

### Staff Suicide Awareness and Prevention Trainings

| Name of program   | Type of program    | Currently Used in Alaska | Target Audience | Description   | Length   | Evidence based or adheres to standards | Cost        | Contact  |
|---|--------------------|--------------------------|-----------------|---|----------|--|-------------|--|
| <b>Part A Suicide Awareness</b>                             | eLearning training | yes                      | staff           | This course is an adaptation of Gatekeeper, an Alaska designed suicide prevention training. The course has been tailored to help educators list facts about the prevalence, research, and myths surrounding suicide, assess and evaluate youth risk and protective factors, recognize the clues and triggers for possible suicidal action in youth, and help identify and access resources available to assist a person in crisis.  | 1.5 hrs. | Adheres to standards                   | <b>FREE</b> | Sharon Fishel<br>Alaska Department of<br>Education & Early<br>Development<br>Sharon.Fishel@alaska.gov 907-<br>465-6523 |
| <b>Part B Suicide Prevention</b>                            | eLearning training | yes                      | staff           | This second course is an adaptation of Gatekeeper, an Alaska designed suicide prevention training. The course has been tailored to help educators learn how to create a supportive relationship and environment for youth, learn how to speak directly to a suicidal youth, teach others how to become listeners and to be able to give a concerned response to a suicidal individual, learn how to ask the right questions about suicidal risk factors, be able to intervene with a suicidal youth, and help identify and access resources available to assist a person in crisis. | 1.5 hrs. | Adheres to standards                   | <b>FREE</b> |  |
| <b>Part C Suicide Intervention</b>                          | eLearning training | yes                      | staff           | This third course is an adaptation of Gatekeeper, an Alaska designed suicide prevention training. The course has been tailored to help educators assess and evaluate youth risk and protective factors, recognize the clues and triggers for possible suicidal action in youth, be able to intervene with a suicidal youth, and to assist in developing a safety plan.  | 1.5 hrs. | Adheres to standards                   | <b>FREE</b> |  |
| <b>Part D Responding to Suicide: Postvention Guidelines</b> | eLearning training | yes                      | staff           | This fourth course in the series has been tailored to help educators: implement a coordinated crisis response plan in the event of a suicide; have strategies to help students cope, working with community partners and leaders, guidelines for appropriate memorialization, identifying students at risk of suicide contagion, and how to move forward after a school suicide.  | 2 hrs.   | Adheres to standards                   | <b>FREE</b> |  |

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| <b>Youth Mental Health First Aid</b>              | Training        | yes                      | All             | Youth Mental Health First Aid USA is an 8 hour public education program, intended for adults, which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.              | 7.5-8hrs | Evidence Based                         | Travel cost for instructors  | Sharon Fishel<br>Alaska Department of Education & Early Development<br>Sharon.Fishel@alaska.gov 907-465-6523                                      |
| <b>AK Gatekeeper QPR</b>                          | Training        | yes                      | All adults 16+  | Designed for Alaska and tailored for specific audiences to increase basic knowledge and intervention skills among gatekeepers in both urban and rural communities.   | 2-4 hrs. | Adheres to standards                   |  | Alaska Department of Health & Social Services<br>James Gallanos, MSW<br>(907) 465-8536<br>james.gallanos@alaska.gov                               |
| <b>Suicide Alertness for Everyone (safe TALK)</b> | Training        | yes                      | All             | Safe TALK is a half-day training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. safe TALK stresses safety while challenging taboos that inhibit open talk about suicide. The program recommends that an ASIST-trained resource or other community support resource be at all trainings. The 'safe' of safe TALK stands for 'suicide alertness for everyone'. The 'TALK' letters stand for the practice actions that one does to help those with thoughts of suicide: Tell, Ask, Listen, and KeepSafe. | 2-3 hrs. | Adheres to standards                   | safe TALK Training for the Trainer (2-day)<br>Instructor \$820.<br>Materials \$210.<br>Travel/Incidentals (varies)<br>safe TALK training (1/2 day)<br>Trainer \$300.<br>Materials (depends on volume) \$6.50 to \$7.50 | <b>National</b><br>Livingworks Education LP<br>P.O. Box 9607<br>Fayetteville, NC 28311<br>1-888-733-5484<br>(910) 867-8832<br>www.livingworks.net |

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| <b>ASIST (Applied Suicide Intervention Skills Training)</b> | Training        | yes                      | ALL             | ASIST is a standardized and customizable two-day, two-trainer, workshop designed for members of all caregiving groups. The emphasis is on teaching suicide first-aid to help a person at risk stay safe and seek further help as needed. Participants learn to use a suicide intervention model to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safe plan based upon a review of risk, be prepared to do follow-up, and become involved in suicide-safer community networks. The learning process is based on adult learning principles and involves highly participatory workgroups. Graduated skills development is achieved through mini-lectures, facilitated discussions, group simulations, and role plays. Health care workers often encounter suicide in their treatment and therapy work, but are often not trained in suicide first-aid. Other caregivers are often the first to talk with a person at risk, but have little or no training. | 2 days,<br>Train-the-trainer:<br>5 days | Adheres to standards                   | ASIST Train the Trainer \$2,600,<br>2 day training varies,<br>materials for training \$36  | <p style="text-align: center;"><b>National</b></p> Livingworks Education LP<br>P.O. Box 9607<br>Fayetteville, NC 28311<br>1-888-733-5484<br>(910) 867-8832<br>www.livingworks.net  |
| <b>Students at Risk, Kognito</b>                            | Training        | yes                      | staff           | At-Risk for High School Educators is a one-hour, online, interactive gatekeeper training program that teaches high school educators how to (1) identify students exhibiting signs of psychological distress, including depression and thoughts of suicide; (2) approach students to discuss their concern; and (3) make a referral to school support services. During the training, learners assume the role of a high school teacher concerned about three students. Learners explore each student's profile, including descriptions of social and classroom behavior. Then, they engage in simulated conversations with each student. In these virtual conversations, users learn effective conversation strategies for broaching the topic of psychological distress, motivating the student to seek help, and avoiding pitfalls, such as attempting to counsel.   | 1 hr. video with facilitator guides     | Adheres to standards                   | Annual licenses for schools and districts range from \$500-\$3,500 per school, depending on the number and size of the schools. Further program information and a demo are available at <a href="http://www.kognito.com/products/highschool">www.kognito.com/products/highschool</a> | Ron Goldman, CEO<br>Kognito Interactive<br>135 W. 26th St., Floor 12<br>New York, NY 10001<br>Voice: 212-675-9234<br>Fax: 646-217-3677<br>Email: <a href="mailto:ron@kognito.com">ron@kognito.com</a><br>Website: <a href="http://www.kognito.com">www.kognito.com</a> |