

Northwest Pennsylvania Veteran Suicide Prevention Program (NPAVSP)
University of Pittsburgh School of Pharmacy Program Evaluation and Research Unit (Pitt PERU)
Training Opportunities
September 2022

This document outlines training opportunities for partners and stakeholders of the NPAVSP. While this document includes suggested learning objectives, audiences, and training length, PERU will tailor trainings to meet the needs of the specific audience.

Live Facilitated Trainings (In-Person or Virtual*)			
<i>The trainings listed below will be presented by PERU and/or behavioral health clinicians from UPMC Western Behavioral Health at Safe Harbor (Erie). The trainings can be provided in-person or virtually to meet the needs of the audience. In order to reach the appropriate staff, PERU can provide multiple rounds of trainings and is flexible on the time of day that trainings occur.</i>			
#	Topic	Description/Objectives	Length
1	QPR (Question. Persuade. Refer) Gatekeeper Training for Suicide Prevention	QPR is an evidence-based program in which individuals are educated about the warning signs of a suicide crisis then taught how to respond, how to offer hope, and how to get help. <ul style="list-style-type: none"> • Recall facts about suicide and suicide prevention. • Identify warning signs of suicide. • Demonstrate how to ask someone directly about their desire or intent regarding suicide. • Demonstrate verbal and nonverbal skills used to persuade someone who is having thoughts of suicide to seek and accept help. • Identify local resources available to help someone who is having thoughts of suicide. • Describe how to get help for someone having thoughts of suicide. 	2 Hours
2	Applied Suicide Interventional Skills Training (ASIST) *In-Person Only	ASIST is a two-day, highly participatory workshop in which participants learn to use a suicide intervention model to identify individuals with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safety plan based upon a review of risk, and learn how to provide active follow-up. <ul style="list-style-type: none"> • Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide. • Discuss suicide in a direct manner with someone at risk. • Identify risk alerts and develop related safety plans. • Demonstrate the skills required to intervene with a person at risk of suicide. • List the types of resources available to a person at risk, including themselves. • Make a commitment to improving community resources. • Recognize that suicide prevention is broader than suicide first-aid and includes life promotion and self-care for caregivers. 	15 Hours
3	Counseling on Access to Lethal Means (CALM)	CALM is designed for professionals who work with people at risk for suicide to learn how to help individuals reduce access to lethal means, such as firearms and medication, during a crisis. <ul style="list-style-type: none"> • Identify people who could benefit from lethal means counseling. • Ask about access to lethal methods. • Work with the individual at risk and their families to reduce access to lethal means. 	1 Hour

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4	Introduction to Military Culture	<p>This course will educate participants about the nuances of military service and experiences of service members, so that they may better understand, support, and develop programs and services for military and Veteran communities.</p> <ul style="list-style-type: none">• Describe how departments, branches, and rank hierarchies are organized within the U.S military.• Identify the six elements of the military's closed system.• Define and discuss the risks associated with military service.• Identify the top transitional challenges as service members return to civilian life.• Identify the top skills and attributes strengthened by military service.	1 Hour
5	Overview of Moral Injury	<p>This course will educate participants about moral injury, its prevalence among servicemembers, common precipitating events, health outcomes, and treatment options.</p> <ul style="list-style-type: none">• Define moral injury (MI) and how it differs from post-traumatic stress disorder (PTSD).• Discuss the 2 types, causes and symptoms of moral injury.• Discuss the connection between military culture and moral injury.• Identify best practices for assessment and treatment of MI.	1 Hour
6	An Epidemic in our Ranks: Military Sexual Trauma	<p>This course will educate participants about military sexual trauma, its prevalence among servicemembers, common health outcomes, treatment options, and available resources.</p> <ul style="list-style-type: none">• Define military sexual trauma (MST) and its prevalence in the military.• Discuss the connection between military culture and MST.• Identify common outcomes of MST and treatment options available for Veteran survivors.• Discuss institutional betrayal, military justice, and policy reform efforts related to MST.	1 Hour