

A Multi-Tiered Approach to Suicide Prevention (MTASP)

Training programs for everyone!

Suicide is preventable, and anyone can make a difference.

Lotus provides a variety of evidence-based trainings designed to educate, equip & empower everyone with the tools they need to play their part in saving lives.

Just like the MTSS you already use for academic and behavioral strategies for your students, this tiered approach to suicide prevention offers integrated training programs designed to create a network of safety on your school campuses.

For Administrators: Our team has helped many school districts develop a board-approved Suicide Prevention Policy that not only helps save lives, but also meets current legislation (AB 2246, AB 1767 & AB 224). School policies that address suicide prevention, intervention and postvention eliminate confusion over educator roles & the referral process.

For Students: Peers play an important role in supporting each other, especially during tough times. As you know, most adolescents & teens turn to their friends first when experiencing thoughts of suicide. We use evidence-based lessons & presentations to give your students what they need to recognize & respond to risk factors in themselves & their peers. Programs include Signs of Suicide, Teen MHFA, LW Start, & more.

Applied Suicide Intervention Skills Training (ASIST)

What: Suicide Intervention

Who: Clinicians and other professionals

How Long: 2 days, In-person only

What You Learn: Life-assisting intervention skills

Mental Health First Aid (MHFA)

What: Mental Health Literacy & Suicide Prevention

Who: Anyone 16+

How Long: 8 hrs, In-person, online or blended

What you Learn: How to identify, understand & respond to a mental health challenge & crisis, including suicide

Suicide Alertness for Everyone (safeTALK)

What: Suicide Prevention

Who: Anyone 16+

How Long: 3.5 hrs, In-person only

What you Learn: Suicide alertness & safety connection skills

LivingWorks Start

What: Suicide Awareness

Who: Anyone 16+

How Long: 1.5 hrs, online

What you Learn: How to recognize & help someone thinking about suicide

Act Now! The sad truth is that many schools wait until a crisis happens before they ask for training. Don't let this happen on your campus.

Call or email today to discuss training options for your school.

Currently, many of these courses are free to schools, or funding is readily available.



To be prepared



Thoughts of suicide are common

4 reasons to train your staff & students



Shows you care



Saves lives



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Mental Health & Suicide Prevention Trainings



LivingWorks Start

Teaches participants how to recognize when someone is thinking about suicide and connect them to help and support. Includes a powerful four-step model to keep someone safe from suicide, and provides an opportunity to practice it with impactful simulations.

Format: Online, self-paced curriculum

Duration: 60-90 minutes

Recommended For: Everyone 15 and older

Mindwise - Signs of Suicide

SOS is an evidence-based youth suicide prevention program that has demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression.

Format: Virtual or In-person

Duration: 90 minutes

Recommended For: Grades 8-12. Recommend 8th grade to be presented late in the spring semester. 9-12th can be presented at any time during the school year. Also has a staff and parent 90 minute optional presentation

LivingWorks - suicideTALK

A great first step in learning more about suicide and why we need to talk about it in order to decrease stigma and increase help-seeking.

Format: Virtual or In-person

Duration: 90 minutes

Recommended For: Anyone 15 and older who wants to learn more about suicide prevention

Assessment & Safety Plan Training (ASPT)

Prepares those who have not been trained in ASIST, but want to be able to administer a Suicide Risk Assessment and work with the someone in developing an Individual Safety Plan.

Format: Virtual or In-person

Duration: 3.5 hours

Recommended For: School Counselors, Psychologists, Nurses, Administrators or School-based Mental Health Clinicians

LivingWorks safeTALK

Focused on suicide alertness, this training gives participants the skills to recognize signs of suicide, engage someone, and take life-saving action by connecting them to someone trained in ASIST.

Format: In-person

Duration: 3.5 Hours

Recommended For: Teachers, Managers, Advocates, Public Safety Personnel, Human Resources...or anyone 16 and older who wants to make a difference in their community

Skills for Managing Stress Workshop

Learn about the interactions between the mind and the body and the powerful ways you can participate in your own health and healing. Based on the Center for Mind-Body Medicine model.

Format: Virtual or In-person

Duration: 2-4 Hours

Recommended For: Anyone who wants to learn more about the stress response system, and how to hack it using mind-body skills

LivingWorks Applied Suicide Intervention Skills Training (ASIST)

The international gold standard in suicide intervention training, ASIST teaches participants to connect with someone in crisis, provide a skilled intervention, and develop a collaborative safety plan, while increasing hope and reducing suicidality.

Format: In-person

Duration: Two consecutive 8-hour days of instruction

Recommended For: Anyone is ready and willing to provide a full intervention to an individual having thoughts of suicide

Youth Mental Health First Aid (YMHFA)

The world-wide, evidence-based MHFA course covers how to identify and understand signs of developing mental illness and substance use disorders in youth. It provides the needed skills to reach out, provide initial support, and help connect to appropriate care and/or resources, while reducing stigma, increasing help-seeking behavior and increasing literacy about the most common mental health concerns among youth.

Format:

- Virtual: 2-hour self-paced online class + 6-hour, instructor-led group on Zoom (can be broken into 2, 3-hr sessions)
- Blended: 2-hour self-paced online class + 6-hour, in-person instructor-led class (can be broken into 2, 3-hr sessions)
- In-person: 8-hour instructor-led class

Duration: 8 hours total. Virtual/Blended offered in one 6-hour day or two 3-hour days. In-person offered in one 8-hour day or two 4-hour days.

Recommended For: Anyone who works with, lives with, or knows any youth

Mental Health First Aid (MHFA)

The world-wide, evidence-based Mental Health First Aid course teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help and resources, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.

Format:	<ul style="list-style-type: none">• Virtual: 2-hour self-paced online class + 6-hour, instructor-led group on Zoom (can be broken into 2, 3-hr sessions)• Blended: 2-hour self-paced online class + 6-hour, in-person instructor-led class (can be broken into 2, 3-hr sessions)• In-person: 8-hour instructor-led class
Additional Options:	Audience-specific courses now available tailored to the unique experiences and needs of the following groups and those who support them: <div>Fire/EMS Personnel Veterans & Active Duty Military Rural Areas</div> <div>Public Safety Personnel Higher Education Older Adults</div>
Duration:	8 hours total. Virtual/Blended offered in one 6-hour day or two 3-hour days. In-person can be offered in one 8-hour day or two 4-hour days
Recommended For: Everyone	

Teen Mental Health First Aid (tMHFA)

This NEW program, sponsored in part by Lady Gaga's Born This Way Foundation, teaches teens in grades 10-12 (ages 15-18) how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers.

Format:	<ul style="list-style-type: none">• In-person – Lessons are conducted in person in six 45-minute sessions or three 90-minute sessions.• Blended – Teens complete a self-paced online lesson, then participate in six live, Instructor-led sessions. These Instructor-led sessions can be:<ul style="list-style-type: none">» Video conferences.» In-person classes
Duration:	4.5 hours total
Recommended For: Teens in grades 10-12	

For more information, visit LotusEducationalServices.com

To schedule a training or discuss training options for your staff, contact:

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