

Essential Principles and Practices Training Comparison Charts

De-Escalation Training

Motivational Interviewing Training

Peers and Peer Support Specialists

Person-Centered Care: Recovery-Oriented
Environment & Mandated Reporting

Zero Suicide / Suicide Safer Care Training

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Created in partnership with Agnew::Beck Consulting



CRISIS NOW

Trust
Alaska Mental Health
Trust Authority

De-Escalation Training

Training & Description	Cost	Content / Hours	Length of Certification	Re-training Cost
<p><u>AVADE</u> https://personalsafetytraining.com/ De-escalation Training. Nationally recognized and court defensible</p>	Flexible \$\$ - E-learning \$1697 - up to 20 people \$1997 - up to 20 people \$2997 - up to 20 people \$797 - per person	Online, interactive 2-hours; on site 4-hours; on site 1-day; on site 1-day Instructor Course	Not stated Not stated Not stated Not stated 3 years	Not stated Not stated Not stated Not stated Not stated
<p><u>Crisis Prevention Training (CPI)</u> https://www.crisisprevention.com/</p>				
<p><u>Verbal Intervention</u> Available virtual. Give your staff the skills to identify, respond to, and verbally de-escalate distress behavior in a safe, hands-off way.</p> <ul style="list-style-type: none"> • Improve decision making • Gain the confidence to recognize risk behavior & effectively respond to defensive behaviors • Understand what's behind behavior • Address the needs of the individual 	\$3499 (Instructor)	8 hours (class time only)	2 years	\$1949
<p><u>Nonviolent Crisis Intervention</u> Equip your staff with problem-solving and decision-making skills to recognize the level of risk and apply the most appropriate verbal and/or physical interventions.</p> <ul style="list-style-type: none"> • Improve decision making • Minimize physical interventions • Gain the confidence to recognize risk behavior & respond to defensive behaviors • Understand what's behind behavior • Address the needs of the individual 	\$4499 (instructor)	32 hours (class time only)	2 years	\$1949
<p><u>Nonviolent Crisis Intervention with Advanced Physical Skills</u> Building on techniques learned in NCI™, this training will equip your staff with problem-solving and decision-making skills to recognize the level of risk and to apply the most appropriate verbal and/or physical interventions in high-risk situations.</p> <ul style="list-style-type: none"> • Learn skills to manage high-risk, complex behaviors • Improve decision making • Minimize physical interventions • Gain the confidence to recognize risk behavior & respond to defensive behaviors • Understand what's behind behavior • Address the needs of the individual 	\$5849 (instructor)	32 hours (class time only)	2 years	\$1949
<p>All three instructor courses have the option to add one of the following focused components: Autism Spectrum Disorder; Mental Health; Trauma. These added trainings may be virtual or in a classroom setting.</p>	\$1750	5.5-7.5 hours		

De-Escalation Training

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<p><u>Crisis & Trauma Resource Institute</u> https://ctrinstitute.com/who-we-are/ <i>De-escalating Potentially Violent Situations: Train the Trainer & Workshop</i> This is an introductory-intermediate level workshop intended for anyone wanting to learn more about violence and interpersonal strategies useful in de-escalating the imminent threats of violence. At the end of this workshop, participants should be able to:</p> <ul style="list-style-type: none"> • Understand the role of anger in violent incidents • Identify their own styles of interaction • Describe a framework for defusing potentially violent situations • Identify potential risk factors • Apply the principles learned to their own environment 	Contact the organization	1 or 2 days (workshop) 3 days (Train the Trainer)	N/A for group \$150 Train the Trainer	
<p><u>Handle with Care</u> https://www.handlewithcare.com/ Handle with Care is dedicated to the reduction of violence through:</p> <ul style="list-style-type: none"> • Tension reduction • Staff use of preventative actions that result in a decrease in the need for the use of physical intervention • The use of prompt skillful and appropriate intervention when physical restraint is necessary, in order to minimize injuries to clients, children and staff • Creating a universal perception of physical and psychological safety in the milieu 	\$3,000.00 per day excluding expenses for on-site training Cost for one entity/one license price. Contact vendor for pricing with multiple entities.	Our standard initial on-site training schedule is: 3-day training to train 10 instructors (or 4-day to train 20 Instructors).	N/A	\$500
<p><i>Verbal Intervention</i> Enables staff to develop and utilize therapeutic relationship skills necessary to reduce tension, create and maintain a calm and safe environment for all. De-escalation and intervention protocols are being viewed as having three tiers. The first is universal interventions, the second is targeted interventions and the third is intensive interventions.</p>	If you do not want instructors or only want verbal intervention training, you can contract for specific trainings	1-day	Not stated	Not stated
<p><i>Physical Intervention</i> An extension of its verbal program, and comes from the same intent, namely, to assist the student/client to gain mastery over his/her emotions and behavior so that they will be able to manage their emotions skillfully without the assistance of staff. HWC's training teaches that physical holds are not something you do to someone, it is something you do for someone.</p>		1-day	Not stated	Not stated
<p><i>Instructor Certification</i> We take a core group of staff and teach them methods of instruction that provoke thoughtful participation including:</p> <ul style="list-style-type: none"> • a well-defined lead and co-trainer teaching protocol that maintains an orderly and safe training environment • “verbal counts” and guided movement methods that keep making the task of correcting a student’s physical technique simple. • a “spotting system” that enables your certified instructors to teach the physical restraint components to your direct care staff safely 		1-day	Not stated	Not stated

