

INTERACTIVE WEBCASTS

Friday, March 17, 2023, 9 AM – 4 PM (PDT)

Friday, April 21, 2023, 9 AM – 4 PM (PDT)

Friday, May 19, 2023, 9 AM – 4 PM (PDT)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

ON-DEMAND WEBCAST

Friday, March 17, 2023 – Monday, June 19, 2023

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Friday, March 17, 2023 through Monday, June 19, 2023 to earn home study credit. Release Date: 05/12/21. Planned Expiration Date: 05/12/24.

HOME STUDY RECORDINGS

Valid for CE until May 12, 2024

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 05/12/21. Planned Expiration Date: 05/12/24.

PREVENTING SUICIDE: SOLUTION-FOCUSED INTERVENTIONS

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Interactive Webcasts with CE Credit:

Friday, March 17, 2023, 9 AM – 4 PM (PDT)

Friday, April 21, 2023, 9 AM – 4 PM (PDT)

Friday, May 19, 2023, 9 AM – 4 PM (PDT)

On-Demand Webcast with CE Credit:

March 17, 2023 – June 19, 2023

Purchase of Recordings with Home Study CE Credit through May 12, 2024:

4 Audio CDs 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

4 Audio CDs, \$50 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, Zip _____

Work Phone (_____) _____ Home Phone (_____) _____

Fax (_____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

TUITION

- \$84 Pre-Registration Rate
 \$94 Registration on the Day of the Program

FOUR WAYS TO REGISTER

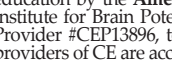
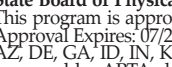
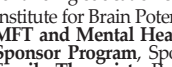
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card: Visa MasterCard AmEx Discover

Card # _____ Exp Date _____ / _____

Signature _____



NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.

PSYCHOLOGISTS: Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits. Institute for Brain Potential is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 contact hours of CE credit.

COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides clock hours. The interactive webcast provides 6 clock hours of CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

ACE Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168,000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

AOTA American Occupational Therapy Association Approved Provider. Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 contact hours (6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Client Factors). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming.

PHARMACISTS & PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-21-028-L04-P and 0492-0000-21-028-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-21-029-H04-P and 0492-0000-21-029-H04-T. Initial Release Date: 05/12/2021. Planned Expiration Date: 05/12/2024. This program provides 6 hours (6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry.

PACE Institute for Brain Potential Nationally Approved PACE Program Provider for FAGD/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD endorsement. 12/01/18 to 11/30/24. Provider ID# 312413. AGD Subject Code: 557. Release Date: 05/12/21. Expiration Date: 05/12/24.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the New York State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program is approved by Texas chapter of the American Physical Therapy Association (APTA), Approval Expires: 07/29/2023. This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as a CE provider by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

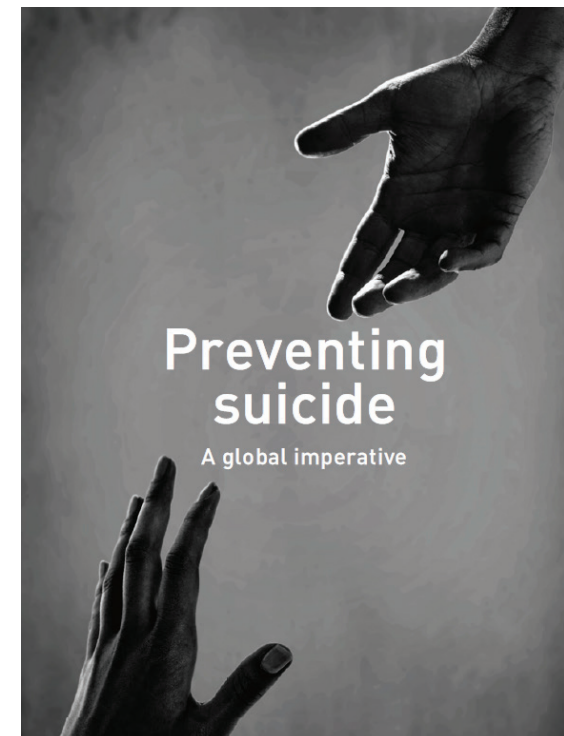
ACUPUNCTURISTS: This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education CE credit.

