The Indian Health Service (IHS) Division of Behavioral Health

Suicide Risk Assessment Formats

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Objectives

1. Importance of understanding that there is no single assessment or instrument.
2. Gain knowledge on different types of formatting.
3. Effectively identify appropriate format for you specific organization.

Modality

- Despite vast amounts of research, no one assessment tool or method, when applied to individual patients, has been demonstrated to be ultimately superior in the accurate estimation of risk for suicidal behavior (Maris, Berman, & Maltsberger, 1992).

Core Competencies

- Clusters of knowledge, skills, abilities, and perceptions
- Builds confidence and Competence in assessing and managing suicide risk

Assessment and Managing Suicide Risk

- Offered the Suicide Prevention Resource Center (SPRC)
- Research to practice
- Online Training offered
- Populations include:
  - Juvenile
  - Primary Care
  - LGBT

Formats and Strategies

- Elicitation of suicidal events
- Not complete interviews but to be utilized within the body of other interviews;
  - Initial assessment
  - Emergency department assessment
  - Crisis call

CASE Approach

- Shawn Christopher Shea, MD
- Interviewing strategy for eliciting suicidal ideation, planning, behavior, desire and intent.
- Developed at the Diagnostic Evaluation Center of Western Psychiatric Institute and Clinical at the University of Pittsburgh in the 1980's.
- Refined at the University of Darthmouth in the Department of Psychiatry

Techniques

- Four validity techniques:
  - Behavioral incident
  - Gentle assumption
  - Symptom amplification
  - Denial of the specific

SAFE-T

- Developed by Douglas Jacobs, MD
- Collaboration between Screening for Mental Health Inc. and the Suicide Prevention Resources Center
- Supported by the Substance Abuse and Mental Health Services Administration

Suicide Assessment Protocol

- Gathering information related to:
  - Risk and protective factors as well as warning signs;
  - The patient's suicidal ideation, planning, behaviors, desire, intent;
- The clinical decision making that is applied to create a formulation of risk.

CAMS

- David A. Jobes
- The Collaborative Assessment and Management of Suicidality
- Began as a research focusing on the Suicide Status Form (SSF)
- Evolved over 25 years into a clinical intervention focusing on a therapeutic framework to eliminate suicide as a coping strategy

QPR-T and QPR-TH

- Paul Quinnet, PhD
- Suicide Risk Assessment and Management Training
- Inpatient and Outpatient format
- 8-10 hour course for mental health professionals

Evidence Based Practices

- Interventions that have undergone rigorous evaluation and demonstrated positive outcomes.
- Content is reviewed.
- Two sources:
  - National Registry of Evidence-Based Programs and Practices (NREPP)
  - SPRCA/AF SP Evidence-Based Practices Project (EBPP)

Citations

- Shea SC. *The Practical Art of Suicide Assessment: A Guide for Mental Health Professionals and Substance Abuse Counselors*. Paperback ed. New York: John Wiley & Sons, Inc; 2002.
- Jobes, DA *Managing Suicidal Risk: A Collaborative Approach.* Paperback ed. The Guilford Press; 2006
- Rudd MD *The Assessment and Management of Suicidality.* Paperback ed. Professional Resource Exchange; 2006

Resources

- Suicide Prevention Resource Center (SPRC) Training Institute: http://www.sprc.org/training-institute/amsr
- Suicide Prevention Resource Center (SPRC) Best Practices Registry: http://www.sprc.org/bpr
- The Catholic University of America Suicide Prevention Lab: http://psychology.cua.edu/faculty/jobes.cfm
- Training Institute for Suicide Assessment and Clinical Interviewing: http://suicideassessment.com/
- Suicide Assessment Five-step Evaluation and Triage: http://www.integration.samhsa.gov/images/res/SAFE_T.pdf
- The Assessment and Management of Suicidality: http://www.prpress.com/Assessment-Management-of-Suicidality_p_31.html
- QPR Institute: http://www.qprinstitute.com/

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