

# Department of **Communities**

safe, valued and empowered communities

## **SUICIDE AND SELF-HARM PREVENTION TRAINING AND PROFESSIONAL DEVELOPMENT OPPORTUNITIES IN QUEENSLAND**

**Prepared by the Office for Youth,  
Department of Communities  
September 2006**

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## INTRODUCTION

This booklet contains information about a range of suicide and self-harm prevention training and professional development opportunities currently available in Queensland. It is offered as a resource for government and non-government workers and community members wishing to access training in this area.

Information is provided about training programs available across the state, programs available in specific geographic regions, train the trainer programs, training manuals and resources and other professional development opportunities.

It is important to note that this booklet has been prepared for information only, based on material supplied by training providers. **The Department of Communities does not endorse any training programs identified in this booklet.**

Organisations and individuals wishing to access training are advised to contact potential training providers to discuss their specific needs, taking into account the range of questions suggested on page 5.

In addition, while the information provided about training programs was correct at the time of publication, details should be confirmed with the training provider.

## WHY ACCESS SUICIDE AND SELF-HARM PREVENTION TRAINING?

Suicide and self-harm are significant and complex issues which affect individuals, families, local communities and our broader society.

### Statistical snapshot: Suicide in Queensland

*A report on Queensland suicide mortality rates indicates that between 1999 and 2001:*

- *There were 1494 suicides in Queensland.*
- *Males had a suicide rate that was four times that of females.*
- *The highest suicide rates were recorded in the 25-34 year age group for both males and females, with risk also increasing significantly for males aged 75 years and older.*
- *Indigenous people had a suicide rate that was 56% higher than the whole Queensland population.*
- *Young indigenous males aged 15-24 years had a suicide rate almost 3.5 times that of all young males in Queensland.*
- *Males and females in remote and regional areas had suicide rates that were significantly higher than their metropolitan counterparts.*

*The Queensland Government Suicide Prevention Strategy 2003-2008 identifies target population groups at higher risk of suicide and suicidal behaviour including Indigenous people, young people, older people, people from some culturally and linguistically diverse backgrounds, people with a mental illness, people in custody and people who are lesbian, gay, bisexual or transgender.*

Source: De Leo, D. and Heller, T.S. (2004) Suicide in Queensland, 1999 – 2001: Mortality rates and related data. Brisbane: Australian Institute for Suicide Research and Prevention.

The *Queensland Government Suicide Prevention Strategy 2003-2008* recognises training and professional development for government and non-government workers and community members as a key strategy for working towards the goal of reducing suicide rates and suicidal behaviour.

Training can:

- provide a forum for participants to reflect on their own beliefs and attitudes about suicide and self-harm
- assist participants to develop their knowledge and skills for responding to people who are suicidal or who self-harm
- increase participants' confidence and lessen anxiety when supporting people who are suicidal or who self-harm
- increase participants' capacity to identify warning signs and risk factors for suicide and self-harm
- enhance participants' knowledge of available services and resources for suicide and self-harm prevention
- assist participants to remain updated about current research and policy trends pertaining to issues of suicide and self harm
- provide an opportunity for participants to network with other professionals and/or community members who share an interest in preventing suicide and self-harm

## QUESTIONS TO CONSIDER WHEN SELECTING A TRAINING PROGRAM

Individuals and organisations interested in accessing suicide or self-harm prevention training are encouraged to consider the following questions when selecting a training program:

1. What are your specific learning goals?
2. What learning outcomes has the training provider identified for participants?
3. Is the program targeted at people seeking basic or in-depth training in suicide and self-harm prevention, and is this consistent with your needs?
4. How has the training provider developed the training program? What is the background to the development of the program?
5. What perspective on suicide and self-harm prevention does the training provider adopt, and is this consistent with your needs? (For example, medical/psychiatric, social/environmental etc.)
6. Is the structure of the training program consistent with your needs? (For example, lecture style, interactive, online etc.)
7. Is it important to you that the training program is accredited?

In addition, it is recommended that you ensure:

- the training provider can demonstrate appropriate qualifications for delivering suicide and self-harm prevention training
- the training provider is experienced in delivering suicide and self-harm prevention training programs
- the training provider can accommodate the specific learning goals of the organisation
- the training is consistent with departmental/organisational policy and practice.

## TRAINING PROGRAMS AVAILABLE STATEWIDE

### Applied suicide intervention skills training (ASIST)

Training provider:	LivingWorks, auspiced by Lifeline Australia
Contact details:	Name: Training Coordinator, LivingWorks national office Ph: 03 9894 1833 Fax: 03 9894 4354 Email: <a href="mailto:info@livingworks.org.au">info@livingworks.org.au</a> Web: <a href="http://www.livingworks.org.au">www.livingworks.org.au</a>
Facilitator:	Registered LivingWorks trainers are available throughout Queensland. Contact LivingWorks national office for details.
Geographical coverage:	Statewide and national.
Training objectives:	To enhance caregiver's abilities to provide suicide first aid that helps to reduce the immediate risk of suicide and increase support for a person at risk.
Main topics:	Attitudes to suicide, understanding persons at risk, reviewing suicide risk, increasing safety of persons at risk, linking to community support and networks.
Target group:	Professional workers, informal caregivers, community volunteers.
Method of delivery:	2 day workshop.
Cost:	\$200 - \$300, depending on individual trainer.
Accreditation:	Program is not accredited.
Other notes:	ASIST is an internationally recognised suicide prevention training program originating in Canada.

