

# TENNESSEE SUICIDE PREVENTION NETWORK

## Trainings and Presentations

*The Tennessee Suicide Prevention Network (TSPN) works to eliminate the stigma of suicide, educate the community about the warning signs of suicide, and ultimately reduce the rate of suicide in the state of Tennessee.*

**Note: length of training sessions may vary according to your needs.**

### **“Question, Persuade, and Refer” (QPR)**

(1-2 hours) This evidence-based training course teaches individuals how to recognize the warning signs of suicide, offer hope to people in crisis, and get help to save a life. It is suitable for people with little to no mental health background. Customizable for groups such as: Veterans, Elderly, Bullying, etc.

### **Alcohol and Drug QPR (A&D)**

(1.5-2 hours) A customized version of QPR focused on the role substance abuse plays in suicides.

### **Lesbian Gay Bisexual Transgender (LGBTQ)**

(Times Vary) A customized Suicide Prevention training regarding suicide risk within the LGBTQ community.

### **Assessing and Managing Suicide Risk (AMSR)**

(1 day) Designed for and by mental health professionals to improve suicide risk assessment, treatment planning, and case management for clients at risk for suicide.

### **Applied Suicide Intervention Skills Training (ASIST)**

(2 day, 15 hours) Intensive suicide first-aid training for mental health professionals, using an evidence-based suicide intervention model to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safety plan, and prepare for follow-up.

### **TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment**

(1.5 hours) Presents guidelines for substance abuse treatment professionals working with clients who demonstrate suicidal ideation and behavior.

### **Suicide Prevention (SP)**

(1 hour) General presentation covering basic prevention and warning signs of suicide.

### **Postvention Training**

(Times Vary) Training on how to coordinate a comprehensive and safe response to a suicide affecting a business, school, or organization, with suggestions of how to talk to persons bereaved by suicide loss to promote their healing and identification of community resources.

### **Suicide to Hope (s2H)**

(1 day) A workshop designed to help clinicians and mental health professionals promote recovery and growth for persons recently at risk of and currently safe from suicide.

### **Youth Mental Health First Aid (YMHFA)**

(1 day/8 hours or 2 days/4 hours) Designed to teach people who work with youth ages 12-18 experiencing a mental health or substance abuse crises. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.



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## Activities and Services

*The Tennessee Suicide Prevention Network (TSPN) works to eliminate the stigma of suicide, educate the community about the warning signs of suicide, and ultimately reduce the rate of*

- Monthly regional TSPN meetings, held all across the state, focusing on local/regional implementation of Suicide Prevention National Strategies.
- Six prefabricated articles on suicide, suitable for inclusion in agency newsletters. Topics covered include the nature of suicide as a public health problem, important facts about suicide, how to approach someone who may be suicidal, common suicide risk factors, the correlation between substance abuse and suicide, and suicide among older adults.
- Postvention services, including debriefings, brief counseling, and referrals, for agencies and offices affected by a recent suicide death. Training is also available on postvention protocols and development of agency-specific postvention plans.
- Publication of 3 monthly newsletters which may be forwarded to staff:
  - *TSPN Call to Action*
  - *Out of the Shadows*
  - *Can you hear me?*
- Nine different brochures on suicide prevention addressing the problem within certain high-priority population groups and phenomena:
  - "Bullying and Suicide"
  - "Saving African-American Lives in Tennessee"
  - "Saving GLBT Lives in Tennessee"
  - "Saving Middle-Aged Lives in Tennessee"
  - "Saving Senior Lives in Tennessee"
  - "Saving Teen and Young Adult Lives in Tennessee"
  - "Saving Veteran Lives in Tennessee"
  - "Substance Abuse and Suicide"
  - "Survivors of Suicide"
- A church bulletin insert outlining facts about suicide and common warning signs, suitable for provision to houses of worship and other community agencies.
- Gun Safety Brochure to be used by Homeland Security and law enforcement agencies
- A regularly maintained website ([www.tspn.org](http://www.tspn.org)) with resources and statistics for ready consultation by the general public
- Assistance from regional support group members who can provide debriefing to new survivors of suicide
- Regional resource directories corresponding to each of TSPN's regional networks and select counties
- Resources, training, and support for clinical survivors of suicide and members of the general public who may be affected by suicide
- Advocacy in support of state and national legislation relevant to mental health and suicide prevention, such as the Jason Flatt Act of 2007
- Promotion of evidence-based best practices for suicide prevention, such as the Columbia Suicide Severity Rating Scale (C-SSRS)
- Dissemination of Lifeline and TSPN promotional material
- Participation in local and national conferences/seminars to promote Suicide Prevention
- Participation and support of local suicide prevention community awareness events
- Collaborations with other local and national suicide prevention efforts
- Organization of numerous Suicide Prevention Awareness Events during the month of September
- Suicide Prevention Symposium every other year to educate and promote suicide awareness
- Active social media presence on Twitter, Facebook, and Tumblr
- Respond to multiple media requests: newspaper articles, television appearances
- Participation on governing Advisory Boards across the state

***Together we can make Suicide a NEVER EVENT***