

# MAINE SUICIDE PREVENTION PROGRAM

## *trainings for* **Medical Personnel**

### **SUICIDE ASSESSMENT FOR CLINICIANS**

The ability to conduct an informed suicide risk assessment is a vital skill for any clinician working with high-risk populations. This day-long workshop builds knowledge about suicide trends in these populations and takes you through the steps of suicide risk assessment, intervention, and treatment options. The focus is on assessment skills across the lifespan, for those working in clinical roles with youth or adults.

### **NON-SUICIDAL SELF INJURY TRAINING**

This training covers Self Injury Definitions. It addresses the pattern of occurrence of Self Injury, and discusses and correlates the relationship between Self-Injury and Suicide. Participants will learn about common risk factors and signs to look for that indicate self injury. Participants will be given tools on how to respond to Self Injury and resources for help.

### **HEALTHCARE LUNCH AND LEARN PRESENTATIONS SUPPORTING SUICIDE PREVENTION AND INTERVENTION**

Practice or organization-based Lunch and Learns offer an opportunity to deliver site-based learning opportunities covering the critical best-practice tools for the identification, assessment and management of suicide risk in a healthcare practice. The presentations can be delivered to a clinical audience or across both clinical and non-clinical staff. Each presentation can be delivered in a 90 minute window and will include handouts and supportive documents.

### **SAFETY PLANNING FOR HEALTHCARE OR SCHOOLS**

This training teaches the ability to articulate a rationale for collaborative safety planning within a system of care, and describe the components of a safety plan. Training will build skills and comfort in use of safety plans with patients or students.

*led by*

**Greg Marley**, LCSW the Clinical Director of NAMI Maine. He has practiced in the field of community mental health and prevention in Maine for over 30 years. Since 2007, Greg has developed and presented training and education supporting suicide prevention, intervention and management of suicidal behavior. He comes to this work from a background in crisis and emergency services, clinical treatment, substance abuse prevention, and program management. In the aftermath of a suicide, he provides debriefing, guidance and support to organizations and people in grief.



National Alliance on Mental Illness

**nami** | **Maine**



# Suicide prevention is up to all of us!

## Taking action may save a life.

### Important Numbers:

#### Call 911 for help if:

- A suicide attempt has been made
  - A weapon is present
- A person is out of control

#### Maine Crisis Hot line

1-888-568-1112

- Answered 24 hours/day by trained staff
- Mobile crisis team can go to any safe site

#### National Suicide Prevention Lifeline

1-800-273-TALK (8255)

- Press “1” for veteran support

For training schedule and registration:  
[www.namimaine.org/TrainingCalendar](http://www.namimaine.org/TrainingCalendar)



For more information, contact the  
Suicide Prevention Program  
Coordinator at  
[mspp@namimaine.org](mailto:mspp@namimaine.org) or  
1-800-464-5767 ext. 2310

### NAMI Maine coordinates the Maine Suicide Prevention Program training activities.

[www.namimaine.org](http://www.namimaine.org)

(800) 464 - 5767

S1-888-568-1112

### Partners in this efforts include:

#### Maine Medical Association

[www.mainemed.com](http://www.mainemed.com)

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