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# COURSE: SAFETY PLANNING

The Safety Planning course is part of the Mental Health Ally Series and covers the topic of safety planning for instances of intimate partner violence and suicidal ideation. Although Safety Planning is a standalone course, it is best taken after the Suicidal Behavior Competency course, as it both furthers its content and offers practical ways to help others who are at risk for suicide. This course was created for those who want to help someone in their life who is in an abusive relationship, or who is experiencing suicidal ideation. Based on up-to-date statistics from governing bodies and relevant scholarly articles, this course is full of learner focused activities, live-filmed videos and attractive animations. *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 CEs

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.

### SAFETY PLANNING

- Course sections: 14 sections with components in each section (components consist of a mixed media approach with an animated overview video, a subject matter expert fireside chat, role plays, and a knowledge game)
- Supplementary PDFs: 6 downloadable PDFs expanding on relevant course topics
- Supplementary videos: 10 companion videos created for enhanced learning on key course topics in Safety Planning; 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	SAFETY PLANNING	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>	X	X	✓	✓
<i>Mental Health Competency 2: Common Conditions</i>	X	X	✓	✓
<i>Mental Health Competency 3: Substance Use Awareness</i>	X	X	✓	✓
<i>Suicidal Behavior Competency</i>	X	✓	✓	✓
<i>Diversity and Mental Health</i>	X	X	✓	✓
<i>Understanding and Overcoming Bias</i>	X	X	✓	✓
<i>Motivational Interviewing: Communication Basics</i>	X	X	✓	✓
<i>ALL PSYCH HUB COURSES</i>	X	X	X	✓
<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. Identify 2 or more myths about intimate partner violence and 2 or more myths about suicide.

2. Describe 3 or more key considerations before developing an intimate partner violence safety plan & 2 factors in writing the safety plan including how roles differ & safety plan uniqueness. The description must include aspects of both emotional & physical safety.
3. Summarize suicide risk assessment including four questions that serve as a screener for identifying suicide risk. The summary must include one key consideration to developing a safety plan for suicide and four steps to include in writing the safety plan.

## COURSE COMPLETION REQUIREMENTS

To complete the course, learners must do the following:

- 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. *Safety Planning 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. *Safety Planning 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

At the time of original authorship, Dr. Keita Franklin had no relevant disclosures to make and had equity options in Psych Hub.

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 domestic violence and suicidal ideation as well as how to use safety planning to minimize risk for people who are experiencing either issue. 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: H00048972 Approval Number: 210004339

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-000008-5**.

## **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 16 minutes\***

Combined Video and Voiceover Length: **55 minutes**

\*Following the pilot test, one of the course videos was shortened by approximately 10 minutes, so this course was determined to be only 1 hour/1.00 CE in length (rather than 1 hour 15 minutes/1.25 CEs).

## **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 3 MINUTES)*

- Course Overview & Introduction (5+ minutes)
- What is a Safety Plan? (1+ minute)

### *INTIMATE PARTNER VIOLENCE & SAFETY PLANNING*

- Intimate Partner Violence (4+ minutes)
- Common Myths Often Associated with Intimate Partner Violence (4+ minutes)
- Key Considerations for Developing a Safety Plan (1+ minute)
- Developing a Safety Plan (2+ minutes)
- Additional Factors of a Safety Plan (6+ minutes)

### *SUICIDAL BEHAVIOR & SAFETY PLANNING*

- Suicidal Behaviors (1+ minute)
- Risk and Protective Factors Associated with Suicide (2+ minutes)
- Common Myths About Suicide (2+ minutes)
- Assessing for Suicide Risk (12+ minutes)

- Creating a Safety Plan (12+ minutes)
- Knowledge Check (1+ minute)
- Discussion Summary & Course Outro (2+ minutes)
- References
- Post-Course Assessment (8+ 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 AUTHORS & CONTRIBUTORS**

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

### **KEITA FRANKLIN, PHD, LCSW (COURSE AUTHOR)**

*CO-DIRECTOR, COLUMBIA LIGHTHOUSE PROJECT; CHIEF CLINICAL OFFICER, PSYCH HUB*

Dr. Keita M. Franklin is the Co-Director of the Columbia Lighthouse Project and Psych Hub's Chief Clinical Officer. A nationally-recognized expert, Dr. Franklin ensures all clinical content is on the cutting edge of the intersection between healthcare and information technology. Key to Psych Hub's goal of revolutionizing how mental health care education and training are delivered, Dr. Franklin leads the esteemed Psych Hub clinical team, ensuring all Psych Hub products are evidence-based and trauma-informed.

With over 25 years of progressively responsible experience, Dr. Franklin is spearheading efforts to improve mental health literacy across the Nation by championing the development of specialized evidence-based training for providers thereby improving mental health care outcomes for at-risk population groups. A public health expert and transformational leader, Dr. Franklin has spent her career driving complex organizational change in the federal sector, always improving the systems that provide care for our Nation's military, family members, and veteran populations.