De-Escalation Training

Training & Description	Cost	Content / Hours	Length of Certification	Re-training Cost
<p>HSS https://hss-us.com/risk-consulting-and-training/workplace-violence Techniques for Effective Aggression Management (TEAM) TEAM® Essentials teaches participants to identify factors that can escalate to aggression or violence. It gives participants the knowledge and skills they need to confidently handle disruptive behavior and keep themselves safe. This course teaches progressive behavior control methods, verbal de-escalation techniques, and best practices for managing volatile situations. Participants learn effective strategies to enhance communication and build relationships. This course is fully compliant with The Joint Commission, CMS, DNV (NIAHO), OSHA, and NIOSH guidelines. TEAM® Advanced teaches participants, typically in high-risk areas of the facility, healthcare-appropriate strategies to protect their patients and themselves during a physical attack. Our instructors build participant competency via hands-on exercises and simulations. In this two-hour instructor-led course, participants learn defensive, non-harmful physical countermeasures to safely defuse and control aggressive or violent behavior. Instructors also share techniques for after-event documentation and debriefing.</p>	<p>Not stated; must contact company for a quote</p>	<p>2 hours instructor-led, 70-minute e-course (Essentials Course) 2 hours (Advanced) 2 days (Instructor Course)</p>	<p>2 years (instructor certification)</p>	<p>Not stated</p>
<p>Mandt System https://www.mandtsystem.com/ The Mandt Systems provides the tools to affirm your feelings and choose your behaviors™ so that you can keep yourself and others safe during challenging interactions.</p> <hr/> <p>Relational Level Learn to prevent and de escalate conflict to build a safer and healthier workplace</p> <hr/> <p>Relational + Conceptual Level learn how trauma effect behavior and how to employ positive behavior support skills to create safety in the workplace</p> <hr/> <p>Relational + Conceptual + Technical Level learn to safely intervene during instances of emotional escalation and physical aggression</p>	<p></p> <hr/> <p>\$1190 (per instructor)</p> <hr/> <p>\$1727 (per instructor)</p> <hr/> <p>\$2249 (per instructor)</p>	<p></p> <hr/> <p>2 days; Chapters 1-3 (Building Healthy Relationships; Building Health Communication; Building Healthy Conflict Resolution)</p> <hr/> <p>2 days + 101 minutes of E-Learning; Chapters 1-5 (same as above + Trauma Informed Services; Positive Behavior Support)</p> <hr/> <p>4 days + 101 minutes of E-Learning, Chapters 1-8 (same as above + Assisting and Supporting Skills; Separating Skills; Restraining Skills [standing])</p>	<p>2 year certification</p>	<p>Not stated</p>

