

Addressing Suicidal Behavior in the U.S. Military: Strategies for Assessment, Crisis Intervention and Treatment

2-Day Workshop on
21-22 June 2017 from 0800-1630 EST at
11300 Rockville Pike, Rockville MD (One Central Plaza/Conference Center)

Presented by the Center for Deployment Psychology for military/DoD/GS providers only.



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This intensive 2-day module provides training in the assessment and treatment of suicidal ideation and behavior for behavioral health providers working with Service members. Risk and protective factors will be discussed. Participants will have the opportunity to practice classification of suicidal ideation and behaviors. Suicide risk assessment, including special considerations, will be addressed. Empirically-supported strategies for suicide prevention will be reviewed. Participants will receive in-depth training in cognitive-behavioral therapy for suicide and will have the opportunity to practice assessment and intervention strategies. Role-plays will be done in class to practice assessment and treatment techniques, and participants must attend both days.

Learning Objectives:

1. Describe some of the similarities and differences in suicide risk factors between civilian and military populations.
2. Summarize two key psychological theories of suicide with clear implications for risk assessment/treatment.
3. Define/classify suicide and related thoughts and behaviors.
4. Assess risk for suicide in a manner that is sensitive to both proximal and distal risk factors.
5. Utilize Cognitive Behavioral Therapy for Suicide in the treatment of suicidal behavior.

*** Free Continuing Education (CE) credits are available for this 2-day workshop ***

See attached CE statement for more information. No partial credit allowed. CME credits are not provided.

CE certificates will be sent by email approximately 4 weeks after the workshop.

PESI charges \$10 to reissue certificates and full price to issue previously unrequested credits.

For specific CE questions, contact Bridget Schaub at bschaub@pesi.com.

To register click here: <http://sprockvillejune2017.eventbrite.com>

Need more info? Kris Hannah at khannah@deploymentpsych.org



**Program Content provided by Center for Deployment Psychology
Continuing Education hours provided by PESI, Inc.**

Program Title: Addressing Suicidal Behavior in the U.S. Military

Date: June 21-22, 2017

Location: Rockville, MD

PESI Program Code: 54804RCK *(Please reference this code when contacting PESI regarding this program)*

Duration of Instructional Content: 820 minutes over two days

Must attend both days to receive credit. No partial credit will be awarded

COUNSELORS: This activity consists of **13.5** clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2014-January 27, 2017. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive **13.5** (Clinical) continuing education clock hours in participating in this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

ADDICTION COUNSELORS: This activity consists of **13.5** clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for **13.5** hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

MARRIAGE AND FAMILY THERAPISTS: This activity consists of **820** minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a formally approved American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities. Full attendance is required; no partial credit will be awarded for partial attendance.

This activity qualifies for **13.5** contact hours.

OTHER PROFESSIONS: This seminar qualifies for **13.5** continuing education clock hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

****CE hours for this activity are being provided by PESI, Inc. Have an inquiry on continuing education credit that is not listed here? Please contact Bridget Schaub at PESI, Inc. You may reach her via email at bschaub@pesi.com.**

Lisa French, Psy.D., is the assistant director of Military Training Programs at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She joined the CDP in 2011 as a deployment behavioral health psychologist at Wilford Hall Ambulatory Surgical Center. Prior to joining the CDP, Dr. French served on active duty as a psychologist in the United States Air Force (USAF) from 2002-2011. In 2006, she deployed to Afghanistan in support of Operation Enduring Freedom.

Dr. French received her bachelor's degree in psychology from Oregon State University and her master's and doctorate degrees in clinical psychology from Pacific University in Forest Grove, Oregon. She is a 2003 graduate of the Wright-Patterson USAF Medical Center Psychology Residency Program.

As a military spouse, Dr. French continues to experience military life daily and has first-hand understanding of the demands of military service on the family. Her professional interests include military psychology, the assessment and treatment of Posttraumatic Stress Disorder and depression, exercise psychology and suicide prevention and treatment.

