



# SUICIDE RISK IN AGED CARE AND RESIDENTIAL FACILITIES

## Is this Workshop for You?

With Australia's aging population and in acknowledgement of the greatest prevalence rates for suicide in the elderly, it is of critical importance that we seek to apply a specialist focus to our most vulnerable people; those in Aged and Residential Care.

Risk for suicide in this population is evidenced in a 400% increase in aged care preventable deaths in the past decade. Falls and choking were 90% of these, but 4.5% were by suicide\*. In facilities designed for care, there are real and achievable differences that we can make.

It is an unavoidable fact that possessing situation specific knowledge of suicidality is non-negotiable. If you know what to look for and how to respond, you can save a life!

## Workshop Details

**Dates & Venue** - See Website for details or host an inservice

**Times** - 1 days (8:30-4:30, with breaks)

**Catering** - Deliciously provided. Enjoy!

**CPD PTS** - 10 hours minimum (if completing all modules)

**Training Materials** - All included. Just turn up!

**Variations and Extra Resources** - On request.

**PS:** Follow-up or stand-alone consultation services are available. Complement your training with a professional review of your systems, procedures and environment.

\*smh.com.au/ 26MAY17 (Search 20170526-gwdx2q)

## Content Inclusions

This program delivers core skills and information, and also shows you how to implement these into the specific context of aged care and residential settings.

Content may be delivered in "as needed" modules from one hour, to a full day, or two day intensive. Inclusions are adjusted to your needs, with the opportunity to codesign your training needs.

Specific focus areas include\*\*:

- > The facts on suicidality prevalence in older Australians and residential settings
- > Responding to low-probability and high-consequence behaviours
- > Warning signs, risk and protective factors
- > Applying means restriction and hazard reduction principles
- > Leadership in this context. Implementing standards, processes and systems, including a Zero Suicide style framework
- > Self auditing for impact
- > Accountability and monitoring without the blame
- > Finding reasons to live and fostering meaningful connections
- > Therapeutic strategies, assessment and monitoring systems
- > Grief and making meaning from lives lost
- > Proactivity, resilience and vigour in self care
- > NB: We do not address assisted dying or end of life considerations



Phone: 0406 935 225 | PO Box 178, Engadine NSW 2233  
Email: carmen@suicideriskassessment.com.au | www.suicideriskassessment.com.au

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# SUICIDE PREVENTION FOR LEADERS

## Is this Workshop for You?

Supporting your team in the area of suicidality is essential in any workplace. In a demanding workplace it is especially so. Regardless of your context, your role as leader is vital.

System based suicide prevention (also known as Gatekeeping) involves you recognising and engaging employees who may be struggling. This may be due to work or personal stressors, mental health difficulties, or something else. Through your leadership, you can assist them toward an "open gate" to access treatment or support.

The process of engaging with suicidality as a leader is challenging, and for many outside a mental health environment, it is daunting. Gaining necessary skills is neither easy nor intuitive. This workshop equips you with information to understand and recognise at risk behaviour, "open gates" and provide an immediate intervention and resources.

When your workplace engage in this training, we offer the optional support of following your progress across a 12-month period, codesigning systems and processes that work for your employees, while also ensuring these critical skills are retained over time.

## Workshop Details

**Dates & Venue** - Available in house and online

**Times** - half (4 hours) or full day (8:30-4:30, with breaks)

**Catering** - Deliciously provided for in house sessions

**Training Materials** - All included

**Variations and Extra Resources** - On request.

## Half-Day Workshop Inclusions

This training is delivered on demand, across multiple platforms, depending on your needs: including, Face to face training, Train the Trainer and web based learning.

We examine system based suicide prevention initiatives and help you become a powerful force for life in your workplace.

Specific focus areas include:

- > Suicidality outside mental illness
- > Risk factors and warning signs
- > The role of workplace culture and individual attitudes
- > Workplace policy, procedures, and resources
- > Suicide Safety Plans and referrals

## Full-Day Workshop Inclusions

Specific focus areas include all half day activities, with extension activities to cover:

- > Suicidality and self injury prevalence in the workplace
- > Successful 'suicidality' conversations
- > Your effective Suicide Safety Plan
- > Workplace provisions and supporting an employee's a sustainable return to work
- > Suitable duties, flexible work practice and psychologically safe work environments

**PS:** Follow-up or stand-alone consultation services are available. Complement your training with a professional review of your systems, procedures and environment.



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## SUICIDE RISK ASSESSMENT FOR MEDICO-LEGAL & FORENSIC PRACTITIONERS

### Is this Workshop for You?

Do you provide psychological, psychiatric or independent medical examination reports with a legal or forensic focus?

Do you desire greater efficacy? An approach that is comprehensive, defensible, robust, as well as empowered by current research and best practice principles?