De-Escalation Training

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<p>Advanced Level Learn to safely intervene during instances of intentional physical aggression and violence</p>	\$3223 (per instructor)	3 days; after completing chapters 1-8; Chapters 9 + 10 (avoidance, redirection, shielding + “loose” and “secure” technical holds; protective movement, position and redirection from ground positions)		
<p>Shield and Pad Program How to protect yourself and others without relying on physical restraints. Includes equipment instruction for self-injurious behavior</p>	\$849	1/2 day		
<p>Enhanced Safety Level Take an organizational evidenced-based training needs assessment approach. Organizations must have at least 1 Advanced Instructor.</p>	\$2500 + travel expenses	1 day (after completing advanced program) Trains 10 max instructors	Instructors + Staff certified for 1 year	
<p>MOAB https://www.moabtraining.com/ MOAB® presents principles, techniques, and skills for recognizing, reducing, and managing violent and aggressive behavior. The program also provides humane and compassionate methods of dealing with aggressive people.</p>				
<p>Introduction BASIC course (part one) In this introductory session, participants will learn basic strategies to identify aggressive behaviors and avoid physical harm. This basic course provides an in-depth curriculum on how to identify, prevent and manage aggressive behavior through various de-escalation techniques. Upon successful completion, participants are able to identify the stages of conflict, when an assault is imminent and what to do in a threatening situation. *virtual options available upon request*</p>	\$1,995 (one program/ day) \$3,100 (two programs/ day) Class size unlimited. \$95/person over 24 people	4 hours	2 years	Not stated
<p>Introduction with Controlling and Restraining Aggressive Behaviors BASIC course (part one + part two) Participants learn the basic verbal de-escalation principles taught in the MOAB Introduction basic course as well as hands-on strategies for controlling and restraining aggressive behavior. Techniques include basic escorting principles and restraints. Part one class size is unlimited. \$150 per person over 24. Part two class size limit is 24. Part one class is the prerequisite for the part two class.</p>	\$3,100 per day, plus expenses.	8 hours	2 years	Not stated

De-Escalation Training

Training & Description	Cost	Content / Hours	Length of Certification	Re-training Cost
<p><i>MOAB Introduction with Strategies for Managing Physical Confrontations BASIC course (part one + part three)</i></p> <p>Participants of this hands-on course review basic principles included in the MOAB De-escalation basic course as well as hands-on techniques for managing physical confrontations, including self-defense tactics for holds, stationary strikes and weapons.</p> <p>Part one class size is unlimited. \$150 per person over 24. Part three class size limit is 24. Part one class is the prerequisite for the part three class.</p>	\$3,100 per day, plus expenses.	8 hours	2 years	Not stated
<p><i>2-Day BASIC course (part one + part two + part three)</i></p> <p>In addition to the de-escalation skills presented in the MOAB De-escalation basic course, this course also includes hands-on strategies to control aggressive behavior and avoid physical harm based on modern techniques and principles. Hands-on skills include: escorts, resistive escorts, and defensive tactics for guns, edged weapons and choke holds.</p> <p>Part one class size is unlimited. \$300 per person over 24. Parts two and three class size limit is 24. Part one class is the prerequisite for the parts two and three classes.</p>	\$6,050 per session, plus expenses.	12 hours	2 years	Not stated
<p><i>1-Day INSTRUCTOR Program (Partial Instructor Program)</i></p> <p>To conduct an on-site Instructor class, the minimum class size is 6 participants.</p> <p>1-Day Instructors are authorized to train the MOAB De-escalation course only (no physical techniques); whereas 3-Day Instructors are able to train all 5 basic programs (De-escalation plus physical techniques).</p>	\$1,195 per person, includes expenses.		3 years	Not stated
<p><i>3-Day INSTRUCTOR Program (Complete Instructor Program)</i></p> <p>This program is designed for those who are looking to teach communication techniques and de-escalation skills, including physical training skills (such as restraining, self-defense tactics, minor take-downs). Upon completion, 3-Day Instructors are able to train all of the basic MOAB certification programs.</p> <p>To conduct an on-site Instructor class, the minimum class size is 6 participants.</p>	\$1,895 per person, plus expenses.		3 years	Not stated
<p><u>First Responder Verbal De Escalation</u></p> <p>Jen Pierce and Mike Riley</p> <p>Trauma-informed course developed by a Mobile Crisis Team specifically for a first responder audience.</p> <p>Training on hold until August 2025; contact jennifer.pierce@anchorageak.gov to learn more about availability and costs at that time.</p>	Contact directly	2-3 hours	N/A	N/A
<p><u>QBS (Quality Behavioral Solutions)</u></p> <p>https://qbs.com/safety-care-crisis-prevention-training/</p> <p><i>Safety-Care Crisis Prevention Training</i></p> <p>The Safety-Care core curriculum is presented in a progressively restrictive format designed to provide staff with skills for prevention, minimization, and management of dangerous or challenging behaviors. Each chapter offers practical, functional skills for use in nearly any educational, human services, or medical setting. Based on Applied Behavior Analysis research</p>	\$1750	3 days	Not stated	\$600