Center for Deployment Psychology: Evidence-Based Psychotherapy (EBP) Workshop FAQs

Continuing Education Credits (CEs)/Certificates

- **How many CEs will I earn?** Please refer to your CE ad statement from PESI, Inc. that spells out the exact number of CEs you will earn for your specific discipline at this workshop. Your workshop POC can provide this ad statement to you. All of our credits are accepted by professional licensing organizations such as APA, ASWB, etc.
- **Which disciplines are covered?** Generally we cover psychologists, social workers, marriage and family therapists, and other disciplines. If your discipline is not listed on the CE ad statement then we are unable to provide you CEs, but you are welcome to participate and arrange for your own credits through your licensing board. Please note our trainings are only for providers with a clinical caseload.
- **I am a M.D., will I receive CMEs?** We are not able to provide CMEs but you are welcome to arrange for your own through your licensing board or other sources (we are unable to help with this process).
- **What is the process to get CEs?** For each day of the workshop there will be a PESI sign-in sheet for CEs (separate from CDP sign-in sheets) on which you must write a legible email and check the box indicating whether you want CEs or not. Please remember to bring your professional license number with you if possible. At lunchtime each day you will need to initial yourself back in on the appropriate area of the sign-in sheet. At the end of the workshop you must then fill out the PESI evaluation and leave it with the instructor. Partial credits are not offered, so you must attend the full two days and all participants must sign in only for themselves. Please print legibly. Approximately 4 weeks following a training, PESI will send your CE certificate via email (keep an eye on your spam folder just in case!)
- **I signed in both days but forgot to initial myself back in after lunch, what should I do?** If PESI sees that you wanted credits but didn't provide initials after lunch, they will need to send you an affidavit for you to certify your full presence at the workshop. Please note this will significantly delay receipt of your CE certificate.
- **Can I give an anonymous evaluation for the EBP training?** We send out an online post-survey following a workshop in which you may rate things anonymously. Whether this way or on the PESI evaluation, we always appreciate your honest feedback and take all comments into consideration to improve future workshops.
- **Will I receive a completion certificate?** A few days after the workshop you will be emailed a link to a short online post-survey, and after completion you will be redirected to a Completion Certificate to print for your training files. It does not list any CE information – CE certificates will come separately as stated above.
- **When will I receive my CE certificate?** Certificates from PESI are typically delivered approximately a month after the training to the email address you wrote on their sign-in sheet, so you must write legibly!
- **It's been a month and I haven't received my CE certificate, how can I get it?** If 4-5 weeks has passed since your workshop and the certificate still hasn't arrived, first check your spam folder then contact our PESI credits administrator Bridget Schaub at bschaub@pesi.com, letting her know the date and location of the workshop you attended. Note that PESI charges full price to issue previously unrequested credits.
- **Anything else I should know about certificates?** When you sign in at the workshop, you must write clearly or you may not receive your certificate (or it might arrive with your name misspelled.) If you use a Yahoo email address, please be aware that your certificate may get caught in your spam filter. Finally, PESI charges a \$10 fee to reissue certificates, and full price to issue previously unrequested credits.
- **Does the CDP offer certification for EBP trainings?** No. We do offer a Certificate of Completion to add to your training files.
- **I have more questions, who can I talk to about CEs?** Please contact our PESI credits administrator Bridget Schaub at [800-844-8260 x8204](tel:800-844-8260) or bschaub@pesi.com with CE questions only. For questions regarding workshop logistics, please contact your POC. For questions regarding future trainings, please refer to CDP's website.

Cost

- **What does the EBP workshop cost?** It's free! The training, materials, and CEs are completely covered by our DoD funding for this program. Any participant travel or expenses must be self-funded.