This course has proven particularly helpful to those whose reports are used in all legal proceedings, tribunals, commissions and workers' compensation matters.

The challenge is real and the consequences of getting it wrong are real.

### Workshop Details

**Dates & Venue** - See Website for details

**Times** - 2 days (8:30-4:30, with breaks)

**Catering** - Deliciously provided. Enjoy!

**CPD PTS** - 14 active hours and up to 4 passive hours

**Training Materials** - All included. Just turn up!

**Variations and Extra Resources** - On request.

**PS:** Follow-up or stand-alone consultation services are available. Complement your training with a professional review of your systems, procedures and environment.

\*Additional resources and variations available on request.

### Content Inclusions

This training includes screening, assessment, reporting/documentation practices, as well as recognition of risks in these specific domains.

Focus areas include:

- > Immediate needs, supports and self-care.
- > Research, trends and statistics
- > Limitations in suicide data use
- > Theoretical principles: Fluid Vulnerability Theory (FVT) and Integrated Motivational Volitional Model
- > Psychometric tests and suicide
- > Third party interviews and supplementary evidence
- > Litigation minimisation via "Best Practice"
- > Foreseeable, Reasonable Care and Ethical Conduct
- > Your existing protocols and improved practice standards
- > Risk factors: chronic / static, acute / dynamic, protective versus moderating
- > Interaction and potential risk
- > After viewing a filmed assessment:
  - > a) Generate a more robust formulation,
  - > b) Review psychometric test results to strengthen your assessment conclusions
- > Intervention and Treatment Plans
- > Developing a person-centred Suicide Safety Plan
- > Communication with treatment providers



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## OCCUPATIONAL REHABILITATION AND SUICIDALITY

### Is this Workshop for You?

Rehabilitating injured workers involves significant dynamics and variables. Despite this, research conducted by SRAA in 2017 found that many Consultants feel ill-equipped to identify and respond to clients dealing with suicidality. If that is your situation, it might help to know that you are not alone, and that this workshop was designed specifically for you!

This workshop will provide you with effective and implementable strategies. It will also resource you so you can redress the contextual and personal challenges you face.

We also emphasise the importance of good communication and self-care when working in complex areas. This course is first about you; and when you feel equipped and able, you be able to best help others.

### Workshop Details

**Dates & Venue** - See Website for details or request in house

**Times** - 1 days (8:30-4:30, with breaks)

**Catering** - Deliciously provided. Enjoy!

**CPD PTS** - 4 hours or 7 hour options

**Training Materials** - All included. Just turn up!

**Variations and Extra Resources** - On request.

**PS:** Follow-up or stand-alone consultation services are available. Complement your training with a professional review of your systems, procedures and environment.

### Content Inclusions

This training addresses the specific contextual needs of OR Consultants. Recognising and responding to client warning signs, evidence based documentation, collaborative peer relationships and working with insurers are all discussed. The content and delivery is specifically customised to your particular needs.

Specific focus areas include:

- > The current OR situation: statistics and trends
- > Understanding and applying the terminology
- > Evidence based documentation principals
- > Risk factors and warning signs
- > Psychological tolerances and capacities in return to work situations
- > Minimising potential risk exacerbation
- > The role of OR Consultants in support and mitigation
- > Working within an insurance (or other moderated) system
- > Factors influencing suicidality expression, timing and severity
- > Develop collaborative relationships with other treatment providers



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# SUICIDE RISK & SUBSTANCE USE

## Is this Workshop for You?

Do you work with clients who use alcohol or substances?

Are you confident in your knowledge of the specific risks for suicide in this client group?

Would you like to know more about the neuropsychological and neurochemical actions of substances and how these relate to suicide risk?

Are you current in methodology and suicide risk assessment protocols?

Clearly, for those who work with this vulnerable group there is a compelling need for professional due diligence and specific skill sets. The challenge is dynamic and can leave you feeling confused, uncertain or even hopeless. We aim to translate clinically dense information into tangible and translatable strategies..

## Workshop Details

**Dates & Venue** - See Website for details

**Times** - 1 days (8:30-4:30, with breaks)

**Catering** - Deliciously provided. Enjoy!

**CPD PTS** - 7 hours

**Training Materials** - All included. Just turn up!

**Variations and Extra Resources** - On request.

**PS:** Follow-up or stand-alone consultation services are available. Complement your training with a professional review of your systems, procedures and environment.

## Content Inclusions

This training focuses on clients who use and have had dependence on substances, and understanding suicidality in this context.

