

# SUICIDE AWARENESS AND PREVENTION STRATEGIES FOR COMMUNITIES AND FAMILIES, INCLUDING SYSTEM INVOLVED FAMILIES AND YOUTH IN FOSTER CARE

ZOOM TRAINING:  
FRIDAY, OCTOBER 7, 2022  
2:00PM-3:30PM  
COST: FREE



**TRAINING CONTENT:** The Centers for Disease Control and Prevention data shows a steady increase in suicide mortality between 1999 and 2018. A recent study reports the percentage of young adults seriously considering suicide increased from 10.7% to 25.5% since the beginning of the COVID-19 pandemic. Learn how to identify signs of suicide risk, ask the right questions without fear and find help for those in need.

## LEARNING OBJECTIVES:

1. Identify at least four common signs of suicide risk.
2. Ask at least four questions of someone who might be suicidal to determine if more help is needed.
3. Identify local and national resources which can be used to support people who are considering suicide.
4. List at three things you can do to address distress after responding to suicide risk.

**RACHEL MICHAELSEN, LCSW** is a clinical social worker with over 30 years experience as a mental-health provider and supervisor. She has taught courses in DSM-V, suicide prevention, energy psychology, law and ethics, childhood psychopathology and vicarious traumatization at universities, conferences and mental-health agencies. Rachel has a private psychotherapy practice and is the Humanitarian Committee Chair for the Association for Comprehensive Energy Psychology.

## WHO SHOULD ATTEND:

This training is appropriate for anyone in the community, including those who serve youth and families.

- Community Members
- Parents
- Resource Families
- Teachers
- Health Care Providers
- Counselors/Therapists
- Administrative Staff
- Social Workers
- Advocates
- Trainees & Interns

For more information, to request accommodations for disability, to cancel attendance, or to file a grievance, please email [trainings@aldeainc.org](mailto:trainings@aldeainc.org)



To register, please email:  
**[training@aldeainc.org](mailto:training@aldeainc.org)**  
or click **here**

(Please include your name, & phone number)

CEs: 1.5 units  
**upon completion of  
the full session**

This course meets the qualifications for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences

Aldea Children & Family Services is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. Aldea Children & Family Services maintains responsibility for this program and its content.

**CAMFT Approved Provider  
#147032**

Attendees who have completed the entire training and have signed in and out appropriately will be presented with a Certificate of Completion at the end of the training