

SUICIDE AWARENESS AND PREVENTION TRAINING CRITERIA FOR STAFF

Training not on the approved list must meet the following criteria and be approved by EED.

Training must include:

1. Accuracy of content
2. Realistic Goals & Objectives for the training
 - a. List facts about prevalence, research, and myths surrounding suicide
 - b. Assess and evaluate youth Risk & Protective Factors
 - c. Recognize the clues and triggers for possible suicidal action in youth
 - d. Warning Signs
 - e. Provide strategies to intervene with a suicidal youth
 - f. Teach others how to become listeners and to be able to give a concerned response to a suicidal individual
 - g. Postvention strategies
3. Safe & Effective Messaging
 - a. Do emphasize help-seeking and provide information on finding help
 - b. Do emphasize prevention
 - c. Do list the warning signs, as well as risk and protective factors of suicide
 - d. Do highlight effective treatments for underlying mental health problems
 - e. Don't glorify or romanticize suicide or people who have died by suicide.
 - f. Don't normalize suicide by presenting it as a common event.
 - g. Don't present suicide as an inexplicable act or explain it as a result of stress only.
 - h. Don't focus on personal details of people who have died by suicide.
 - i. Don't present overly detailed descriptions of suicide victims or methods of suicide.
4. Identify and access resources available to address the needs of a person in crisis
 - a. Careline information (1877-266-HELP)
 - b. www.Stopsuicidealaska.org
5. Local community resource information
6. Evaluation of the training

For more information contact Sharon Fishel at 907-465-6523 or Sharon.Fishel@alaska.gov