

To: All PerformCare Providers
From: PerformCare
Date: March 11, 2023
Subject: Suicide Prevention Memo # 16: Evidenced Based Treatments and Training for Suicidal Thinking

For March, PerformCare would like to provide a brief description of three evidenced based treatments for those with chronic suicidal thinking and links to more information on the models and training opportunities. Providers should choose what works best for their needs and PerformCare does not endorse one model over another.

Cognitive Therapy for Suicide Prevention (CTSP) is a treatment approach developed by Gregory K. Brown, Ph.D. and Aaron T. Beck, M.D. This is an evidenced based and time limited approach to treating suicidal thinking in adolescents and adults. The authors describe the approach as “unique from other cognitive-behavioral treatment protocols in that the explicit focus of therapy is suicide prevention rather than a primary psychiatric disorder.” For detailed information on the model see the reference below. For upcoming training information, visit <https://deploymentpsych.org/training>

Attachment Based Family Therapy is 16 week evidenced based treatment for consumers aged 12-24 experiencing depression, suicidal ideation, prior attempts and/or have had traumatic life events. The Focus of the treatment is on the family system concerns that maintain these concerns, as well as disrupted attachments that lead to the development of depression and suicidal thinking. For more information on the model please see the reference below. For information on accessing training please go to <https://abftinternational.com/>

Collaborative Assessment and Management of Suicidal Thinking (CAMS) is an empirically based model geared for therapists and clinicians, but it can be learned by others such as case managers and paraprofessionals. The CAMS can be implemented across various levels of care and within a broad range of treatment modalities. This approach is flexible and geared directly toward managing a person’s suicidal thinking. There is *some* evidence that results can occur within six sessions. The model involves collaboration between the therapist and the client to maintain stability, reduce stress, decrease suicidal ideation, and increase hopefulness. For more information on the model and training go to <https://cams-care.com/>

References and Links Below

Brown, G.K. (2021). Cognitive Behavioral Therapy for Suicide Prevention. VA/DoD Clinical Practice Guideline for Suicide Prevention Webinar Series. April 27, 2021

<https://cams-care.com/>

<https://www.mirecc.va.gov/visn19/cpg/docs/Brown-CBT-SP-CPG-FINAL-4-23-2021.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2888910/#:~:text=Thus%2C%20CBT%2DSP%20is%20de signed,on%20suicide%20risk%20reduction%20strategies.>

<https://sprc.org/online-library/attachment-based-family-therapy-abft/>