

# Recommended Suicide Prevention Training for Schools



Maximizing OHA-sponsored training available at low or no cost to schools

Who?	Which training?	Training Description	How often?	Contact information
All Staff (including support staff, food service, transportation, and extra-curricular advisors)	<a href="#">Question, Persuade, Refer (QPR)</a>	A 1.5 hour virtual or in-person training program for anyone ages 16+ that teaches three easy steps to identify signs someone is thinking about suicide and how to connect them to help. <b>AVAILABLE VIRTUALLY.</b>	Every year	To sign up individually: Register <a href="#">here</a> .  To get a group trained: Crystal Larson 503-244-5211 <a href="mailto:qpr@linesforlife.org">qpr@linesforlife.org</a>
Administrators Health Teachers School Nurses	<a href="#">Youth Mental Health First Aid (YMHFA)</a>	A broad overview one-day training on recognizing the early signs of mental illness, mental health problems, and substance use. <b>AVAILABLE VIRTUALLY.</b>	Every 3 years	Find a training <a href="#">here</a> or contact Maria Pos 503-399-7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>
School Counselors Other School-based Mental Health Professionals Administrators (who may do initial suicide screening)	<a href="#">Applied Suicide Intervention Skills Training (ASIST)</a>	An in-depth, two-day workshop designed for anyone ages 16+ to learn to provide skilled intervention and safety planning. <b>CURRENTLY NOT AVAILABLE VIRTUALLY.</b>	Every 3 years (4-hour “tune-up” course is available following completion of full training.)	Find a training <a href="#">here</a> or contact Tim Glascock 503-367-3754 <a href="mailto:tglascock@aocmhp.org">tglascock@aocmhp.org</a>
Those who do risk assessment and safety planning with children, youth, and young adults	<a href="#">Youth Suicide Assessments in Various Environments</a> (Youth SAVE)	Equity-centered workshop designed for mental health and medical providers (including counselors) to learn to provide skilled intervention and safety planning in virtual, hybrid, and in-person spaces. <b>AVAILABLE VIRTUALLY.</b>	Every 3 years	Current training spots are posted <a href="#">here</a> .  <a href="mailto:youth.save@oraap.org">youth.save@oraap.org</a>

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Students	Some curriculum options (more linked below):  <b>RESPONSE</b>	“RESPONSE is a comprehensive high school based suicide prevention program designed to increase awareness, heighten sensitivity to depression and suicidal ideation, change attitudes, and offer response procedures to refer a student at risk for suicide.”	Curriculum and Upstream programs Ongoing	RESPONSE: <a href="http://www.columbiacare.org/response.html">http://www.columbiacare.org/response.html</a>
	<b>Signs of Suicide (SoS)</b>	Signs of Suicide (SoS) is a middle and high school education curriculum designed to teach students to identify warning signs of depression and suicide and encourage help-seeking and connection.		SoS: <a href="https://www.mindwise.org/what-we-offer/suicide-prevention-programs/">https://www.mindwise.org/what-we-offer/suicide-prevention-programs/</a>
	<b>teen Mental Health First Aid (tMHFA)</b>	Teen Mental Health First Aid “teaches high school students about common mental health challenges and what they can do to support their own mental health and help a friend who is struggling.”		<b>tMHFA:</b> Maria Pos 503-399-7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>
	<b><a href="#">Erika's Lighthouse</a></b>	Erika's Lighthouse – Free curriculum and resources for mental health awareness for grades 4-6 plus suicide prevention for grades 8-12. Available in English and Spanish.		<a href="#">Find a short list of recommended Suicide Prevention curriculum in Lines for Life's Step-by-Step guide on page 40-47 here.</a>
	Complement curriculum with <b>upstream community-building/SEL</b> program:  <b>Sources of Strength</b> <b>Sources of Strength Elementary</b> (includes curriculum)	Sources of Strength is a curriculum for elementary and a youth-led program for middle, and high schools aimed at equipping students to be connectors to help and agents of change in a school setting with a focus on hope, help, and strength. <b>AVAILABLE VIRTUALLY, IN-PERSON, OR FOR HYBRID LEARNING MODELS.</b> Available in English and Spanish.		Find additional SEL options and resources for Middle and High School <a href="#">here</a> .  Find additional SEL options and resources for PreK and Elementary <a href="#">here</a> . <a href="#">Sources of Strength</a>  Contact Liz Thorne 503-593-2840 <a href="mailto:liz@matchstickpdx.com">liz@matchstickpdx.com</a>

