



There is NO fee to attend this training. 6.0 CEU's will be provided and registration is required. Space is limited. Please complete and return the registration form on final page.

Ohio Suicide Prevention Foundation Presents:

A FREE Best Practice Workshop

Counseling on Access to Lethal Means (CALM) Train-the-Trainer

**Monday,
June 8, 2015
9:00 am—4:30 pm**

**Heartland Behavioral Healthcare Hospital
3000 Erie Street South, Massillon, Ohio 44646**

Elaine Frank, MHS - Instructor

CALM (Counseling on Access to Lethal Means) is a means reduction program developed at the Injury Prevention Center at Dartmouth and evaluated by researchers at the Harvard Injury Control Research Center. The workshop is presented to mental health and health care professionals to engage them in this effective component of an overall suicide prevention effort.

The workshop includes: PowerPoint presentations regarding why CALM is important, an Introduction to Firearms, a model videotaped counseling session, and lots of time for discussion and role plays.

During CALM, the following steps are emphasized:

1. Explain that you believe that your client or a family member is at risk for suicide and why you have made this determination.
2. Explain that they can reduce the risk by reducing access to lethal means, particularly firearms.
3. Discuss specific steps they can take to remove or at least reduce access to firearms and other lethal means.

Means restriction or reduction is a suicide prevention strategy that focuses not on why someone might choose to end their life, but how. Research has consistently found that 90% of people who attempt suicide and survive will go on to live out their natural lives – no matter how serious their attempt may have been. This research tells us that if a person can survive their attempt, the odds of making a full recovery are in their favor. On average, a suicidal person will take five minutes from the time they decide to kill themselves to the time they take action to do so. If there are no means available to that person to act on their decision, like large amounts of medication or an unsecured firearm, then the likelihood that that person will die by suicide drops significantly. The vast majority of individuals will not substitute means. A person experiencing a suicide crisis is often agitated and impulsive. They almost never have a well thought out plan, and the vast majority of the time if their chosen method is not available they will not have an alternative plan. CALM is a nationally recognized best practice strategy to prevent/reduce suicide deaths.

Elaine Frank, MHS, is the Program Director of CALM at the Injury Prevention Center (IPC) at Dartmouth. CALM - Counseling on Access to Lethal Means – is a program she developed and has promoted in collaboration with Mark Ciocca, a practicing psychologist. For almost twenty years Elaine was the Program Director of the IPC. In that capacity, Ms. Frank co-developed NH's first Suicide Prevention State Plan, was a co-chair of the Youth Suicide Prevention Assembly (YSPA) and sat on the State Suicide Prevention Council. She currently is a member of NH's Suicide Fatality Review Committee. Elaine also chairs the NH Firearm Safety Coalition which developed the Gun Shop Project, an effort to expand suicide prevention efforts to gun shops and firing ranges. This program is currently being implemented around the country.

Elaine holds a Masters Degree from Johns Hopkins School of Hygiene and Public Health where she was introduced to the public health approach to addressing complex social issues. Ms. Frank has a history of working collaboratively with a broad range of professionals and publics to ensure that their diverse strengths and needs are addressed and utilized.

REGISTRATION FORM

Counseling on Access to Lethal Means (CALM) Train-the-Trainer

Trainer Recommendations

- Good presentation skills including working with presentation equipment
- Familiarity with suicide prevention concepts and practices
- Experience working with mental health providers and other health/social service providers especially implementing training sessions
- Familiarity with firearms and/or the gun culture is helpful but not essential
- Willingness to provide trainings to agencies in your area

Please complete this registration form and mail or email, to *Ohio Suicide Prevention Foundation*,
2323 West Fifth Avenue, Suite 160, Columbus, Ohio 43204 or cholton@ohiospf.org

Training Date and Time: Monday, June 8, 2015 9:00 am to 4:30 pm

Location: **Heartland Behavioral Healthcare Hospital**

3000 Erie Street South, Massillon, Ohio 44646

On-Site registrations will be welcomed if space is available.

Please print clearly

Name : _____

Agency : _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **E-mail:** _____

Sponsored by the Ohio Suicide Prevention Foundation through support from the Ohio Department of Mental Health and Addiction Services

For additional information or questions, please contact Cheryl Holton at the Ohio Suicide Prevention Foundation:

Cheryl Holton, Program Administrator/ SAMHSA GLS Grant Project Director

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