## Suicide TALK

Training provider:	LivingWorks, auspiced by Lifeline Australia
Contact details:	<p>Name: Training Coordinator, LivingWorks national office</p> <p>Ph: 03 9894 1833</p> <p>Fax: 03 9894 4354</p> <p>Email: <a href="mailto:info@livingworks.org.au">info@livingworks.org.au</a></p> <p>Web: <a href="http://www.livingworks.org.au">www.livingworks.org.au</a></p>
Facilitator:	Registered LivingWorks trainers are available throughout Queensland. Contact LivingWorks national office for details.
Geographical coverage:	Statewide and national.
Training objectives:	To invite people to talk about suicide honestly and directly so that associated stigma is reduced and opportunities for preventing suicide are increased.
Main topics:	Should we talk about suicide?, How can we talk about suicide in ways which reduce stigma and increase safety of persons at risk?, Opportunities for community engagement in suicide prevention.
Target group:	Professional workers, community groups, community members.
Method of delivery:	1.5 – 3 hour seminar.
Cost:	As negotiated with individual trainer.
Accreditation:	Program is not accredited.

## safeTALK

Training provider:	LivingWorks, auspiced by Lifeline Australia
Contact details:	Name: Training Coordinator, LivingWorks national office Ph: 03 9894 1833 Fax: 03 9894 4354 Email: <a href="mailto:info@livingworks.org.au">info@livingworks.org.au</a> Web: <a href="http://www.livingworks.org.au">www.livingworks.org.au</a>
Facilitator:	Registered LivingWorks safeTALK trainers are available throughout Queensland. Contact LivingWorks national office for details.
Geographical coverage:	Statewide and national.
Training objectives:	To develop greater suicide alertness in community caregivers, enabling them to identify persons with thoughts of suicide and connect them to suicide first aid resources.
Main topics:	Basic steps to seeking help for and reaching out to persons with thoughts of suicide, attitudinal barriers to seeking and providing suicide intervention help.
Target group:	General community caregivers, families, friends, organisations.
Method of delivery:	3 – 4 hour training seminar.
Cost:	As negotiated with individual trainer.  Participant materials cost \$7.50 per person GST inclusive.
Accreditation:	Program is not accredited.
Other notes:	Participants receive a pocket card about key helping steps learned through the training.



## LifeForce suicide prevention seminar

Training provider:	LifeForce suicide prevention program, Wesley Mission
Contact details:	Name: Avril Barker Ph: 02 9874 2111 Fax: 02 9874 3500 Email: <a href="mailto:lifeforce@wesleymission.org.au">lifeforce@wesleymission.org.au</a> Web: <a href="http://www.wesleylifeforce.org">www.wesleylifeforce.org</a>
Facilitator:	LifeForce community educators.
Geographical coverage:	Statewide and national.
Training objectives:	To increase awareness about suicide and its prevention through education and identification of local resources. To promote both individual and community confidence that suicide can be prevented.
Main topics:	Suicide in Australia, overview of SALT strategy (see, ask, listen, tell), identification of local resources.
Target group:	Professional workers, community organisations, teachers, parents, students, community members.
Method of delivery:	2 hour seminar.
Cost:	\$330 GST inclusive.  Additional travel and accommodation expenses may be incurred.
Accreditation:	Program is not accredited.

## LifeForce suicide prevention workshop

Training provider:	LifeForce suicide prevention program, Wesley Mission
Contact details:	Name: Avril Barker Ph: 02 9874 2111 Fax: 02 9874 3500 Email: <a href="mailto:lifeforce@wesleymission.org.au">lifeforce@wesleymission.org.au</a> Web: <a href="http://www.wesleylifeforce.org">www.wesleylifeforce.org</a>
Facilitator:	LifeForce community educators.
Geographical coverage:	Statewide and national.
Training objectives:	To increase participants' knowledge about suicide and enhance skills and confidence for responding to people exhibiting signs of crisis.
Main topics:	Suicide statistics in Australia, myths and facts, caregiver attitudes, understanding people with thoughts of suicide, identifying warning signs, overview of SALT strategy (See, Ask, Listen, Tell), risk assessment, overview of HEADS strategy (Home and Health, Education and Employment, Activities and Ambitions, Drugs and Alcohol, Sexual activity, Suicide/depression).
Target group:	Professional workers, community organisations, teachers, parents, doctors, emergency workers, ministers, community members.
Method of delivery:	1 day workshop.
Cost:	\$1200 GST inclusive (for max 24 participants).  Additional travel and accommodation expenses may be incurred.
Accreditation:	Program is not accredited.
Other notes:	Participants are provided with a certificate of attendance and community cards which identify key local referral resources.

