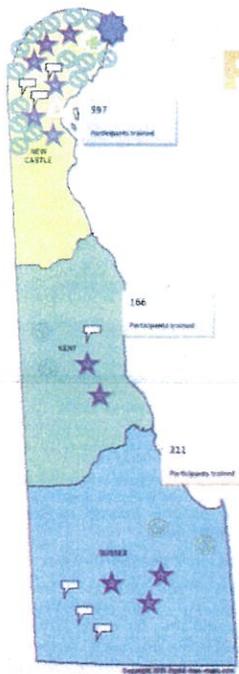


Statewide Suicide Prevention Gatekeeper Trainings

January - October 2015



ASIST Trained Participants

NCC: Christiana Care Health System, Claymont Community Center, Connections Community Support Programs, DE Army National Guard, DE Council on Gambling Problems, DE River & Bay Authority, Division of Prevention and Behavioral Health Services, Horizon House-Echo Center, Kent Sussex Community Services, La Esperanza, Latin American Community Center, Mid-Atlantic Behavioral Health, Nemours A.I. duPont Hospital for Children, New Castle County Family Court/CASA, New Castle County Foster Care System, Praise Assembly, Recovery Innovations, Trinity Presbyterian Church, West End Neighborhood House, Wilmington Police Department Academy, Wilmington VA Medical Center

KENT: Acadia Health Care, Catholic Charities, Central YMCA, Connections CSP, Contact:LifeLine DE, DE 211, Division of Prevention and Behavioral Health Services, Division of State Service Centers, Division of Substance Abuse and Mental Health, IDivision of Youth Rehabilitative Services, DE Commission of Veterans Affairs, DE Army National Guard, Dover Air Force Base, E.W. Murphey School, Holcomb Behavioral Health Systems, Nemours A.I. duPont Hospital for Children, Recovery Innovations, Senator Chris Coons' Office, The Home of the Brave Foundation

SUSSEX: Brandywine High School, Crisis Intervention Services, Communities in Schools, Connections Community Support Programs, DE Army National Guard, Division of Developmental Disabilities Services, Division of Prevention and Behavioral Health Services, Family Court of the State of DE, Kent Sussex Community Services, Nemours A.I. duPont Hospital for Children, Recovery Innovations, Thresholds, University of Delaware 4-H Program, Wilmington VA Medical Center, Woodbridge School District

Type of Training

- ★ **ASIST** (Living Works -Applied Suicide Intervention Skills Training, two-day intensive skills training)
- ☞ **SafeTALK** (Living Works suicide alertness training with intervention skills 3hrs.)
- ☉ **Lifelines Training** (comprehensive suicide awareness and responsiveness program for middle/high schools, individuals who work with middle/high school aged children and/or individuals in the community)
- ☘ **Mental Health First Aid Training** (8 hour training on understanding various mental health problems and learning ways to help and support individuals in crisis)
- ▲ **Certification Training** (various suicide intervention trainings geared towards certification for mental health professionals)
- ★ **Delaware Military & Veterans Mental Health Summit** (statewide conference held in Wilmington)



ASIST

ASIST (Applied Suicide Intervention Skills Training) is a two-day training for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this evidence based two-day, highly interactive, practical, practice-oriented workshop. ASIST is the most researched suicide prevention skills training world-wide, and evaluations have shown that interventions skills learned at ASIST are retained over time and put to use to save lives.

The Outcome

The emphasis of the ASIST workshop is on suicide first aid, on help-ing a person at risk stay safe and seek further help. Attendance at the full two days is essential.

Learn how to:

- recognize invitations for help
- reach out and offer support
- review the risk of suicide
- apply a suicide intervention model
- link people with community resources

Who to Contact:

Mental Health Association in Delaware:
(302) 654-6833 or (800) 287-6423



safeTALK

suicide alertness for everyone

safeTALK: a 3 hour training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. As a safeTALK-trained suicide alert helper, you will be better able to: move beyond common tendencies to miss, dismiss or avoid suicide; identify people who have thoughts of suicide; apply the TALK steps (Tell, Ask, Listen and Keep Safe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

Why should I come to safeTALK?

In only a few hours, you will learn how to provide practical help to persons with thoughts of suicide. Expect to leave safeTALK more will-ing and able to perform an important helping role for persons with thoughts of suicide.

Why is safeTALK for everyone?

