

Assessment & Safety Planning with Youth and Families for Suicide Prevention



Suicide accounts for about 20% of all child and youth deaths but behavioral health professionals can play a crucial role in addressing this crisis. Best practices in suicide risk assessment, safety planning, and intervention, while engaging families, has been shown to reduce suicide attempts among youth experiencing suicidal ideation and behaviors. These steps are also important to promote strength-focused and trauma-informed services. This training will increase behavioral health professional's comfort, knowledge and skill with effective and research-based suicide risk assessment, safety planning and intervention services.

Learning Objectives

- Understand risk factors associated with suicidal ideation and behaviors among young people and how to assess for those.
- Develop knowledge of the essential components of family-based safety planning and immediate interventions to address youth at risk for suicide.
- Acquire the skills to utilize a family-based and empirically-supported safety planning intervention
- Develop capacity to deliver trauma-informed, strength-based suicide prevention services.

Registration Information

If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here](#). Email RIHS@sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

Please see Page 3 for Outline.



VIRTUAL EVENT

Date: June 8, 2022

Time: 9:00 a.m. - 3:00 p.m.

This course will be conducted remotely through **Zoom**. A link will be sent to participants a week before training.



REGISTRATION

Click here to log into the Learning Management System (LMS) and Register.

Course Code: BH0314



Who Should Attend

BHS therapists, counselors, peer support partners, case managers, and other direct service providers working with children, youth and their families.



THE TRAINER

Lucas Zullo, Ph.D. (he/him/his) has traveled across the country to work with the nation's scientific leaders in suicide prevention. He has extensive experience working with suicidal youth and their families in a variety of settings, including intensive outpatient, inpatient, consult liaison, and the emergency department.

[Learn more about Lucas here.](#)

Thank you for your continued understanding about our need to put the safety of our staff, facilitators, and customers first.

**COVID Message and
In-person Training Protocol**

Please review the COVID protocol for in-person trainings.
<https://theacademy.sdsu.edu/a-message-to-our-stakeholders-and-friends/>

ADA

Please submit all requests for accommodations two weeks prior to the start of the training. The Academy for Professional Excellence is committed to creating an inclusive and welcoming environment that appreciates and builds on diversity. In accordance with the Americans with Disabilities Act (ADA) of 1990, and California Administrative Code Title 24, The Academy for Professional Excellence prohibits discrimination on the basis of a disability in employment, public services, transportation, public accommodations, and telecommunication services.

Continuing Education

This course meets the qualifications for 5 hours of continuing education credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP10014; CCAPP-EI, Provider # 1S-98-398-0822, and CAADE Provider # CP40 906 CH 0323 for 5 contact hours/CEHs. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).

Responsive Integrated Health Solutions (RIHS) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, and a project of San Diego State University School of Social Work.



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Course Outline

Assessment & Safety Planning with Youth and Families for Suicide Prevention

Lucas Zullo, PhD.

Educational Goal:

To increase comfort, knowledge and skill with effective and research-based suicide risk assessment, safety planning and intervention services

Learning Objectives:

Upon completion of this training, participants will be able to:

- 1. Understand risk factors associated with suicidal ideation and behaviors among young people and how to assess for those.*
- 2. Develop knowledge of the essential components of family-based safety planning and immediate interventions to address youth at risk for suicide.*
- 3. Acquire the skills to utilize a family-based and empirically-supported safety planning intervention*
- 4. Develop capacity to deliver trauma-informed, strength-based suicide prevention services.*

Time	Activity
9:00am - 9:30am	Introduction/Overview/Goals
9:30am -10:45am	Suicide Assessment
10:45am - 12:00pm	Safety Planning
12:00pm - 1:00pm	Lunch
1:00pm - 2:00pm	Safety Planning Intervention & Follow-Up
2:00pm - 2:45pm	Trauma-Informed Suicide Intervention
2:45pm – 3:00pm	Next Steps & Closing

***Please note: In order to receive completion and credit/CE's, you must have your video camera on for the duration of training.**