Eligibility to Attend

- **Who is allowed to attend this workshop?** All Tri-Service military/DoD/GS behavioral health providers (including civilian contractors) with a clinical caseload of Service members on a military base are allowed to attend any of these workshops. Nurses, nurse practitioners, clinical nurse specialists may attend as well if they meet this criteria. Once the minimum number of participants has been met, occasionally a limited number of seats may be available to non-military/DoD providers such as VA or TRICARE clinicians.

- **If I am a military/DoD mental health clinician and can't attend this workshop, where can I find other training events?** Please visit <http://www.deploymentpsych.org> for a schedule of our upcoming workshops.
- **I know someone who isn't a mental health professional but is fascinated in this subject and wants to support the military, can they attend?** Only mental health professionals that work in or for the military may attend these workshops. These are advanced clinical-skills workshops specifically for providers with a clinical caseload.
- **If I am a military intern/resident mental health tech and can't earn the CE credits for this EBP workshop, may I attend anyway?** We have limited seats available for senior-level techs or interns, so please contact Ms. Kris Hannah for more information at khannah@deploymentpsych.org. If approved, you must register with the understanding that this is intensive clinical training (including role-playing), and the full two days attendance will be required. Further, you must still fill out all PESI paperwork even if you're not seeking CE credits.
- **I can't attend the workshop but am interested in the subject/could use this in my practice/need this for my upcoming deployment, so may I have the materials sent to me?** Sorry, we cannot provide materials to those that don't attend the workshop. However, the CDP offers helpful deployment-related resources on our website including articles, practice guidelines, and online trainings. Please visit our website at <http://deploymentpsych.org>.
- **I can't attend the workshop but know others that might be interested, may I pass them the information?** Absolutely! We encourage all eligible mental health providers to share information about our workshops, whether by forwarding our flyers or by passing along our frequently-updated website training schedule: <http://www.deploymentpsych.org/workshops>.
- **I am a civilian TRICARE provider, may I attend the training?** Our workshops are primarily for military/DoD/GS clinicians as described in detail above, but occasionally we may have a limited number of seats available to TRICARE providers. Please contact Ms. Kris Hannah at khannah@deploymentpsych.org for more information. Should you be unable to attend the training, please consider attending one of our civilian workshops as described below.
- **I am a VA clinician, may I attend the EBP training?** Our workshops are primarily for military/DoD/GS clinicians as described above, but we may have a limited number of seats available to VA clinicians. Please contact Ms. Kris Hannah at khannah@deploymentpsych.org for more information (CPT workshops in particular have strict requirements for all VA providers). Should you be unable to attend our training, we recommend you contact your VISN or EBP Coordinator further for training opportunities or attend one of our civilian workshops as described below.
- **Do you offer separate on-site EBP workshops for civilian providers not affiliated with the military?** We do! Throughout the year we have low cost, week-long trainings around the country that are designed for civilian clinicians who treat Service members, Veterans, and their families. The last two days of these courses typically feature an EBP featuring the same content as in military workshops. New courses are posted as they are planned and registrations are managed through the CDP's website – please see <http://www.deploymentpsych.org/regional-civilian-1-week-training> for more details.
- **Do you offer online EBP trainings?** We do! Various trainings including EBPs are also held via webinar several times a year. All CDP training opportunities can be found at the bottom of our website's homepage (www.deploymentpsych.org) – click "view more" to see the full list, which is regularly updated. EBP webinars are open to both military and civilian providers, provide the exact same training as on-site workshops, and require a \$30 fee to cover CE costs. Please submit your information here to be notified when the next one opens: <http://eepurl.com/0X4HX>. Webinar registration opens about 45 days prior to each training, and these are gaining in popularity so we strongly recommend registering immediately for anything of interest that you see. Webinar platforms include Second Life and Adobe Connect, and specific information about these will be found in registration information via our website.

