

# Center for Suicide Prevention

**ColumbiaCare Services, Inc.**

*Whether you are a school administrator, a teacher, a soldier, a caregiver, or anyone else who recognizes the incredible potential of saving a life, you're likely to find something designed to meet your needs.*

The Center For Suicide Prevention offers the following programs and services:

- **ASIST** is the most widely used suicide intervention skills training in the world providing intensive, interactive and practice-dominated course designed to help caregivers recognize suicide risk and learn what to say and do to prevent the immediate risk of suicide.
- **RESPONSE** is a comprehensive high school-based suicide prevention program designed to increase awareness, heighten sensitivity to depression and suicidal ideation, change attitudes, and offer response procedures to refer a student at risk for suicide.
- **Suicide to Hope** is a workshop designed for clinicians and professional caregivers that provides tools to help persons with experience of suicide work to develop achievable and significant recovery and growth plans.
- **Crisis Stabilization** through Crisis Resolution Centers: A less costly alternative to acute hospitalization.
- **Suicide Screening** in Primary Care settings
- **Consultation** with the goal of creating suicide-safer communities.

For more information, please contact **Dr. Gary McConahay**, Clinical Director at 541.858.8170 or **gmconahay@columbiacare.org**.

[www.columbiacare.org](http://www.columbiacare.org)

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## RESPONSE

RESPONSE is a comprehensive high school-based suicide prevention program designed to increase awareness, heighten sensitivity to depression and suicidal ideation, change attitudes, and offer response procedures to refer a student at risk for suicide.

The program is delivered as a school kit, which includes an Implementation Manual with step-by-step instructions for busy administrators; a Student Component with four 50-minute lesson plans; and an In-Service Manual with complete instructions on delivering a 2-hour staff training. The Student Component and In-Service Manual come with PowerPoint presentations and suicide prevention videos (DVD's).

Unlike other school-based programs, the DVD's for all of the components, produced in association with award-winning OutReach Arts, dovetail to encourage continuity of helping behavior among students, staff and parents.



## Applied Suicide Intervention Skills (ASIST)

Applied Suicide Intervention Skills Training (ASIST) is a 2-day workshop designed to teach the skills that enable an adult to competently and confidently intervene with a person at risk of suicide. Developed by LivingWorks Education, Inc., the workshop is designed to help all caregivers (i.e. any person in a position of trust) become more willing, ready, and able to help persons at risk. The workshop is for all care-givers including mental health professionals, nurses, physicians, pharmacists, teachers, counselors, youth workers, police and correctional staff, school support staff, clergy, and community volunteers.



# ASIST®

## Crisis Resolution Centers



Crisis Resolution Center (CRC) is a facility that provides an important link in the continuity of care between long-term hospitalization and completely independent living. It can serve as a less restrictive and more clinically appropriate treatment option for persons who are in psychiatric crisis but who do not need the medical capabilities of an acute care hospital, and it can result in

significant cost savings. Individuals entering a CRC are typically referred by hospital emergency rooms or local mental health crisis teams (all arranged by contract ahead of time). Treatment is intended to keep the person safe, stabilize the person's acute psychiatric symptoms, and return the person to their familiar living situation and treatment as soon as possible. Treatment usually entails a combination of Milieu Therapy, Psychotropic Medications, Solution Focused Brief Therapy, and Assertive Case Management.

## Consultation & Curricula Design Services

*ColumbiaCare Services' Center for Suicide Prevention offers consultation, training and curricula development services with the goal of creating suicide-safer communities.*

Clients include universities, corporations, schools, states, jails and prisons, hospitals, and community and national organizations. Some of the services we offer include:

- Curricula/Training Development
- Suicide Screening
- Internal Suicide Risk Reduction Protocols
- Community Analysis of Risks and Resources
- Developing Comprehensive Suicide Prevention Plans
- Suicide Intervention Training Postvention Planning