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<p><u>SafeClinch</u> https://safeclinch.com/ The SafeClinch Training System is for any organization requiring the use of strong verbal de-escalation skills along with quality physical control training. The following is a short list of organizations that could benefit from SafeClinch. The SafeClinch Training System will provide your organization with proven methods to interact with clients in a safe manner. By using verbal de-escalation skills and responsible restraint techniques SafeClinch will instruct your staff on how to provide a safe and secure environment.</p>	<p>\$1495 (Master instructor) \$300 staff \$500 for new instructor trained by local Master Instructor</p>	<p>3 day program; Master Instructors have access to training videos and other materials</p>	<p>3-year certification</p>	<p>\$695 \$500 for new instructor trained by local Master Instructor</p>
<p><u>Therapeutic Options</u> https://therapeuticoptions.com/therapeutic-options/ <i>Neurorelational Positive Behavior Support and Emergency Behavior Management</i> Therapeutic Options™ is a comprehensive approach to reducing violence and the use of restraint and seclusion in behavioral health care, health care, habilitation, and education settings. The program provides the tools to keep people safe while maintaining their commitment to positive approaches in supporting individuals whose behavior sometimes poses danger to themselves or others. The ultimate purpose of Therapeutic Options™ training is to build our capacity to be with people in a meaningful way; to be a source of healing, encouragement, and safety to everyone who comes to us for help, no matter how challenging their behavior or complex their support needs.</p>	<p>\$1050/person \$10500 for up to 14 people, on-site plus travel expenses. Each additional instructor up to 18 is \$500</p>	<p>4 days (Train the Trainer)</p>	<p>Annual</p>	<p>\$610</p>
<p><u>Ukeru</u> https://www.ukerusystems.com/ Customized to fit the unique needs of each organization, Ukeru® offers hands-on participant trainings as well as a “train-the-trainer” series. Training is straightforward and easy to implement, and focuses on what caregivers want to do most: communicate effectively with clients and diffuse stressful, escalating behaviors Each training covers:</p> <ul style="list-style-type: none"> • Verbal and nonverbal communication to convert/divert an aggressive individual • Physical release techniques that keep both client and caregiver safe • Physical re-direction to avoid injury and self-harm • Safe Blocking®—the only trauma-informed, restraint-free blocking technique 	<p>\$825 *cost for training does not include blocking pads</p>	<p>2 days</p>	<p>1 year</p>	<p>\$330</p>

Motivational Interviewing Training

Training & Description	Cost	Content / Hours	Length of Certification	Re-training Cost
<p><u>Alaska Training Cooperative</u> https://www.uaa.alaska.edu/academics/college-of-health/departments/center-for-human-development/alaska-training-cooperative/index.cshtml Motivational Interviewing-Foundations (Public) This interactive training will give participants an overview of the stages of change and motivational interviewing strategies. Participants will have the opportunity to practice using motivational interviewing skills as well as to learn the foundations of the model. The AKTC may have additional courses available; the course catalogue only shows currently available courses. Please contact the AKTC for a complete understanding of their offerings and organizational training package opportunities.</p>	\$40	3 hours	N/A	N/A
<p><u>ASAM eLearning</u> https://elearning.asam.org/motivational-interviewing ASAM offers three on-demand mini courses, live workshops and other resources related to Motivational Interviewing concepts and skill-building. Live workshop frequency varies</p>	\$55, non-member rate for 1 video. \$150, non-member rate for 3 video package	1.5 hours (each video)	N/A	N/A
<p><u>Motivational Interviewing Network of Trainers</u> https://motivationalinterviewing.org/motivational-interviewing-training Teaching Motivational Interviewing This training is designed to prepare the health, mental health, and correctional professional to teach, train, and coach this effective, evidence-based clinical method. Participants will learn a well-developed, sequenced, and integrated set of skills for coaching, supervising, and teaching Motivational Interviewing across various settings. *On-site workshops are available and introductory courses may range from 1-hour to a full day. Pricing may be at the discretion of the trainer. MINT trainers in AK are found here: https://motivationalinterviewing.org/ustrainers/Alaska</p>	\$450	3 days	N/A; certificate of participation Becoming a MINT trainer is an involved process	N/A
<p><u>Northwest Addiction Technology Transfer Center Network (Region 10)</u> https://atcnetwork.org/centers/northwest-atcc/motivational-interviewing-mi The Northwest ATTC offers MI training including a 2-day introduction, 2-day Advanced, 2-day MI in Groups. and 1-day MI for Managers Contact northwest@atcnetwork.org to request training.</p>	Varies	Varies	Varies	N/A
<p><u>PESI</u> https://catalog.pesi.com/ PESI is a non-profit organization that helps to create and catalogue learning opportunities in various formats. Motivational Interviewing courses vary by availability, length, population focus and format.</p>	Varies	Varies	Varies	Varies