## Suicide prevention skills training workshop

Training provider:	Australian Institute for Suicide Research and Prevention (AISRAP), Griffith University
Contact details:	<p>Name: Jacinta Hawgood, Training Coordinator</p> <p>Ph: 07 3875 3394</p> <p>Fax: 07 3875 3450</p> <p>Email: <a href="mailto:jacinta.hawgood@griffith.edu.au">jacinta.hawgood@griffith.edu.au</a></p> <p>Web: <a href="http://www.griffith.edu.au/aisrap">www.griffith.edu.au/aisrap</a></p>
Facilitator:	AISRAP facilitators.
Geographical coverage:	Statewide and national.
Training objectives:	To increase competency (knowledge, skills and attitudes) and overall capacity in suicide prevention, intervention and postvention.
Main topics:	Attitudes and culture, theoretical frameworks, engaging suicidal people, risk assessment, crisis intervention and management, bereavement, prevention and evaluation strategies, self care.
	Training package can be contextualised to specific needs of target audience as negotiated.
Target group:	Clinical and community-based workers in the fields of health, education, emergency services, clergy, law enforcement, youth, etc.
Method of delivery:	2 day workshop.
Cost:	\$440 per person plus GST. Additional travel and accommodation expenses may be incurred.
Accreditation:	Program originally accredited for five years with the Australian Qualifications Framework (AQF) for a specific focus on youth suicide prevention. The current package which has a whole of life span focus, is not accredited but continues to be based on competencies consistent with AQF.
Other notes:	Participants receive certificate of participation and competency if they successfully complete assessment modules. Certificates include Griffith University, AISRAP and World Health Organisation logos.

## Online suicide prevention skills training (e-SPST)

Training provider:	Australian Institute for Suicide Research and Prevention (AISRAP), Griffith University
Contact details:	Name: Jacinta Hawgood, Training Coordinator Ph: 07 3875 3394 Fax: 07 3875 3450 Email: <a href="mailto:jacinta.hawgood@griffith.edu.au">jacinta.hawgood@griffith.edu.au</a> Web: <a href="http://www.griffith.edu.au/aisrap">www.griffith.edu.au/aisrap</a>
Facilitator:	AISRAP facilitators.
Geographical coverage:	Statewide, national and international.
Training objectives:	To increase competency (knowledge, skills and attitudes) and overall capacity in suicide prevention, intervention and postvention.
Main topics:	Cultural context of suicidal behaviour, myths and facts, theoretical frameworks, engaging suicidal people, risk assessment, crisis intervention, long term management of suicidal persons, bereavement and postvention, prevention and evaluation strategies, self care.
Target group:	Clinical and community based workers in the fields of health, education, emergency services, clergy, law enforcement, youth etc.
Method of delivery:	3 month online course, consisting of 3 units (9 modules).
Cost:	\$325 per person plus GST.
Accreditation:	Program is not accredited, but is based on the formally accredited 2 day face to face SPST workshop.
Other notes:	Participants receive certificate of participation and competency if they successfully complete assessment modules. Certificates include Griffith University, AISRAP and World Health Organisation logos.

## Postgraduate programs in suicide prevention studies and suicidology

Training provider:	Australian Institute for Suicide Research and Prevention (AISRAP), Griffith University
Contact details:	<p>Name: Christine Bierley, AISRAP Business Development Manager</p> <p>Ph: 07 3875 3377</p> <p>Fax: 07 3875 3450</p> <p>Email: <a href="mailto:c.brierley@griffith.edu.au">c.brierley@griffith.edu.au</a></p> <p>Web: <a href="http://www.griffith.edu.au/aisrap">www.griffith.edu.au/aisrap</a></p>
Facilitator:	AISRAP
Geographical coverage:	Statewide, national and international.
Training objectives:	To develop and update students' knowledge of suicide prevention, research, attributes and skills within a scientific framework, aimed at enhancing critical and analytical thinking (not clinically focused).
Main topics: courses.	Range of theoretical, contemporary practice and research
Target group:	Professionals and human service workers who work with people at risk of suicide or who are interested in the study and research of suicidal behaviour.
Method of delivery:	Can be undertaken internally (on-campus) or externally (online).
	<p>Graduate Certificate: 1 year part-time</p> <p>Masters: 2 years part-time</p> <p>Masters with Honours: 3 years part-time</p>
Cost:	<p>Graduate Certificate in 2007: \$103.75 per credit point GST inclusive (x total of 40 credit points).</p> <p>Masters in 2007: \$103.75 per credit point GST inclusive (x total of 80 credit points).</p> <p>International students: \$194.00 per credit point.</p>
Accreditation:	Program is accredited under university credit system.

## **Crying on the inside: suicide awareness and prevention training program**

Training provider:	JCB Training Options
Contact details:	Name: Jean-Claude Boulenaz Ph: 0417 648 267 or 07 5446 2131 Email: <a href="mailto:Claude.Boulenaz@health.qld.gov.au">Claude.Boulenaz@health.qld.gov.au</a>
Facilitator:	Jean-Claude Boulenaz (Master of Suicidology).
Geographical coverage:	Statewide
Training objectives:	To provide participants with a clear understanding of the nature of suicide and some initial responses to support people at risk of suicide, through the provision of relevant, up-to-date information in suicide prevention, intervention and postvention.
Main topics:	Epidemiological overview of suicide from a global and local perspective, facts and fables, warning signs, contributors to suicide, self-harming behaviours, protective behaviours, impact of media on suicide, nature of depression, supporting those bereaved through suicide, model of intervention, identifying support services in the community.
Electives:	1) Suicide Bereavement (1 hour) 2) The media's impact on suicide (1 hour) 3) Aboriginal Suicide (2 hours)
Target group:	Education, health and welfare workers, youth workers, clergy, community members.
Method of delivery:	4 hour workshop plus additional elective workshops, tailored to the needs of participants.
Cost:	\$20 per person \$15 concession rate for students and pensioners.  Cost for large groups by negotiation.  Additional travel, accommodation and catering expenses may be incurred.
Accreditation:	Program is not accredited.