Before joining Psych Hub, Dr. Franklin served as a senior executive at both the Department of Veteran Affairs and the Department of Defense. In these roles, Dr. Franklin served as the principal advisor to Department leadership for all matters on suicide prevention, and she is widely credited with leading a transformative, enterprise-wide shift from a

crisis intervention posture to an upstream, broad public policy approach focused on continuous surveillance and early prevention. Dr. Franklin was also responsible for leading a multi-disciplined team of experts in advancing evidence-based prevention practices for over 20 million Veterans and reaching our Nation's heroes wherever they live, work, thrive, and receive care. A poised and articulate communicator of strategic messaging, Dr. Franklin has been frequently asked to testify before committees in both the U.S. House of Representatives and the U.S. Senate and led numerous caucus roundtable discussions with members of Congress.

While serving as a senior executive within the Department of Defense, Dr. Franklin was responsible for suicide prevention policy, programs, and oversight. During her tenure, she conducted a first-of-its-kind, comprehensive program review and authored new DoD policy directives and instructions, optimizing higher headquarter guidance for all military service branches. She also chaired several DoD senior leader committees charged with developing solutions for vexing mental health issues impacting our service members and their families.

Adept at building partnerships and coalitions, Dr. Franklin was singularly responsible for bolstering relationships with both the private and public sector in the advancement of key suicide prevention initiatives. An experienced manager of large programs, she proved critical during congressional-level advocacy for budget and programming activities while simultaneously directing a multi-million dollar research and evaluation program. Her efforts resulted in high-quality service delivery for active duty, reserve, and National Guard members and their families.

Dr. Franklin is a licensed social worker with a specialization in children and families. She earned a Ph.D. in social work with specialized training and certifications from the Center for Advancement of Research Methods and Analysis (CARMA). Dr. Franklin began her career in child welfare and has dedicated much of her work to researching the impact of wartime trauma and post-traumatic stress on families. She serves on several national panels, including the National Action Alliance for Suicide Prevention. Dr. Franklin has received numerous federal and civilian awards for her efforts leading military, family, mental health, and suicide prevention programs. Dr. Franklin has published work in the areas of military social work, child abuse, domestic violence, suicide prevention, and substance misuse. She has served as an adjunct professor in the graduate programs at Virginia Commonwealth University and George Mason University. Dr. Franklin holds certificates from Harvard Kennedy School Executive Education on "Leading Large Organizational Change" and "Women in Leadership" as well as the University of North Carolina Chapel Hill Kenan-Flagler Business School course on "Executive Leadership."

## **KELLY POSNER GERSTENHABER, PHD (COURSE CONTRIBUTOR)**

*PROFESSOR OF PSYCHIATRY, COLUMBIA UNIVERSITY; FOUNDER AND DIRECTOR, COLUMBIA LIGHTHOUSE PROJECT*

Dr. Kelly Posner is a Professor of Psychiatry at Columbia University and her work is saving lives all over the globe across 6 continents. The President of the American Psychiatric Association noted her work with the Columbia Protocol could be "like the introduction of antibiotics." The U.S. Department of Defense said that her work is "nothing short of a miracle" and stated "her effective model of improving the world will help propel us closer to a world without suicide." The CDC noted that her work is "changing the paradigm in suicide risk assessment in the US and worldwide."

Dr. Posner's work has been noted in a keynote speech at the White House and in Congressional hearings, and she gave the lead presentation in a forum on school safety at the U.S. Senate in her partnership with the Parkland community. Through her advocacy she has changed local, national and international policy, which in turn has helped achieve reductions in suicide across all sectors of society. Israeli government officials said her work "is not only saving millions of lives but in Israel it is literally changing the way we live our lives." She gave the invited presentation on tackling depression and suicide at the first European Union high level conference on mental health, was recognized as the Most



Distinguished Alumna of her graduate school at Yeshiva University in the past 50 years, and received the New York State Suicide Prevention Award. She was also named one of New York Magazine's "Most Influential."

The Columbia Protocol is policy across all 50 states, many national agencies, and most countries. Dr. Posner was commissioned by the FDA to develop a scientific approach that has become the gold standard for suicide monitoring and is ubiquitous across the U.S. and worldwide. The FDA has characterized her work as "setting a standard in the field" and a lead article in The New York Times called it "one of the most profound changes of the past sixteen years to regulations governing drug development." Her scholarly work has been included in the compendium of the most important research in the history of the study of suicide.

In 2018, Dr. Posner was awarded The Secretary of Defense Medal for Exceptional Public Service.

## ACKNOWLEDGEMENTS

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

### EDITORS

Keita Franklin, PhD, LCSW  
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Joshua Nelson  
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### CONTRIBUTORS

Marjorie Morrison, LMFT, LPC  
Kelly Posner, PhD  
Emily St. Amant, LPC-MHSP

### VOICEOVER ARTIST

Andrew Lander

## 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

Psych Hub receives financial support from organizations in the healthcare industry, but these entities do not control or direct course content. Psych Hub's [Conflict of Interest Policy](#) can be found in the footer of [lms.psychhub.com](https://lms.psychhub.com).

### COURSE CREATION DATE

7/31/20

### PSYCH HUB CONTACT INFORMATION

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