

Advanced Suicide Prevention & Trauma-Informed Training Opportunities & Resources for School Professionals



This document provides more advanced suicide prevention and trauma-informed trainings and resources that school professionals who already have foundational training may find beneficial. Many of the trainings and resources provided are supported by the South Dakota Department of Social Services (DSS). Others that are not directly funded have been researched and identified as additional options by DSS.

ADVANCED SUICIDE PREVENTION TRAININGS*

TRAINING	DESCRIPTION	ACCESS	FORMAT(S)	COST
Chronological Assessment of Suicide Events (CASE)	Participants practice a specific interviewing strategy in groups to elicit suicidal ideation, behaviors, planning, and intent. Participants use scripted group role-playing to teach the CASE Approach . Course #1 is approximately 4 hours and teaches core skills. Course #2 is approximately 6 hours and teaches advanced core skills.	Register for a course at https://suicideprevention.onlinecourses.suicideassessment.com/	In-Person	Course #1 - Core Skills Course: \$60 Course #2 – Advanced Core Skills Course: \$90
Collaborative Assessment and Management of Suicidality (CAMS)	CAMS is an evidence based, suicide-focused treatment framework backed by 30 years of clinical research and 5 randomized controlled trials. There are various CAMS training options to meet the needs and expectations of a wide range of clinicians and systems of care. Becoming CAMS Trained takes 10 hours of coursework (includes online with 4 hours of calls when working with patients).	To register or learn more about getting CAMS trained, visit https://cams-care.com/training-certification/cams-trained/	In-Person Online Consultation	\$359/person or \$279 with a group of 50 clinicians
Counseling on Access to Lethal Means (CALM) <i>*Available Virtually</i>	CALM is a free online course offered by the Suicide Prevention Resource Center (SPRC) and is designed for providers who counsel people at risk for suicide, including mental health and medical providers.	Access the free online course at https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means	Online, self-paced	None
Means Safety	Means Safety is designed to help parents and adult caregivers of at-risk youth recognize the importance of taking immediate, new action to restrict access to firearms, alcohol, and prescription and over-the-counter drugs in the home. The intervention also gives parents and caregivers specific, practical advice on how to dispose of or lock up firearms and substances that may be used in a suicide attempt. The targeted audience would be staff from the Emergency Department and behavioral health staff.	For more information or to schedule a training, email Kendra Rooney at the Helpline Center at kendra.rooney@helplinecenter.org	In-Peron Online	\$500 No minimum/maximum number of participants

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Question, Persuade, Refer, Treat (QPRT)	QPRT is an 8-hour training to help professionals who assist, evaluate, manage, counsel, or treat persons at-risk of suicide better assess and monitor those at elevated risk for suicidal behaviors using the QPRT model.	Request on the South Dakota Suicide Prevention web site	In-Person Online	None
Question, Persuade, Refer, Triage (QPR Triage)	The QPR Suicide Triage method was developed to help volunteers and professionals who interview, assist, evaluate and counsel potentially suicidal persons over the telephone, or in person, better assess and intervene and/or refer those determined to be at elevated risk for suicidal behaviors. This course is 8-10 hours in length and costs \$119/per person.	Learn more about registration and pricing at https://courses.qprinstitute.com/index.php?option=com_zoo&task=item&item_id=9&Itemid=101	Online, self-paced	\$119/person
Safety Planning	Safety Planning is used to provide people who are experiencing suicidal ideation with a specific set of concrete strategies to use in order to decrease the risk of suicidal behavior. The safety plan includes coping strategies that may be used and individuals or agencies that may be contacted during a crisis. The Safety Planning Intervention is a collaborative effort between a treatment provider and a patient. The target audience would be any behavioral health or health staff.	Watch the free online training at https://practiceinnovations.org/portals/0/SafetyPlanning/shell.html	Online, self-paced	None

*The advanced suicide prevention trainings listed are not currently approved to meet the 1 clock hour training requirement for youth suicide awareness and prevention training for educator certification. To view approved trainings, visit <https://doe.sd.gov/suicideprevention>.

ADVANCED TRAUMA-INFORMED TRAININGS

The trainings listed below relate to helping others who have experienced trauma.

