

suicideCare: Aiding life alliances

suicideCare is a one-day, practice-oriented seminar that introduces advanced clinical competencies beyond suicide first aid care.

This specialized program is designed for mental health clinicians and other helping professionals. The program aims to enhance helper self-awareness, knowledge and competence in working constructively with a person at risk beyond the immediate crisis.

Goals and objectives

suicideCare participants will be able to:

- Distinguish four helping approaches (first aid, management, treatment and therapy)
- Clarify the helping roles associated with these strategies and recognize which role they are fulfilling with a person at risk at any one time
- Integrate the actions (*Tasks*), competencies (*Tools*) and helper characteristics (*Traits*) needed to implement these roles effectively
- Assess their beliefs, attitudes and practices which facilitate or impede an effective helping relationship with a person at risk beyond crisis



suicideCare at a glance

Focus: Suicide-specific helping competencies, beyond suicide first aid

PARTICIPANTS: Mental health clinicians and other helping professionals; 1 facilitator per up to 20 participants

PRE-REQUISITES: Applied Suicide Intervention Skills Training (ASIST)

DURATION: 1 day

LANGUAGES: English and French

suicideCare facilitators

suicideCare is presented by a registered LivingWorks facilitator. Facilitators use internationally standardized learning materials, tailoring examples and applications to local needs as appropriate.



suicideCare participants

The seminar is for helpers working with people at risk of suicide in an ongoing counseling or case management role. Participants will be those working with persons at risk beyond the immediate first aid situation and who want to learn more about how they can help over time. Participants should have formal counseling or clinical training or considerable practical experience and will bring this learning to the seminar.

Earlier participation in LivingWorks *Applied Suicide Intervention Skills Training (ASIST)* is a precondition as this seminar builds on, but has no time to adequately review, the content of that workshop.

"The interaction and scenarios in this seminar were excellent..."

suicideCare participant

Learning process

The seminar is practice-oriented. Exploration and learning is followed up by practice.

Key features

- Taught by one facilitator, recommended group size of up to 20 people.
- Pre-session activities, structured handouts and case studies guide large and small group work.
- Participants explore the critical *Tools* (knowledge), *Tasks* (skills) and *Traits* (attitudes) for working intensively with persons at risk.
- A structured clinical risk assessment informs the matching of an appropriate helping strategy with the needs of the person at risk.
- Case studies stimulate discussion and sharing of clinical practices and approaches.

suicideCare and ASIST

suicideCare builds on the *Risk Review* and *Suicide Intervention Model of Applied Suicide Intervention Skills Training (ASIST)*.

suicideCare complements ASIST by ensuring that persons who need help beyond the first aid intervention have access to someone who can offer appropriate help. ■

