



## Counseling on Access to Lethal Means

### —Tier 3—

**Overview:** Counseling on Access to Lethal Means is a brief intervention focusing on reducing access to means of self-harm as a key component of suicide prevention

Modality	Intended Audience	Staffing Requirements	Additional Materials Needed
Brief, clinical intervention (20-45 minutes) that is delivered in an individual format; caregiver(s) included as needed	All ages	Clinically oriented individuals; relevant to direct service providers	Relevant family and/or clinic handouts and informational sheets.  <b>Optional:</b> Safety Plan App from the VA: <a href="https://mobile.va.gov/app/safety-plan">https://mobile.va.gov/app/safety-plan</a>  <i>*The National Center for School Mental Health will provide training materials to all trainees.</i>

### Target Outcomes

- Reduce youth access to means of self-harm
- Reduce suicidal thoughts and/or behaviors
- Increase use of standardized screening and assessment tools to assess suicide risk
- Increase knowledge and education of risk to patient and parent/support person
- Increase collaboration, support, documentation, and follow up around plan

### Training Requirements and Important Considerations

**Type of Training:** Half day, virtual training during regular business hours (3.5-hours)

**Continuing Education Units:** Participants can receive 3 CEUs for attending this training.

**Expectations for full participation and certificate of attendance:** To be considered trained, the expectation is that trainees complete the full training, demonstrate engagement (e.g., on-time, stay for the full session, camera on, participation in role-plays, practice activities). **If you miss key components of the training, you may not receive CEUs or a certificate of attendance and will need to reregister and complete the full training if spots are available.**

**Important Considerations:** While formal licensure might not always be required, each trainee needs to be clinically oriented. The CALM training is most relevant for direct service providers, who need to complete the 3-hour, virtual training and ideally have a background in mental health or education to effectively collaborate and work with the youth and their family.

**Translated Content:** A selection of promotional materials are available in Spanish.

## Ongoing Engagement and Expectations

### POC/Supervisor Expectations:

- **Attend a Virtual Planning Meeting:** Meet with the National Center for School Mental Health and the Maryland Community Health Resource Commission to discuss metrics and deliverables including reach and target demographics, service offerings, and outcome expectations as well as the training and implementation plan for your organization.
- **Maintain regular communication** with coordinator(s) from the National Center for School Mental Health to ensure progress toward training and implementation goals including review of a monthly training email containing training and evaluation updates for your organization, and action items.
- **Provide administrative and supervisory support** to staff, including, but not limited to:
  - Share important dates (e.g. training dates, implementation support call dates), registration links, training evaluation completion reminders, and other important information with staff.
  - Ensure that providers in your organization attend the selected Evidenced Based Practice (EBPs) for which they are registered. If staff register for training and do not show up, there is not a guarantee they can train at a future date, which may impact implementation plans outlined in your grant application.
  - Please provide ongoing communication with your organization's providers about training attendance and expectations. Consider providing funding for staff time to attend training and implementation calls as appropriate.
  - Ensure staff complete all training, evaluation, and implementation tasks.

### Providers/Trainees Expectations:

- **Commit to attending the training once registered**
- **Complete the post-training evaluation survey** for each selected EBP immediately following the training
- **Attend each round of implementation support** meetings offered over the year for each EBP you are implementing and complete implementation surveys prior to each meeting
- **Implement intervention** components as specified in the training and tailored to local community as needed

\*For more information or questions pertaining to the priority EBP training logistics and expectations, please contact the National Center for School Mental Health at [BlueprintEBP@som.umaryland.edu](mailto:BlueprintEBP@som.umaryland.edu). For grant-related requirements or fiscal questions, please contact Megan Brown, the Consortium Director at [megan.brown@maryland.gov](mailto:megan.brown@maryland.gov). For evaluation or metrics and deliverables questions, please contact the National Center for School Mental Health at [BlueprintEval@som.umaryland.edu](mailto:BlueprintEval@som.umaryland.edu).