TRAINING	DESCRIPTION	ACCESS	FORMAT(S)	COST
Cognitive Behavioral Intervention for Trauma in Schools (CBITS)	CBITS is a school-based, group and individual intervention. It is designed to reduce symptoms of post-traumatic stress disorder (PTSD), depression, and behavioral problems, and to improve functioning, grades and attendance, peer and parent support, and coping skills. CBITS has been used with students grades 5-12 who have witnessed or experienced traumatic life events such as a community and school violence, accidents and injuries, physical abuse and domestic violence, and natural and man-made disasters. CBITS uses cognitive-behavioral techniques (e.g., psychoeducation, relaxation, social problem solving, cognitive restructuring, and exposure).	Learn more and purchase at https://traumaawareschools.org/index.php/learn-more-cbits/	In-Person Online	\$35 for one-year online subscription
Life Space Crisis Intervention (LSCI)	LSCI is a brain-based, trauma-informed, relationship-building verbal strategy turns crisis situations into learning opportunities for young people who exhibit challenging behaviors. LSCI provides educators, counselors, social workers, psychologists, child & youth care workers, parents, and other caring adults with a systematic, 6-stage process that moves from stress and conflict to insight and long-term behavioral change. LSCI can help. Learn what to do with young people who: <ul style="list-style-type: none"> • Act out in stress, sparking explosive and endless power struggles • Make poor decisions based on distorted perceptions & thoughts • Have the right intentions but lack the social skills to be successful • Are purposefully aggressive little conscience • Act in impulsive ways due to feelings of shame and inadequacy • Become entangled in destructive peer relationships 	Learn more at https://www.lsci.org/	Live Online	Varies Live Training Options: https://www.lsci.org/professionals/ Online Training Options: https://www.lsci.org/professionals/online-courses/

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<p>Train the Trainer (TTT) LSCI</p>	<p>Requirements:</p> <ul style="list-style-type: none"> • Certification in LSCI • Experience using LSCO for at least 3 months • A Master's degree in a relevant field • At least two years of direct care experience working with troubled children and youth <p>Certification</p> <ol style="list-style-type: none"> 1. Successful completion of the LSCI Certification Course 2. Submit LSCI Senior Trainer Application 3. Successful completion of Online Refresher and Advanced Certification Program <ol style="list-style-type: none"> a. Must complete certification levels 2-3; \$99 fee for each online refresher course 4. Co-Train LSCI certification courses 5. At least 2 certification events with a master trainer 6. Successful completion of the TTT final session <p>Maintaining Certification</p> <ol style="list-style-type: none"> a. During the first year, must arrange to be observed by an LSCI master trainer b. Must conduct at least one LSCI certification course training per year 	<p>Learn more at https://www.lsci.org/becoming-an-lsci-trainer/</p>		<p>\$2,298</p> <p>Includes:</p> <ul style="list-style-type: none"> • \$1,500: 3-year affiliation fee per trainer • \$198: Levels 2 & 3 online trainings • \$600: Materials fee per trainer
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CRISIS PREVENTION & INTERVENTION TRAINING

TRAINING	DESCRIPTION	ACCESS	FORMAT(S)	COST
<p>PREPaRE School Safety and Crisis Preparedness Curriculum</p>	<p>PREPaRE training is ideal for school staff that are committed to improving and strengthening their school safety, crisis management, and emergency response plans.</p> <ul style="list-style-type: none"> Workshop 1 - Comprehensive School Safety Planning: Prevention through Recovery is a 1-day workshop in which participants will learn how to establish and sustain comprehensive safety efforts that attend to both physical and psychological safety. The workshop addresses critical components needed to develop, exercise, and evaluate safety teams and crisis plans. The model also integrates school personnel and community provider roles in providing school-based crisis preparedness and response activities. Additional topics addressed also include media/social media, communication, reunification, students with special needs, culture, and memorials. After this workshop, participants will be better prepared to improve their school's climate, student resilience, and the crisis response capabilities of school personnel. Workshop 2 – Mental Health Crisis Interventions: Responding to an Acute Traumatic Stressor in Schools is a 2-day workshop which develops the knowledge and skill required to provide immediate mental health crisis interventions to the students, staff, and school community members who have been simultaneously exposed to an acute traumatic stressor. The knowledge and skills developed within this session also help to build a bridge to the psychotherapeutic and trauma informed mental health response sometimes required to address challenges associated with trauma exposure. This 	<p>Schedule a PREPaRE training for your school or to register for a regional training by contacting Amber Kilburn (amber.kilburn@usd.edu, 605-658-6625)</p>	<p>In-Person Online</p>	<p>None</p>

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	<p>workshop is an excellent course for all mental health professionals in your district who provide mental health crisis intervention services.</p> <p>*Workshops 1 and 2 can be taken separately. Workshop 1 is not a prerequisite for Workshop 2.</p>			
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WEBINARS & RESOURCES

