



*Mindful Ecotherapy Center*

[www.mindfulecotherapy.org](http://www.mindfulecotherapy.org)

# 2022 Suicide Risk Assessment and Prevention Course Description





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## 2022 Suicide Risk Assessment and Prevention

### **COURSE DESCRIPTION**

**Target Audience: Mental Health Professionals**

**Online Continuing Education Hours: 2.5**

**Approved by the National Board for Certified Counselors (NBCC) ACEP #7022**

Suicide is an epidemic in the United States. In this course we will discuss recent suicide statistics, demographic data and its impact on suicide assessment and prevention, and how to use this information when conducting a suicide risk assessment.

We will also discuss some common myths concerning suicide and suicide prevention, learn how to conduct a basic suicide risk assessment, and prepare a No Harm Action Plan.

Finally we will discuss and describe some de-escalation strategies and discuss how to do a preventative Safety Plan.

### **COURSE OBJECTIVES**

- Discuss some recent suicide statistics and their impact on assessment
- Discuss current demographics in suicide risk assessment
- Identify several key risk factors in suicide risk assessment
- Discuss and debunk some common myths about suicide
- Conduct a basic Suicide Risk Assessment
- Describe some de-escalation strategies
- Conduct basic Safety Planning for suicide prevention
- Discuss and describe some ecotherapy interventions for treating suicidal ideations

## **INSTRUCTOR**

Charlton Hall, Director of the Mindful Ecotherapy Center, LLC

National Board for Certified Counselors approved provider of continuing education ACEP #7022

## **INSTRUCTOR'S BIOGRAPHY**

Charlton (Chuck) Hall has a Masters in Marriage and Family Therapy and a Bachelor of Science in Experimental He is currently a doctoral candidate (ABD) in Transpersonal Psychology.

In 2008 Charlton was awarded a two-year postgraduate fellowship in Mindfulness, Ecopsychology and the Family System where he studied applied ecopsychology and mindfulness in a clinical setting.

In addition to ecotherapy Charlton Hall is trained in Sandtray Expressive Arts Therapy, Play Therapy with victims of trauma, Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Ecopsychology, and Mindfulness.

Hall's area of research and interest is using Mindfulness and Ecopsychology to facilitate Acceptance/Change strategies within a family systemic framework, and he has presented research at several conferences and seminars on this and other topics.

He is the author of *The Mindfulness-Based Ecotherapy Workbook* and *The Mindfulness-Based Ecotherapy Facilitator Manual*, the *Mindful Mood Management Workbook*, and the *Mindful Mood Management Facilitator Manual*.

## REFERENCES FOR 2022 SUICIDE RISK ASSESSMENT AND PREVENTION

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Centers for Disease Control  
<https://www.cdc.gov/suicide/facts/disparities-in-suicide.html>

Centers for Disease Control Suicide Statistics and Information  
<https://www.cdc.gov/violenceprevention/suicide/statistics/index.html>

Del Palacio-González, A., Clark, D. A., & O'Sullivan, L. F. (2017). Distress severity following a romantic breakup is associated with positive relationship memories among emerging adults. *Emerging Adulthood*.

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Hinde, S.; Bojke, L.; Coventry, P. The Cost Effectiveness of Ecotherapy as a Healthcare Intervention, Separating the Wood from the Trees. *Int. J. Environ. Res. Public Health* 2021, 18, 11599.  
<https://doi.org/10.3390/ijerph182111599>

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Kotera, Y., Richardson, M. & Sheffield, D. Effects of Shinrin-Yoku (Forest Bathing) and Nature Therapy on Mental Health: a Systematic Review and Meta-analysis. *Int J Ment Health Addiction* 20, 337–361 (2022). <https://doi.org/10.1007/s11469-020-00363-4>

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<http://mhr4c.com.au/coping-strategies/the-leap-approach>

Meore, et al (2021). Pilot evaluation of horticultural therapy in improving overall wellness in veterans with history of suicidality, *Complementary Therapies in Medicine* 59 (2021)

Metcalfe & Gunnell (2014): Hospital Presenting Self-Harm and Risk of Fatal and Non-Fatal Repetition: Systematic Review and Meta-Analysis

Muela, A.; Balluerka, N.; Sansinenea, E.; Machimbarrena, J.M.; García-Ormaza, J.; Ibarretxe, N.; Eguren, A.; Baigorri, P. A Social-Emotional Learning Program for Suicide Prevention through Animal-Assisted Intervention. *Animals* 2021, 11, 3375.  
<https://doi.org/10.3390/ani11123375>

National Center for Health Statistics - National Vital Statistics System  
<https://www.cdc.gov/nchs/products/index.htm>

National Mental Health Association  
<http://www.mentalhealthamerica.net>

Suicide Prevention Resource Center  
[www.sprc.org](http://www.sprc.org)

Trevor Project  
<https://www.thetrevorproject.org>

Youth Suicide Prevention Education Program  
<https://crisisclinic.org/education/community-training-opportunities/school-curriculum>