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# **COURSE: COUNSELING ON ACCESS TO LETHAL MEANS**

Thoughts of suicide and the impulse to die can escalate quickly, but they often fade and may never arise again. This course teaches mental health professionals and healthcare providers about lethal means counseling, which helps ensure that clients can make it through suicidal crises alive and access the support they need. Counseling on Access to Lethal Means starts by discussing statistical trends in suicide rates in the United States, why it makes a difference to reduce access to lethal means, and the lethality of various methods of suicide. Then, the course covers the basics of lethal means counseling, how to discuss safe storage of firearms and medications with clients, and other tips for staying safe during a suicidal crisis. The course finishes with a series of case studies demonstrating counseling on access to lethal means in action. Throughout its three modules, Counseling on Access to Lethal Means uses a selection of learning tools such as live filmed role plays, instructive animations, and interactive assessments. With the support of subject matter experts, printable resources, and supplemental videos, Counseling on Access to Lethal Means will prove an invaluable asset to your practice.

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## COURSE OVERVIEW

COST: \$75/year for this course and all supplementary materials; \$360/year for access to every Psych Hub course

ESTIMATED COURSE LENGTH: 2 hrs. 27 mins.

CE CREDITS: 2.25 continuing education hours for social workers, psychologists, physicians, and nurses / 1.50 continuing education hours for counselors and marriage and family therapists.

TARGET AUDIENCE:\* Mental Health Providers (licensed professional counselors, licensed clinical social workers, licensed psychologists, licensed marriage and family therapists, psychiatrists, behavioral health nurses); Physicians; Nurses

LEVEL OF INSTRUCTION: Advanced

PREREQUISITE(S): None

INSTRUCTIONAL METHOD: Self-paced; interactive; hybrid of audio, text, video, and learning checks

ACCESSIBILITY ACCOMMODATIONS: Closed captioning of all audio and video components. *In order to request further accessibility accommodations, please email [support@psychhub.com](mailto:support@psychhub.com).*

REGISTRATION: To enroll in this or any other Psych Hub course, go to [lms.psychhub.com](https://lms.psychhub.com), click "Log In" to create a new account or access your existing account, return to [lms.psychhub.com](https://lms.psychhub.com) to access a list of courses, click the title of the course in which you are interested, and follow the instructions on the page.

*\*Disclaimer: This course is intended for providers who are licensed or pursuing licensure, as listed above in the target audiences. The education provided in this course is one step toward competency in using the clinical intervention(s) described, but it should be combined with additional supervision, consultation, and/or training. Completion of this course does not give you permission to consider the specific populations, treatment approaches, or clinical concerns as within the scope of your practice capabilities. It is recommended that you consult the appropriate jurisdictions, licensing bodies, and professional code of ethics relevant to your specific licensure type to determine further action needed prior to implementing any of these clinical interventions or treating any of the clinical concerns or presenting issues depicted in the course.*

## COURSE COMPONENTS

- Course modules: 3 modules consisting of a mixed media approach with roleplays, video interviews with subject matter experts, animation explainer videos, knowledge games, and more
- Supplementary PDFs: 15 downloadable PDFs expanding on relevant course topics
- Refresher videos: 8 provider videos to highlight key concepts

## LEARNING OBJECTIVES

After completing this course, you will be able to describe and employ the following:

1. Summarize the relationship between reducing access to lethal means and lowered mortality rates.
2. Describe the use of evidence based communication techniques in session to help at-risk clients reduce their access to lethal means.
3. Compare the effects of helpful versus unhelpful language when talking about firearms with an at-risk client.

## MODULE OVERVIEWS

### MODULE 1: WHY MEANS MATTER

Trends in suicide rates in the U.S., focusing on the “how”, why means matter, suicidal crises, lethality of methods, ambivalence, long-term survival, why firearms matter most, and CALM as it applies to Robert’s story.

### MODULE 2: CALM BASICS AND FILMED CLINICAL SESSIONS

Lethal means counseling for firearms, establishing common ground, overview of lethal means counseling, when to address the topic of suicide and lethal means, indication for lethal means safety counseling, limits to the screen & treat model, suicide plans, motivational interviewing, language and collaboration matters, firearm storage, firearms and behavioral objectives, enlisting others in reducing access, when a client is a minor, CALM as it applies to Jason’s story, guns for self-defense, managing anxiety, reintroducing lethal means, lethal means counseling for medications, safer prescribing, speaking with patients, other methods, CALM as it applies to Delia’s story, and documentation of the plan and follow-up.

### MODULE 3: VIRTUAL ROLE-PLAYS

CALM as it applies to Shane’s, Ramon’s, Lin’s, Carol and Mitch’s, and Harold’s stories.

## COURSE AUTHORS

To submit questions or comments for course authors, email [ce@psychhub.com](mailto:ce@psychhub.com).

