

HS-1120: SUICIDE PREVENTION & INTERVENTION

Cuyahoga Community College

Viewing: HS-1120 : Suicide Prevention & Intervention

Board of Trustees:

November 2019

Academic Term:

Fall 2020

Subject Code

HS - Human Services

Course Number:

1120

Title:

Suicide Prevention & Intervention

Catalog Description:

Covers suicide as a major social problem in America. Explore the social, psychological, and spiritual aspects of suicide and the differences between suicide death and other deaths. Includes the high risk factors associated with suicide, including gender, age, culture, mental illness, physical illness, addictions, and other Adverse Childhood Experiences (ACES). Exploration of the assessment and intervention techniques and prevention measures to assist and manage suicide crisis. Also covers resources and services to assist the person at risk of suicide as well as the family members/survivors. Field trips may be required.

Credit Hour(s):

2

Lecture Hour(s):

2

Requisites

Prerequisite and Corequisite

ENG-1010 College Composition I or departmental approval. Students may request a prerequisite override. This request will be done on a case by case basis.

Outcomes

Course Outcome(s):

Identify high risk suicide behaviors and symptoms.

Objective(s):

1. Identify a mental health crisis.
2. Describe the human service worker's role in suicide prevention and education.
3. Define aspects of suicide.
4. Identify at risk populations.
5. Identify risk factors associated with suicide.

Course Outcome(s):

Apply basic assessment techniques for suicide and homicide.

Objective(s):

1. Identify a mental health crisis.
2. Identify common assessment techniques.
3. Recognize a person's Adverse Childhood Experiences.
4. Utilize the ACES results to determine suicide predictors.
5. Identify Global Assessment of Functioning (GAF) scale criteria.
6. Describe the human service worker's role in suicide prevention and education.

7. Recognize the impact of untreated trauma and it's correlation to suicide.
8. Define aspects of suicide.
9. Define historical aspects associated with suicide, including individual community and spiritual aspects.
10. Identify specific intervention methods.

Course Outcome(s):

Perform basic interventions with suicidal and homicidal clients.

Objective(s):

1. Identify a mental health crisis.
2. Identify common assessment techniques.
3. Identify Global Assessment of Functioning (GAF) scale criteria.
4. Define prevention techniques on an individual, community and national level.
5. Describe the human service worker's role in suicide prevention and education.
6. Define aspects of suicide.
7. Apply assessment and intervention techniques.
8. Discuss theories surrounding suicide.
9. Identify specific intervention methods.
10. Cite specific intervention models /skills utilized during intervention.

Course Outcome(s):

Identify and provide appropriate resources and services to prevent suicide and homicide.

Objective(s):

1. Describe the human service worker's role in suicide prevention and education.
2. Identify self care for Human Service Workers working with people with suicide risk/survivors.
3. Identify local and national resources related to suicide.
4. Define historical aspects associated with suicide, including individual community and spiritual aspects.
5. Describe how suicide is different from other deaths.
6. Cite specific intervention models /skills utilized during intervention.

Course Outcome(s):

Define legal issues surrounding probate.

Objective(s):

1. Discuss the legal and ethical considerations for voluntary and involuntary hospitalizations and probate.
2. Define legal and mental health terminology.
3. Describe the human service worker's role in suicide prevention and education.
4. Identify local and national resources related to suicide.
5. Define historical aspects associated with suicide, including individual community and spiritual aspects.

Course Outcome(s):

Utilize assessment tools and appropriately provide support services and resources for family members of suicide completers.

Objective(s):

1. Discuss the legal and ethical considerations for voluntary and involuntary hospitalizations and probate.
2. Define prevention techniques on an individual, community and national level.
3. Describe the human service worker's role in suicide prevention and education.
4. Define intervention strategies and therapeutic approaches and resources with survivors.
5. Identify local and national resources related to suicide.
6. Describe how suicide is different from other deaths.