How to Register

- **Is there a registration link, and how do I get it?** To register for training you must contact either the point of contact (POC) directly or follow the registration link on the original EBP workshop advertisement. If you can't find it in those places then contact Ms. Kris Hannah for more information at khannah@deploymentpsych.org.
- **Why can't you register me if I email you?** The CDP staff doesn't always handle registration for our trainings – typically it's a POC at the training location itself. When the CDP does run registration, it's usually one of several handled concurrently. Between the information we need to register you versus the volume of responses we are receiving at any given time, it's more efficient for you to register yourself.
- **I'm not sure yet if I can attend this workshop, can you reserve a space for me?** Sorry, due to the popularity of our workshops we cannot hold a space for you. Your best bet is to register and should things not work out, immediately let us know you can't attend so someone else can have your seat.

- **The EBP workshop has filled up and registration has closed. Is there a waiting list you can add me to?** Please talk to your POC about a waiting list. If CDP is running registration, typically a waiting list will be started and should a seat become available, you will be notified.
- **The workshop has filled up and registration has closed. May I volunteer to help at the workshop so I can still attend?** Sorry, we do not accept volunteers at this time.
- **Can you put me on your mailing list for future workshops?** At this time we do not have a specific mailing list to advertise our workshops, so please check our website regularly for new EBP trainings that have been arranged: <http://www.deploymentpsych.org/workshops>.
- **Will the training be recorded so I can watch it later?** No, we do not offer recordings of our EBP workshops.

Location

- **When will I receive location information for my workshop?** The POC for your EBP training will provide specifics for you, or you may find information on the original advertising flyer. If you registered online then CDP staff will send you a registration confirmation letter by email that will outline location information and all logistics for your training.
- **Why did you choose this location?** Locations are chosen based on space, presentation needs, ease of access, cost, and schedule considerations. We work closely with the POC and location to arrange for the appropriate seating and technical arrangements.

Logistics

- **What is the appropriate dress code for EBP workshops?** For military participants it is always Airman Battle Uniform (ABU), Army Combat Uniform (ACU), or Navy Working Uniform (NWU). For civilians it is business casual. Please note the training location temperature can't always be adjusted, so dress in layers and bring a sweater or jacket if needed.
- **Do I need to bring anything in particular to the workshop?** Beyond a pen and your provider license number, there's usually nothing else required. All handouts, books and/or manuals will be provided to you the first morning of the workshop. Since we can't control the temperature at training sites, we do recommend you bring a light jacket or sweater in case it is cold in the room. If you bring a laptop, please take it with you during the lunch hour as there is no guaranteed staffing provided in the training room at that time.
- **Will coffee, breakfast or lunch be provided?** Not for the majority of EBP workshops, however there is usually a place nearby to purchase food and coffee – please check with your POC. Some training locations may have restrictions on bringing food/beverages into the room – your POC will have this information.
- **What time is the workshop?** All workshops run from 0800-1630. Please be prompt, allowing yourself advance time to park, sign in, leave to get coffee, etc. so we can get started on time. Lunch is typically held from 1200-1300, and regular breaks are provided throughout the day at the discretion of the instructor.
- **What if I need to leave early?** In order to receive credits for the training, you must attend the full two days and fill out a paper evaluation distributed at the end of the last day. Please see the first section of this FAQ for more details about CEs. Should you have an unforeseen emergency that requires your early departure during a training, please let the instructor or CDP staff know immediately.
- **How can I get base access for my workshop, and where do I park?** Please contact your POC for base access and parking instructions.
- **This workshop was great! How can I find out about future ones?** As new EBP workshops are arranged they are posted on CDP's website: <http://www.deploymentpsych.org/workshops>. As with the majority of CDP trainings these are all free and include CEs, but any travel or expenses must be self-funded.
- **Can I have an extra set of materials for my colleague?** Sorry, materials are intended for only those that attend our trainings.
- **What is your inclement weather or cancellation policy?** EBP workshops are rarely canceled, but if that becomes a necessity then all registered participants will notified via email immediately at least 24 hours in advance by either the POC or CDP directly. If bad weather is predicted that may require cancellation, we will make every effort to keep all registrants informed well in advance as to our intentions.