

# **Advanced Suicide Risk Assessment**

## **Learning Objectives**

- Assessment structure, risk factors, protective factors, warning signs (interactive learning in groups).
- Effective interventions in realistic situations where the risk level varies and where there might be systemic obstacles.
- Working with suicidal clients with Borderline Personality Disorder.
- Working with clients who self-injure.
- Working with clients who exhibit ongoing high-risk behaviours but where the suicidal intent is not present.
- Effectively conducting Mental State Examination (practice exercises).
- Designing effective referrals to other mental health services.
- Clinical, legal and ethical issues for practitioners, managers and organisations.
- Management and treatment issues.

## **Detection and Framework**

- Introduction
- Statistics
- Terminology
- Detection and engagement
- Risk Factors
  - Group work – case studies/ detection and intervention
- Protective Factors
  - Group exercise
- Warning Signs
  - Group work – case studies
- Determining Suicide Risk Level and planning interventions
- Framework for Suicide Risk Assessment
  - Mental Health Assessment including Mental State Examination (MSE)
  - Suicide Risk Assessment – core skills
  - Immediate management

- Management plan and documentation
- Re-assessment of suicide risk – timeframe for effective re-assessment
- Discharge from service – understanding the risks of having poor discharge plan
- Effective and non-effective follow up
- Contingency plan
- Management of suicide risk in the community
- Management of chronic suicidal behaviours where the lethality is low but the risk is high
- Suicidal behaviours versus self-injurious behaviours
- Managing suicidal behaviours in clients with Borderline Personality Disorders
- The issue of confidentiality / avoiding systemic communication blockages
- Referral structure- how to make referrals fast and effective
- Duty of care –ethical / legal/ clinical considerations.
- Understanding therapeutic approaches.
  - Treatment priorities
  - Effective vs non-effective
  - Treatment of depression
  - Self-injury
  - Dialectical Behavioural Therapy
  - What to do if treatment cannot be accessed
- Resources:
  - Crisis services
  - Other services
  - Websites
  - Support groups