

UNDERSTANDING SUICIDE

Effective Tools for Prevention, Intervention and Survivor Support

KEVIN L. ELLERS, D.Min.
JENNIFER ELLERS, M.A.

A Critical Incident Stress Management Course

Course Purpose:

Suicide provides unique challenges to both the professional caregiver and those within the informal support system. This course will help define challenges for those faced with providing crisis intervention with suicidal people and their support systems. It seeks to examine evidence-based concepts and gives practical tools to equip helpers with suicide awareness, professional referral, peer support intervention and supporting survivors in the aftermath of a suicide completion. The course is interactive and uses lecture, small and large group discussion, role-plays, and video interviews with survivors and experienced leaders in the field of suicidology. (14 Contact Hours, 1.4 General CEUs from UMBC)

Course Objectives:

Participants who complete the course should be able to:

1. Identify current relevant suicide data relating to demographics, means and methods
2. Explore the relevant research surrounding the suicidal mind
3. List key risk and protective factors to protect and support suicidal individuals
4. Identify important myths surrounding suicide
5. Identify an evidence-based model for suicide intervention and supporting suicidal individuals
6. Explain how to educate support systems on restricting access to lethal means
7. Articulate ways to support survivors in the immediate aftermath
8. Identify elements of suicide grief and utilize key tools for both immediate response to survivors long-term grief recovery
9. Identify key suicide prevention and support resources to assist families, organizations and communities
10. Provide a brief overview of unique situations involving murder/suicide and mass murder/suicide.