

Oregon Psychological Association Webinar

Suicide Risk Assessment and Prevention: Developing an Evidence-based Suicide Risk Formulation

Presented by: Heather-Ayn Indelicato, PsyD & Julie Kahler, PhD

Thursday, November 14, 2024

9:00am – 1:00pm PST

Register at opa.org

4 Hours of CEU

Course Description

We will review current best practices of suicide risk assessment, management, and prevention. We explore suicide as a historically stable and globally significant leading-cause of death. We will assess current knowledge base of event attendees and increase confidence in suicide assessment, management, and intervention, and we discuss ways these strategies can be implemented across a range of practice settings. This event will provide an overview of the active elements in suicide-specific evidence-based risk assessment and formulation, and guide participants through interactive polls, discussions, and case examples. A brief overview of suicide-specific interventions (e.g., CAMS, ASSIST) and evidence-based psychotherapies (e.g., CBT-SP, DBT) within the framework of clinical decision making. The workshop involves participants through interactive case discussions to develop an evidence-based risk formulation which incorporates best practices and strategies. Technological tools and other suicide prevention resources will be presented.

Speaker Bios

Heather Ayn Indelicato, PsyD. ("Dr. I") has over eleven years of experience as a psychologist and has served in numerous and varied roles including clinical, consultant, community educator, integrated health/wellness coach, supervisor, and leader in diverse agencies providing services to indigenous, rural/remote, LGBTQIA+, and SMI populations. She is currently the Military Sexual Trauma Coordinator for the Fort Harrison Montana VA. Prior to this role, she was an Assistant Professor of Psychiatry at the Geisel School of Medicine at Dartmouth and Chief Psychologist at New Hampshire Hospital. Dr. I is the former lead of the Zero Suicide Implementation Team at Tséhootsooí Medical Center (TMC) on the Navajo Reservation. The team was distinguished as a national leader in providing culturally informed, safe suicide practices. Dr. I worked side-by-side with traditional practitioners and community partners to adapt the Zero Suicide Initiative, which led to the development and delivery of culturally relevant care tools, including crisis and emergency response services across remote areas of the reservation. Dr. I cultivated meaningful collaborations with people-with-lived-experiences to create postvention efforts tailored to schools, law enforcement agencies, community mental health providers, and tribal leaders. She is a Certified Psychological Autopsy Investigator by the American Association of Suicidology (AAS). Dr. I was also invited to participate as a leadership participant in APA's Leadership Institute for Women in Psychology (Class #13) 2021-2022. Her work is focused on evidence-informed, culturally relevant, suicide prevention practices and behavioral health approaches with marginalized and under-served communities.

Julie Kahler, PhD is a Clinical Psychologist, Researcher, Consultant, Coach, Speaker, and Trainer, with expertise in increasing access to evidence-based psychotherapies to underserved populations via video telehealth and technology. In the past, she implemented DBT, CAMS, CBT-SP and other evidence informed interventions in populations ranging from young adults to older adults. She received advanced training in delivering EBPs via video telehealth in specialty telehealth clinical teams, and conducted Health Services Research and Development at the Veteran Affairs in Portland, Oregon. She most recently was Evidence Based Psychotherapy Coordinator at Veteran Affairs Southern Oregon. Currently, she has a telehealth practice serving ambitious adult professionals to feel empowered to effectively meet life's challenges in a manner aligned with their goals and values. She has published research on integrated health and chronic pain management, transdiagnostic mechanisms, PTSD, and coping with loss.

Learning Objectives

After this CE session, the participants will be able to:

- Name at least two risk assessment strategies, and practice developing an evidence-based risk formulation using case examples.
- Identify 1-2 evidence-based approaches to incorporate into practice when providing psychological assessment and treatment to a person experiencing suicidality and suicidal concerns.
- As a group, develop an evidence-based risk formulation, integrating best-practice suicide prevention strategies, to inform clinical treatment recommendations.