



Suicide Prevention Considerations for Prescribing Providers

13 March 2026

A Live, Interactive Webinar

Description:

This intensive one-day module provides training in the assessment and management of suicide ideation and behavior. The theoretical underpinnings of suicide ideation and behavior are presented. Participants will be introduced to the Self-Directed Violence Classification System (SDVCS), a nomenclature supported by the DoD/VA for self-directed violence and suicidal behavior. Population-based risk and protective factors will be reviewed. Next, basic elements of suicide risk screening and assessment will be introduced. Participants will learn a number of crisis intervention strategies for working with suicidal patients. Participants will receive in-depth training in the assessment and management of suicidal patients and will have the opportunity to practice skills.. Video demonstrations and participant role-plays will be used in class to practice key assessment and intervention techniques. The module is designed for prescribing providers working with Service members who are seeking in-depth training in empirically supported treatment options they can immediately incorporate into their clinical practice. The training will provide hands-on practice activities and is geared toward an actively involved audience through discussion and in workshop activities. Participants are expected to actively engage in workshop activities and attend the full day of training. (US Department of Defense, 2021; World Health Organization, 2021; Joiner, 2005; Klonsky & May, 2015; Brenner et al., 2011; Veterans Health Administration & Department of Defense, 2019)

Total CME Credits: 4.50

Total Contact Hours: 4.50

Learning Objectives:

1. Distinguish suicidal and non-suicidal thoughts and behaviors using the Self-Directed Violence Classification System
2. Apply the 3-step theory of suicide to the process of clinical conceptualization and treatment planning.
3. Integrate Fluid Vulnerability Theory and the Risk Stratification Tool into the process for developing a suicide risk determination.
4. Design a safety plan in collaboration with a patient.
5. Use means safety counseling in patient interactions to improve clinical outcomes.
6. Propose strategies for mitigating the heightened risk for suicide during life transitions (*i.e.*, inpatient to outpatient care, military to veteran status).

Target Audience: For Physicians, Physician Assistants, and Nurse Practitioners who treat military personnel, veterans, and their families.



Instructional Content Level: Intermediate

Agenda:

Day One

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| Check In | 9:45 AM | 10:00 AM |
| Introduction & Course Overview | 10:00 AM | 10:10 AM |
| Epidemiology | 10:10 AM | 10:25 AM |
| Nomenclature | 10:25 AM | 10:45 AM |
| Theoretical Underpinnings | 10:45 AM | 11:00 AM |
| DoD Guidelines and Instruction | 11:00 AM | 11:25 AM |
| Suicide Risk Assessment | 11:25 AM | 12:00 PM |
| Break | 12:00 PM | 12:15 PM |
| Safety Planning | 12:15 PM | 12:45 PM |
| Lethal Means Safety Counseling | 12:45 PM | 1:45 PM |
| Transition to Lower Level of Care | 1:45 PM | 2:15 PM |
| Transition from Military to Civilian Life | 2:15 PM | 2:30 PM |
| Questions and Wrap Up | 2:30 PM | |

Continuing Medical 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 CME credits.

Accreditation Council for Continuing Medical Education Affinity CE Provider Approval

This continuing education activity is provided by AffinityCE and Uniformed Services University Center for Deployment Psychology (CDP). AffinityCE and CDP staff, planners, and reviewers have no relevant financial relationships with ineligible companies to disclose. AffinityCE adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers, or others, are required to disclose all relevant financial relationships with ineligible companies. All relevant financial relationships when present, have been mitigated by the per review of content by non-conflicted reviewers prior to the commencement of the activity.

There is a 30-day time limit post-training to complete all CME requirements. CME Credit Certificates will be available for download via the registration system within 30 days after all course requirements have been completed.

Inquiries regarding CME credits may be directed via email to Brandon Carpenter at brandon.carpenter.ctr@usuhs.edu.

**Participate:**

Online Platform: Zoom

Date: 13 March 2026

Time: 10:00 a.m. – 2:30 p.m. Eastern Time

Registration Information: <https://deploymentpsych.org/training>

Please note: You will be directed to our CME vendors site located here:

<https://cdp.cds.affinityced.com/hub.php>. If this is your first time registering for this course you will be required to create a username and password upon registration.

Registration Deadline: Registration will close one week prior to the start date or when training capacity is met.

Cancellations/Questions: Please contact brandon.carpenter.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Registration Cost/Refunds: This training is free for those with a .mil email address. Registration fees will be refunded to participants who send a written cancellation via email to brandon.carpenter.ctr@usuhs.edu no less than 2 weeks before the training. No refunds will be made after the training.

Required Materials: None

Location Information: Online via Zoom

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 Brandon Carpenter at brandon.carpenter.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, Amanda Stanley-Hulsey, via email at amanda.stanley-hulsey.ctr@usuhs.edu.

Instructor Biographies:

Sharon Birman, Psy.D., is a Military Behavioral Health Psychologist working with the Military Training Programs at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, she develops and presents trainings on a variety of EBPs and deployment-related topics, as well as providing consultation services. She has traveled widely across the United States and OCONUS providing continuing education to civilian and military behavioral health providers teaching a variety of courses including Cognitive Therapy for Suicide Prevention, Cognitive Behavioral Therapy for Depression, Cognitive Behavioral Therapy for Chronic Pain, Assessment and Management of Opioids in Military Connected Populations, Assessment of PTSD, Traumatic Brain Injury, Military Sexual Assault and Military Family Resilience.

Ruth Roa-Navarrete, PhD., is a Clinical/Prescribing Psychologist and a retired Air Force Psychologist with 23 years of service. She currently works as an independent contractor performing compensation and pension exams for veterans with psychological injuries incurred during their military service. She is an adjunct professor at Alliant International University, where she graduated as part of their 3rd cohort in Clinical Psychopharmacology. She has been prescribing independently since 2010 in the context of multiple assignments in the United States and at overseas locations, including during two contingency deployments. Her areas of clinical interest include Women's Mental Health and Transcultural Psychopharmacology. She has significant teaching/supervisory experience as faculty member/preceptor for several mental health professionals including psychology practicum students, interns and residents, social work fellows, psychiatry residents, physician assistant students and psychiatric nurse practitioner students.

****There is no commercial support or conflict of interest to report for these presenters.**