



November 4, 2020

12:00pm to 1:00pm

**Safety Planning for Mental Health Professionals
Provided by the**

**Garrett Lee Smith Pennsylvania Youth Suicide Prevention Grant Team
In Collaboration with the COVID-19 Emergency Response Suicide Prevention
and National Strategy for Suicide Prevention Grant Teams**

Open to ALL Community Providers Across Pennsylvania

Presenter:

Dr. Matthew Wintersteen, Thomas Jefferson University
Department of Psychiatry & Human Behavior
Director of Training and Higher Education Efforts

Training Description

This training will provide an overview of safety planning, a brief clinical intervention that empowers youth to recognize and utilize their own strengths and resources to manage periods of rumination and contemplation of suicide behavior. The approach was originally developed within the Veterans Administration system and has since been adapted for work outside of the VA and with youth and families. This intervention is based on a cognitive-behavioral approach and can be implemented by mental health providers across a range of settings. Attendees will learn the components of a safety plan, how to develop the plan, and how to include parents in the process.

For more information and to register please visit, <https://gls-safety-planning-training.eventbrite.com>. This training is open to the first 150 registrants.

