



Office of
Mental Health

Suicide Prevention Trainings Available in NYS

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This list of trainings is being provided for informational/educational purposes only. The list should not be construed as an endorsement by OMH or the State of New York of any training. While OMH has attempted to provide current information about the trainings, please be aware that pricing and times/dates may have changed. Neither OMH nor the State of New York shall have any liability arising from anyone's participation in the trainings or the trainings in general. Should you decide to participate in a training, you do so at your own risk.

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Training Name	Who Delivers Training?	Target Audience	Length of Training	Cost	Topic Areas Covered	Research	How to learn more/Access Training
Suicide Intervention Skills Trainings (ASIST)	In NYS- SPCNY or outside of NYS- Living Works Trained Facilitators	Anyone	Two consecutive days, face to face workshop	In NYS- cost subsidized by SPCNY, cost of kits is app. \$40.00/person Outside of NYS, please contact Living Works directly to discuss cost	This training focuses on preventing suicide by recognizing signs, providing a skilled intervention and how to develop a safety plan	An evidence based training- With over 30 peer reviewed studies/reports on outcomes	https://www.living-works.net/asist In NYS Contact- Garra.Lloyd-Lester@omh.ny.gov
safeTALK	In NYS- SPCNY or outside of NYS- Living Works Trained Facilitators	Anyone	3 hours	in NYS- Cost subsidized by SPCNY, cost of kits is app. \$40.00/person Outside of NYS, please contact Living Works directly to discuss cost	Prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support	An evidence based training- With at least 15 peer reviewed reports/studies on outcomes	https://www.living-works.net/safetalk In NYS Contact- Garra.Lloyd-Lester@omh.ny.gov
Question-Persuade-Refer (QPR)	QPR Institute- Trained Facilitators	Anyone	1-2 hrs	Varies	<ul style="list-style-type: none"> •Recognize the warning signs of suicide •Know how to offer hope •Know how to get help and save a life 	QPR gatekeeper training is on the list of SAMSHAs National Registry of Evidence Based programs and practices	https://qprinstitute.com/
Question-Persuade-Refer (QPR) For EMS/Firefighter	QPR Institute- Trained Facilitators	EMS/ Firefighters	Online 3-4hrs	\$59	This course is embedded in the larger QPR for EMS/Firefighter Certificate in Suicide Prevention. The full course requires 3 hours of training and passing a final exam.		https://courses.qprinstitute.com/index.php?option=com_zoo&task=item&item_id=11&Itemid=739

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Question- Persuade-Refer (QPR) For Law Enforcement	QPR Institute-Trained Facilitators	Law Enforcement Officers	90 min online certificate training	\$119/per individual-Volume rates available	<i>Question, Persuade, Refer (QPR) for Law Enforcement</i> is a 90-minute online certificate training program that teaches law enforcement professionals how to detect, intervene with, and refer someone at risk for suicide. Adapted from the broader <i>Question, Persuade, and Refer</i> emergency mental health gatekeeper training intervention, it teaches members of the law enforcement community to recognize and respond positively to someone exhibiting suicide warning signs and behaviors. Like CPR, QPR uses a “chain of survival” approach in which the gatekeeper learns to recognize early suicide warning signs, Question their meaning to determine suicide intent or desire, Persuade the person to accept or seek help, and Refer the person to appropriate resources.	Law enforcement content was created with the help of Dr. John Violanti and Lt. Dell Hackett (Ret.), veteran police officers who are involved in the design, implementation, research and analysis of programs related to police stress, health improvement, and suicide prevention. The two officers have more than 50 years of combined law enforcement experience.	https://qprinstitute.com/
NYLEAP	NYLEAP trained peers, ICISF Instructors, MHP’s	First Responders	Adaptable from 1 hour to 3 days depending on what the needs are and what is requested		Suicide Prevention, Mental wellness, resiliency, Intervention with substance abuse.	NYLEAP uses the PCIS model (post critical incident seminar) established by the FBI. Our peers are trained by ICISF instructors which is recognized nationally.	www.nyleap.org
Mental Health First Aid- Public Safety	National Council For Mental Wellbeing-Trained Facilitators	Law Officers and Staff, Corrections Officers, First Responders, 911 Dispatch staff	8hrs	Free	<ul style="list-style-type: none"> •Defusing crises •Promoting mental health literacy, •Combating stigma of mental illness, •Enabling early intervention through recognition of signs and symptoms, •Connecting people to care. 		https://www.mentalhealthfirstaid.org/population-focused-modules/public-safety/