### CATHERINE BARBER, MPA

*SENIOR RESEARCHER, HARVARD INJURY CONTROL RESEARCH CENTER*

Catherine Barber, MPA, has been a senior researcher at the Harvard School of Public Health’s Injury Research Center for over 20 years. She led the effort to design and test the prototype for the CDC’s National Violent Death Reporting System and is the founding director of [Means Matter](#), a project to disseminate research and interventions aimed at reducing a suicidal person’s access to highly lethal suicide methods. A hallmark of Means Matter is bringing together gun owners and suicide prevention groups to collaborate on local solutions. She and Elaine Frank wrote the original CALM-Online (Counseling on Access to Lethal Means) and have adapted it for various clinical and community groups around the country. She was a co-PI on a clinical trial of lethal means counseling with positive findings (Miller M, Salhi C, Barber C et al., Ann Emerg Med., 2020). Her expertise is in developing injury surveillance systems and using data from these systems to develop and test novel interventions. She is the recipient of the American Foundation for Suicide Prevention’s Allies in Action Lifetime Achievement Award. Barber is a frequent plenary session speaker at state and national suicide prevention and public health conferences.

### ELAINE FRANK, MHS

*CALM PROGRAM DIRECTOR AND CONSULTANT*

Elaine Frank is an Injury Prevention and Public Health professional who has focused her recent work at the intersection of Firearm Safety and Suicide Prevention. She is the co-developer of CALM – Counseling on Access to Lethal Means –

and Co-chair of the NH Firearm Safety Coalition that created the Gun Shop Project and other efforts to engage the firearm community in preventing suicide.

## ACKNOWLEDGEMENTS

Psych Hub would like to sincerely thank the Editors, Contributors, Nurse Planner, Physician Director, Voiceover Artist, and Producers of this course:

### EDITORS

Emily St. Amant, MA, LPC-MHSP  
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### NURSE PLANNER

Janice Lynn Russell, RN, BSN

## CONTINUING EDUCATION INFORMATION

This continuing education activity is provided through a collaboration between Psych Hub and AffinityCE. Through this collaboration, this activity will provide continuing education for physicians and nurses; through Psych Hub's independent accreditation, this activity will provide continuing education for psychologists, marriage and family therapists, social workers, and counselors.

For inquiries regarding CE policies related to CMEs or CNEs, please contact [ce@affinityced.com](mailto:ce@affinityced.com).

For inquiries regarding CE policies related to CEs for psychologists, marriage and family therapists, social workers, and counselors, or for more information on Psych Hub's continuing education programs, email [ce@psychhub.com](mailto:ce@psychhub.com).

### COURSE CREATION DATE

6/15/2021

### DISCLOSURES

Catherine Barber has had the following relationships with non-profit organizations within the past two years: payment as a SME on a lethal means counseling course for American Academy of Pediatrics; payment as a SME on a lethal means safety intervention for New York Foundation; payment as a SME for a report on Firearm Data Infrastructure Needs in the US for Rand; position partially supported by the Joyce Foundation and the National Collaborative on Gun Violence Research at Harvard T. H. Chan School of Public Health.

Elaine Frank has no relevant disclosures to make.

Psych Hub receives financial support from organizations in the healthcare industry, but these entities do not control or direct course content. Psych Hub and AffinityCE staff as well as planning and review committees have no relevant financial interests to disclose. Psych Hub's Conflict of Interest Policy can be found in the footer of [lms.psychhub.com](https://lms.psychhub.com).

## CONFLICT OF INTEREST RESOLUTION

Conflicts of interest have been resolved through peer review of content by a non-conflicted reviewer.

## COMMERCIAL SUPPORT

No commercial support was provided for this activity.

## CONTINUING EDUCATION ACCREDITATIONS

### *ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION (ACCME)*



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of AffinityCE and Psych Hub. AffinityCE is accredited by the ACCME to provide continuing medical education for physicians.

AffinityCE designates this live activity for a maximum of **2.25** hour of AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### *AMERICAN NURSES CREDENTIALING CENTER (ANCC)*



Nurse CE is provided for this program through collaboration between Psych Hub and AffinityCE. AffinityCE is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). This activity provides **2.25** contact hour of nurse CE credit.

### *AMERICAN PSYCHOLOGICAL ASSOCIATION (APA)*



Psych Hub is approved by the American Psychological Association to sponsor continuing education for psychologists. Psych Hub maintains responsibility for this program and its content.

Psychologists completing this course receive **2.25** continuing education credits.

### *ASSOCIATION OF SOCIAL WORK BOARDS (ASWB)*



Psych Hub, #1750, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit.

Psych Hub maintains responsibility for this course. ACE provider approval period: 08/20/2020 – 08/20/2021. Social workers completing this course receive **2.25** clinical continuing education credits.

## *CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS (CAMFT)*



Course meets the qualifications for **1.50** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Psych Hub is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. Psych Hub maintains responsibility for this program/course and its content. CAMFT Approval #1000074.