## How to start an interagency suicide prevention network in your community

Training provider:	JCB Training Options
Contact details:	<p>Name: Jean-Claude Boulenaz</p> <p>Ph: 0417 648 267 or 07 5446 2131</p> <p>Email: <a href="mailto:Claude.Boulenaz@health.qld.gov.au">Claude.Boulenaz@health.qld.gov.au</a></p>
Facilitator:	Jean-Claude Boulenaz (Master of Suicidology).
Geographical coverage:	Statewide
Training objectives:	To empower local communities to effectively network and identify their full capacity and potential by developing local collaborative suicide prevention strategies.
Main topics:	<p>Starting a district and/or local suicide prevention network, identifying key community resources, benefits and pitfalls, mapping existing community resources, identifying gaps, responding to and prioritising community needs, overview of a successful suicide prevention model, identifying evidenced based best practice models of suicide prevention.</p>
Target group:	Service providers and community members interested in establishing a 'whole of community' response to suicide prevention in their local area.
Method of delivery:	3 hour workshop, offered only in conjunction with Crying on the Inside: suicide awareness and prevention.
Cost:	<p>\$15 per person</p> <p>\$10 concession rate for students and pensioners.</p> <p>Additional travel, accommodation and catering expenses may be incurred.</p>
Accreditation:	Program is not accredited.
Other notes:	Jean-Claude Boulenaz is the founding president of the Sunshine Coast Suicide Prevention Network, established in 1995.

## **Working together to support your community: a three point blueprint for a Suicide Awareness/Prevention Strategy using a community development framework**

Training provider:	JCB Training Options
Contact details:	Name: Jean-Claude Boulenaz Ph: 0417 648 267 or 07 5446 2131 Email: <a href="mailto:Claude.Boulenaz@health.qld.gov.au">Claude.Boulenaz@health.qld.gov.au</a>
Facilitator:	Jean-Claude Boulenaz (Master of Suicidology).
Geographical coverage:	Statewide
Training objectives:	To provide the community with up to date information on suicide prevention and awareness, break down taboos surrounding suicide, increase knowledge and ability of community members to support those who are suicidal and/or bereaved by suicide, identify local professionals available to respond in the community, map existing service provision and identify strategies to address gaps in service delivery.
Main topics:	A multi-faceted event including a suicide prevention and awareness training evening, panel discussion with local service providers, human services expo to identify available local services, keynote address about 'identifying effective life enhancing community strategies', and the 'Crying on the Inside' training program (refer to page 14).
Target group:	Education, health and welfare professionals, youth workers, clergy, community members.
Method of delivery:	2 hour evening program followed by 8 hour day program, consisting of workshops, panel discussion, human service expo, keynote address.
Cost:	As negotiated with training provider.  Additional travel, accommodation and catering expenses may be incurred.
Accreditation:	Program is not accredited.



## **“Responding to the river” suicide intervention and bereavement response training**

Training provider:	United Synergies Ltd - StandBy Response Service
Contact details:	<p>Name: Jill Fisher</p> <p>Ph: 07 5442 4277</p> <p>Fax: 07 5442 4846</p> <p>Email: <a href="mailto:jfisher@unitedsynergies.com.au">jfisher@unitedsynergies.com.au</a></p> <p>Web: <a href="http://www.unitedsynergies.com.au">www.unitedsynergies.com.au</a></p>
Facilitator:	Jill Fisher (Master of Suicidology), StandBy Project Coordinator, Jean-Claude Boulenaz (Master of Suicidology), StandBy Trainer, and additional StandBy trainers where required.
Geographical coverage:	Statewide
Training objectives:	To equip emergency and acute responders with basic suicide intervention and bereavement response skills, and to enhance and further develop the capacity of communities to respond to suicide, trauma and related issues.
Main topics:	Epidemiological overview of suicide, preparedness and effective suicide intervention skills, suicide and sudden death bereavement experience and differentials, crisis intervention approaches, harm minimisation, self care.
Target group:	Emergency and acute responders, trauma workers, other interested service providers.
Method of delivery:	3-4 hour workshop.
Cost:	<p>As negotiated with trainer.</p> <p>Additional travel and accommodation expenses may be incurred.</p>
Accreditation:	Program is not accredited.
Other notes:	Training program is monitored and measured in accordance with the StandBy Evaluation Framework.

## **“Crossing the river” suicide bereavement intervention skills training**

Training provider:	United Synergies Ltd - StandBy Response Service
Contact details:	Name: Jill Fisher Ph: 07 5442 4277 Fax: 07 5442 4846 Email: <a href="mailto:jfisher@unitedsynergies.com.au">jfisher@unitedsynergies.com.au</a> Web: <a href="http://www.unitedsynergies.com.au">www.unitedsynergies.com.au</a>
Facilitator:	Jill Fisher (Master of Suicidology), StandBy Project Coordinator, and Jean-Claude Boulenaz (Master of Suicidology), StandBy Training Specialist. Facilitators also include relevant cultural groups, bereaved people and additional StandBy trainers where required.
Geographical coverage:	Statewide.
Training objectives:	To equip service providers and community caregivers with basic suicide bereavement intervention skills, and to enhance and further develop the capacity of communities to respond to suicide, trauma and related issues.
Main topics:	Preparedness, suicide bereavement experience and differentials, traumatic loss, complications of grief, crisis intervention approaches, risk review and harm minimisation, self care.
Target group:	Community workers, volunteers, health care providers, human resource management staff, communities implementing a StandBy model.
Method of delivery:	4 hour workshop.
Cost:	No cost for Sunshine Coast StandBy service area. As negotiated with trainer for other regions.  Additional travel and accommodation expenses may be incurred.
Accreditation:	Program is not accredited.
Other notes:	Training program is monitored and measured in accordance with the StandBy Evaluation Framework.