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 6010, 6020, 6070, and 7020. CDR-approved credit is available for only the interactive webcast of the program.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



Preventing
suicide
A global imperative

PREVENTING SUICIDE: SOLUTION-FOCUSED INTERVENTIONS

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and sign in 30 minutes before the time of the webcast.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Friday, March 17, 2023 until Monday, June 19, 2023. Registrants who sign up for the interactive webcast may elect to take the on-demand webcast.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience until the expiration date: May 12, 2024.

Confirmation Notices and Certificates of Completion: Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

Transfers and Cancellations: Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at refund@ibpceu.com.

24/7 Customer Service: Call (888) 202-2938 or email info@ibpceu.com to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: www.ibpceu.com/info/suii.pdf

Institute for Brain Potential: Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

PREVENTING SUICIDE: SOLUTION-FOCUSED INTERVENTIONS

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?

Yes! First, register for the program. You will receive a link to view the program starting March 17 until June 19. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

Q: Can I attend this program in person?

Yes, but only if you live near a city where IBP is currently presenting this program as an in-person seminar.

Q: My profession is not included in the brochure. Can I receive continuing education credit for completing this program?

Maybe. Please contact our customer service at (888) 202-2938.

Q: How long does it usually take to receive a certificate of completion?

Typically, within 3 to 4 business days.

- *Why has suicide become the 10th leading cause of death?*
- *Who is at risk of suicide among people we know, love, or care for?*
- *What are the best practices for assessing risk and preventing suicide?*

This new program provides detailed and actionable information to help assess, treat, and prevent suicide.

Participants completing this 6-hour program should be able to:

1. *Identify clinical features of adults at highest risk for suicide.*
2. *Discuss special populations at high risk of suicide.*
3. *Describe methods to identify and assess suicide risk.*
4. *Identify best practices for preventing self-harm and suicide.*

Clinical Features

- **Major Depressive Disorder:** increases risk of onset, persistence, and severity of self-harm; the suicide risk is much higher among untreated adults.
- **Bipolar Disorder:** high risk of suicide, especially among women and the homeless, combined with substance use, and adverse childhood experiences.
- **Antisocial Personality Disorder:** the higher risk of suicide is associated with impulsivity and externalization.
- **Body Dysmorphic Disorder:** effects of fast food consumption, body dysmorphic disorder, and people who received bariatric surgery for weight loss.
- **PTSD:** people who have experienced a traumatic event and have post-traumatic stress disorder are more likely to attempt and complete suicide.
- **Chronic Pain:** 1 in 10 victims of suicide have been treated for chronic pain; the role of catastrophic reactions to uncontrolled pain, helplessness, comorbid depression, and increasing dependence on prescribed or illicit analgesics.
- **Opioid Use Disorder:** a high rate of suicide and overdose-related deaths involve opioids; medical drivers include excess prescribing practices; the high prevalence in Middle America and "accidental" overdose-related deaths.
- **Sleep-Related Disorders:** benzodiazepines are a risk factor when used chronically to treat sleep-related disorders; self-medication with opioids, especially fentanyl, or a combination of fentanyl combined with alcohol can be deadly.

Special Populations

- **Sexual Minorities:** added risk to gay, lesbian and bisexual adults, impaired life satisfaction, and groups at highest risk; key warning signs.
- **Healthcare Professionals and the COVID-19 Pandemic:** fatigue, emotional and physical exhaustion, limited time, resources, and personnel, the cumulative impact of witnessing trauma and death.
- **Patients, their Families and the COVID-19 Pandemic:** loss of employment, income, savings, health, and life; the long-term effects that can precipitate suicidal ideation and self-harm; lack of access to pain-management and psychiatric services; patients with long-term symptoms.
- **Military: The War Within:** traumatic brain injury and concussion, PTSD, chronic pain, dependence on prescribed drugs, or illicit substances.
- **Prison Populations:** self-harm, suicide-related antecedents, concurrent major depression, borderline personality disorder, disciplinary infractions, solitary confinement, and physical or sexual victimization.
- **The Homeless:** self-harm and suicide, among people with multiple coexisting issues of mental health, physical health, and substance use.
- **Older Adults:** there has been a net reduction of longevity, especially among older men who are socially isolated, dependent on prescribed opioids, and in possession of firearms.