Motivational Interviewing Training

Training & Description	Cost	Content / Hours	Length of Certification	Re-training Cost
<u>Psychwire</u> https://psychwire.com/motivational-interviewing <i>Motivational Interviewing- Foundational</i>			N/A	N/A
<i>Motivational Interviewing for Addiction</i>	\$450	10 hours over 6 weeks		
	\$350	6 hours/ self-directed		
<u>Psychotherapy.net</u> https://academy.psychotherapy.net/mi-step-by-step <i>Motivational Interviewing Step by Step: Complete online course</i> Based on the most comprehensive MI teaching video series, this complete course on Motivational Interviewing will guide you through the various techniques of MI, demonstrate how to use them effectively and give you the opportunity to practice them at your own pace.	\$199 for permanent online access (\$375 value)	10 CE credits	N/A	N/A

Peers and Peer Support Specialists

Training & Description	Cost	Content / Hours	Length of Certification	Re-training Cost
<p><u>Alaska Training Cooperative</u> https://www.uaa.alaska.edu/academics/college-of-health/departments/center-for-human-development/alaska-training-cooperative/index.cshtml <i>Crisis Now Behavioral Health Emergency Response Simulations Training</i> Provide a safe learning environment for members of crisis response teams to collaboratively engage in their unique roles with community members in crisis who need supportive services. This simulation involves an “unfolding” scenario that incorporates the various settings and approaches through which clients can be supported by the Crisis Now model, including a Crisis Call Center, Mobile Crisis Response Team, and a Crisis Response Center.</p>	Contact for pricing			
<p><u>Peer Support Certification</u> https://health.alaska.gov/abada/Pages/AKpeerSupport.aspx Peer support specialists must complete a 40-hour certification training offered by a DBH-approved provider. Providers listed below reported to offer the full training, see the Alaska Commission for Behavioral Health Certification (https://akcertification.org/peer-support-professionals/) for additional training resources and opportunities.</p>		40 hours	2 years	N/A
<p><i>Alaska Behavioral Health:</i> https://alaskabehavioralhealth.org/trainings/peer-support-training/ <ul style="list-style-type: none"> • Trainings available in-person or virtually for week-long, evening and weekend options. </p>	Free			
<p><i>MUSKEG Wellness (Ionia):</i> https://www.muskegwellness.org/ <ul style="list-style-type: none"> • Includes Traditional Path for Indigenous Wellness through Peer Support • Group trainings available for 10-30 participants </p>	Contact organization			
<p><i>Partners for Progress (for Alaska Therapeutic Court Alumni):</i> https://www.partnersforprogressak.org/</p>	N/A			
<p><u>Peer Support Continuing Education</u> <i>Alaska Behavioral Health:</i> https://alaskabehavioralhealth.org/trainings/peer-support-training/ <i>ACBHC Training Guide:</i> https://akcertification.org/wp-content/uploads/2021/01/Training-Guide-Final-1-PDF.pdf <i>UAA Center for Human Development Peer Support ECHO:</i> https://iecho.org/program/PRGM16981767016060OOG8GTWCX/details</p>	Varies	Varies	Varies	Varies
<p><u>SAMHSA</u> Video trainings from the Bringing Recovery Supports Technical Assistance Center Strategy (BRSS TACS) 2018 series. All videos are approximately 60 minutes long. <i>Communicating the Role of Peer Supports:</i> https://youtu.be/8ejK0j2HwMA <i>Ethics and Boundaries in Peer Support Services:</i> https://www.youtube.com/watch?v=A-7rmYrzG8s&list=PLBXgZMI_zqfSRZVtxRBWg7cDja_qy2e-M&index=2</p>	Free	All videos are approx. 60 minutes	N/A	N/A

