

Participant Agenda

OVERVIEW

Every problem becomes more manageable when you have a framework for understanding it.

During your workshop, you and your team will develop a common approach and language to suicide prevention through a map of best practices to guide care delivery and communication with colleagues, consumers, and their supports - the **SafeSide Framework**.

In this workshop, **teams work together** through specially designed video modules taught by SafeSide's **clinical and lived experience faculty**. These videos teach, demonstrate, and prompt **group interaction around applying suicide prevention best practices** day to day with those at risk and their supports. Centered on prevention-oriented risk formulation (Pisani, Murrie, & Silverman, 2016), the SafeSide Framework for Recovery-Oriented Suicide Prevention is comprised of four core tasks:

CONNECT

Ask directly about suicide and the person's experience, form collaborative connections with people and their supports, and express a 'more than safety' commitment to their recovery.

ASSESS

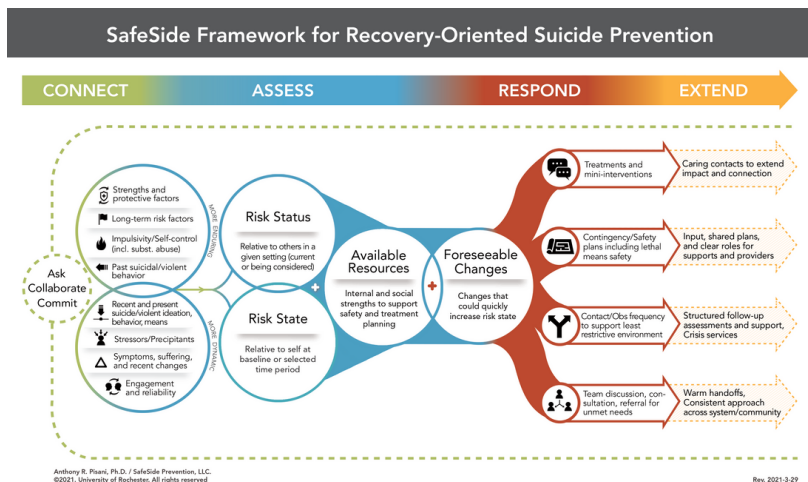
Organise what you know and succinctly report information gathered in eight categories, then describe risk using prevention-oriented risk formulation, which directly accounts for the fluidity of suicidal intentions and foreseeable events that could change a risk formulation.

RESPOND

Respond to risk using evidence-based treatments and mini-interventions; contingency and safety planning, including lethal means safety; and family involvement. Contact and observation frequency to support the least restrictive safe environment; Team discussion, consultation, and referrals for unmet needs

EXTEND

Extend the impact of connections and interventions into the persons' life and support network through caring contacts, shared plans with family, supports, and others, structured follow-up, and warm handovers to support care transitions.



LEARNING OUTCOMES

When you participate in an InPlace Workshop, you leave with a common approach and language to prevent suicide for those at risk: the SafeSide Framework.

Extend: State at least two ways to extend the impact of intervention and plans into lives and support networks

Connect: Ask directly about suicide and understand the person's suffering and experience

Name and understand the four core tasks of the SafeSide Framework: Connect, Assess, Respond, Extend

Respond: Name and use at least three 'mini-interventions' for conveying empathy and hope

Assess: Use prevention-oriented risk formulation to summarize information about risk

YOUR WELL-BEING

We hope you will find your workshop experience empowering. At the same time, suicide is a sensitive topic and our demonstrations present real challenges people face. We strive for our videos to convey authentic emotion, without being triggering. You will receive a participant workbook from your workshop host, which contains a summary of any sensitive content that may appear so you can judge if something might feel uncomfortable to you. If you experience any difficult emotions, please reach out to your host, a colleague, supervisor, or friend. If you notice a colleague in need of support or are aware of personal experiences that may make this workshop difficult for them, please reach out to them.

Meet Our Clinical & Lived Experience Faculty



Tony Pisani, PhD

Anthony R. Pisani, Ph.D. is an Associate Professor of Psychiatry and Pediatrics at the University of Rochester Center for the Study and Prevention of Suicide and the Founder of SafeSide Prevention. Dr. Pisani is an internationally recognized leader in suicide prevention education and workforce development.



Kristina Mossgraber

Kristina Mossgraber is a patient advocate and lived experience consultant. After surviving multiple suicide attempts and learning to live with bipolar disorder, Ms. Mossgraber devoted herself to improving the care of patients who suffer the way she did.



Melanie Clark

Melanie Clark is a long-time advocate for the well-being of others and has been an active advocate for families as a Family Carer Representative in NSW, Australia. Mel's passion for suicide prevention is grounded in her lived experience of caring for her brother and acting as his advocate in interactions with health services.

InPlace® Workshop Agenda

Your InPlace® Workshop will be hosted by a colleague who advances the videos and keeps the group on track. The host will add breaks to the agenda as needed.

INTRODUCTION 🕒 15 mins

Complete the pre-evaluation and learn what to expect during your video-guided workshop (HINT - be prepared to interact with colleagues and consider how to best apply these skills in your setting with those you serve).

CONNECT 🕒 25 mins

Clinical and lived experience teaching around overcoming challenges to connection and skills demonstration videos followed by opportunities to discuss and practice how to apply skills in local context.

ASSESS 🕒 60 mins

Learn how each team member can contribute to risk assessment as you organise data around eight categories. Then, develop a prevention-oriented risk formulation that leads naturally to planning.

RESPOND 🕒 30 mins

Four skills to equip you and your team in responding to suicide risk, including considerations for determining level of care and strategies for efficient, effective documentation. Discussion exercises for mini-interventions and contingency planning help solidify how you and your team can best use these skills in your setting.

EXTEND 🕒 30 mins

Extend your care beyond the initial contact to support wellness and recovery, including strategies to engage family and supports in the recovery journey. Then, complete your post-training evaluation and unlock your SafeSide Account.

Advanced Prevention-Oriented Risk Formulation 🕒 60 mins

Gain deeper skills for using prevention-oriented risk formulation day to day, including how to apply and document risk status and risk state. Practice with your team how to use and communicate this approach within your local context.

After your Workshop: Stay Connected with the SafeSide Community

Log in to your SafeSide Account at safesideprevention.com/login anytime to:

- **Review modules** from the workshop and watch brief, self-paced, on-demand **refresher videos**
- Interact in our **Community of Practice** where you can share experiences, ask questions, and download practical tools and resources
- Register for monthly **Office Hours** where you can chat and connect with SafeSide faculty as well as others doing this work around the world
- Download tools, resources, and **worksheets** to support you as you integrate SafeSide into your work