## Working with young people at risk of suicide and self-harm

Training provider:	Marlies E. Puentener – Therapy, training and professional supervision
Contact details:	Name: Louise Ireland, Administration Ph: 3848 2528 Email: <a href="mailto:l.brannigan@bigpond.com">l.brannigan@bigpond.com</a>
Facilitator:	Marlies Puentener
Geographical coverage:	Statewide and national.
Training objectives:	To increase theoretical knowledge and practical skills in youth suicide and self-harm prevention.
Main topics:	Myths and facts, identification of 'at risk' adolescents, gender differences, prevention/intervention link, suicide risk assessment, interventions and responses, specific and practical counselling techniques, differences between suicide and self-harm, issues for workers.
Target group:	Professional workers, community organisations, school personnel, policy makers, volunteers, tertiary students.
Method of delivery:	1 day workshop.
Cost:	\$120 per person (discount available if two workers attend from the same organisation), or negotiated fee for workshops delivered for a specific organisation.  Additional travel and accommodation expenses may be incurred.
Accreditation:	Program is not accredited.

## **Postvention: Interventions following the death of a young person by suicide**

Training provider:	Marlies E. Puentener – Therapy, training and professional supervision
Contact details:	Name: Louise Ireland, Administration Ph: 3848 2528 Email: <a href="mailto:l.brannigan@bigpond.com">l.brannigan@bigpond.com</a>
Facilitator:	Marlies Puentener
Geographical coverage:	Statewide and national.
Training objectives:	To increase intervention skills following suicide of a young person, increase awareness that postvention is also preventative, and promote cultural awareness in any postvention plans.
Main topics:	Meanings of death, critical incident stress debriefing, grief, loss and bereavement, aftermath of suicide, issues for adolescent friends, issues for workers whose clients suicide, translating postvention in prevention.
Target group:	Professional workers, community organisations, school personnel, policy makers, volunteers, clergy, police, tertiary students.
Method of delivery:	1 day workshop.
Cost:	\$120 per person (discount available if two workers attend from the same organisation), or negotiated fee for workshops delivered for a specific organisation.  Additional travel and accommodation expenses may be incurred.
Accreditation:	Program is not accredited.

## **Self-harm: Supporting and working therapeutically with those who harm their bodies**

Training provider:	Marlies E. Puentener – Therapy, training and professional supervision
Contact details:	<p>Name: Louise Ireland, Administration</p> <p>Ph: 3848 2528</p> <p>Email: <a href="mailto:l.brannigan@bigpond.com">l.brannigan@bigpond.com</a></p>
Facilitator:	Marlies Puentener
Geographical coverage:	Statewide and national.
Training objectives:	To clarify differences between self-harm and suicide, increase worker confidence to support clients who self-harm, increase knowledge of therapeutic interventions and explore worker boundaries.
Main topics:	Definitions and meanings of self-harm, myths and facts, theoretical understandings, the self-harm cycle, the power of blood, preparing the therapy pitch, the therapeutic journey, protective planning with clients, issues for workers.
Target group:	Professional workers, community organisations, school personnel, policy makers, volunteers, tertiary students.
Method of delivery:	1 day workshop.
Cost:	<p>\$120 per person (discount available if two workers attend from the same organisation), or negotiated fee for workshops delivered for a specific organisation.</p> <p>Additional travel and accommodation expenses may be incurred.</p>
Accreditation:	Program is not accredited.

## Mental health first aid

Training provider:	ORYGEN Research Centre, University of Melbourne
Contact details:	Name: Betty Kitchener, Program Director Ph: 03 93423771 Fax: 03 93423745 Email: <a href="mailto:bettyk@unimelb.edu.au">bettyk@unimelb.edu.au</a> Web: <a href="http://www.mhfa.com.au">www.mhfa.com.au</a>
Facilitator:	Trainers available throughout Queensland. Access the MHFA website for the Queensland 'instructor list', or contact the program director.
Geographical coverage:	Statewide and national.
Training objectives:	To improve mental health literacy of the Australian community and reduce stigma surrounding mental illness.
Main topics:	Recognising symptoms of mental illness, risk factors for mental illness, providing help and support, responding to crisis situations, including suicidal behaviour.
Target group:	Professional workers, community members.
Method of delivery:	Four x 3 hour workshops.
Cost:	As negotiated with individual trainer.  Additional travel and accommodation expenses may be incurred.
Accreditation:	Program is not accredited.

