

Suicide, Self-Harm, and Trauma



Instructor:
Gabriella Grant, MA

Instructors Information:

Ms. Grant obtained her Masters in Policy Studies with an emphasis in Criminal Justice Policy from The Johns Hopkins University. She is the director of the California Center of Excellence for Trauma Informed Care in Santa Cruz, California, overseeing the Center's research and policy analysis activities. In addition, she convenes the Santa Cruz Trauma Consortium and the Annual Fall Trauma Conference. Through Gabriella Grant Consulting, Inc.,

Course Description:

In this training, participants learn about the connection between earlier experiences of violence and abuse and current or recent suicidal behavior and/or self injury. The training emphasizes skills building on asking about suicide, addressing unsafe behaviors, promoting connection, and providing resources. Techniques practiced include grounding, safe coping, and responding empathetically to disclosures of suicidal thoughts. Laws and legal parameters are also discussed

***Date:* December 6, 2022 & December 7, 2022**

*****Must attend both dates for credit*****

***Time:* 1:00pm – 2:30pm**

Location: Virtual training- link will be sent to registrants

RUHS-BH Staff - Please register for this course via COR at

<https://corlearning.sumtotal.host>

Free to all registered participants

Continuing Education Credits: This course meets the qualifications for 4 continuing education units/credits/hours.

Suicide, Self Harm, and Trauma

Day 1: December 6, 2022

1:00pm – 2:30pm

Day 2: December 7, 2022

1:00pm – 2:30pm

****Must attend both dates for credit****

Instructor Information: Ms. Grant obtained her Masters of Arts in Public Policy from the Johns Hopkins University. She is the director of the California Center of Excellence for Trauma Informed Care in Santa Cruz, California, overseeing the Center's research and policy analysis activities. In addition, she convenes the Santa Cruz Trauma Consortium and the Annual Fall Trauma Conference. Through Gabriella Grant Consulting, Inc., Ms. Grant consults with publicly funded agencies and trains professionals in the social services topics that cover trauma, substance abuse, PTSD, eating disorders, domestic violence, sexual assault and child abuse. As a trained policy analyst, Ms. Grant applies the public health model to understanding the neurobiological effects of trauma, safety and coping. She helps agencies use trauma-informed practices to create a therapeutically beneficial milieu for a variety of treatment modalities and outcomes.

Audience: All RUHS-BH Employees; LMFTs, LCSWs, LPCCs, and LEPs, Registered Nurses; and substance use counselors, and associate and support staff.
Level of training: Introductory –new topic for audience.

Seat #: 35

Educational Goals:

1. To increase the general knowledge of trauma-informed concepts, research, and resources as they pertain to the suicide, self harm, and trauma.

Learning Objectives:

1. Analyze and evaluate the data of suicide behaviors to increase community awareness
2. Identify the four (4) factors of the public health socio-ecological model
3. Identify at least three (3) components of the public health prevention model
4. Recall at least one resource for practitioners and suicidal clients.
5. Identify at least two (2) coping strategies to reduce the emotional impact of working with suicidal clients to prevent vicarious trauma.

Course outline:

Day 1 – December 6, 2022

Time	Topic/Content
1:00pm-1:10pm	Suicide and the Peri-Pandemic Period- Review data sources on suicide death rates over time in CA vs United States
1:10pm-1:25pm	Trauma, Suicide and Self Harm: Interlinkages
1:25pm-2:25pm	Umbrella of Intensity activity
2:25pm-2:30pm	Homework and Q&A

Day 2 – December 7, 2022

Time	Topic/Content
1:00pm-1:40pm	The Central Trauma Roles

1:40pm-2:00pm	Asking the Question
2:00pm-2:25pm	Making Your Own Safety & Career Plan
2:25pm-2:30pm	Closing & Q&A

This course meets the qualifications for 4 continuing education units/credits/hours.

Continuing Education: Course meets the qualifications for 4 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Riverside University Health System-Behavioral Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. Riverside University Health System-Behavioral Health maintains responsibility for this program/course and its content.

CAMFT - approved continuing education provider number: 1000060

Provider approved by the California Board of Registered Nursing, Provider # CEP17400 for 4 Contact Hours.

Provider approved by CCAPP-EI, Provider Number 3-22-341-0424 for (4) CEH'S.

Mailing address: Riverside University Health System-Behavioral Health (RUHS-BH), Workforce Education and Training (WET), 2085 Rustin Ave., Riverside, CA 92507.

Requesting Continuing Education: Participants interested in receiving continuing education credit or a certificate of participation should contact Taide Arias via email at tarias@ruhealth.org. Please include the following information in your email request: full name, title of training, and certification or license number. For in-person courses, certificates will be issued immediately after the completion of the course. For distance learning courses, certificates will be issued via email or by mail within five (5) business days after the completion of the course and receipt of required documentation.

Attendance Policy: Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

Enrollment/Registration Policy: RUHS-BH Staff should register for this course via COR Learning Management System (<http://corlearning.rc-hr.com/>). The enrollment deadline is three (3) business days prior to the course start date (excluding holidays and weekends).

Cancellation and Refund Policy: Registration must be cancelled on or before three (3) business days prior to the course date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

Grievances: Please contact training coordinator Taide Arias at TArias@ruhealth.org or 951-955-7265 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).