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Mental Health First Aid- Fire and EMS	National Council For Mental Wellbeing Trained Facilitators	Firefighters, EMS personnel, first responders, Family members of first responders	8 hrs	Contact Info@MentalHealthFirstAid.org	<ul style="list-style-type: none"> •A discussion of first responder culture, stigma and their relevance to the topic of mental health •Outreach tactics to respond to individuals experiencing a mental health crisis •A discussion of the specific risk factors faced by many first responders and their families •A review of common mental health resources for first responders, their families and those who support them. 		https://www.mentalhealthfirstaid.org/population-focused-modules/fire-and-ems/
Talk Saves Lives	American Foundation for Suicide Prevention	Anyone	1 hour	Free	<ul style="list-style-type: none"> •Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe •The standard Talk Saves Lives presentation is also available in Spanish. 		https://afsp.org/talk-saves-lives
S.A.V.E Training	VA Suicide prevention coordinators	Veterans	1-2 hours	Free	<ul style="list-style-type: none"> •Brief overview of suicide in the veteran population •Suicide myths and misinformation •Risk factors for suicide •Components of the S.A.V.E. model (Signs of suicide, Asking about suicide, Validating feelings, Encouraging help and Expediting treatment) 		https://www.sprc.org/resources-programs/operation-save-va-suicide-prevention-gatekeeper-training
Critical Incident Stress Management (CISM)	International Critical Incident Stress Foundation, Inc.	First Responders	Can vary	Varies	<p>Critical Incident Stress Management (CISM) is a method of helping first responders and others who have been involved in critical incidents that leave them emotionally and/or physically affected by those incidents. CISM is a process that enables peers to help their peers understand problems that might occur after an event. This process also helps people prepare to continue to perform their services or in some cases return to a normal lifestyle.</p> <p>Note: For DOCCS staff, this involves approved staff attending a 3-day CISM training for certification purposes. Trained staff are then able to be deployed for CISM purposes.</p>		https://icisf.org/

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Cultivating Hope in Caring Communities: All Hands on Deck for Suicide and Gun Violence Prevention	VA Local Teams, who partner with faith based organizations and other community organizations	Family or Community Members who work with or know a Veteran	90 mins	Free	<p>During this event, a VA suicide prevention specialist and chaplain present information on the relationships between mental health and spirituality, the problem of suicide among Veterans and Service Members, and the opportunity for community leaders and other champions to get involved. As part of this training, a carefully constructed 30-minute video addresses suicide myths, why suicides happen, how to recognize suicide warning signs, and a unique approach to guiding a conversation with an at-risk Veteran using the SUN, SOIL, and WATER acronyms in the metaphor to “cultivate seeds of hope.” A vignette demonstrating the process is also presented. The first step is preparing for the conversation with a Veteran (or Service Member) who has been identified as having concerning warning signs, and it uses the acronym SUN. SUN stands for: Stance, Uncover and Nudge. The second step starts the conversation using the acronym SOIL. SOIL stands for: Say Something, Observe, Inquire and Listen. The acronym WATER outlines the final tasks to complete the process. WATER stands for: Welcome, Ask, Tie Together, Educate and Refer. The video gives a full explanation of each element of this process. With an emphasis on how to start the conversation and how to end by directly linking a Veteran or Service Member to care, this process is as detailed and thorough as possible.</p> <p>At the conclusion of the training event, attendees are given a copy of the video, a poster and wallet cards (including a digital version) to share within their communities and via social media. Gunlocks are also generously supplied to participants (as they can serve as a barrier to an impulsive suicidal act).</p>		<p>Contact your local VA Suicide Prevention Coordinator-</p> <p>https://www.veteranscrisis-line.net/get-help/local-resources/va?state=ny&c=32</p>