Specific focus areas include:

- > Current substance use statistics and trends, and how these trends impact on each other
- > Similarities and differences between chronic versus acute suicide risk
- > Client substance use history
- > Foundations in neurochemistry underlying suicide risk and substance use
- > Specific neurochemical changes that occur with alcohol, benzodiazapines, stimulants, opiates (incl. prescribed), cannabinoids and poly-substance abuse
- > Potential risk factors of impulsivity, hopelessness and aggression
- > Interview techniques, assessment and evaluation strategies
- > Concealed suicidality or substance use
- > Critical risk points in a substance use trajectory
- > Intervention with respect to stages; Intoxication, dependence, tolerance and withdrawal
- > Challenges in working with substance use and suicidality
- > Key points for intervention



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# SUICIDE RISK ASSESSMENT IN TERTIARY EDUCATION SETTINGS

## Is this Workshop for You?

Studies indicate that 1 in 3 tertiary students think about suicide or self-harm\*.

There is a compelling need for professional due diligence and specific skill sets. The challenge for tertiary staff and management is exists due to role limitations, study demands, placement variables and of course students being willing to reach out when their results may be impacted..

A 1-in-3 suicide or self-harming ideation rate makes this course relevant to any educator, however, we especially encourage you to register if you work with students in a course that:

- > Consistently has high academic demands (and hence pressure)
- > Offers access to lethal means
- > Exposes them to trauma, violence or grief
- > Involves risk factors when they are on placement or specific occupational challenges.

## Workshop Details

**Dates & Venue** - See Website for details

**Times** - 1 days (8:30-4:30, with breaks)

**Catering** - Deliciously provided. Enjoy!

**CPD PTS** - 7 hours

**Training Materials** - All included. Just turn up!

**Variations and Extra Resources** - On request.

\*abc.net.au 06APR17 (Search 8420728)

\*\* Additional resources and variations available on request.

## Content Inclusions

This training tailors suicidality wisdom to the uniqueness of tertiary settings. It will empower you to apply risk assessment protocols, respond effectively to identified risk, and design and employ appropriate management strategies.

Specific focus areas include:

- > Fundamentals of terminology and statistics and Fluid Risk Theory
- > Factors and warning signs in adult learning environments (and workplace settings)
- > Risk assessment protocols (STARS, Square, SAK and C-SSRS) with specific focus on client engagement and time availability
- > Fellow trainee role plays to build confidence in the screening or assessing suicidality
- > Principles of distress severity and student capacity; i.e. "Can this student engage safely with materials, environments or placements at this time?"
- > Options for managing identified risk, incl. Fitness for Placement Assessments
- > Developing a Suicide Safety Plan to create effective interventions
- > Longer term management and collaboration strategies

**PS:** Follow-up or stand-alone consultation services are available. Complement your training with a professional review of your systems, procedures and environment.



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## WOMEN AND SUICIDE

### Is this Workshop for You?

Do you work with women from a holistic perspective? Women typically fulfil many roles and responsibilities, and both external pressures and internal states of distress can escalate quickly and substantively. Those who work with women can play a significant role in saving and enriching women's lives.

The specific vulnerabilities for women deserve their own specialised consideration. This workshop will equip you to better assist women at various points across the life span, in managing alcohol and other substances, through trauma and abuse, in forensic settings and those with intellectual disabilities or cognitive difficulties. We explain gender differences in suicide, help seeking and vulnerabilities for suicide.

This workshop will equip you with best practice approaches and a multidisciplinary perspective. We will consider risk, protective and moderating factors and the identification of warning signs.

### Workshop Details

**Dates & Venue** - See Website for details

**Times** - 1 days (8:30-4:30, with breaks)

**Catering** - Deliciously provided. Enjoy!

**APS CPD PTS** - 7 hours

**Training Materials** - All included. Just turn up!

**Variations and Extra Resources** - On request.

**PS:** Follow-up or stand-alone consultation services are available. Complement your training with a professional review of your systems, procedures and environment.

### Content Inclusions

This training provides a range of supportive information and skill development exercises. The screening, assessment, referral and management practices have been tailored to the specific needs of a female target group.

Specific focus areas include:

- > Immediate needs, supports and self-care
- > Research, trends and statistics
- > Lethal and non-lethal suicidal behaviour and non-suicidal self-injury (NSSI)
- > Factors that converge to increase risk
- > Points of vulnerability associated with women's use of substances
- > Trauma, neglect and development
- > Factors impacting women across life stages
- > Chronic / static, acute / dynamic and protective / moderating factors
- > Trauma history and fluctuating suicidality
- > Mental ill-health / disorders
- > Protocol selection and application in formulation and treatment planning
- > Using a multidisciplinary approach



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## CHILDREN, ADOLESCENTS & SUICIDAL BEHAVIOUR

### Is this Workshop for You?

Suicide rates have increased for children under 14, and for 15 to 24-year-olds, they are the highest they have been for 10 years\*. Clearly the topic has relevance to our culture. If you work with children and/or adolescents, competence is non-negotiable.

