



Counseling on Access to Lethal Means (CALM)

Thursday, February 1st, 2024

7:00 – 9:00 PM (CST) Zoom Presentation - (NO CHARGE)

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Course Description

Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies. Counseling on Access to Lethal Means can help you feel prepared to talk with people about means of safety. This evidence-informed workshop will cover how to reduce access to the methods people use to kill themselves. It will help providers implement counseling strategies to support clients at risk for suicide and their families reduce access to lethal means, particularly (but not exclusively) firearms. The workshop includes background on suicide data and lethal means, an introduction to firearms, an overview and discussion on conducting a counseling session related to means, and practice role plays. The workshop will include skills related to adult and youth access to lethal means, negotiation of means restriction, and conducting a family firearms assessment. It covers who needs lethal means counseling and how to work with people at risk for suicide—and their families—to reduce access.

After completing this course, you will be able to:

- Explain that reducing access to lethal means is an evidence-based strategy for suicide prevention.
- Describe strategies for raising the topic of lethal means and feel more comfortable and competent applying these strategies with clients.
- Advise clients on specific off-site and in-home secure storage options for firearms and strategies to limit access to dangerous medications.
- Work with your clients and their families to develop a specific plan to reduce access to lethal means and follow up on the plan over time.

Audience

While this course is primarily designed for mental health professionals, others who work with people at risk for suicide, such as health care providers and social service professionals, may also benefit.

To Register:

https://us06web.zoom.us/webinar/register/WN_1qn_4Ki4SnW07CqehVSO6A

