

Suicide Prevention in Rural Communities: A Live, Interactive Workshop

Overview

This interactive workshop features video demonstrations, active discussion groups, and access to the latest research on best practices for suicide prevention. The content is designed for service providers in rural communities, with highlights on suicide prevention for youth, substance use, and Indigenous people.

During this workshop, you will learn best practices for rural suicide prevention organized around the **SafeSide Framework for Suicide Prevention**. Centered on prevention-oriented risk formulation (Pisani, Murrie, & Silverman, 2016), the framework is comprised of four core tasks:

CONNECT

Ask directly about suicide and the person's experience, form collaborative connections with people and their supports, and express a 'more than safety' commitment to their recovery.

ASSESS

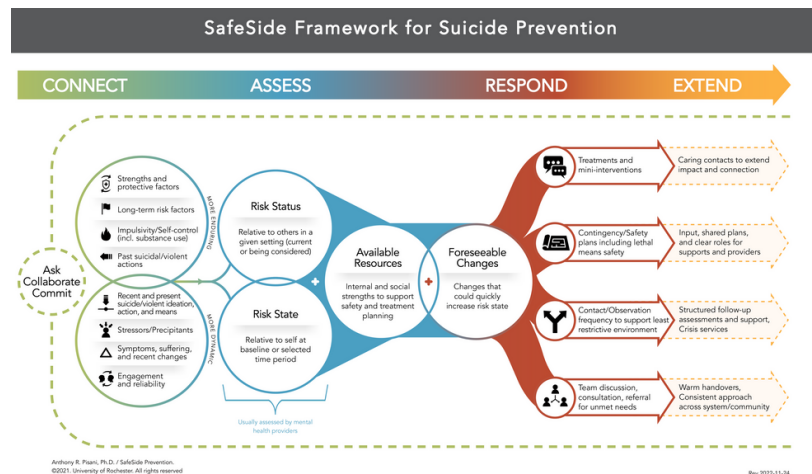
Organize what you know and succinctly report information gathered in eight categories, then describe risk using prevention-oriented risk formulation that accounts for the fluidity of suicidal intentions and leads naturally to planning.

RESPOND

Respond to risk using evidence-based treatments and mini-interventions; contingency and safety planning, including lethal means safety; Contact and observation frequency to support the least restrictive safe environment; Team discussion, consultation, and referrals for unmet needs.

EXTEND

Extend the impact of connections and interventions into the persons' life and support network through Caring contacts; Shared plans with family, supports, and others; Structured follow-up assessments and support including crisis services; Warm handoffs to support care transitions.



LEARNING OUTCOMES

<p>Extend: State at least two ways to extend the impact of intervention and plans into lives and support networks</p>	<p>Connect: Ask directly about suicide and understand the person's suffering and experience</p>	<p>Assess: Use prevention-oriented risk formulation to summarize information about risk</p>
	<p>Name and understand the four core tasks of the SafeSide Framework: Connect, Assess, Respond, Extend</p>	
	<p>Respond: Name and use at least three 'mini-interventions' for conveying empathy and hope</p>	

WORKSHOP AGENDA

Welcome and Introductions

Introduction to SafeSide Faculty
Getting to know you
Introduction to the SafeSide Framework

Connect

Strategies for connecting
Telehealth video demonstration & skills practice
Considerations for connecting with Indigenous people

Q&A Segment with Clinical and Lived Experience Faculty

Assess

Gathering and organizing information to better understand suicide risk
Considerations for rural settings and substance use
Youth video demonstration
Summarizing and communicating information about risk
Skills for joining and cultural humility in working with Indigenous peoples

Break

Q&A Segment with Clinical and Lived Experience Faculty

Respond

Treatments & mini-interventions
Skills practice and group discussion
Contingency & safety planning including means safety
Special considerations rural settings and substance use
Video demonstration including firearms and prescription medication means safety

Extend

Expanding the support system including special considerations for rural settings, Indigenous peoples, and substance use
Caring contacts
Input and shared plans teaching and skills practice
Post-evaluation
Warm handoffs for care transitions

Closing

YOUR WELL-BEING

We hope you will find your workshop experience empowering. At the same time, suicide is a sensitive topic and our demonstrations present real challenges people face. We strive for our videos to convey authentic emotion, without being triggering. Your Participant Workbook contains a summary of any sensitive content that may appear so you can judge if something might feel uncomfortable to you. If you experience any difficult emotions, please take a break and reach out to a colleague, supervisor, or friend.

Workshop Faculty



Pedro Centeno, PhD

Educational Media Lead

Clinical psychology + film/video production + massive creativity makes Pedro the perfect fit for host and producing engaging, interactive workshops that are hopeful, empowering - and fun!



Kristina Mossgraber

Lived Experience Faculty

As a suicide attempt survivor, Kristina Mossgraber devotes herself to improving the care for others who suffer the way she did. A vocal patient advocate for recovery-oriented care, Kristina co-teaches SafeSide programs and is involved in the development of SafeSide's content and materials.



Anna Kawennison Fetter, PhD, EdM

Consulting Faculty

A psychologist and an enrolled member of the St. Regis Mohawk Tribe, Anna specializes in providing culturally responsive psychotherapy to minoritized emerging adults, including those who identify as Indigenous.



Dean S. Seneca, MPH, MCURP

Consulting Faculty

Founder & CEO of Seneca Scientific Solutions, Dean is a recognized expert in health sciences and a global advocate for the under-served through community participation, building infrastructure in epidemiology and leading through diplomatic communication.



Jack Stem

Lived Experience Faculty

Jack Stem is a Project Manager at the University of Cincinnati's College of Nursing. Jack is in recovery from opioid use disorder (27 years on March 28, 2022), bringing his own experience dealing with the disease of substance use disorder to bear on his work. Jack has since dedicated his professional life to helping others with this disease.



Tony Pisani, PhD

Founder

Anthony R. Pisani, Ph.D. is an Associate Professor of Psychiatry and Pediatrics at the University of Rochester Center for the Study and Prevention of Suicide and the Founder of SafeSide Prevention. Dr. Pisani is an internationally recognized leader in suicide prevention education and workforce development.

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