teach those clients and their caregivers the correct way to manage lethal means that may present a danger to the person in crisis. <http://training.sprc.org/enrol/index.php?id=3>
- ❖ **Columbia Suicide Severity Rating Scale**—Is a free online rating scale that comes complete with a free online training. It is used to assess suicidality in a variety of settings. It is the recommended standard screening tool for suicide, and it is suggested for use by agencies/groups such as the CDC, JCAHO, and the AMA. [http://www.cssrs.columbia.edu/clinical\\_practice.html](http://www.cssrs.columbia.edu/clinical_practice.html)
- ❖ **After a Suicide Toolkit**-- In collaboration with the Suicide Prevention Resource Center, AFSP offers *After a Suicide: A Toolkit for Schools* to help schools in the aftermath of a suicide or other death. A practical resource to schools facing real-time crises in diverse populations and communities, resources found in the Toolkit include managing crisis response, helping students cope, working with the community, memorialization, social media, suicide contagion, and engaging external resources for support. The PDF is available for free at <https://afsp.org/wp-content/uploads/2016/01/toolkit.pdf>
- ❖ **Model School Policy on Suicide Prevention**--The Model School District Policy on Suicide Prevention gives educators and school administrators a comprehensive way to implement suicide prevention policies in their local community. This includes re-entry of a student who has made a suicide attempt. [https://afsp.org/wp-content/uploads/2016/01/Model-Policy\\_FINAL.pdf](https://afsp.org/wp-content/uploads/2016/01/Model-Policy_FINAL.pdf)
- ❖ **Preventing Suicide in Emergency Department Patients**—Emergency Departments (EDs) are essential in suicide prevention. This is a free online training course, open to anyone, that teaches you how to conduct screening, assessment, safety planning and lethal means counseling in an ED environment. <http://training.sprc.org/enrol/index.php?id=8>
- ❖ **Assessing and Managing Suicide Risk (AMSR)**—Is a one-day, in person training course for behavioral health professionals on assessing suicide risk, planning treatment, and managing the ongoing care of the at-risk client. Participants are eligible to receive 6.5 continuing education credits. \*\*\*Upcoming trainings available spring 2017. Call 501-683-0707 for more information.\*\*\* <http://www.sprc.org/training-events/amr>