## MindMatters professional development

Training provider:	MindMatters – managed by Australian Principals Association Professional Development Council (APAPDC)
Contact details:	<p>Name: Jane Taylor, MindMatters (Qld) State Project Officer</p> <p>Ph: 07 3360 7531</p> <p>Fax: 07 3360 7543</p> <p>Mob: 0412 304 497</p> <p>Email: <a href="mailto:jtayl124@eq.edu.au">jtayl124@eq.edu.au</a></p> <p>Web: <a href="http://www.curriculum.edu.au/mindmatters">www.curriculum.edu.au/mindmatters</a></p>
Facilitator:	MindMatters Qld State Project Officer and other state and national officers throughout Australia.
Geographical coverage:	Statewide, national and international.
Training objectives:	To increase knowledge and skills to enhance resilience and provide a whole school community framework for mental health promotion.
Main topics:	Whole school community approaches to mental health promotion, enhancing resilience, school responses to suicide and self-harm, bullying and harassment, loss and grief, understanding mental illness, diversity and wellbeing.
Target group:	School personnel, education sector staff, government workers with health and welfare focus, community organisations with health and youth focus.
Method of delivery:	2 day workshop.
Cost:	Nil
Accreditation:	Program is not accredited.

## Staying connected and walking the journey: Defining hope, life, and love

Training provider:	Aggregate Corporation
Contact details:	Name: Training Coordinator, Aggregate Corporation office Ph: 07 41244521 Fax: 07 41941227 Email: <a href="mailto:admin@aggregatecorporation.com">admin@aggregatecorporation.com</a> Web: <a href="http://www.aggregatecorporation.com.au">www.aggregatecorporation.com.au</a>
Facilitator:	Aggregate Corporation trainers.
Geographical coverage:	Statewide, national and international.
Training objectives:	To increase knowledge of self and others, improve skills and intervention techniques, and assist in developing life purpose and techniques to help the healing process and others to gain hope and reconnection.
Main topics:	A variety of topics is available depending on the needs of the organisation including suicide prevention, intervention, postvention, PnuemaPsycheSomaApsect-Emotional Release Therapy (PPS-ERT) and engaging the client in therapeutic consultation through different techniques.
Target group:	Professional workers, community groups, community members, Indigenous communities.
Method of delivery:	1.5 hour - 1 week workshops, tailored to the needs of the organisation.
Cost:	As negotiated with individual trainer.  Additional travel and accommodation expenses may be incurred.
Accreditation:	Program is not accredited.



## Specifically designed loss and grief training

Training provider:	Trish Wilson Counselling
Contact details:	Name: Trish Wilson Ph: 0412 105 399 Email: trish.wilson@uqconnect.net
Facilitator:	Trish Wilson
Geographical coverage:	Statewide, depending on availability of trainer.
Training objectives:	As negotiated.
Main topics:	Grief and loss issues considered in a broad and universal context, not solely in terms of death and bereavement. Specific attention to trauma and traumatic loss, and can be tailored to address grief and loss issues specifically associated with suicide.
Target group:	As negotiated.
Method of delivery:	Workshops and presentations.
Cost:	\$100 per hour of presentation (negotiable).  Additional travel and accommodation expenses will be incurred outside metropolitan area.
Accreditation:	Program is not accredited.

## Individually tailored grief and loss workshops

Training provider:	School of Psychology and School of Social Work and Applied Human Services, The University of Queensland
Contact details:	Name: Dr Judith Murray Ph: 07 3365 7181 Fax: 07 3365 4466 Email: <a href="mailto:j.murray@psy.uq.edu.au">j.murray@psy.uq.edu.au</a> Web: <a href="http://www.uq.edu.au/swahs/index.html?page=30316">http://www.uq.edu.au/swahs/index.html?page=30316</a>
Facilitator:	Dr Judith Murray.
Geographical coverage:	Statewide, depending on availability of trainer.
Training objectives:	As negotiated.
Main topics:	Grief and loss issues. Loss is considered in its broadest and most universal context, not solely in terms of bereavement. Can be tailored to specifically address grief and loss issues associated with suicide.
Target group:	As negotiated.
Method of delivery:	Workshops and seminars.
Cost:	As negotiated with training provider.  Additional travel and accommodation expenses will be incurred outside metropolitan region.
Accreditation:	Program is not accredited.

## TRAINING PROGRAMS AVAILABLE IN SPECIFIC GEOGRAPHIC REGIONS

### Suicide awareness sessions

Training provider:	Far North Queensland Suicide Prevention Taskforce
Contact details:	<p>Name: Dulcie Bird, Dr Edward Koch Foundation</p> <p>Ph: 07 4031 0145</p> <p>Fax: 07 4031 0744</p> <p>Email: <a href="mailto:dulcie.bird@kochfoundation.org.au">dulcie.bird@kochfoundation.org.au</a></p>
Facilitator:	Qualified members of the Taskforce in partnership with Queensland Health and organisations such as Lifeline and Wesley Mission.
Geographical coverage:	Cairns, rural areas surrounding Cairns (eg Cooktown, Mareeba, Atherton, Innisfail) and communities in the Cape.
Training objectives:	To inform participants about how to assist suicidal people.
Main topics:	Understanding suicidal ideation, warning signs, how to respond to suicidal people, available community resources.
Target group:	Professional workers, community organisations, community members.
Method of delivery:	Workshop (varied length depending on needs).
Cost:	Nil
Accreditation:	Program is not accredited. However, facilitators may be trained to deliver accredited courses.