Your duty of care obligations are significant and you must be able to defend your decisions, but from a more positive perspective, you are probably ideally positioned to save a life.

The aim of the workshop is to increase your knowledge and best practice capabilities.

### Workshop Details

**Dates & Venue** - See Website for details

**Times** - 1 days (8:30-4:30, with breaks)

**Catering** - Deliciously provided. Enjoy!

**CPD PTS** - 7 hours

**Training Materials** - All included. Just turn up!

**Variations and Extra Resources** - On request.

**PS:** Follow-up or stand-alone consultation services are available. Complement your training with a professional review of your systems, procedures and environment.

\* abc.net.au 30NOV16 (Search 8076780)

\*\* Additional resources and variations available on request.

### Content Inclusions

This training includes screening and assessment of suicidality, referral and management practices, and maximising collaborative and systems based interventions\*\*.

Specific focus areas include:

- > Self-care and managing difficult responses triggered by reflection on suicidology
- > Limitations in applying suicide data
- > Self-injury behaviours associated with suicide and variances across age groups
- > Recognising risk factors, warning signs and causal mechanisms precipitating suicidal crises (case examples)
- > Applying SMART principles to a treatment, management and collaborative plan
- > Addressing specific client needs
- > Developing skills in emotional regulation, distraction and distress tolerance
- > Key principles when working in school and community care systems (case example)
- > Developing capacity appropriate Safety Plan commensurate with the environment
- > Exploration and application of de-escalation and intervention toolbox



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## MASTER CLASS - WORKING WITH SUICIDALITY

### Is this Workshop for You?

After receiving numerous requests for advanced training, we developed this workshop for practitioners hungry for more! It truly is a 'Master Class' experience. For those wanting greater depth in suicide specific theory, in addition to opportunity to practice advanced interview and assessment skills, this workshop blends theory, practice and formulation to ensure an engaging day.

We examine two major theories of suicidal behaviour and conduct critical process assessment to risk points in a life trajectory. We will consider how best to interpret and understand all the information available to develop strong response and intervention frameworks.

This workshop is highly experiential in nature. Active engagement in role plays and group work are key to achieving learning outcomes.

Given the experiential nature of this workshop, we ask that all participants practice strong self care and self management strategies, or reserve your place at a later time. While we are very mindful of your wellbeing, we also acknowledge that role plays and suicidality as a subject matter can be very emotionally demanding.

### Workshop Details

**Dates & Venue** - See Website for details

**Times** - 1 days (8:30-4:30, with breaks)

**Catering** - Deliciously provided. Enjoy!

**CPD PTS** - 7 hours

**Training Materials** - All included. Just turn up!

**Variations and Extra Resources** - On request.

**PS:** Follow-up or stand-alone consultation services are available. Complement your training with a professional review of your systems, procedures and environment.

### Content Inclusions

Specific focus areas include:

- > Fluid Vulnerability Theory principles
- > Integrated Motivational-Volitional Theory
- > Role plays and group work, applying suicide specific interview techniques and theoretical principles
- > Formulating treatment and interventions for case examples
- > Application and development of a Suicide Safety Plan to a case example
- > Application and development of advanced means restriction counselling to a case example



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## ENGAGING WITH SUICIDALITY

### Is this Workshop for You?

This is an introductory workshop for those who may know the principles of suicide assessment, but are yet to apply them in therapeutic settings. Clinicians who are looking to consolidate their knowledge of suicidality through experiential learning, will find this an engaging and empowering workshop.

This workshop provides the foundation skills necessary to assess suicidality in most circumstances, perform Suicide Safety Planning, Means Restriction counselling and more. This is an excellent companion workshop to our Foundations program.

Our final focus is on self-care, to help you develop strategies that will support your long term welfare and effectiveness.

### Workshop Details

**Dates & Venue** - See Website for details

**Times** - 1 days (8:30-4:30, with breaks)

**Catering** - Deliciously provided. Enjoy!

**CPD PTS** - 7 hours

**Training Materials** - All included. Just turn up!

**Variations and Extra Resources** - On request.

**PS:** Follow-up or stand-alone consultation services are available. Complement your training with a professional review of your systems, procedures and environment.

### Content Inclusions

This training focuses on applied skills and practice in the assessment and engagement process for clients experiencing suicidality.

Specific focus areas will be applied using role plays and group work, include:

- > Engagement, assessment and interview techniques
- > Suicide Safety Planning
- > Means Restriction Counselling
- > Collaborative management principles

Given the immersive nature of role plays and group work required in the application of principles presented herein, we emphasise the need for participants to practice self management and self care throughout the day. Although we are ever mindful of the impacts of working with suicide as a subject matter, the self care component of this training does not replace your commitment to consistent self care practice throughout the day.

Please bring your workplace / service existing suicide assessment protocol so we can ensure the techniques learned are suited to your needs.



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