Suicide Risk Assessment

- **Suicidal Ideation:** onset, duration, frequency, interest, and plan.
- **History of Suicidal Behavior:** preparatory behavior and attempts including behavioral impulsivity (acting out), and cognitive impulsivity (impulsive thoughts about taking action).
- **Psychological Warning Signs:** key signs that precede onset of a suicidal crisis including agitation, increased use of substances, decreased sleep, and worsening of psychological symptoms, e.g., feeling overwhelmed.
- **Behavior:** accumulation of semi-automatic weapons, violence-related ideation, and expression of hatred toward specific individuals or groups.
- **Protective Factors:** self-identified reasons for living, sense of predictability and control, and social support.

- **Suicide Risk Screening:** questionnaires designed to identify those at risk and who are in need of additional assessment; use of health records for prediction.
- **Developing a Risk Mitigation Plan:** a suicide-specific treatment plan to manage suicide risk in a patient or member of the family; staying socially connected with people at-risk; restricting access to firearms.

Evidence-Based Suicide Prevention Interventions

- **Safety Planning:** a written list of coping strategies to help keep the individual from making a suicide attempt.
- **Lethal Means Prevention:** collaboratively working with someone at risk to decrease time and distance between themselves and something they could use to commit suicide.
- **Caring Contacts:** brief written contacts that do not require a response from the recipient.
- **Distance-Based Mental Health Delivery:** how information can be delivered remotely to reduce suicidal ideation and self-harm.
- **Cognitive Behavioral Therapy:** in a meta-analysis, the authors concluded that cognitive behavioral therapy reduces self-harm and repeated suicide attempts. Positive psychological interventions were less effective than cognitive-behavioral therapy offered by telephonic interventions.
- **Dialectic Behavioral Therapy:** has been shown to reduce suicidal behavior among individuals with borderline personality disorder
- **Problem Solving Therapy:** is indicated for a wide spectrum of people as a means of reducing risk of suicidal behaviors.
- **Internet-Based Interventions:** promising interventions delivered via web or mobile devices including internet-based cognitive behavioral therapy has been shown to reduce suicidal ideation in adult women.
- **Medical Care:** access to multidisciplinary pain-management teams to deal with chronic pain and reduce the risk of uncontrolled pain or opioid-use disorder, e.g., tapered reduction of opioids.
- **Multicomponent Approach for Prevention in Older Adults:** the benefits of conducting evaluations, providing resources to health professionals, and tracking effectiveness of interventions via a systematic surveillance system involving periodic contact. Sources of resilience that can overcome curtailment of daily activities is another factor.
- **After Discharge:** suicide rate was highest within 3 months after discharge including patients admitted with suicidal ideation. Rates of suicide remain high for many years after discharge; the importance of systematic contact and home visits after discharge.

ABOUT THE INSTRUCTOR



Bridget Matarazzo, Psy.D., is an Associate Professor of Psychiatry at the University of Colorado and Director of Clinical Services at a VA suicide prevention center. She has received national grants to study effective methods of assessing and managing suicide risk and has developed innovative home care solutions. Dr.

Matarazzo has authored key research publications that include the development of best practices for suicide prediction, intervention, and prevention.

Dr. Matarazzo is an engaging and informative speaker. Health professionals highly recommend her presentations for their effective delivery of life-saving and solution-focused information, and clinical wisdom and warmth.

In addition to Q & A sessions in class, Dr. Matarazzo will answer your questions by email after the program concludes.