Methods of Evaluation:

1. Case Studies
2. Website Support Forum Case Studies
3. Class journals
4. Blackboard assignments

5. Quizzes
6. Final Examination

Course Content Outline:

1. Overview of suicide
 - a. Defined
 - b. Statistics
 - c. Glossary of terms
 - d. Problem
2. History and theoretical aspects of suicide
 - a. Religious beliefs
 - b. Stigma
 - c. Trauma informed services
 - d. ACES
 - e. Reporting Issues
3. Identify at risk populations
 - a. Ages
 - b. Culture
 - c. Mentally ill
 - d. Addicted
 - e. Clients with ACES
 - f. Clients impacted by trauma
4. Why suicide occurs
 - a. Lethal triad
 - b. Community
 - c. State
 - d. National issues
 - e. Taboos
5. Interviewing skills and therapeutic approaches
 - a. Joining
 - b. Empathy
 - c. Reflecting back
 - d. Meeting the client where they are
 - e. Open ended questions
 - f. Shea Therapeutic approaches
 - g. Asking the obvious
6. Other at risk groups
 - a. Elderly
 - b. Military
 - c. Prisoners
 - d. Mentally ill
 - e. Physically ill
 - f. Gay Lesbian Bisexual Transgender (GLBT)
 - g. Health care professionals
7. Aspects of assessment
 - a. Triage
 - b. ABC assessment
 - i. Affect
 - ii. Behavior
 - iii. Cognitive
 - c. SLAP
 - i. Specific Details
 - ii. Lethality
 - iii. Available
 - iv. Proximity
 - d. SADPERSONS
 - i. Sex
 - ii. Age

- iii. Depression
- iv. Previous attempt
- v. Ethanol abuse
- vi. Rational thinking loss
- vii. Social support lacking
- viii. Organized plan
- ix. No spouse
- x. Sickness
- e. Least Restrictive Environment
- 8. Intervention techniques
 - a. Phone interview
 - b. Face to face interview
 - c. Support and counseling
 - d. Supervised emergency shelter services
 - e. Hospitalization: permission and probate
 - f. Follow-up and linkage of services
 - g. Appropriate referrals
 - h. Safety Net
- 9. Prevention strategies and public education
 - a. Public messages
 - b. Websites and Mental Health Board
 - c. Educational approaches/awareness services and campaigns
 - d. Tri-C "Help is Here" app
- 10. Legal issues, duty to warn
 - a. Least Restrictive Environment
 - b. Probate process
 - c. Police role
- 11. Homicidal and suicidal shooters and safety
 - a. Trends
 - b. Protecting self and others
 - c. Suicide by police
- 12. Helping survivors and family members of completers
 - a. Addressing special emotional needs of family and friends
 - b. Support services
 - c. Reducing suicidal risk of family members/friends
- 13. Caring for the care giver, taking care of self.
 - a. Compassion fatigue
 - b. Identifying burn out symptoms
 - c. Debriefing strategies
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Resources

Shea, Shawn Christopher. (2011) *The Practical Art of Suicide Assessment*, John Wiley and Sons.

Granello, Darcy & Paul. (2011) *Suicide: An Essential Guide for Helping Professionals and Educators*, Pearson Education A&B.

Quinnett, Paul G. (2012) *Suicide: The Forever Decision*, QPR Institute.

David Meichenbaum. (2010) *35 Years of Working With Suicidal Patients: Lessons Learned*,

Dr. Paul Quinnett. (2012) *Suicide: The Forever Decision*. 1.

Nadine Burke Harris, M.D. (2018) *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*, New York: Houghton Mifflin Harcourt.

Thompson, Martie P., J.B. Kingree, Dorian Lamis. (August 12, 2018) Associations of adverse childhood experiences and suicidal behaviors in adulthood in a U.S. nationally representative sample. *Child Care Health Development*, New Jersey: John Wiley and Sons. <https://doi.org/10.1111/cch/12617>

Patrick, Wendy, Ph.D. (March 12, 2018) What Motivates School Shooters? The Deviant Desire for Publicity, and Other School Shooter Commonalities. *Psychology Today*,

The Trace. (2013) In States Where more people Own Guns, Suicide Rates Are Higher. *American Journal of Public Health*,

Resources Other

1. Dr. Paul Quinnett: Counseling Suicidal People: a Therapy of Hope
2. www.suicidegrief.com (<http://www.suicidegrief.com>)
3. Caruso, Kevin. Suicide.org
4. Movie: *Helping The Adolescent Contemplating Suicide*
5. Movie: CNN: "Suicide"
6. Blackboard handouts
7. American Psychiatric Association, Diagnostic Statistical Manual 2000, 2013)
8. Speaker from: Mental Health Services, Mobile Crisis Director of Clinical Services

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