

Recommended Suicide Prevention Training

For meeting requirements of
 ORS [675.140](#), [675.597](#), [675.805](#), [676.860](#) and [676.863](#)

Provider role	Level	Which training?	Training description	Contact information
Anyone with client contact	Basic	Question, Persuade, Refer (QPR)	1.5 hour virtual or in-person training teaches three easy steps to identify signs someone is thinking about suicide and how to connect them to help. AVAILABLE VIRTUALLY.	To sign up individually: Register here . To get a group trained: Crystal Larson 503-244-5211 qpr@linesforlife.org
Anyone with client contact	Basic	Counseling on Access to Lethal Means (CALM)	2 hour training available on-demand online free of charge. Designed to equip participants to help someone who expresses suicide ideation create physical safety for potential lethal means. AVAILABLE VIRTUALLY	Online on-demand here .
Anyone with client contact	Basic/ Intermediate	Mental Health First Aid (MHFA)	1 day broad overview training on recognizing the early signs of mental illness, mental health problems, and substance use. Youth and Adult trainings available. AVAILABLE VIRTUALLY.	Find a trainer in your area Or find a training here .
Anyone with client contact	Basic/ Intermediate	Suicide Prevention: Responding with Care	A 3 hour on-demand, online course builds knowledge and skills that traditional health workers or other caring professionals need to screen for suicide risk, ask about suicide directly, refer to services, and follow up with clients. Every 2 years.	For information click here .



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Anyone involved in providing care or coordinating services after a suicide death	Intermediate	Connect: Postvention	Half day, in-person postvention training teaching adult service providers best practices to respond in a coordinated way in the aftermath of a suicide. AVAILABLE VIRTUALLY.	For information about trainers in your area: Kris Bifulco 203-231-3619 kbifulco@aocmhp.org
Anyone with client contact	Intermediate	Applied Suicide Intervention Skills Training (ASIST)	2 day in-depth workshop designed to learn to provide skilled intervention and basic safety planning. NOT AVAILABLE VIRTUALLY.	Calendar of trainings here . For information about trainers in Oregon: Tim Glascock 503-367-3754 tglascock@aocmhp.org
Those who do risk assessment and safety planning with children, youth, and young adults	Intermediate/ Advanced	Youth Suicide Assessments in Various Environments (Youth SAVE)	Equity-centered workshop designed for mental health and medical providers (including counselors) to learn to provide skilled intervention and safety planning in virtual, hybrid, and in-person spaces. AVAILABLE VIRTUALLY.	Current training spots are posted here . youth.save@oraap.org
Those who do risk assessment and safety planning	Intermediate/ Advanced	AMSR (Assessing Managing Suicide Risk)	6.5 hour training in the latest research-informed suicide risk assessment and risk formulation designed for health and behavioral health care professionals working in a variety of settings. AVAILABLE VIRTUALLY.	Current trainings are listed here . Limited OHA sponsored training spots in Oregon: Maria Pos 503-399-7201 mpos@aocmhp.org
Those who provide treatment, skills training, or therapy	Advanced	Collaborative Assessment & Management of Suicidality (CAMS)	Collaborative Assessment and Management of Suicidality (CAMS): Therapeutic framework for suicide-specific assessment and treatment of a patient's suicidal risk. AVAILABLE VIRTUALLY.	Various online training modules for a fee here . Limited OHA sponsored training spots: Maria Pos 503-399-7201 mpos@aocmhp.org

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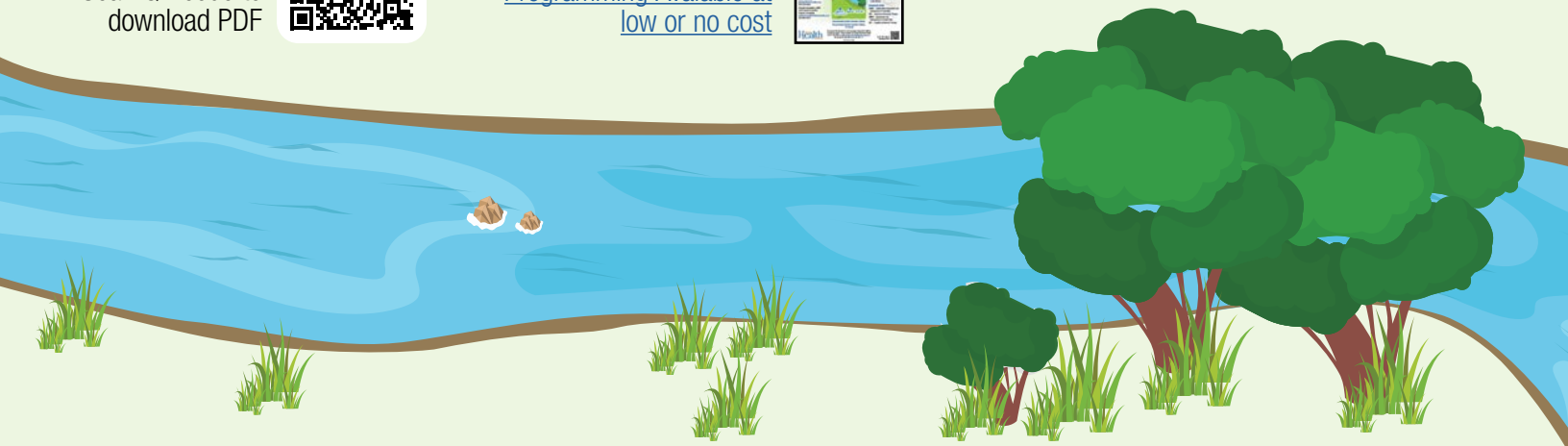
Provider role	Level	Which training?	Training description	Contact information
Those who provide treatment, skills training, or therapy	Advanced	Cognitive Behavioral Therapy for Suicide Prevention (CBT – SP)	3 day training CBT-SP is a cognitive-behavioral psychotherapy program designed for patients who have previously attempted or thought of suicide. AVAILABLE VIRTUALLY.	Limited OHA sponsored training spots: Maria Pos 503-399-7201 mpos@aocmhp.org
Those who provide treatment, skills training, or therapy	Advanced	ABFT (Attachment-Based Family Therapy)	3 day virtual workshop. This is an empirically informed family therapy model specifically designed to target family and individual processes associated with adolescent suicide and depression.	Limited OHA sponsored training spots: Maria Pos 503-399-7201 mpos@aocmhp.org
Those who provide treatment, skills training, or therapy	Advanced	DBT – Skills and Suicide Prevention (Dialectical Behavioral Therapy)	5 day training to include DBT Skills and detailed focus on suicide assessment/prevention/intervention. This is a highly efficacious treatment developed for multi-diagnostic, severely disordered individuals with borderline personality disorder and other problems of emotion dysregulation.	Limited OHA sponsored training spots: Maria Pos 503-399-7201 mpos@aocmhp.org

Note: These trainings are sponsored in part or in full by the Oregon Health Authority. For a longer list of suicide prevention continuing education courses, visit [this](#) page.

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Youth Suicide Prevention Programming Available at [low or no cost](#)



You can get this document in other languages, large print, braille or a format you prefer. Contact Children and Family Behavioral Health at 971-719-0265 or email Chelsea.Holcomb@oha.oregon.gov. We accept all relay calls or you can dial 711.