ITEM	DESCRIPTION	ACCESS	FORMAT(S)	COST
SUICIDE PREVENTION				
Suicide Prevention Resource Center Resources	The Suicide Prevention Resources Center contains an online library full of resources and webinars.	https://sprc.org/online-library	Online	None
School-Based Suicide Prevention Interventions for K-12 Population	Participants in this webinar will learn the youth suicide prevalence nationally and the implications to schools. They will also be able to familiarize themselves with multi-tiered systems of positive behavior and social emotional learning. In addition, how the multi-tiered systems support the prevention of suicide. Finally, the webinar will discuss ways to build capacity and sustainability of these services in K-12 schools.	https://pttcnetwork.org/centers/mountain-plains-pttc/product/school-based-suicide-prevention-interventions-k-12-population	Online	None
Suicide Assessment and Response for K-12 Populations	Responding to mental health crisis and risk of suicide in a school setting presents unique challenges and considerations for mental health practitioners, educators, and parents. Participants in this session will learn recommended best practices for assessing children and adolescents for suicide and initiating appropriate responses to youth experiencing thoughts of suicide in a K-12 school setting. Special attention is given to common screening and assessment tools used in school settings, best practices for utilizing an interdisciplinary team approach to respond to youth experiencing thoughts of suicide in a school setting, and ways to identify risk and protective factors for youth and adolescents at risk of suicide.	https://pttcnetwork.org/centers/mountain-plains-pttc/product/suicide-assessment-and-response-k-12-populations	Online	None
TRAUMA-INFORMED				
Building Protective Factors for Yourself and the School Community: The School Leader Series	This webinar series is focused on the role of the school leader in creating and maintaining a positive climate and culture virtually during the global pandemic and in the building upon the return to school. We know these are challenging times and want to provide information you can use immediately and to use for the plans to return to school as part of your MTSS framework.	https://mhffcnetwork.org/centers/northwest-mhffc/building-protective-factors-yourself-and-school-community-school-leader	Online	None

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What is Child Traumatic Stress?	This fact sheet, produced by the National Child Traumatic Stress Network, provides an overview of child trauma, describes traumatic stress symptoms, and identifies ways children may be affected by trauma.	https://www.samhsa.gov/sites/default/files/programs_campaigns/childrens_mental_health/what-is-child-traumatic-stress.pdf	Online	None
Understanding Trauma and Promoting Resilience in Vulnerable Children	This webinar discusses how resilience can be developed and nurtured, and what parents can do to build resilient children.	https://www.youtube.com/watch?v=Cyrf0qKFiOo	Online	None
CRISIS PREVENTION & INTERVENTION				
When Crisis Comes: Supporting Students in Schools	The University of South Dakota School of Education, in partnership with the South Dakota Department of Social Services, Division of Behavioral Health, is pleased to offer FREE professional development focused on student & staff mental health and crisis prevention & response in schools. This speaker series will feature some of the nations most renowned speakers, researchers and professionals who have experienced crisis in schools. Recorded presentations will be available throughout the 2022-2023 school year. Continuing Education Units will be awarded for participation in the series. Participants can pick and choose what videos they are interested in viewing, or they can choose to view them all. Complete the registration form below to access the speaker series.	Register at https://form.jotform.com/221954899285172	Online	None

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TOOLKITS

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SUICIDE PREVENTION				
High School Toolkits from South Dakota Suicide Prevention	The high school toolkits on the South Dakota Suicide Prevention web site include prevention and postvention toolkits. They can assist school personnel in designing and implementing strategies that prevent suicide and promote behavioral health, how to recognize and respond to a mental health crisis, and how to support a school community after a suicide loss.	https://sdsuicideprevention.org/get-help/high-school/	Online	None
Preventing Suicide: A Toolkit for High Schools	This toolkit assists school personnel in designing and implementing strategies that prevent suicide and promote behavioral health.	https://www.sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf	Online	None
Toolkit for Mental Health Promotion and Suicide Prevention	The content of this toolkit is drawn from State and National guidelines and from current research and recommendations regarding youth mental wellness and suicide prevention. Information about what schools can do to promote youth mental wellness before mental health concerns arise, how to recognize and respond to a mental health crisis, and how to support a school community after a suicide loss is included. Enhancements included are Social Emotional Learning, Mindfulness, Transitions, Social Media, Self-Care, Means Restrictions, and FAQs among others.	http://www.heardalliance.org/wp-content/uploads/HEARDToolkit2017.pdf	Online	None
TRAUMA-INFORMED				
NCTSN Creating, Supporting, and Sustaining Trauma-Informed Schools: A System Framework	This resource provides a system framework for trauma-informed schools.	https://www.samhsa.gov/sites/default/files/programs_campaigns/childrens_mental_health/nctsi-creating-supporting-sustaining-trauma-informed-schools-a-systems-framework.pdf	Online	None

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UCLA Center for Mental Health in Schools, Responding to Crises at a School	This resource provides an overview of crisis assistance and prevention and resources needed for a school to be able to plan and implement a response to crises.	http://smhp.psych.ucla.edu/pdfdocs/crisis/crisis.pdf	Online	None