## **“No time to say goodbye” workshop for bereaved people**

Training provider:	United Synergies Ltd - StandBy Response Service
Contact details:	Name: Jill Fisher Ph: 07 5442 4277 Fax: 07 5442 4846 Email: <a href="mailto:jfisher@unitedsynergies.com.au">jfisher@unitedsynergies.com.au</a> Web: <a href="http://www.unitedsynergies.com.au">www.unitedsynergies.com.au</a>
Facilitator:	Jill Fisher (Master of Suicidology), StandBy Project Coordinator, Diana Holmes, StandBy Training Specialist, and guest speakers including academic researches, general practitioners and counsellors.
Geographical coverage:	Sunshine Coast.
Training objectives:	To provide people bereaved by suicide with holistic and relevant information about the effects of suicide loss, and to enhance resiliency for people bereaved by suicide.
Main topics:	Traumatic loss, normalising grief, building resilience, information about support services and resources.
Target group:	People bereaved by suicide.
Method of delivery:	2.5 hour workshop, delivered annually.
Cost:	Nil
Accreditation:	Program is not accredited.
Other notes:	Training program is monitored and measured in accordance with the StandBy Evaluation Framework.

## **“Beyond the river” suicide intervention and postvention research skills training**

Training provider:	United Synergies Ltd - StandBy Response Service
Contact details:	<p>Name: Jill Fisher</p> <p>Ph: 07 5442 4277</p> <p>Fax: 07 5442 4846</p> <p>Email: <a href="mailto:jfisher@unitedsynergies.com.au">jfisher@unitedsynergies.com.au</a></p> <p>Web: <a href="http://www.unitedsynergies.com.au">www.unitedsynergies.com.au</a></p>
Facilitator:	<p>Professor Peter Bycroft, StandBy Evaluation Consultant (Corporate Diagnostics Pty. Ltd).</p> <p>Jill Fisher (Master of Suicidology), StandBy Project Coordinator, and additional StandBy trainers where required.</p>
Geographical coverage:	Sunshine Coast/Cooloola.
Training objectives:	To address research practice issues for suicide postvention research and evaluation.
Main topics:	Market research and interviewing techniques, basic suicide intervention skills, suicide bereavement response, harm minimisation.
Target group:	Social researchers.
Method of delivery:	4 hour workshop.
Cost:	As negotiated with training provider.
Accreditation:	Program is not accredited.
Other notes:	Training program is monitored and measured in accordance with the StandBy Evaluation Framework.

## Care for life: Suicide Prevention Association Inc.

Training provider:	Raylee Taylor
Contact details:	Name: Raylee Taylor Ph: 07 5573 3873 Fax: 07 5573 3873 Email: <a href="mailto:rataylor@bigpond.com">rataylor@bigpond.com</a> Web: <a href="http://www.careforlife.org.au">www.careforlife.org.au</a>
Facilitator:	Raylee Taylor
Geographical coverage:	Gold Coast
Training objectives:	To increase awareness and provide knowledge of suicide prevention for those working with people at risk of suicide (particularly young people).
Main topics:	Knowledge and attitudes, causes of suicide, protective factors, risk factors, responses, referral services and resources, bereavement support.
Target group:	Professional workers, community organisations, youth workers, parents, teachers, community members.
Method of delivery:	1 day workshop.
Cost:	As negotiated.
Accreditation:	Program is not accredited.
Other notes:	The training program has been evaluated under the National Suicide Prevention Strategy. Raylee Taylor is an accredited trainer of 'How to Thrive Past 55' and 'Keep Yourself Alive'.

## Community session on youth suicide

Training provider:	Gold Coast Institute of TAFE
Contact details:	Name: Susie Smith Ph: 07 5581 8731 Fax: 07 55818765 Email: <a href="mailto:suzy.smith@det.qld.gov.au">suzy.smith@det.qld.gov.au</a>
Facilitator:	Garry King, Gold Coast Institute of TAFE.
Geographical coverage:	Gold Coast
Training objectives:	To raise awareness about youth suicide.
Main topics:	Framework for understanding suicidal behaviour, risk factors.
Target group:	Community members involved with young people.
Method of delivery:	2 hour seminar.
Cost:	\$45 GST exempt.
Accreditation:	Program is not accredited.

## **Assess and respond to individuals at risk of self-harm or suicide**

Training provider:	Barrier Reef Institute of TAFE
Contact details:	Name: Katherine Rowbotham, Jane Worrall or Trish Cook Ph: 07 4750 5654 Fax: 07 4750 5606 Email: <a href="mailto:Katherine.Rowbotham@det.qld.gov.au">Katherine.Rowbotham@det.qld.gov.au</a>
Facilitator:	Appropriate facilitator from Barrier Reef Institute of TAFE.
Geographical coverage:	Townsville.
Training objectives:	To provide workers with skills and knowledge to identify the level and immediacy of self-harm or suicide risk.
Main topics:	Responding to self-harm and suicide risk, risk and protective factors, levels of risk, suicide assessment, emergency procedures, therapeutic relationship, coping skills, Aboriginal and Torres Strait Islander perspectives.
Target group:	Workers who respond to individuals at risk of suicide and self-harm, community members.
Method of delivery:	10 x 6 hour sessions for fulltime program.  Alternative delivery models available for workplace units.
Cost:	Contact Barrier Reef Institute of TAFE for costs.
Accreditation:	Program is accredited by Queensland Training and Employment Recognition Council.



