This one-day training provides an introduction to ZERO Suicide: a practical approach to suicide care model for health care and behavioral healthcare systems. This program was recently described by NPR, “What Happens If You Try to Prevent Every Single Suicide?” http://n.pr/1ijuJF8. Dr. Whiteside, national ZERO suicide faculty, will introduce the ZERO Suicide (ZS) Training model and will explain how it relates to suicide assessment, treatment, and management. This training will meet the 6 hour state mandated training requirements for mental health and healthcare providers regarding suicide assessment, treatment, and management as part of continuing education, continuing competency, or recertification requirements.

Two optional training dates and locations
Date: Wednesday, December 14th | Location: Embassy Suites, Tukwila (directions)
Date: Thursday, January 19th | Location: Rockwood South Hill, Spokane (directions)

About the Presenter: Ursula Whiteside, PhD
Ursula is a licensed clinical psychologist and is a member of the Clinical Faculty at the University of Washington. As a suicide researcher, she has been awarded grants from the National Institute of Mental Health and the American Foundation for suicide prevention. Currently she is co-principal investigator on a study involving 18,000 patients at high risk for suicide in 4 health systems, one of the two interventions is NowMattersNow.org a program she developed including skills for managing suicidal thoughts from Dialectical Behavior Therapy. She serves on the faculty of the National Action Alliance Zero Suicide Academy and also is the CEO of NowMattersNow.org, a website dedicated to providing “Skills and Support for Coping with Suicidal Thoughts” and is a founding member of United Suicide Survivors International, and a the National Suicide Prevention Lifeline Standards, Trainings and Practices Subcommittee. More on Ursula Whiteside
9:00 a.m.  Welcome & Introductions  
Zero Suicide background, Model & Toolkit

10:00 a.m.  Break

Zero Suicide Components (Part 1)
- Leadership commitment and culture change
- Creating implementation team
- Review Workforce Readiness Survey results
- Review draft of Organizational self-assessment
- Begin filling Organizational Work Plan template

11:30 a.m.  Incorporating NowMattersNow.org and Caring Messages

Noon  Lunch

12:30 p.m.  Zero Suicide Components (Part 2)
- Screening, assessment, and care pathways
- Developing policies and protocols – group discussion and work
- Safety planning: tools, use, means restriction

2:15 p.m.  Break

2:30 p.m.  Zero Suicide Components (Part 3)
- Treatment of suicidality such as Dialectical Behavior Therapy
- Approaches to engagement and follow-up
- Quality improvement and evaluation

3:30 p.m.  The Path Ahead – Implementation Support and Next Steps
- Join Zero Suicide listserv – see ZeroSuicide.com
- Discuss roles and responsibilities of implementation team
- Public commitment for next steps
- Determine how to educate all staff about adoption of Zero Suicide Approach
- Photos and press release

4:30 p.m.  Evaluation & Closing

**Hours:** 9:00 a.m. – 4:30 p.m. Pacific

**CEs:** 6 DSHS Credits – meets the 6-hour Suicide Assessment, Treatment & Management training (RCW 43.70.442 in WA State)

**Questions:** For registration information contact Cassi Meritt, registrar, LeadingAge Washington  
cmeritt@LeadingAgeWa.org

**Who should attend:** Nursing Professionals, Social Workers, Chaplains and Resident Services Directors
Suicide Assessment, Treatment & Management Training

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Registration Form

Choose your registration option:

6 Approved DSHS Credits

☐ $99 LeadingAge WA member
☐ $149 non-member
☐ $79 additional staff member from same community/organization
☐ $129 additional staff from same non-member community

Preferred Location:

☐ Embassy Suites, Tukwila
☐ Rockwood South Hill, Spokane

Total: ____________________________

Name/Title: ____________________________________________________________

Name/Title: ____________________________________________________________

Name/Title: ____________________________________________________________

Company: _____________________________________________________________

Address: __________________________________________________________________

Email (Required for Confirmation): _________________________________________

Payment:

☐ Check Enclosed  ☐ Credit Card  ☐ Please invoice!

No.: ___________________________________________ Exp.: ___________ CVV: ______

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Signature: __________________________________________________________________

Don’t delay! Complete this form and fax to: (253) 964–8876
Phone: (253) 964-8870 * Questions? Email - Cassi at cmeritt@LeadingAgeWA.org
1495 Wilmington Drive, Ste 340, DuPont, WA 98327 * www.LeadingAgeWA.org

Refunds will be made if notice is received by December 5th or Jan 16th (less a $5 service charge for credit card payments)
$35.00 after December 5th or Jan 16th * No Show/ No Refund. Replacements welcome!