

TESTIMONIALS

What participants have to say;

- Instructor was knowledgeable and had a good sense of humour,. He kept my attention which made for an excellent course.
- I found this course to be beneficial as well as informative for crisis intervention. Instructor was confident and was a great teacher! Thanks!
- Good presentation offered in a non-judgmental environment.
- This course will help me in ways that will make my job easier and my work more professional.
- Awesome! Great course.
- You did an awesome job! I really enjoyed the course & my experience.

Please contact us for more information on other courses such as:

- DAV – De-escalating Aggression & Violence in your Workplace
- Team Building
- Cultural Diversity Training
- Understanding Self Harm
- Principles of Success at Work and Life.

**Unique, Interactive, Intelligent,
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TRAINING FOR

the beginner, intermediate or advanced practitioner...

Front Desk Staff
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Social Workers
Human Services Field
Recovery Centre Staff
Homeless Shelter Workers
Daycare Workers
Customer Service & Administration
Nursing Home Staff
And all concerned citizens!

...anyone who may deal with potentially violent individuals!

DAV COURSE TAUGHT BY

**Ripple
Effect
Training**

www.rippleeffecttraining.com

Certified Trainer
Shawn Hubert



FIRST RESPONSE

Suicide & Self Harm Intervention Training



Why First Response?

- This crisis intervention course teaches a clear understanding how to respond to a crisis individual suffering with either suicide ideation or self harming behaviours.
- This course focus is early intervention and effective interpersonal skills for developing a client led safe plan to minimize future risks.
- This course provides an easy approach to assessing and reducing the risk level to the crisis individual.

COURSE OBJECTIVES

This course is a Suicide & Self-Harm Intervention workshop focusing on developing a helpful “first response” for either crisis situation. We look at three vital areas of study; attitudes & perception components, a knowledge base component, and practical response skills including risk assessments and intervention techniques.

You will learn to respond to the initial awareness of the crisis in an effective way for either suicide ideation or self-harming behavior. Proper techniques and understanding will lead to relationship development with the individual rather than communication breakdown which can lead to increased isolation and risk of harm.

With any intervention course it is important that the model is easy to remember and comes naturally to those who use it. This course will introduce a simple model called S.A.F.E

- **S** Seek to understand
- **A** Ask the hard question
- **F** Find the reasons
- **E** Engage a Safe Plan

Individuals will learn:

1. To identify what are some of the signs, characteristics, and triggers for suicide ideation and self harm behaviours.
2. To assess the risk level of the person at risk, in order to empower the individual to seek out additional resources with referrals and proper professional help needed.
3. To guide a crisis individual, through effective communication techniques, to discover a “safeplan” that will minimize future risks.
4. To react in a professional and appropriate way to suicide ideation and self harm behaviours. This “First Response” will go a long way to building stronger relationships, and protecting the lives of the crisis individuals.

FIRST RESPONSE COURSE OVERVIEW

Attitudes & Beliefs – Learn:

- Understanding how your own perspectives will affect your ability to help others in crisis;
- how to increase your relationship building skills;
- how to listen for hope in hopeless situations;
- how to empower people to make positive choices;



Similarities & Difference between Suicide & Self Harm - Learn:

- Common characteristics, signs, and triggers of those who self harm
- Common characteristics, signs, and triggers of those who are thinking about suicide.
- What the risks and protective factors that can be applied to both suicide ideation and self harm behaviours

First Response Model - learn

- What are good questions to open up a conversation for an intervention.
- How to listen to gain understanding of the crisis individual’s beliefs, behaviors and risk level.
- How to guide a “First Response” crisis intervention for the most effective results.

Ask us about the 3 year certificate you will receive upon completion of this course. You may be eligible for continuing education credits and/or use this certificate to meet standards for your agencies Suicide/Self Harm Intervention Training.

To register for or book a First Response course for your organization please contact:



Ripple Effect Training
14 Gordon St
Red Deer, AB
Canada T4P 2L7

Shawn Hubert
Ph. 1.403.896.0310

Email: info@rippleeffecttraining.com
www.rippleeffecttraining.com

Ripple Effect Crisis Intervention Training lives up to its slogan,

**“We Hope for the Best,
But We Prepare for the Worst.”**

Training may be **customized and tailored** to meet your needs. Other courses dealing crisis situations and staff development are available on our website.