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<p>NYSDOCCS: Annual Suicide Prevention 2 Hour Training; Mandatory Course- all staff</p>	<p>DOCCS Bureau of Mental Health</p>	<p>All NYS-DOCCS STAFF including Correctional Staff, Community Supervision Staff, and Civilian Staff.</p>	<p>2 hours</p>	<p>Free</p>	<p>Suicide Prevention Training is to be completed annually by all NYSDOCCS Staff. Suicide prevention training is included during initial on-boarding training, and this annual course covers the same topics with updates, if appropriate. In 2021, this training includes segments from Code 9 Documentary featuring various first responders and their personal accounts with mental health, vicarious trauma and PTSD. This training also includes segments of the TEDx Attica Event from 2019 featuring NYSDOCCS Staff and their experience with suicide prevention and navigating mental health resources.</p> <p>Objectives for this training includes deconstructing stigma surrounding Suicide and Suicide Prevention, Prison-based risk factors and other compounding risk factors, Responsibility of DOCCS Staff in Suicide Prevention, DOCCS Suicide Trends, Static and Dynamic Risk Factors, Identifying Warning Signs, facility-based case studies on past suicides, Mental Health Referral Forms and DOCCS-based protocols/ Screening Tools; Staff Wellness education and resources available to employees, potential risk factors faced by employees, increasing resiliency, and responding to suicide and it's prevention in and out of the work setting.</p>		

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International Association of Firefighters (IAFF)	Trained IAFF instructors	Anyone- Just need to setup an online IAFF training account	Varies	Varies- Dependent on the training	Has an Online Learning Center that offer various Behavioral Health focused trainings: <ul style="list-style-type: none"> •Online Behavioral Health Awareness •Responding to the Opioid Epidemic •Resiliency Training •Peer Support Training •Safety Planning Intervention for Suicide Prevention 		https://www.iaff.org/
National Suicide Awareness for Law Enforcement Officers Program- (SAFLEO)	Trained SAFLEO Instructors	Law Enforcement Officers	Varies	Free	Offers various trainings that focus on educating law enforcement officers and agencies to better understand the causes of suicide, recognize possible warning signs, and explore available resources for assistance.		https://www.valorforblue.org/SAFLEO/Training
Suicide Prevention is Everyone's Business: A Basic Training for New Yorkers	Developed by the Center for Practice Innovations at Columbia Psychiatry/ New York State Psychiatric Institute in partnership with the Suicide Prevention Center of New York at OMH	Anyone	20 mins	Free- Online Video	This 20-minute training provides viewers with the basic tools to recognize and help those that need it. It was developed by the Center for Practice Innovations at Columbia Psychiatry/ New York State Psychiatric Institute in partnership with the Suicide Prevention Center of New York at OMH in response to a recommendation from Governor Andrew M. Cuomo's Suicide Prevention Task Force. Using the 3 R's framework: Recognize, Respond, Refer, viewers will learn how to approach the topic of suicide, recognize the warning signs to determine if someone is suicidal, and how to assist in obtaining help for them.		https://www.youtube.com/watch?v=-FO2QJ_mqEjo
SAFER (Suicide Awareness for Emergency Responders)	Police Organization Providing Peer Assistance (POPPA) trained Peers and Clinicians	NYPD Officers and their families. As a professional courtesy this training will be extended to other law enforcement and first responder.	This training will be a full day (8 hours)	Free	This is a suicide awareness training to familiarize participants with <ul style="list-style-type: none"> •Recognizing Red Flags and warning signs •Engaging the person and approaching the topic •How to be a better listener •How to secure help and keep person safe •The importance of Self-Care and Wellness •This interactive training utilizes videos, roll plays and audience response system 		Call the POPPA office at 212-298-9111 or email at info@poppanewyork.org

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Wellness Program	A combination of Law enforcement Officers with 20 plus years on job who must be a State certified instructor and a Licensed Mental Health Counselor (LMHC)	Law enforcement officers and their Family, Police Academy and Corrections Academy	Varies- 3 hours to 2 days depending on what the needs are	Cost to cover the Instructors for the training	A focus on a proactive approach to help officers and their family by connecting them with information on the 8 steps to wellness.	Through its Wellness Initiative, SAMHSA encourages individuals, organizations, and communities to work toward longer, healthier, and happier lives, particularly among people living with behavioral health conditions. The Eight Dimensions of Wellness take into account not only an individual's physical health, but all the factors that contribute to a person's overall wellness. The course is taught with law enforcement and mental Health professionals.	In NYS Contact- Rana Meehan: rana.meehan@omh.ny.gov or Brent Schlafer: SCHLAFBJ@alleganyco.com