




Suicide Prevention Training

In this training, Paula will cover:

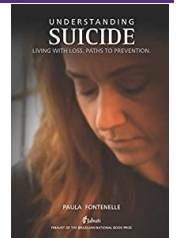
-  **Are you ready?** - identifying myths, triggers, our own strengths, opportunities, and preparation
-  **The Suicidal Mind** - empathy, stigmas, ambivalence, suicidal ideation frames of mind, nonjudgmental stance
-  **Warning Signs/Risk Factors** - communication, protective factors, risk factors, red flags, to do's and not to do's



About the Presenter



Paula Fontenelle, MA is an Oregon-based clinical psychotherapist, an internationally known trainer, published multilingual author, a grief and loss expert, and the host of the well-known podcast "Understand Suicide." Since the death of her father to suicide in 2005, she has dedicated her life to breaking the stigma surrounding this topic, and to helping people who lost loved ones to suicide. Learn more about Paula at [Understand Suicide](https://www.understand-suicide.com).



Available in the ORPARC library!

Date	Time	Location
Monday, June 5, 2023	9:00 am – 12:00 pm (PDT)	Virtual Training via Zoom* <i>*Zoom link will be sent to registered participants</i>

**** For language interpretation, ONE MONTH NOTICE (by May 5) is required for this training.**

REGISTRATION: <https://www.orparc.org/training/online/2040> | 1-800-764-8367

Questions?

Contact ORPARC at orparc@nwresource.org or 800-764-8367



- ✓ 3.0 Continuing Education Credits (CECs) are available for \$20.00.
- ✓ ODHS workers can receive CECs at no cost - FREE!
- ✓ **Please request credits when registering.**

Cascadia Training is an NBCC-Approved Continuing Education Provider (Provider #: 6475) (recognized by NASW Oregon State Chapter)

ORPARC trainings are free-of-charge to ODHS/state adoptive, resource (foster), assisted guardianship families, and ODHS/SNAC adoption professionals, and other participants as space allows. We welcome attendees of all ethnicities, genders, sexual orientations and faiths. Auxiliary aids and alternative forms of written materials are available to persons with different abilities and needs.