



CRISIS RESPONSE PLANNING FOR SUICIDE PREVENTION WORKSHOP

This full-day training will prepare counselors and mental health professionals of all levels to use crisis response planning for suicide prevention effectively in their practice. The Crisis Response Plan (CRP) is a brief, empirically supported procedure used to reduce an individual's risk for suicidal behavior and is created collaboratively between a suicidal individual and a trained individual and is typically handwritten on an index card for easy, convenient access during times of need. The CRP serves as a checklist to follow during periods of intense emotional distress. At its core, the CRP helps someone remember what to do when they feel emotionally overwhelmed. The CRP is comprised of five key sections:

- Personal warning signs: personal indicators of an emerging emotional crisis.
- Self-management strategies: simple strategies that can be used to help reduce stress or serve as a distraction.
- Reasons for living: things that provide a sense of purpose or meaning in life.
- Social support: people who provide support or elevate one's mood during tough times (e.g., friends, family members).
- Professional crisis support: contact information for health care providers, crisis hotlines, and emergency services.

The CRP usually takes less than 30 minutes to create. During this full-day training, participants will:

- reflect on personal experiences, knowledge, and attitudes around suicide and working with clients at risk of suicide crises.
- learn about conceptualizations around suicidal thoughts and behaviors through the functional model of suicide and the suicide mode to better serve clients with suicidal thoughts and behaviors and/or emotional distress.
- practice, through role-play, how to conduct the narrative assessment as a tool in introducing and using the crisis response plan.

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Friday, September 9th, 2022

9:00am to 5:00pm

02

Columbus Metropolitan Library-Hilliard Branch

4500 Hickory Chase Way, Hilliard, OH 43026

03

Register:

<https://app.ce-go.com/coca-crp>

Registration will be capped at 40 participants

04

This program has submitted and received CE approval for a total of **6.5 CEs** by the Ohio Counseling Association (OCA).

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Cost:

COCA Student and Retiree Members: \$50

COCA Members: \$75

Non-Members: \$100

C. Rosie Bauder, PhD, MPH, LPC



Dr. Bauder is a postdoctoral scholar and clinical researcher at The Ohio State University College of Medicine in the Department of Psychiatry and Behavioral Health with the Suicide and Trauma Reduction Initiative (STRIVE) Lab. She is a Licensed Professional Counselor in the state of Ohio and has presented on the need for comprehensive, suicide-specific assessment and intervention training for mental health professionals at the local, state, and national level. She also works in private practice, under supervision, with clients around trauma, suicide, and related concerns.