



Nevada Gatekeeper Training

Nevada Gatekeeper Training's goal is to expand the network of informed support for anyone at risk for suicide. The training can be tailored for any audience. By the end of this training, you will be able to:

- ◇ Understand the nature of suicide
- ◇ Distinguish myths and facts
- ◇ Recognize warning signs and clues
- ◇ List risk and protective factors
- ◇ Increase your ability & willingness to intervene
- ◇ Identify referral resources
- ◇ Interact sensitively with survivors
- ◇ Discuss other postvention efforts.

Nevada Gatekeeper Training is available as:

- Introduction (15-30 minutes)
- Awareness/Outreach (1.25 hours)
- Gatekeeper training (2 hours)
- Gatekeeper training (4 hours)
- Train the Trainer (8 hours)
- Train the Trainer (4 Hours) FSA

Continuing Education Units (CEUs)

With collaborative efforts of the Nevada Coalition for Suicide Prevention, **YMHFA**, **ASIST** and **safeTALK** trainings have received approval for CEU credit from the following Nevada licensing boards: MFT/CPC, ADGC, Social Workers, POST, Department of Education, and Psychological Examiners. For more information, please contact the Office of Suicide Prevention.

Behavioral Health Providers Mandate

For more information on the AB 93 mandate and for **online** suicide prevention trainings, please refer to our website at www.suicideprevention.nv.gov.

CONTACT INFORMATION

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Training Programs

**PREVENTING SUICIDE IS
EVERYONE'S BUSINESS**



**The Mission of the
Nevada Office of Suicide Prevention:**

To reduce the rates of suicide and suicidal acts in Nevada through statewide collaborative efforts to develop, implement and evaluate a state strategy that advances the goals and objectives of the National Strategy for Suicide Prevention.



YOUTH
MENTAL
HEALTH
FIRST AID

© National Council for Behavioral Health

Youth Mental Health First Aid is a public education program focused on equipping adults who work with youth (ages 12-25) who may be experiencing a mental health challenge or a crisis.

YOU WILL LEARN the risk factors and

warning signs of a variety of mental health challenges common among adolescents and youth in transition.

Participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis.

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies.

Anyone who regularly works or interacts with youth, such as teachers, athletic coaches, mentors, juvenile justice professionals may find the course content useful.



safeTALK
suicide alertness for everyone

©LivingWorks Education

This half-day safeTALK training helps all members of your community :

- ◇ Be able to **recognize** a person with thoughts of suicide
- ◇ Know how to **connect** them to a person trained in suicide first aid intervention.

safeTALK prepares you to be a suicide alert helper, willing and able to perform an important helping role for persons with thoughts of suicide. Through a carefully crafted set of helping steps and the use of creative educational processes, it is possible for you to learn how to provide practical help.

Expect to be challenged. Expect to have feelings. Expect to be hopeful.



suicideTALK

©LivingWorks Education

suicideTALK is a 1.5 to 2 hour awareness exploration program based upon a comprehensive suicide prevention framework and aimed at most members of the community. Practicing open and honest talk about suicide may:

- ◇ Encourage life-protection & wellness-promotion activities.
- ◇ Facilitate community awareness of suicide as a serious community health problem.
- ◇ Reduce stigma surrounding suicide.
- ◇ Increase personal commitment to suicide prevention
- ◇ Support the spread of training opportunities & networking activities.

This training is suitable for ages 15+.



ASIST

Applied Suicide Intervention Skills Training
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The *Applied Suicide Intervention Skills Training (ASIST)* program is designed for caregivers seeking to prevent the immediate risk of suicide. ASIST uses many different teaching processes to create a practice-oriented and interactive learning experience. The emphasis of the two-day (14 hours) workshop is on suicide first aid.

At the end of the workshop participants will be able to:

- ◇ Recognize invitations for help
- ◇ Reach out and offer support
- ◇ Review the risk of suicide
- ◇ Apply a suicide intervention model
- ◇ Link persons at risk of suicide with community resources.

This workshop is appropriate for all caregivers, including: professionals, counselors, social workers, paraprofessionals, teachers, youth workers, clergy, physicians, community volunteers, mental health professionals and family members. Attendance on both days is **essential** and also **required** for Continuing Education* credits.

Training Costs

In collaboration with community agencies, the Nevada Coalition for Suicide Prevention donations, the Project Aware SAMHSA grant and some state funding, many of our trainings are free. Please call the Office of Suicide Prevention for more information.