

Program Documentation Form

Course Title: *Understanding Suicide: Effective Tools for Prevention, Intervention and Survivor Support*

Objective	Content	Time	Faculty	Method
List objectives in operational/behavioral terms	List each topic area to be covered and provide a description or outline of the content to be presented	State the time frame for the topic area	List the faculty person or presenter for each topic	Describe the teaching method/s used for each
Identify current relevant suicide data relating to demographics, means and methods	Stats, trends, special considerations	90 min		Lecture, class discussion
Explore the relevant research surrounding the suicidal mind	Definitions, NSSI, sociological and individualistic concepts, reasons, justification, connections, belonging, burdensomeness,	60 min		Lecture
Identify important myths surrounding suicide	Myths, statements and perceptions, cultural and considerations, lethal self-injury concepts,	60 min		Lecture, video. Individual reflection
List key risk and protective factors to protect and support suicidal individuals	Health, individual, environmental, historical, youth concepts, warning signs and risk factors, predictors, mental illness, loneliness, hope, sources of	90 min		Lecture, videos, discussion, role play, assessment

	meaning, faith and religion, protective factors, referral sources, Barricades to seeking help			
Identify an evidence-based model for suicide intervention and supporting suicidal individuals	Listening, questions, peer and professional referral, SAFER, connections and belonging, clinical research on effective treatment, how to help, what doesn't help, cognitive and affective domain, WHY DIE and LIVE Peer Support Model for Supporting a Person in Crisis, Empathic Solution-focused Approach for Peer Support in Suicide Intervention	90 min		Lecture, video, role play, reflection, discussion
Explain how to educate support systems on restricting access to lethal means	Key points, guns, medication, common means, practical steps, research	90 min		Video, lecture, discussion
Articulate ways to support survivors in the immediate aftermath	Voices from survivors, early aftermath, crime scene, challenges, what's different, death notification, media, trauma of the scene, cleanup, cultural and public perception, personal reactions, religious perspectives, uniqueness of suicide grief, attitudes toward survivors, stigma, discounting statements, telling the children,	90 min		Video, discussion, lecture
Identify elements of suicide	Blame, unknowns,	90 min		Video, lecture,

<p>grief and utilize key tools for both immediate response to survivors long-term grief recovery</p>	<p>acknowledgment, different ways of grieving, conflict in family, blame, guilt, fear, betrayal, avoidance, challenges of getting support, challenges in receiving support, common themes, the story, narrative in healing, effective listening, tips for parents, strategic self-care,</p>			<p>discussion, assessment</p>
<p>Identify key suicide prevention and support resources to assist families, organizations and communities</p>	<p>Written material, videos, websites, class discussion of local and national resources, top things that survivors want you to know, organization impact, helping organizations plan for strategic response in different phases</p>	<p>90 min</p>		<p>Discussion, lecture, video, assessment</p>
<p>Provide a brief overview of unique situations involving murder/suicide and mass murder/suicide.</p>	<p>General data, myths and realities, male vs. female specific homicide-suicide data, what differs, most common circumstances prior to murder-suicide, risk factors, characteristics of Intimate Partner Homicide and Suicide (IPHS), prevention strategies</p>	<p>40 min</p>		<p>Lecture, video interviews, class discussion</p>