

To: All Providers
From: PerformCare
Date: January 2, 2024
Subject: Suicide Prevention Memo #15: Core Clinical Competencies: Evidenced Based Training Opportunities

PerformCare would like to share an **update** related to the Core Clinical Competencies for suicide risk assessment and management originally conceptualized by Rudd, Cukrowicz, and Bryan (2008). We are also sharing training information related to these best practice standards on assessment and risk management.

The American Association of Suicidology (AAS) and Suicide Prevention Resource Center (SPRC) provide information and training opportunities for mastering the core clinical competencies for managing suicidal thinking in clients. Review of this information revealed that the core categories have been expanded from seven to eight areas and 24 competencies. These can be found at <https://suicidology.org/training-certifications/rrsr-clinicians/> and clicking on the link “24 Competencies”. Review of the changes did not indicate any marked difference from the original conceptual framework previously reviewed by PerformCare. Mastery of the Core Clinical Competencies for therapists and clinical supervisors has been established as essential for effective patient collaboration and assessing and managing suicide risk. The tool is also used for clinicians to self-evaluate their competency in risk management.

The Training Program Recognizing and Responding to Suicide Risk: Essentials for Clinicians (RRSR) is provided by the AAS and is geared directly for clinician mastery of the core competencies. The training involves experiential practice of recognizing and responding to risk with other clinicians. RRSR training has been found to lead to long-term improvements in clinicians’ attitude, confidence and clinical skills for working with clients who have suicidal thinking (Osteen, Jones, & Berman, 2012). For RRSR training information, you can visit the link above and click on request a training for your individual or agency training needs.

The Assessing and Managing Suicide Risk: Core Competencies for Mental Health Professionals (AMSR) training is identified by the SPRC to address the mastery of the core competencies, as well as focuses on a therapist’s willingness and confidence to work with clients who have suicidal thinking and their care. AMSR is provided by the Zero Suicide Institute and there are specialized courses for different levels of care (e.g., outpatient, inpatient, substance abuse). Information for AMSR training can be found at <https://solutions.edc.org/solutions/zero-suicide-institute/amsr/services>.

References

<https://solutions.edc.org/solutions/zero-suicide-institute>

<https://sprc.org/online-library/assessing-and-managing-suicide-risk-core-competencies-for-mental-health-professionals-amsr/>

J. M., Osteen, Jones, A., & Berman, A. (2012). Evaluation of the recognizing and responding to suicide risk training. *Suicide and Life-Threatening Behavior, 42*(5), 471-85

Rudd, M.D., Cukrowicz, K.C., & Bryan, C.J. (2008). Core competencies in suicide risk assessment and management: Implications for supervision. *Training and Education in Professional Psychology, 2* (4), 219-228