## TRAIN THE TRAINER PROGRAMS

### ASIST Train the trainer

Training provider:	LivingWorks, auspiced by Lifeline Australia
Contact details:	<p>Name: Training Coordinator, LivingWorks national office</p> <p>Ph: 03 9894 1833</p> <p>Fax: 03 9894 4354</p> <p>Email: <a href="mailto:info@livingworks.org.au">info@livingworks.org.au</a></p> <p>Web: <a href="http://www.livingworks.org.au">www.livingworks.org.au</a></p>
Facilitator:	LivingWorks Coaching/Consulting trainers
Geographical coverage:	Statewide (providing there is a minimum of 15 participants) and national.
Training objectives:	To equip trainers to deliver the 2 day Applied Suicide Intervention Skills Training (ASIST) workshop.
Main topics:	ASIST workshop as participant, ASIST objectives and coaching and practice in training role using standardised manual and learning tools.
Target group:	Prospective trainers from diverse backgrounds.
Method of delivery:	5 day workshop, coaching and presentation practice.
Cost:	\$3100 per person GST exempt.
Accreditation:	Program is not accredited.
Other notes:	ASIST is an Internationally recognised suicide prevention training program originating in Canada.

## Mental health first aid instructor training

Training provider:	ORYGEN Research Centre, University of Melbourne
Contact details:	Name: Betty Kitchener, Program Director Ph: 03 93423771 Fax: 03 93423745 Email: <a href="mailto:bettyk@unimelb.edu.au">bettyk@unimelb.edu.au</a> Web: <a href="http://www.mhfa.com.au">www.mhfa.com.au</a>
Facilitator:	Betty Kitchener
Geographical coverage:	Courses conducted in Queensland and other states as demand arises.
Training objectives:	To train suitable people to become instructors in Mental Health First Aid course.
Main topics:	Providing mental health first aid course.
Target group:	Interested trainees apply to the Mental Health First Aid Program via email. Criteria for selection are provided on the website. These include good interpersonal skills, good teaching and communication skills, favourable attitudes towards people with mental health problems, personal or professional experience with people with mental health problems, good knowledge of mental health problems, good background knowledge of mental health and community services.
Method of delivery:	5 day workshop. Once accredited, trainers must attend an annual refresher course.
Cost:	\$3000 per person GST inclusive.
Accreditation:	To maintain accreditation, trainers must conduct a minimum of three courses per year and attend an annual refresher course.  Instructors are accredited by the Mental Health First Aid Program auspiced by ORYGEN Research Centre.

## TRAINING MANUALS AND RESOURCES

### Suicide prevention and awareness training manual

Suicide Prevention Australia (SPA) has produced the *Suicide Prevention and Awareness Training Manual*, available at a cost of \$88 GST inclusive, plus postage. Main topics addressed in the manual include:

- risk assessment
- attention seeking syndrome
- therapeutic skills
- no suicide contracts
- direct and indirect intervention
- communication
- organisational policy and procedures
- personal and professional networks.

To purchase a copy of the manual, contact Alan Staines at SPA by telephone on 0412 164 575 or by mail to PO Box 2606, Carlingford, NSW, 2118.

### Suicide prevention skills training: trainer's manual

In 2002, the Australian Institute for Suicide Research and Prevention (AISRAP) released the *Suicide Prevention Skills Training: Trainer's Manual*. The manual is intended as a summary resource for workers and educators in the field of suicide prevention. It has a focus on young people, but its general principles can be applied across the lifespan. The manual outlines the delivery of a two-day training workshop in suicide prevention which is currently delivered by AISRAP, and includes a range of training materials. The manual can be purchased at a cost of \$74 GST inclusive and including postage.

To purchase a copy of the manual, download the order form at [www.gu.edu.au/school/psy/aisrap/pdf/training\\_manual\\_flyer.pdf](http://www.gu.edu.au/school/psy/aisrap/pdf/training_manual_flyer.pdf)

## OTHER PROFESSIONAL DEVELOPMENT OPPORTUNITIES

### Suicide Prevention Australia conference

On an annual basis, Suicide Prevention Australia (SPA) hosts a national conference. The theme of the conference changes annually.

For further information, visit the SPA website at [www.suicidepreventionaust.org](http://www.suicidepreventionaust.org)

### ACROSSnet (Australians Creating Rural Online Support Systems)

ACROSSnet is a website which aims to assist members of rural and remote communities to access information, education and support regarding suicide prevention.

The website currently consists of two levels:

- Level one: A community resource bank which contains information and resources about mental health, suicide risk and resilience.
- Level two: An interactive page for registered users, providing access to discussion forums, chat conferences and more specialised information for community health and related professionals.

There is a possibility that a third level will be introduced at a later date:

- Level three: May potentially provide an opportunity for professional mental health workers to consult personally with an expert in the field regarding a case matter.

For further information, visit the ACROSSnet website at [www.acrossnet.net.au](http://www.acrossnet.net.au)

### Auseinet (Australian Network for Promotion, Prevention and Early Intervention)

Auseinet is a website which contains links to online fact sheets and resources relevant to suicide prevention.

For further information, visit the Auseinet website at [www.auseinet.flinders.edu.au](http://www.auseinet.flinders.edu.au)