



Outreach & Education Services

Suicide Awareness, Prevention, Intervention and Postvention

Suicide Awareness Presentation

An introductory look at the topic of suicide including (1-3 hours):

- Facts and myths
- Statistics
- Emotions and feelings
- Attitudes and beliefs
- Clues, signs and symptoms common to suicide

Suicide Prevention Workshop

Building on awareness, prevention also provides (4-8 hours):

- Active listening
- Tipping points
- Resources

Suicide Intervention Training

Incorporating awareness and prevention, intervention also provides (16 hours):

- The RAP Model
 - Rapport Building
 - Assess the Individual
 - Plan for Intervention
- Resiliency and self-care

Postvention

Support Intervention (2-4 hours)

- Creating safe spaces for educational information and support for third party individuals and groups affected by suicide
- Grief Awareness
- Local Resources

For more information, contact:

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Outreach & Education
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Suicide Awareness, Prevention, Intervention and Postvention Services

Lethbridge Family Services is an accredited agency through the internationally recognized Council On Accreditation. Additionally, the Suicide Intervention Training and R.A.P. Refresher meet the requirements outlined in the Alberta Association of Services for Children and Families (AASCF, now known as ALIGN Association of Community Services), Standards for Services for Children and Families. The Lethbridge Family Services - Outreach and Education Program offers a full spectrum of presentations, workshops and trainings on the subject of suicide. The flexibility of these services offers a progression of knowledge and understanding that is appropriate to the needs of the participants.

Service Descriptions

Suicide Awareness Presentations offer an introductory level of education about the subject. This is ideal for community members, services groups, youth etc.

Suicide Prevention Workshops build upon awareness by fostering the development of active listening skills, recognizing tipping points and discussing potential resources. This is ideal for participants new to the field and/or administrative and support staff, such as receptionists, clerks, custodians etc.

Suicide Intervention Training incorporates awareness and prevention into a two day accredited training that also offers Standardized Risk Assessment training through the steps of the R.A.P. Model (Rapport Building, Assessing the Individual, Plan for Intervention). This training also highlights the importance of resiliency and self-care as they relate to the client and their worker. This training is ideal for Gatekeepers, such as social workers, counsellors, teachers and any others working directly with potentially high risk populations.

Postvention consists of Support Intervention; a service offered to third party individuals affected by suicide. For instance, sometimes it's hard to know what to say to someone you care about when they are facing a loss by suicide. Although, there are no easy answers, learning how to help a friend respond with kindness and compassion can be an empowering experience.

Additional Services

Lethbridge Family Services has been a distinguished member of the suicide prevention community for many years. In the 1980s, the agency was a founding partner on the Community Interagency Suicide Prevention Council (CISP) and participated in the creation of the local crisis line. More recently, the development and facilitation of the curriculum for the Corrections 1154: Suicide Prevention in Correctional Settings course for Lethbridge College and authoring the Understanding Suicide and Mental Health Awareness modules for the Community Helpers Provincial Initiative.