

Suicide Prevention, Risk Assessment & Management (SPRAM)

General Information

Duration: Approximately 6 hours to complete all 9 modules

Course Access:

- **Internal Learners with MyLearningLink (MLL) Access:** Connect to MyLearningLink through the staff intranet and search for "SPRAM" to complete and catalogue these modules as part of your learning record. Note: Internal learners must access the course via MyLearningLink.
- **For learners who do not have access to MyLearningLink:** the "SPRAM" modules are accessible at [Suicide Prevention, Risk Assessment & Management](#) . To obtain your certificates of participation, complete the pre-competency survey, the modules, the post-competency survey, and the certificate request form.

Developers: Recovery Alberta, Provincial Practice Supports

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Series Description

The Suicide Prevention, Risk Assessment & Management (SPRAM) series is designed to build foundational knowledge, skills, and competencies to help prevent suicide, identify risk, and provide effective support for employees, individuals and their families.

The learner can use this content in a manner that is relevant to their role or practice domain, and it is intended to complement rather than replace any existing suicide prevention training. SPRAM does not provide formal certification.

SPRAM is an Accredited Self-Assessment Program (Section 3) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada and approved by the University of Calgary Office of Continuing Medical Education (CME) and Professional Development.

In addition, it is duly accredited by the Canadian Addiction Counsellors Certification Federation.

Which Modules to Take

Training Structure:

- **Modules 1–4:** Recommended for anyone in health and human services, including those working in healthcare, education, social services, justice, and government. These modules cover universal suicide prevention and risk identification strategies.
- **All Modules:** Intended for clinical healthcare providers who support individuals through suicide risk screening, assessment and management as part of their scope of practice.

Global Series Objective

Enhance foundational knowledge, skill and competence in preventing suicide by identifying the level of risk and providing effective interventions that support individuals and their families.

Series Overview

Title	Module Description	Learning Objectives	Approx Duration
Module 1: Introduction to Suicide Prevention	Death by suicide is a public health concern relevant to all Canadians across all demographics. Suicides and suicide attempts significantly impact families, friends, colleagues, communities, and societies. This module will explore suicide statistics, the language used when discussing suicide, and the strategies to help prevent it.	• Identify the differences in suicide prevalence between Alberta and the rest of Canada. • Define suicide and non-suicidal self-injury (self-harm) using accurate, non-stigmatizing terminology. • Recognize the magnitude of suicide and its relevance as a public health concern. • Identify personal beliefs and biases regarding suicide. • Define suicide prevention and identify prevention strategies.	30 mins
Module 2: Screening for Suicide Risk	Whether you are a healthcare provider, teacher, parent, coach or friend it is important to understand the risk factors and potential signs for suicide in order to recognize them in the people around you. This module reviews risk factors and potential signs and provides an opportunity for practice with some scenarios. Information about screening tools, interacting with individuals at risk and determining the participant's role in suicide risk screening will be discussed.	• Recognize populations considered to be at a higher risk for suicide. • Identify factors that are known to correlate with increased suicide risk. • Recognize the impact of empathic engagement and establishment of trust in reducing suicide risk. • Recognize the value of using validated instruments in suicide risk screening. • Describe your role in the screening and risk assessment process.	45 mins

Module 3: Youth Suicide Prevention	It is important to consider suicidal behaviour and risk management strategies for youth through a developmental lens. This age group may not yet have the skills to manage stress or cope effectively. This module introduces the characteristics specific to youth suicidality, screening tools appropriate for youth, and suicide prevention strategies aimed at youth.	• Describe the prevalence and manner of suicide in youth. • Recognize the risk factors common in youth. • Recognize protective factors unique to youth. • Explain the components of suicide prevention programs for youth. • Identify screening tools appropriate for use with youth.	40 mins
Module 4: Self-Care for Providers	Awareness of the symptoms of both stress and trauma as a caring professional is essential in order to address these symptoms effectively. Self-care practices can help to reduce the impact of stress and trauma on providers. This module will review symptoms of stress and trauma as well as self-care strategies and plans.	• Explain the symptoms of high stress. • Recognize that a suicide or suicide attempt can be a traumatic event. • Describe how our bodies respond to trauma. • Recognize the importance of self-care. • Identify effective coping strategies and create a self-care plan.	25 mins
Module 5: Suicide Risk Assessment and Acute Risk Management	Suicide prevention is a dynamic and multifaceted process. Combining clinical judgment, evidence-based tools, and empathic engagement allows healthcare providers to make meaningful contributions to the safety and recovery of individuals at risk. This module deepens understanding of suicide risk assessment, therapeutic communication, and the SAFE-T framework. Learn strategies for managing risk and creating personal safety plans that empower individuals while reducing imminent danger.	• Recognize the impact of therapeutic communication on suicide risk assessment. • Analyze risk and protective factors to determine the level of suicide risk. • Identify the components of suicide risk assessment, including standardized tools. • Recognize that level of suicide risk falls on a continuum. • Identify management strategies that align with the suicide risk continuum. • Apply required documentation elements in suicide risk assessment and management.	70 mins

Module 6: Ongoing Risk Management and Treatment Interventions	Building on previous modules that addressed screening, assessment and acute risk intervention, this module focuses on further management and treatment of suicide risk. Explore key principles, strategies, and interventions designed to support individuals at risk of suicide over time. Learn to recognize critical points of heightened suicide risk, involve support persons effectively, and develop comprehensive treatment and recovery plans tailored to each individual's needs.	• Explain the context and scope of suicide risk management. • Identify times of higher risk and strategies to alleviate the risk. • Recognize the importance of family or support person involvement in risk management plans. • Define chronic suicidality and identify appropriate interventions. • Identify suicide risk management strategies including creation of a treatment and recovery plan.	30 mins
Module 7: Legal and Ethical Considerations	This module focuses on legislation and ethical principles that guide healthcare providers in managing suicide risk. Explore how to navigate confidentiality, consent, collecting collateral information, and documentation requirements while maintaining professional standards and protecting individuals' rights.	• Recognize a person's right to privacy and confidentiality as well as the limits to confidentiality as it pertains to suicide risk management. • Identify the principles of biomedical ethics and how they influence suicide risk management. • Explain how to collect collateral information to support determination of risk level while adhering to ethical and legal requirements • Identify required documentation relevant to consent, confidentiality and legislation.	30 mins
Module 8: Strategies for Populations at Higher Risk	In this module, the focus is on risk factors, potential signs and protective factors unique to each population. This module builds on the general principles	• Discuss suicide prevention, suicide risk assessment and management principles as they relate to each population.	55 mins

	of suicide risk management and offers specific information about groups at higher risk to facilitate effective suicide risk assessment and intervention. This module also encourages consideration of cultural biases and beliefs.	• Describe the potential signs, risk factors, and protective factors aligned within each population. • Examine the skills and strategies needed for suicide prevention, suicide risk assessment and suicide risk management for each population. • Describe cultural safety/awareness and recognize the importance of self-awareness of beliefs, biases and attitudes in suicide risk management.	
Module 9: Youth Suicide Risk Assessment and Management	This module builds on Module 2 - Youth Suicide Prevention. It introduces consent and confidentiality considerations, offers a review of risk and protective factors, and provides an overview of suicide risk assessment, management and therapeutic interventions with youth.	• Apply principles of consent and confidentiality when working with youth at risk for suicide. • Identify key risk and protective factors associated with youth suicide risk. • Use a structured approach to suicide risk assessment with youth, including developmentally appropriate interview strategies and validated tools. • Determine suicide risk level and select appropriate management and safety planning interventions. • Identify evidence-informed interventions that support youth at risk for suicide.	40 mins