Person-Centered Care: Recovery-Oriented Environment & Mandated Reporting

Training & Description	Cost	Content / Hours	Length of Certification	Re-training Cost
<p><u>American Association for Community Psychiatry</u> https://www.communitypsychiatry.org/model-curriculum <i>Recovery-Oriented Care in Psychiatry</i> This 10-module curriculum provides a basic understanding of recovery from mental illness and substance use disorders and recovery-oriented care, and to contribute to bringing recovery-oriented practice into the mainstream of professional practice. Collaboratively developed by the American Psychiatric Association (APA) and the AACP.</p>	Free	10 video modules ranging from approx. 10-40 minutes each.	N/A	Free
<p><u>Crisis & Trauma Resource Institute</u> https://ctrinstitute.com/who-we-are/ <i>Trauma-Informed Care: Train the Trainer & Private Workshops</i> At the end of the workshops, participants should be able to:</p> <ul style="list-style-type: none"> • Discuss the prevalence and impact of trauma on individuals and organizations • List five key trauma-informed principles • Describe practical strategies for implementing each of the five trauma-informed principles • Assess their own organization for areas of trauma-informed strengths and weakness • Identify trauma-informed goals to improve service delivery and program planning 	Contact the organization \$21.99 manual fee per participant	3 days (Train the Trainer) 1 Day (group workshop)	N/A	\$150
<p><u>Institute for Healthcare Improvement</u> https://www.ihl.org/education/ihl-open-school/person-and-family-centered-care-courses We are in an era of patient and family engagement that shifts the conversation from “What is the matter?” to “What matters to you?” Co-designing and co-producing care with individuals and families improves health, quality, and value. In these courses, find concrete skills to partner with patients and families in clinical settings and have conversations about their preferences, including for care through the end of life. Examine guidance for collaborating with older adults and confronting the stigma of substance use disorders. <i>Note, some of these videos may be less applicable to the Crisis Stabilization setting.</i></p>	\$399 individual subscription Contact for pricing	Each video is approx. 90 minutes	N/A	N/A
<p><u>Miami University</u> https://miamioh.edu/cas/centers-institutes/scripps-gerontology-center/research/training-videos/changing-minds.html <i>Changing Minds: An Introduction to Person-Centered Care</i> Video resource for those wanting to learn more about person-centered care principles or for those wishing to teach others about aspects of person-centered care. Video includes a training guide</p>	Free	20 minutes	N/A	Free
<p><u>National Certification Council for Activity Professionals</u> https://www.nccap.org/person-centered-care-community-certification <i>Person-Centered Care Community Certification</i> Embedded with the person-centered values and principles of Pioneer Network. Includes the dementia care practice recommendations of the Alzheimer’s Association. Provides the skills for the practical application of person-centered care. All staff and volunteers learn to engage with dementia, trauma, behaviors, diversity, culture, and more. Staff and volunteers learn valuable strategies for self-care. Increase resident, family, staff and volunteer satisfaction. Investing in staff and volunteer education increases retention and reduce turnover. <i>(continued on next page)</i></p>	\$300 annual license fee	4 hours (16 videos, each 15 minutes long)	Annual	\$300

The information in the table is intended to be a reference resource. Specific providers or courses are not mandated or independently reviewed as best practice or evidence based. Training availability, content, and costs anticipated to change.

Person-Centered Care: Recovery-Oriented Environment & Mandated Reporting

Training & Description	Cost	Content / Hours	Length of Certification	Re-training Cost
<p><i>Person-Centered Care Community Certification (cont.)</i></p> <p>When a majority of staff complete the curriculum you are certified as a Person-Centered Care Community™. This designation demonstrates your staff have received advanced training that enhances quality of life. You are listed in NCCAP's National Registry and receive marketing materials to promote your quality. Content remains the exclusive property of NCCAP and cannot be used, copied or sold, and must be returned to NCCAP when license fee is not renewed.</p>				
<p><u>SAMHSA</u></p> <p>Video trainings from the Bringing Recovery Supports Technical Assistance Center Strategy (BRSS TACS) 2018 series.</p> <p><i>Active Engagement and Services for Crisis Outreach and Warm Handoffs:</i> https://youtu.be/pP9Yx5nZY7w</p> <p><i>Shared Decision-Making for Mental Illness and Substance Use Disorders:</i> https://www.youtube.com/watch?v=RTbatWxWpCI&index=12&list=PLBXgZMI_zqfSRZVtxRBWg7cDja_qy2e-M</p> <p><i>Creating an Organizational Culture of Recovery:</i> https://www.youtube.com/watch?v=JWxcbaVyeqM&index=11&list=PLBXgZMI_zqfSRZVtxRBWg7cDja_qy2e-M</p> <p>SAMHSA participates in the annual National Recovery Month in September. Previous webinars and resources can be found here: https://www.samhsa.gov/recovery-month/events</p>	Free	All videos are approx. 60 minutes long.	N/A	N/A
<p><u>State of Alaska</u></p> <p>https://learn.dhss.alaska.gov/course/index.php?categoryid=28</p> <p><i>Mandatory Child Abuse Reporter Training</i></p>	Free	1 hour	N/A	N/A
<p><u>State of Alaska</u></p> <p><i>Title 47 Commitment Training</i></p> <p>The State DES/DET Coordinator completes two online trainings annually (Spring and Fall). The training provides an overview of civil commitment processes, paperwork, other information, and allow opportunity for questions. To be included in future trainings or request an in person or site-specific training, please submit a written request to: det.des.coordinator@alaska.gov</p>	Free	1 hour	N/A	N/A
<p><u>UAA: Clearinghouse of Alaska's Continuing Health Education (CACHE)</u></p> <p>https://www.uaa.alaska.edu/academics/college-of-health/departments/acrhhw/cache.cshml</p> <p><i>Crisis Now Team Wellness Program</i></p> <p>Trainings developed to support crisis workforce retention by improving resiliency and wellness. Several of the courses are in beta testing through July 2024. Current available topics include:</p> <ul style="list-style-type: none"> • Personalities and work styles • Inter-generational work (team members and those we serve) • Mental Health First Aide • Communication styles • Healthy conflict • Defining needs and asks • Defining healthy boundaries and how to use them in a healthy ways • Alaska Native culture and building a cultural context for our state • Assessing and addressing burnout and compassion fatigue <p>Trainings are available asynchronously for individuals or synchronously for groups.</p>	Inquire for costs	Each topic is 1 hour long, except Mental Health First Aid	N/A	N/A

