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# **COURSE: SUICIDAL BEHAVIOR COMPETENCY**

The Suicidal Behavior Competency course is in the Mental Health Ally Series. The main topics covered in this course include a discussion on the nature of suicide, its prevalence rates, and an overview of the risks and protective factors associated with suicidal thoughts and behaviors. The course was created using up-to-date statistics from governing bodies and relevant scholarly articles on the topic of suicide. The instructional design is learner-focused and approachable, including reflection activities, live-filmed videos of lived experiences, and engaging animations. Learners will discover the warning signs of those who may be at risk for suicide, as well as ways to connect those at risk to services that can help. *NOTE: We recommend completing Mental Health Competency 1 before beginning this course and any other Mental Health Ally Series courses.*

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## COURSE OVERVIEW

ESTIMATED COURSE LENGTH: 1 hr

CE CREDITS: 1.00 CE

TARGET AUDIENCE: Mental Health and Medical Providers, Healthcare Staff, Case Managers, Employers, Caregivers, Coaches, First Responders, Teachers, Attorneys, and other pertinent professionals

LEVEL OF INSTRUCTION: Introductory

PREREQUISITE(S): None

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

ACCESSIBILITY ACCOMMODATIONS: Color contrast; transcripts of video components; closed captioning of 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.

## COURSE PACKAGES & PRICING

This course is available individually or as part of different packages as well as with or without supplementary videos. Continue reading to learn what each purchase option includes.

### SUICIDAL BEHAVIOR COMPETENCY

- Course sections: 13 sections with components in each section (components consist of a mixed media approach with lived experience testimonials, animation explainer videos, and a knowledge game)
- Supplementary PDFs: 6 downloadable PDFs expanding on relevant course topics
- Supplementary videos: 8 companion videos created for enhanced learning on key course topics in Suicidal Behavior Competency; over 120 mental health literacy videos on a host of mental health topics

### SUICIDE PREVENTION (MICRO-CERTIFICATION)

- Course sections, supplementary PDFs, and supplementary videos of *Suicidal Behavior Competency and Safety Planning*

### MENTAL HEALTH ALLY SERIES (MASTER CERTIFICATION)

- Course sections, supplementary PDFs, and supplementary videos of ALL *Mental Health Ally* courses

## PSYCH HUB SUBSCRIPTION

- Course sections, supplementary PDFs, and supplementary videos of ALL Psych Hub courses

## LEARNING SOLUTIONS FOR ORGANIZATIONS

To learn about options for organizations, including bulk purchases, course customization, and course co-development, email [info@psychhub.com](mailto:info@psychhub.com).

PACKAGES & PRICING	SUICIDAL BEHAVIOR COMPETENCY	SUICIDE PREVENTION	MENTAL HEALTH ALLY SERIES	PSYCH HUB SUBSCRIPTION
	<i>COURSE</i>	<i>MICRO-CERTIFICATION</i>	<i>MASTER CERTIFICATION</i>	<i>ALL COURSES</i>
<i>COURSE SECTIONS</i>	✓	✓	✓	✓
<i>SUPPLEMENTARY PDFS &amp; VIDEOS</i>	✓	✓	✓	✓
<i>ADDITIONAL MENTAL HEALTH ALLY MODULES:</i>				
<i>Mental Health Competency 1</i>	✗	✗	✓	✓
<i>Mental Health Competency 2: Common Conditions</i>	✗	✗	✓	✓
<i>Mental Health Competency 3: Substance Use Awareness</i>	✗	✗	✓	✓
<i>Safety Planning</i>	✗	✓	✓	✓
<i>Diversity and Mental Health</i>	✗	✗	✓	✓
<i>Understanding and Overcoming Bias</i>	✗	✗	✓	✓
<i>Motivational Interviewing: Communication Basics</i>	✗	✗	✓	✓
<i>ALL PSYCH HUB COURSES</i>	✗	✗	✗	✓
<i>COST</i>	\$15/year	\$25/year	\$99/year	\$360/year \$30/month

## LEARNING OBJECTIVES

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

1. Summarize the nature of suicide, prevalence rates and the risks and protective factors associated with suicidal ideation and behaviors.
2. Relate the warning signs of those who may be at risk for suicide to ways to connect these persons to national and community services.
3. Describe 3 or more ways to practice postvention with suicide attempt survivors and people who have lost someone to suicide.

## COURSE COMPLETION REQUIREMENTS

To complete the course, learners must do the following:

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

*\*Learners may attempt the post-course assessment as many times as necessary to receive a passing score.*

## MENTAL HEALTH ALLY CERTIFICATION

Psych Hub has partnered with the nation's top subject matter experts to develop a certification training – for anybody. Understanding that everyone has a role to play when it comes to recognizing signs and symptoms of mental health, we have developed our content to ensure that it is easily understandable by anyone, regardless of their prior knowledge. We recognize the benefit of equipping everyone with the ability to learn about critical mental health topics and gain actionable skills to help someone or themselves during difficult times.

