Community Youth Suicide Prevention Training Offerings

The Center for Suicide Prevention and Research at Nationwide Children's Hospital is offering youth suicide prevention trainings to the community. These trainings are offered at NO COST and can be provided to individuals and organizations as requested. Please contact us with interest of presenting to your groups. We can offer virtually or in person when hospital and public health guidance permits.

For more information or to schedule, please contact us by completing the survey below or using the QR code!
https://www.surveymonkey.com/r/CSPRtrainingrequest

Descriptions of the trainings and projected audiences are as follows:

Suicide Prevention Trusted Adults Training

This training is geared towards agencies that work with youth such as camps, clubs, parks & rec, coaches, mentors, etc.

Length of training: 90 minutes
- A preventive measure that has shown a positive impact is the presence of a trusted adult in a youth’s life. In this training you will learn:
  - Signs of depression, anxiety and self-injury
  - Warning signs and risk factors associated with youth suicide
  - Discuss role of trusted adults in suicide prevention
  - How to create a culture that increases safety
  - Effective strategies for responding to youth at risk for suicide
  - Setting healthy boundaries with youth
  - Practice awareness, caring and tending to struggling youth
  - Healthy expression of emotions
  - Coping and distress tolerance skills
  - Impact of social media on mental health

Youth Suicide Prevention for First Responders: Gatekeepers on the Front Lines

Length of training: 90 minutes
- As a first responder, your likelihood of interacting with youth at risk for suicide is high. When gatekeepers know how to respond to suicide risk lives are saved. In this training you can learn about:
  - Youth suicide key terms and statistics
  - Warning signs and risk factors associated with youth suicide
  - Effective strategies for responding to youth at risk for suicide
  - First responder self-care and support when serving at-risk youth
Suicide Prevention for Foster and Adoption Caregivers

Length of training: 60 minutes

- Children in foster and adoption care systems are at even higher risk due to the likelihood of adverse childhood experiences. When care providers know how to respond to suicide risk lives are saved. In this training you can learn about:
  - Youth suicide key terms and statistics
  - Warning signs and risk factors associated with youth suicide
  - Effective strategies and resources for responding to youth at risk for suicide

Suicide Prevention and Trauma Informed Care Training

Length of training: 90 minutes

- A combination suicide prevention and trauma informed care training for youth serving organizations. In this training you can learn:
  - Youth suicide key terms and statistics
  - Warning signs and risk factors associated with youth suicide
  - Trauma as a risk factor for suicide
  - Effective strategies for responding to youth at risk for suicide
  - Setting healthy boundaries with youth
  - Your Program’s Response to Warning Signs
  - Awareness and Knowledge of impacts of trauma- Behaviors, mental health, social, brain development, etc.
  - How to provide welcoming, engaging, and safe environments.

Preparing to Launch and Navigating Mental Health Concerns of our Youth

Length of training: 90 minutes

- Suicide Prevention for Teens and Families during the Transition into Adulthood. As a family member, it can be difficult to shift in how to support teens as they become more independent and legally autonomous. Whether that is a teen going off to college or starting a career, assisting the teen in recognizing when and how to reach out for help when they or a friend is struggling with depression or suicidal thoughts is just as important as when they lived at home. In this training, you can learn about:
  - Youth suicide key terms and statistics
  - Warning signs and risk factors associated with suicide
  - Support a culture that values mental health
  - How to talk to youth about suicide and be a trusted adult in their lives
  - Creating a safety net for our youth
  - When and how to engage mental health services
Suicide Prevention for Youth of Color

Length of Training: 60 minutes

- Black and brown youth face frequent reminders that their skin color is a threat to others and their lives are viewed as less important than individuals with lighter skin tones. Bias, discrimination, and reduced opportunity contribute to disproportionate mental health problems. Many youth of color are now at a higher risk for attempting and dying by suicide than they were even a decade ago. There is a clear need to understand the risk factors for suicide among youth of color and how we can respond with urgency and compassion. This training will help clinicians, community members, and caregivers:
  - Recognize signs of emotional distress in youth of color
  - Develop helpful ways to break the stigma of mental health
  - Act as an advocates by obtaining appropriate support

Suicide Prevention in Faith-Based Communities

Length of Training: 60 minutes

- Faith-based communities play a central support role in many communities. Such communities provide emotional and financial support, resources, and social connections, just to name a few. Faith-based communities have the potential to play a large role in bridging the gap between religious teachings and critical mental health messages. There is considerable research indicating that being part of a faith community may serve as a significant protective factor against suicide.
- This training will help faith-based organizations understand the weight they carry within the community and learn ways to take that power and initiate changes within the mental health field via advocacy, breaking down barriers using relevant religious teachings, and developing a healthy intervention plan to support and link their members to mental health agencies for a higher level of care.

Talking with Your Child about Mental Health

Length of training: 60 minutes

- Caregiver presentations for clubs and other groups. This training can be used in conjunction with youth presentations at camps, clubs, summer programs or sports programs. In this training you can learn:
  - Youth suicide key terms and statistics
  - Warning signs and risk factors associated with youth suicide
  - Signs of depression, youth anxiety and self-injury
  - Effective strategies for responding to youth at risk for suicide
Caregiver Training in Spanish

Length of Presentation: 60 minutes
- This training provides an overview of the SOS Signs of Suicide program implemented in schools, including the content presented to students and overall process of SOS. In this training, caregivers are introduced to:
  - Local and national statistics of youth suicide
  - Risk factors and protective factors for youth
  - Warning signs associated with youth suicide
  - Effective strategies for responding to youth at risk for suicide

Postvention in Schools

Length of Training: 60 minutes
- After a suicide death occurs, there are interventions that can mitigate the effects to prevent further loss and support those grieving. This is called postvention. In this training you can learn about:
  - Postvention key terms, interventions, and planning strategies
  - Crisis response preparation and debriefing
  - Effective support approaches for students, staff, and the school community
  - Short term and long-term strategies to reduce risk and support grieving of the youth and adults impacted

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