

# **SUICIDE RISK ASSESSMENT & PREVENTION**

A continuing education course  
for mental health professionals & medical professionals

**INSTRUCTOR**

**Charlton Hall, MMFT, LMFT/S, RPT-S, CHt**



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## **Course Description**

This 1.75 hour course in Suicide Prevention sponsored by the Mindful Ecotherapy Center covers some common myths about suicide, suicide statistics, how to perform a basic suicide risk assessment, how to complete a suicide prevention action plan, and how to implement basic de-escalation strategies in a therapeutic crisis situation.

## **Suicide Prevention Course Objectives**

- Identify and refute some common myths about suicide
- Identify some of the early warning signs of a potential suicide attempt
- Be able to discuss some current statistics regarding suicide
- Be able to discuss some age group differences regarding suicide
- Be able to conduct a basic suicide risk assessment
- Be able to discuss the PPI method of suicide risk assessment
- Be able to complete a Suicide Prevention Action Plan
- Be able to complete a No-Harm Contract and Action Plan
- Be able to use the Suicide-Homicide Ideation Decision Flowchart
- Define “de-escalation”
- Discuss the importance of de-escalation strategies in crisis prevention
- Describe and be able to use the LEAP de-escalation model
- Identify and use some common resources on suicide prevention

## **Suicide Prevention Instructor Credentials & Contact Information**

Charlton Hall, MMFT, LMFT/S, RPT-S, CHt

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Board-Approved Permanent Sponsor of Continuing Education in South Carolina, Permanent Sponsor # 495

### **Contact information**

You may contact Charlton Hall at [chuck@mindfulecotherapy.com](mailto:chuck@mindfulecotherapy.com)

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## **References and Citations for Suicide Risk Assessment and Prevention 1.75 hour Continuing Education Course**

Sponsored by the Mindful Ecotherapy Center [www.mindfulecotherapy.org](http://www.mindfulecotherapy.org)

### **STUDIES**

Del Palacio-González, A., Clark, D. A., & O'Sullivan, L. F. (in press). Distress severity following a romantic breakup is associated with positive relationship memories among emerging adults. *Emerging Adulthood*.

Metcalfe & Gunnell (2014): *Hospital Presenting Self-Harm and Risk of Fatal and Non-Fatal Repetition: Systematic Review and Meta-Analysis*

### **WEBSITES**

Centers for Disease Control National Center for Health Statistics  
<https://www.cdc.gov/nchs/>

Centers for Disease Control Suicide Statistics and Information  
<https://www.cdc.gov/violenceprevention/suicide/statistics/index.html>

Centers for Disease Control Violence Prevention  
[www.cdc.gov/violenceprevention](http://www.cdc.gov/violenceprevention)

LEAP Approach to De-escalation  
<http://mhr4c.com.au/coping-strategies/the-leap-approach/>

National Mental Health Association  
<http://www.mentalhealthamerica.net>

Suicide Prevention Resource Center  
[www.sprc.org](http://www.sprc.org)

The Trevor Project  
<https://www.thetrevorproject.org>

Youth Suicide Prevention Education Program  
<https://crisisclinic.org/education/community-training-opportunities/school-curriculum>