



Second Life Island for Preventing Suicide - Jim's Case Study

Experience-Based Asynchronous Distance

Description:

This training provides behavioral health providers an opportunity to further develop their clinical skills in suicide prevention through hands on learning. Using an avatar-based, asynchronous learning environment, participants practice conducting a suicide risk assessment, developing a safety plan with means safety counseling, and completing a relapse prevention exercise while receiving asynchronous feedback from subject matter experts in suicide prevention. In this activity, learners will work with Jim, an Air Force Veteran currently working in a civilian job who is a Black, straight man in his early 60s. Jim and his wife Martha have a close relationship with their children and grandchildren.

Instructional Format: This course takes place in an avatar-based, asynchronous virtual environment, Second Life. Participants will practice skills in suicide risk assessment, developing a safety plan with means safety counseling, and completing a relapse prevention exercise while receiving asynchronous feedback from subject matter experts in suicide prevention.

Total CE Credits: 2

Total Contact Hours: 2

Learning Objectives:

Following the training, attendees will be able to:

1. Analyze risk factors, warning signs, and protective factors to determine accurate acute and chronic suicide risk levels for patients.
2. Develop an effective 6-step safety plan in collaboration with patients.
3. Integrate appropriate coping skills into effective relapse prevention activities with patients.

Course Creation Date: October 28, 2022

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

Instructional Content Level: Introductory/Beginner

Agenda: Course and post test are available on-demand and will take approximately 1.5 hours to complete.

Continuing Education:

Course Completion Requirements: Participants are required to complete the entire case study, pass the post-test with a 75% or greater score, and complete the post-training evaluation to obtain CE credit. Participants are required to complete the entire training curriculum. Partial credits cannot be issued. Attendance is accounted for through the learning management system's course tracking and recorded completion of the post-test. 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.

There is a 30-day time limit post-registration to complete all CE requirements. CE Credit Certificates will be made available in the learning management system upon completion after all course requirements have been completed.

Participants are given three opportunities to pass the post-test. Credits will not be given if participants cannot pass with a 75% or greater score after three attempts at the post-test.



In order to earn CEs associated with a “client,” you must complete all activities related to this virtual simulated client. These activities include four (4) suicide-prevention skills topics, namely Risk Assessment, Safety Planning, Means Safety, and Relapse Prevention.

At the end of the relapse prevention portion of the case study, you will find a sign for CEs that includes a 4-letter code that YOU MUST WRITE DOWN.

Then, click on the sign just before loading into the “Ruddy Duck” back to the Welcome Center. Clicking the sign will open another web browser window in CE21, where you can complete the knowledge items check and course evaluation.

This is the correct answer to one of the knowledge items, and you must get this item correct to earn CEs. DO NOT MISS THIS CODE. You CANNOT get CEs without it, and you cannot return to the activity to retrieve it. This code documents that you completed all of the activities associated with that client. Each client has a different code.

The sign looks like this:



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, 2022 – May 19, 2025. Social workers completing this course receive 2 Live, Experience-Based Asynchronous Distance 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 Aric Bowie at aric.bowie.ctr@usuhs.edu.

Participate:

Course Website: <https://deploymentpsych.ce21.com/item/second-life-island-prevent-suicide-iims-case-study-123512>

Course, post-test and post-training evaluation will be accessible via CDP’s learning management system upon registration at



the above link.

Registration Information: Register through CDP's online Learning Management System at: <https://deploymentpsych.ce21.com/item/second-life-island-prevent-suicide-jims-case-study-123512>

Registration Deadline: This course is on-demand and will be readily available.

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

Registration Cost/Refunds: Free

Required Materials: None

System Requirements:

Second Life:

- High-speed Internet connection, Cable or DSL
- Operating System: Windows 8, 10 or higher, Mac OS X 10.9 or higher
- Hardware: 2 Ghz processor or higher, 1GB RAM or higher
- Graphics Card: Windows - NVIDIA GeForce 6600 or better OR ATI Radeon 9500 or better OR Intel 945 chipset, Mac - ATI Radeon 9200 and above OR NVIDIA GeForce 2, GeForce 4

Special Accommodations: If you require special accommodations due to a disability, please contact Aric Bowie, at aric.bowie.ctr@usuhs.edu.

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.

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.

She joined the CDP in 2014 after completing her postdoctoral fellowship at Harbor-UCLA Medical Center, where she was actively involved in CBT and DBT intervention, supervision and education. She completed her predoctoral internship at Didi Hirsch Mental Health Center, focusing her training suicide prevention and evidence-based interventions for the treatment of individuals with severe, chronic mental illness. Dr. Birman received her bachelor's degree in psychology from the University of Southern California and her master's and doctorate degrees in clinical psychology from Pepperdine University.

Erin Frick, Psy.D. is a clinical psychologist serving as Assistant Director of the DoD Child Collaboration Study for the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, she leads a team studying best practices for the use of telehealth tools and tele-education with healthcare providers and other professionals working with military children and families with mental, emotional, behavioral, and/or developmental needs. Dr. Frick also leads Evidence-Based Psychotherapy (EBP) trainings and is integrally involved in CDP diversity, equity, and inclusion efforts. Dr. Frick earned her bachelor's degree in psychology from Manchester University (formerly Manchester College) in Indiana. She graduated with her master's degree in mental health counseling from Purdue University in West Lafayette, IN, and her doctorate in Clinical Psychology from Wright State University in Dayton, OH.

Prior to joining CDP, she worked as a contract psychologist treating active-duty military members at Travis Air Force Base, CA, utilizing multiple EBPs. Before this, she worked primarily in university counseling and community mental health centers. Over the course of her career, Dr. Frick's clinical work has focused on suicide prevention, the dissemination and implementation of



EBPs, developing group therapy services in mental health clinics, training and supervising staff, mindfulness-based treatments, and the assessment and treatment of trauma-related mental health conditions.

Lisa French, Psy.D., is the Chief of Operations at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. French is a suicide prevention subject matter expert and trainer who joined the CDP in 2011 as a deployment behavioral health psychologist at Wilford Hall Ambulatory Surgical Center following active duty service in the United States Air Force (USAF). During her time at CDP, she has served in multiple roles.

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. Dr. French served as an active duty USAF psychologist from 2002-2011 and deployed to Afghanistan in support of Operation Enduring Freedom in 2006.

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 dissemination and implementation of evidence-based treatment approaches, the impact of military life on the family, and suicide prevention and treatment.

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