## MENTAL HEALTH ALLY MASTER CERTIFICATION

Once an individual successfully completes all modules in The Mental Health Ally series, they will earn a master certification and receive a certificate of completion as well as a digital badge. The badge can be placed in an email signature block and shared on social media to let people know they are a safe person to talk to when it comes to issues related to mental health, suicide prevention, substance use, and diversity. *Suicidal Behavior Competency is one of eight modules in the Mental Health Ally master certification.*

## MENTAL HEALTH ALLY MICRO-CERTIFICATIONS

The Mental Health Ally series is also available in stackable learning tracks called micro-certifications, which allow individuals to gain skills and knowledge in subsets of mental health outside of the wider certification. Psych Hub offers 5 micro-certifications: Mental Health Fundamentals, Substance Use, Suicide Prevention, Diversity and Bias, and Motivational Interviewing. *Suicidal Behavior Competency is one of two modules in the Suicide Prevention micro-certification.*

## CONTINUING EDUCATION INFORMATION

For more information on Psych Hub's continuing education programs, email [ce@psychhub.com](mailto:ce@psychhub.com).

## DISCLOSURES

Emily St. Amant had no relevant disclosures to make.

Psych Hub receives financial support from organizations in the healthcare industry, but these entities do not control or direct Learning Hub content. Psych Hub 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.

## PROGRAM GOAL

The goal of this continuing education program is to provide professionals such as licensed or certified social workers, CCM® board-certified case managers, and national board certified health & wellness coaches with information on the nature of suicide, its prevalence rates, and an overview of the risks and protective factors associated with suicidal thoughts and behaviors. Please note that this content is introductory, so it is best suited for professionals who are early in their career or looking to ensure that their foundational knowledge is up-to-date and accurate.

## CURRENT APPROVALS

*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 **1.00** continuing education credits.

### *COMMISSION FOR CASE MANAGER CERTIFICATION (CCMC)*



This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers. The course is approved for **1.00** CE contact hour(s). Activity code: **H00048974** Approval Number: **210004341**

To claim these CEs, log into your CCMC Dashboard at [www.ccmcertification.org](http://www.ccmcertification.org).

### *NATIONAL BOARD FOR HEALTH AND WELLNESS COACHING (NBHWC)*



This CE course is approved by NBHWC for **1.00** continuing education units (CEP # 100190). Course Number Approval: **CE-000008-4**.

## **CE CREDIT CALCULATION**

Continuing education credits 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: **1 hour 13 minutes**

Combined Video and Voiceover Length: **57 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 4 MINUTES)*

- Course Overview & Introduction (4+ minutes)
- A Public Health Emergency (2+ minutes)
- Defining Suicidal Behaviors (1+ minute)
- Language and Stigma (3+ minutes)
- Myths and Facts (1+ minute)
- Prevention and Awareness (11+ minutes)
- Risk Factors (7+ minutes)

- Protective Factors (1+ minute)
- Screening for Suicide Risk (5+ minutes)
- Tips for Communicating With Someone Who Might Be at Risk (12+ minutes)
- Postvention: Dealing with Loss (5+ minutes)
- Knowledge Check (1+ minute)
- Discussion Summary & Course Outro (2+ minutes)
- Post-Course Assessment (9+ minutes)

#### *COURSE ACTIVITIES NOT FOR CE CREDIT*

- Participant Evaluation (5-10 minutes)
- (OPTIONAL) Companion Video and Downloadable PDF Review

## **OBTAINING CERTIFICATES OF COMPLETION**

After 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.

## **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 in the footer of [lms.psychhub.com](https://lms.psychhub.com).

## **COURSE AUTHOR**

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

### **EMILY ST. AMANT, MA, LPC-MHSP**

*CLINICAL MANAGER, PSYCH HUB*

Emily serves as the Clinical Manager at Psych Hub, helping to bridge the gap between research and academia to the practical real-life application of theory and therapeutic interventions. She assists the team throughout the content development process by reviewing and creating content to ensure it will resonate with her fellow clinicians and be beneficial to all audiences.

Emily is a licensed professional counselor, mental health service provider. She completed her Master's in Counseling with an emphasis in Mental Health at MidAmerica Nazarene University. She is a Tennessee counseling licensure board approved supervisor and has been designated as a mandatory pre-screening agent.

Before joining Psych Hub, she gained many years of experience in the mental health and substance abuse treatment field, much of which was spent serving as a therapist to a diverse caseload in a community mental health setting. She also has experience in crisis counseling and assessment, intake evaluations for level of care placement, outpatient and inpatient treatment, and utilization review.

## ACKNOWLEDGEMENTS

Psych Hub would like to sincerely thank the Editors, Contributors, and Voiceover Artist of this course:

### EDITORS

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 Jessica Bailey

### VOICEOVER ARTIST

Lauren Berst

## 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 and connection

### INTERNET BROWSERS

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

## ADDITIONAL INFORMATION

### CONFLICT OF INTEREST DISCLAIMER

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### COURSE CREATION DATE

7/10/20

### PSYCH HUB CONTACT INFORMATION

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