

Continuing Education Units (CEUs)

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With collaborative efforts of the Nevada Coalition for Suicide Prevention, most trainings offered provide CEU credit recognized by the following associations and boards: MFT/CPC, ADGC, Nurses, Social Workers, Pharmacy, Department of Education, POST, Psychological Examiners and SNHD EMS. (State EMS pending approval) For more information, please contact the Office of Suicide Prevention.

Behavioral Health Providers Mandate
For more information on NRS 630.253 and for online suicide prevention trainings, please refer to our website at www.suicideprevention.nv.gov.

Register for Classes through our partner the NV Coalition for Suicide Prevention at nvsuicideprevention.org or contact OSP staff

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TRAINING PROGRAMS

OFFERED BY THE NEVADA
OFFICE OF SUICIDE PREVENTION



OUR MISSION

To reduce the rates of suicide and suicidal acts in Nevada through statewide collaborative efforts to develop, implement and evaluate a state strategy that advance the goals and objectives of the National Strategy for Suicide Prevention

Mental Health First Aid

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Mental Health First Aid teaches about recovery and resiliency—the belief individuals experiencing these challenges can and do get better, and use their strengths to stay well.

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Youth Mental Health First Aid

A public education program focused on equipping adults who work with youth (ages 12-25) who may be experiencing a mental health challenge or a crisis.

YMHA teaches the risk factors and warning signs of a variety of mental health challenges common among adolescents and youth in transition. Participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis.

Anyone who interacts with youth may find the course content useful.

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SOS Signs of Suicide Prevention Program

The SOS Signs of Suicide Prevention Program is the only youth suicide prevention program that has demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression, as well as a reduction in actual suicide attempts. The SOS Middle and High School Programs teach students how to identify the symptoms of depression and suicidality in themselves and their peers, and encourages help-seeking behaviors through the ACT® Technique (Acknowledge, Care, Tell).

safeTALK

This half-day safeTALK training helps all members of your community :

- Be able to recognize a person with thoughts of suicide
- Know how to connect them to a person trained in suicide first aid intervention.

safeTALK prepares you to be a suicide alert helper, willing and able to perform an important helping role for persons with thoughts of suicide. Through a carefully crafted set of helping steps and the use of creative educational processes, it is possible for you to learn how to provide practical help. Expect to be challenged. Expect to have feelings. Expect to be hopeful.

LivingWorks Education

suicideTALK

suicideTALK is a 1.5 to 2 hour awareness exploration program based upon a comprehensive suicide prevention framework and aimed at most members of the community. Practicing open and honest talk about suicide may:

- Encourage life-protection & wellness-promotion activities.
- Facilitate community awareness of suicide as a serious community health problem.
- Reduce stigma surrounding suicide.
- Increase personal commitment to suicide prevention
- Support the spread of training opportunities & networking activities.

This training is suitable for ages 15+.

Training Costs

In collaboration with community agencies, the Nevada Coalition for Suicide Prevention donations, the Project Aware SAMHSA grant and some state funds, training costs vary.

For more information please see www.nvprevention.org or call the Office of Suicide Prevention for more information

ASIST

The Applied Suicide Intervention Skills Training (ASIST) program is designed for caregivers seeking to prevent the immediate risk of suicide. ASIST uses many different teaching processes to create a practice-oriented and interactive learning experience. The emphasis of the two-day (14 hours) workshop is on suicide first aid.

At the end of the workshop participants will be able to:

- Recognize invitations for help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model
- Link persons at risk of suicide with community resources.

This workshop is appropriate for all caregivers, including: professionals, counselors, social workers, paraprofessionals, teachers, youth workers, clergy, physicians, community volunteers, mental health professionals and family members. Attendance on both days is essential and also required for Continuing Education* credits.

Nevada Gatekeeper Training

Nevada Gatekeeper Training's goal is to expand the network of informed support for anyone at risk for suicide. The training can be tailored for any audience and length of time.

Participants learn the nature of suicide, myths and facts, warning signs, risk and protective factors; increase confidence to intervene; identify referral resources; learn to interact sensitively with survivors; and discuss other postvention efforts.

**PREVENTING SUICIDE IS
EVERYONE'S BUSINESS**