



# **Lethal Means Safety Counseling**

March 11, 2026

A Live, Interactive Webinar

## **Description:**

This 120-minute training provides behavioral health providers with research-based information about the principles of lethal means safety counseling. It begins by exploring the importance of discussing means as part of suicide prevention interventions. Next, population-level efforts are compared with individual-level initiatives. Key components of Lethal Means Safety Counseling using principles of Motivational Interviewing are explored in depth. Participants view a video of Means Safety Counseling and then are provided with an opportunity to engage in a role play to practice skills introduced. The presentation concludes with an overview of suggested resources for additional learning.

Total CE Credits: 2

Total Contact Hours: 2

## **Learning Objectives:**

Following the training, attendees will be able to:

1. Evaluate lethal means safety efforts at both a population and individual level.
2. Integrate cultural awareness and sensitivity into semi-structured discussions about lethal means safety.

**Target Audience:** For behavioral health providers who treat military personnel, veterans, and their families.

**Instructional Content Level:** Introductory/Beginner

## **Agenda:**

10:00 AM

Introduction

Lethal Means & Suicide Prevention

Population-Level Suicide Prevention

Individual-Level Suicide Prevention

LMSC With Clients

Resources

12:00 PM



Adjourn

**Continuing Education:**

**Course Completion Requirements:** Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

After all course requirements have been completed, CEs will be available through the learning management system. There is a 30-day time limit post-training to complete all CE requirements.

**American Psychological Association Sponsor Approval:**

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

**Association of Social Work Boards Approved Continuing Education Provider Approval:**

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2025-May 19, 2028. Social workers completing this course receive 2 Live, Interactive Webinar continuing education credits.

**New York State Education Department's State Board for Psychology Provider Approval:**

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

**New York State Education Department's State Board for Social Work Provider Approval:**

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Mr. Aric Bowie at [aric.bowie.ctr@usuhs.edu](mailto:aric.bowie.ctr@usuhs.edu).

**Participate:**

**Online Platform:** Zoom

**Date:** March 11, 2026

**Time:** 10:00 am – 12:00 pm Eastern



**Registration Information:** Registration is available through the learning management system, CE21, and can be found here:

<http://deploymentpsych.ce21.com/item/conducting-lethal-means-safety-counseling-138350>

**Registration Deadline:** Registration will close one day before the workshop.

**Cancellations/Questions:** Please contact Mr. Aric Bowie, at [aric.bowie.ctr@usuhs.edu](mailto:aric.bowie.ctr@usuhs.edu) if you have any questions or need to cancel your registration.

**Registration Cost/Refunds:** \$15

Registration fees will be refunded to participants who send a written cancellation via email to [aric.bowie.ctr@usuhs.edu](mailto:aric.bowie.ctr@usuhs.edu) no less than 2 weeks before the training. No refunds will be made after the training.

**Instructional Format:** This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

**System Requirements:**

**Zoom:**

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

**Special Accommodations:** If you require special accommodations due to a disability, please contact Mr. Aric Bowie, at [aric.bowie.ctr@usuhs.edu](mailto:aric.bowie.ctr@usuhs.edu) 4 weeks prior to the training so that we may provide you with appropriate service.

**Grievances:** For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Stanley-Hulsey, via email at [amanda.stanley-hulsey.ctr@usuhs.edu](mailto:amanda.stanley-hulsey.ctr@usuhs.edu).

**Instructor Biographies:**

**Kristyn Heins, Ph.D.**, is a Licensed Professional Counselor serving as a Military Behavioral Health Counselor for the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, she supports the CDP's efforts of training clinicians in evidenced-based practice focused on suicide prevention. Dr. Heins completed her doctoral degree at Texas A&M University-Corpus Christi where her dissertation focused on treatment of moral injury. She received a Master's degree from Western Michigan University, and a Bachelor's degree from Central Michigan University.

Prior to joining the CDP, Dr. Heins worked at the Department of Veteran Affairs in various roles including primary care mental health, and suicide prevention telehealth. Dr. Heins is trained in Cognitive Behavioral Therapy- Suicide Prevention, and Problem Solving Therapy- Suicide Prevention. She also has worked in a Federally Qualified Health Center and in a non-profit setting. Dr. Heins has extensive experience working with presenting problems including insomnia, chronic pain, anxiety, depression, PTSD, schizoaffective disorder, and bipolar disorder. Along with suicide prevention, Dr. Heins has a



professional interest in integrated mental health services, employee wellness, and education of future clinicians.

**\*\*There is no commercial support or conflict of interest to report for this presenter.**