## *NATIONAL BOARD OF CERTIFIED COUNSELORS (NBCC)*



Psych Hub has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7051. Programs that do not qualify for NBCC credit are clearly identified. Psych Hub is solely responsible for all aspects of the programs.

Counselors completing this course receive **1.50** continuing education hours.

## **CE CREDIT CALCULATION**

### *ACCME, ANCC, APA & ASWB CREDIT CALCULATION*

Continuing education credits for physicians, nurses, psychologists, social workers, and marriage and family therapists are calculated by averaging pilot test times, rounded down to the nearest quarter hour. This allows for inclusion of interactive elements (e.g., assessments) and learner variance. However, regardless of pilot test times, the number of continuing education credits will never exceed 2 hours more than the combined video and voiceover length.

Average Pilot Test Length: **2 hours 27 minutes**

### *CAMFT CREDIT CALCULATION*

Psych Hub shall award continuing education credit hours on the basis that one continuing education credit is equal to one hour of instructional time. A continuing education hour is defined as a 60-minute hour. Continuing education credit shall be awarded only for instructional time. Lunch and other breaks shall not be included in total time awarded for continuing education credit. Courses will be a minimum of one continuing education hour, in one block of time.

Combined Video and Voiceover Length: **1 hour 13 minutes**

### *NBCC CREDIT CALCULATION*

Continuing education hours for counselors are calculated by summing the length of all course videos and voiceover, rounded up to the nearest quarter hour. This does NOT include time taken to complete interactive elements of the course.

Combined Video and Voiceover Length: **1 hour 13 minutes**

## **TIMED COURSE OUTLINE**

Since the course is interactive and each learner will proceed at their own pace, timing is not exact. These are approximations based on average pre/post-test time of pilot testers as well as the run-time of course videos and voiceover. This course does not have to be completed in one session.

### *COURSE ACTIVITIES FOR CE CREDIT (≥ 1 HOUR 40 MINUTES)*

- Pre-Course Assessment (~10 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC & CAMFT CREDIT]
- Module 1: Why Means Matter (20+ minutes)
- Module 2: CALM Basics and Filmed Clinical Sessions (47+ minutes)
- Module 3: Virtual Role-Plays (6+ minutes)
- Post-Course Assessment (~17 minutes) [EXCLUDED FROM ACTIVITIES FOR NBCC & CAMFT CREDIT]

### *COURSE ACTIVITIES NOT FOR CE CREDIT*

- Participant Evaluation (5-10 minutes)
- (OPTIONAL) Supplementary Video Review
- (OPTIONAL) Written assignment to earn Psych Hub Certification

## **COURSE COMPLETION REQUIREMENTS**

To complete the course, learners must do the following:

- Take the pre-course assessment (no score requirements)
- Review all modules
- Take the post-course assessment (passing score: 80% or higher\*)
- Complete the course evaluation

*\*Learners may attempt the post-course assessment up to three times to earn a passing score. If a learner does not earn a score of at least 80% on their third attempt, they will not receive credit for the course.*

## **OBTAINING CERTIFICATES OF COMPLETION**

After completing the pre-course assessment, reviewing all modules, completing the post-course assessment with a score of at least 80%, and completing the participant evaluation, learners will automatically receive a certificate of completion.

## **PSYCH HUB CERTIFICATION**

Once you have successfully completed the course, you will be presented the option to pursue Psych Hub Certification. *Please note two things: (1) Psych Hub Certification is not affiliated with continuing education credit in any way, and (2) Psych Hub Certification is not available for every course.*

The Certification Project is a special, post-course project where you will get full Psych Hub certification for drafting, submitting, and finalizing a case study where the information in this course is applied. For more information, see the points below.

## **FOR LEARNERS WHO OPT NOT TO ACCOMPLISH THE CERTIFICATION PROJECT**

All learners will receive a general certificate of completion upon completing all course elements. You can remain active in the discussions by regularly visiting the course Psych Hub Forums.

Browse our other available courses to continue your learning journey!

## FOR LEARNERS WHO OPT TO ACCOMPLISH THE CERTIFICATION PROJECT

After completing the course and receiving your general certificate of completion, you will be provided the option to complete the certification project. Please follow instructions provided within the course if you wish to pursue your certification.

## ACCESSIBILITY ACCOMMODATIONS, GRIEVANCES, & REFUNDS

Psych Hub's Grievance Policy, which includes information on filing grievances, requesting a refund, and requesting accessibility accommodations, can be found by clicking [here](#) or navigating to the footer of [lms.psychhub.com](https://lms.psychhub.com).

## SYSTEM REQUIREMENTS

Accessing this course requires an internet connection. The following technology can be used for access:

### OPERATING SYSTEMS

- Windows 7/8/10, any edition
- macOS 10.6 and above
- Any phone or tablet with an internet browser

### INTERNET BROWSERS

- Any standard internet browser (i.e. Chrome, IE, Firefox, Edge, Safari)

## PSYCH HUB CONTACT INFORMATION

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