Most persons with thoughts of suicide go unrecognized—even though most all are, directly or indirectly, re-questing help. Without safeTALK training, these invitations to help are too rarely accepted, or even noticed. With more suicide alert helpers, more people with thoughts of suicide will get connected to the intervention help they need.

Lifelines

A Suicide Prevention Program

Lifelines is a Comprehensive Suicide Awareness and Responsiveness Program for middle schools. This is a whole-school program made up of three unique components: Lifelines: Prevention, Lifelines: Inter-vention, and Lifelines: Postvention. This trilogy of programs is the only existing model of its kind available for schools. The complete Lifelines Trilogy is based on over 20 years of suicide-in-youth research that indicates an informed community can help to prevent vulnerable teens from ending their lives.

Workshop Details:

Lifelines prevention program can be done in as little as 45 minutes to one hour. The program was created for school staff and parents but can be utilized in a variety of community settings including churches, community centers and after school pro-grams. These workshops can be ideal for parents & families, clergy, educators and others, who will learn about the problem of suicide in Delaware, basic myth and facts about suicide, and signs of suicide risk. We can customize the workshops to address the needs of your community or organization. The student curriculum must be done in two 90 minute sessions or four 45 minute sessions.

BEHAVIORAL HEALTH SCREENING RESULTS	 DTMH299												
<i>Form Version:</i> Emergency 12 to 24 <i>Screening Date:</i> 12/07/2015 <i>Screening Location:</i> Main Office <i>Screened By:</i> Demo, Demo <i>Staff Email:</i> Harvey.doppelt@state.de.us	<table border="0"> <tr> <td style="border-bottom: 1px solid black;">Canada</td> <td style="border-bottom: 1px solid black;">Susan</td> </tr> <tr> <td style="text-align: center;">LAST NAME</td> <td style="text-align: center;">FIRST NAME</td> </tr> <tr> <td style="border-bottom: 1px solid black;">1212</td> <td style="border-bottom: 1px solid black;">09/10/2000</td> </tr> <tr> <td style="text-align: center;">MR/ID Number</td> <td style="text-align: center;">DOB</td> </tr> <tr> <td></td> <td style="border-bottom: 1px solid black;">Medicare</td> </tr> <tr> <td></td> <td style="text-align: center;">INSURANCE TYPE</td> </tr> </table>	Canada	Susan	LAST NAME	FIRST NAME	1212	09/10/2000	MR/ID Number	DOB		Medicare		INSURANCE TYPE
Canada	Susan												
LAST NAME	FIRST NAME												
1212	09/10/2000												
MR/ID Number	DOB												
	Medicare												
	INSURANCE TYPE												

INSTRUCTIONS

Review report before meeting with the patient. Review results with patient and follow standard care procedures, including referral, if necessary. Place results report in medical chart.

INSTRUCTIONS/FEEDBACK	Response
Are you currently seeing a doctor, counselor, or therapist for a problem with how you have been feeling, thinking or behaving?	No
If you have come here today with a parent, guardian, or other adult, is it ok for them to be in the room when we go over your answers with you?	Yes

CRITICAL ITEMS	Response
Have you ever tried to kill yourself?	Yes

SCALES (All scales are 0 - 4. 0 = no risk and 4 = highest risk.)	Score	* Clinical Significance
Depression	2.00	Severe Depression
Suicide Ideation - Lifetime	2.67	History of Suicide, but not current
Suicide Ideation - Current	0.00	
Traumatic Distress	1.00	At Risk for PTSD
Substance Abuse	0.00	Not Significant

RISK BEHAVIORS	Response
In the past thirty days, how many days have you: used alcohol?	6
In the past thirty days, how many days have you: used marijuana?	12
Have you ever used any other type of substance or medicine to get high or relax?	Yes
Have you ever physically hurt yourself even though you had no plan to kill yourself (for example, cutting)?	Yes
During the past year, have you had a physical fight with someone who is not your parent or guardian?	Yes
Is there a gun in your home?	Yes
How often do you feel kids tease you, make fun of you, or ignore you?	Sometimes
How often do kids physically hurt you or threaten to hurt you?	Sometimes
How often are you cyber bullied (e.g., chat rooms, Facebook, instant messaging, text messages on your cell phone)?	Sometimes
You said that you were at least sometimes (alone, teased, physically threatened, or cyber bullied). How upsetting are these kinds of experiences for you?	Somewhat