Zero Suicide / Suicide Safer Care Training

Training & Description	Cost	Content / Hours	Length of Certification	Re-training Cost
<p><u>Alaska Training Cooperative</u> https://www.uaa.alaska.edu/academics/college-of-health/departments/center-for-human-development/alaska-training-cooperative/index.cshtml</p> <p>The AKTC offers numerous trainings and currently only posts the trainings on their website for which registration is ‘live’. It is recommended to contact the AKTC for a complete understanding of their offerings and organizational training package opportunities. AKTC offers virtual and live courses. Some of the current offerings for suicide prevention/safer care from the Alaska Training Cooperative include:</p> <ul style="list-style-type: none"> • ASIST • CAMS • Mental Health First Aide • QPR 	Varies by course	Varies by course	Varies by course	Varies by course
<p><u>American Association of Suicidology</u> http://www.suicidology.org/trainingaccreditation/rrsr</p> <p>The Recognizing and Responding to Suicide Risk: Essentials for Clinicians© training course is for mental health clinicians with an interest in acquiring a competency-based skill set for working with individuals at risk for suicide. Understanding how to identify, assess, and address a client at risk for suicide is crucial for effective early intervention in a clinical setting.</p> <p>The curriculum is based on a set of core clinical competencies developed by a task force of renowned clinical experts collaborating and comprehensively defining the knowledge, skills, and attitudes required to effectively assess individuals at risk for suicide. As such, the program provides valuable opportunities to learn with other clinicians while practicing skills and strategies to recognize and respond to suicide risk. Additionally, Recognizing and Responding to Suicide Risk: Essentials for Clinicians is a recommended Suicide Care Training for the Zero Suicide framework.</p>	\$639 for non-members seeking CE hours or credit *Online request necessary for private, organizational training or group training	2 days; in-person	N/A	N/A
<p><u>Assessing and Managing Suicide Risk (AMSR) Zero Suicide Institute</u> http://zerosuicideinstitute.com/amr</p> <p>Teaching and skills-building methods include video demonstrations, group discussion, written and paired practice, case review, and expert teaching » Offers three clinical-level trainings: AMSR: Core Competencies for Health and Behavioral Health Professionals Working in Outpatient Settings, AMSR: Core Competencies for Behavioral Health Professionals Working in Inpatient Settings, and AMSR for Substance Use Disorder Treatment Professionals</p>	Not listed	6.5 hours; in-person and online		
<p><u>Chronological Assessment of Suicide Events (CASE)</u> https://suicideassessment.com/certification-programs/</p> <p>Participants practice a specific interviewing strategy in groups to elicit suicidal ideation, behaviors, planning, and intent. Uses scripted group role-playing to teach the CASE Approach.</p> <p>Level 1 and Level 2 certifications available, but require a request for information</p>	\$60, core skills \$90, core + advanced core skills	4 hours (online, no CEs) 6 hours (online, no CEs)	N/A	N/A