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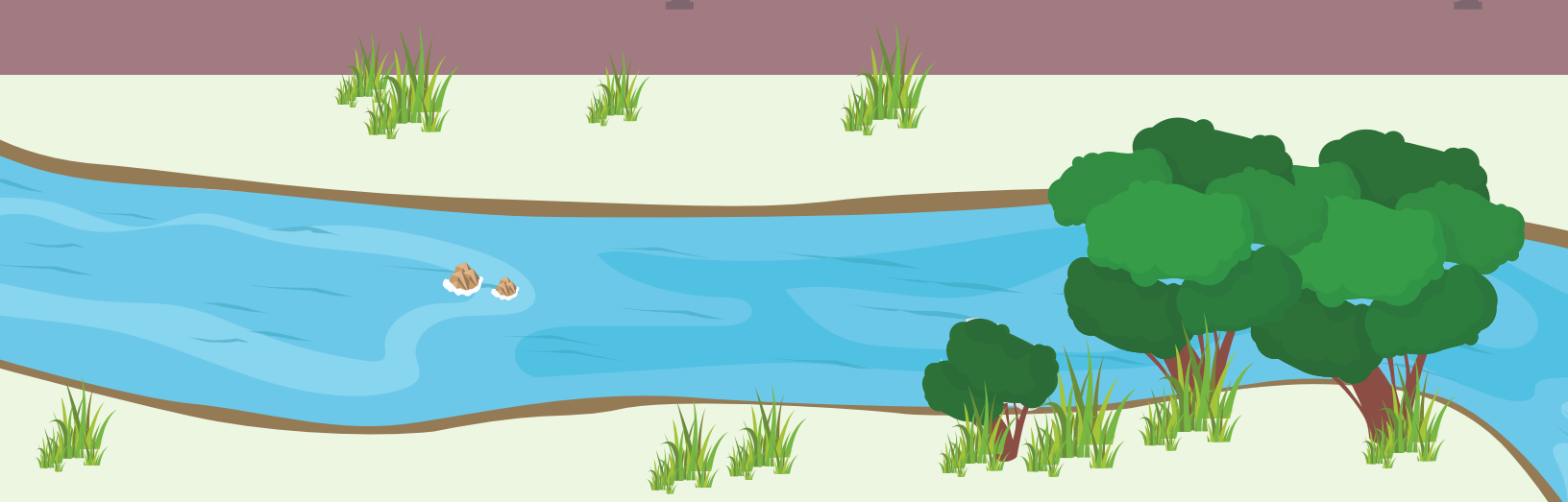
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Crisis Response Team School Counselors	<a href="#">Connect: Postvention</a>	An in-person, half-day postvention training teaching adult service providers best practices to respond in a coordinated way in the aftermath of a suicide. <b>AVAILABLE VIRTUALLY.</b>	Every 5 years	Kris Bifulco 203-231-3619 <a href="mailto:kbifulco@aocmhp.org">kbifulco@aocmhp.org</a>
School-based Mental Health Professionals	<a href="#">Collaborative Assessment &amp; Management of Suicidality (CAMS)</a>	Collaborative Assessment and Management of Suicidality (CAMS): Therapeutic framework for suicide-specific assessment and treatment of suicidal risk. <b>AVAILABLE VIRTUALLY.</b>	Includes ongoing support from CAMS.	Maria Pos 503-399-7201 <a href="mailto:mpos@aocmhp.org">mpos@aocmhp.org</a>

Contact the Statewide School Suicide Prevention Manager at Lines for Life ([SSPW@linesforlife.org](mailto:SSPW@linesforlife.org)) to access resources for suicide prevention programming.

Scan QR code to download PDF



[Youth Suicide Prevention Programming Available at low or no cost](#)



You can get this document in other languages, large print, braille or a format you prefer. Contact Children and Family Behavioral Health at 971-719-0265 or email [Chelsea.Holcomb@oha.oregon.gov](mailto:Chelsea.Holcomb@oha.oregon.gov). We accept all relay calls or you can dial 711.

