

# Suicide Prevention, Risk Assessment, and Management (SPRAM)

## General Information

SPRAM: Nine Asynchronous eLearning Modules

Course Access: [www.ahs.ca/spram](http://www.ahs.ca/spram)

Duration: Approximately 5.75 hours to complete all 9 modules

Developers: Provincial AMH, Practice Supports and Provincial Partnerships Team

Team Contact: [amh.practicesupports@ahs.ca](mailto:amh.practicesupports@ahs.ca)

## Course Description

Suicide Prevention, Risk Assessment & Management (SPRAM) is an eLearning series that responds to the foundational learning needs of health practitioners working in Addiction and Mental Health (AMH). The content supports developing foundational competence in suicide prevention, risk assessment, and managing individuals at-risk for suicide. The learner can use this content in a manner relevant to their practice domain and it is intended to complement rather than replace any existing suicide prevention training.

SPRAM is considered an Accredited Self-Assessment Program (Section 3) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada and approved by the University of Calgary Office of Continuing Medical Education (CME) and Professional Development. It is duly accredited by the Canadian Addiction Counsellors Certification Federation.

## Global Course Objective

SPRAM's global learning objective is to enhance foundational knowledge, skill and competence in preventing suicide by identifying the level of risk and providing effective interventions that support individuals and their families.

## Course Outline

Module	Title	Module Objectives	Approx. Duration
1	SPRAM: Introduction	<ul style="list-style-type: none"><li>Compare the prevalence of suicide within Alberta to prevalence across Canada</li><li>Define suicide and self-harm utilizing correct terminology</li><li>Recognize the magnitude of suicide and its relevance as a public health concern</li></ul>	20 Min

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		<ul style="list-style-type: none"> <li>Identify personal beliefs and misconceptions regarding suicide</li> </ul>	
<b>2</b>	Suicide Prevention	<ul style="list-style-type: none"> <li>Recognize suicide is preventable</li> <li>Define suicide prevention</li> <li>Identify individual, social, and environmental factors that are known to correlate with increased suicide risk</li> <li>Identify prevention strategies</li> <li>Advocate for suicide prevention strategies</li> </ul>	50 Min
<b>3</b>	Risk Assessment: An Introduction	<ul style="list-style-type: none"> <li>Explain suicide risk assessment as a process</li> <li>Identify the core principles associated with suicide risk assessment</li> <li>Identify the core competencies for assessing suicide risk</li> <li>Explain the suicidal mind and the perspective of a person struggling with suicidal ideation or behaviour</li> <li>Describe validity techniques for open communication about suicide</li> </ul>	30 Min
<b>4</b>	Initial Screening for Risk	<ul style="list-style-type: none"> <li>Recognize screening for suicide risk is a vital first step in a suicide assessment framework</li> <li>Recognize the need for validated screening instruments</li> <li>Recognize empathic engagement and establishment of trust and respect can save a life</li> <li>Describe your role in the screening and risk assessment process</li> <li>Identify warning signs and potentiating risk factors</li> </ul>	20 Min
<b>5</b>	Focused Risk Assessment	<ul style="list-style-type: none"> <li>Explain how to develop a therapeutic relationship through effective communication</li> <li>Identify protective factors</li> </ul>	35 Min

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		<ul style="list-style-type: none"> <li>• Describe validated screening and assessment instruments for suicide risk assessment</li> <li>• Analyze factors to determine the level of suicide risk</li> <li>• Recall acronyms for suicide risk assessment</li> </ul>	
<b>6</b>	Integration of Suicide Risk	<ul style="list-style-type: none"> <li>• Explain the importance of completing a comprehensive assessment that includes a mental status assessment</li> <li>• Recognize that level of risk falls on a continuum</li> <li>• Practice identifying the level of suicide risk using risk and protective factors</li> <li>• Explain how to collect collateral information to support determining the level of risk</li> <li>• Recognize a person's right to privacy and confidentiality</li> <li>• Identify the key elements required during the documentation process</li> </ul>	40 Min
<b>7</b>	Suicide Risk Management	<ul style="list-style-type: none"> <li>• Explain the who, why, what, when and where of suicide risk management</li> <li>• Examine beliefs regarding therapeutic strategies and the dynamic nature of suicidal thoughts</li> <li>• Identify management strategies that align with the risk continuum, including developing a therapeutic alliance, creating safety plans, transition planning, and documentation</li> <li>• Practice developing safety plans</li> <li>• Recognize the importance of family or support person involvement in management plans</li> <li>• Define chronic suicidality</li> </ul>	70 Min

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<b>8</b>	Other Considerations for Managing Suicide Risk	<ul style="list-style-type: none"> <li>• Discuss suicide prevention, risk assessment and management principles as they relate to each population</li> <li>• Describe the warning signs, risk factors, and protective factors aligned within each population</li> <li>• Reflect on the unique needs of diverse communities</li> <li>• Examine the skills and strategies needed for suicide prevention, risk assessment and management of suicide within each population</li> <li>• Recognize their own beliefs, values, and attitudes as they relate to working from a culturally competent stance</li> </ul>	65 Min
<b>9</b>	Suicide and Self-care	<ul style="list-style-type: none"> <li>• Recognize the importance of self-care</li> <li>• Describe the domains of self-care</li> <li>• Recognize a suicide or suicide attempt can be a traumatic event</li> <li>• Examine how your body responds to trauma and high stress</li> <li>• Explain the symptoms of high stress</li> <li>• Explore coping strategies and self-assessment for self-care</li> </ul>	15 Min