Zero Suicide / Suicide Safer Care Training

Training & Description	Cost	Content / Hours	Length of Certification	Re-training Cost
<p><u>Collaborative Assessment and Management of Suicidality (CAMS) CAMS-care, LLC</u> https://cams-care.com/</p> <p>The CAMS Framework® is an evidence-based therapeutic assessment and treatment model that emphasizes collaboration and transparency between therapist and patient. With our training programs, you'll learn how to use the Suicide Status Form (SSF) as a guide to gather information about your patient's current experience and suicide risk.</p> <p>You'll also learn how to work collaboratively with your patients to devise treatment and stabilization plans that build trust and mutual understanding.</p>	<p>\$414- Trained</p> <p>\$542- Certified</p>	10 hours- Trained	5 years	\$500
<p><u>The Columbia Lighthouse Project</u> https://cssrs.columbia.edu/training/training-options/</p> <p>The Columbia Protocol, also known as the Columbia-Suicide Severity Rating Scale (C-SSRS), supports suicide risk assessment through a series of simple, plain-language questions that anyone can ask. The answers help users identify whether someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support that the person needs. This resources offers numerous and free training options in more than 20 languages.</p>	NA	Varies on training-ranges from 20 to 90 minutes	N/A	N/A
<p><u>Counseling on Access to Lethal Means (CALM)</u> https://zerosuicidetraining.edc.org/</p> <p>Covers why reducing access to lethal means of self-harm saves lives » Teaches practical skills on when and how to ask suicidal clients about their access to lethal means and how to work with them and their families to reduce that access</p>	NA	2-hours; online with no CEs	N/A	N/A
<p><u>LivingWorks ASIST Training</u> https://livingworks.net/</p> <p>Learn how to recognize when someone may be thinking about suicide, and how to provide a skilled intervention and develop a safety plan with the person to connect them to further support.</p> <p>You will also consider how personal and community attitudes about suicide affect someone's openness to seek help and your ability to provide it.</p>	Contact the company for pricing	2 days 5 days to become a Trainer	N/A	N/A
<p><u>Psychwire</u> https://psychwire.com/motivational-interviewing</p> <p><i>Assessing and Managing Suicide Risk (AMSR)</i> AMSR empowers mental health practitioners with practical tools and skills for working with clients at risk of suicide.</p> <p><i>AMSR for Direct Care Staff in Inpatient Settings</i> is the companion for the AMSR course and is for non-clinical staff who work as part of the care team with individuals at risk for suicide, when the inpatient system or clinical provider is using the AMSR risk formulation.</p> <p><i>ASMR for Direct Care Staff (non-clinical)</i> who work as part of the care team for individuals at risk for suicide.</p>	<p>\$145</p> <p>\$50</p> <p>\$50</p>	<p>8 hours</p> <p>3 hours</p> <p>3 hours</p>	N/A	N/A

The information in the table is intended to be a reference resource. Specific providers or courses are not mandated or independently reviewed as best practice or evidence based. Training availability, content, and costs anticipated to change.

Zero Suicide / Suicide Safer Care Training

Training & Description	Cost	Content / Hours	Length of Certification	Re-training Cost
<p><u>Question, Persuade, Refer (QPR): Suicide Triage Training QPR Institute</u> www.qprinstitute.com QPR stands for Question, Persuade, and Refer – the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.</p>	\$595 (training certification) *No pricing online for in-person workshop \$10-15 for bulk online training price	Not listed	3 years	N/A
<p><u>SafeSide Behavioral Health SafeSide Prevention</u> https://www.safesideprevention.com/zs-programs SafeSide training provides your organization with a common language and shared framework across programs and service lines. The framework provides a map of best practices in Zero Suicide care. Co-taught by a psychologist and a suicide attempt survivor, the framework comes to life in video-based teaching from these two perspectives and skill demonstrations by doctors, nurses, and therapists in behavioral health organizations.</p>	\$2000 per clinic/program site	4 hours of video-guided learning; monthly office hours, and ongoing refreshers, tools and templates throughout the year. Cost includes training and evaluation material configured to organization	Annual	\$45 per provider or staff
<p><u>Suicide Prevention Resource Center</u> https://sprc.org/ The Suicide Prevention Resource Center (SPRC) is the only federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC is funded by the U.S. Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration (SAMHSA). SPRC advances suicide prevention infrastructure and capacity building including consultation, training and additional resources for suicide prevention efforts. SPRC has various webinars, online courses and learning labs.</p>	Varied content	Free	N/A	N/A
<p><u>Zero Suicide Toolkit</u> https://zerosuicide.edc.org/toolkit The Zero Suicide Toolkit uses research, tools and videos to walk implementers through putting the Zero Suicide framework into practice. Toolkit contains resources for training, organizational self-study, treatment, continuous quality improvement and other key implementation areas.</p>	Varied content	Free	N/A	N/A