

Suicide Prevention Fundamentals Instruction (SPFI)[™] For **SCHOOLS**

In partnership with the Idaho Lives Project
Virtual Training

Training Description

SPFI[™] is a regularly updated, evidence-informed training designed specifically for Idahoans and addresses the following topics:

- Understanding the suicidal mind and why people die by suicide
- What is true and false about suicide
- State, national and regional suicide statistics
- Suicide warning signs
- How to ask, the suicide question and practice scenario
- Getting those at risk to help
- Prevention, Intervention and Postvention in schools, including protocols
- Liability considerations
- How to instill hope and increase protective factors
- Postvention and helping survivors of suicide loss
- The importance of safety and proper messaging
- Upstream approaches to suicide prevention and helping students thrive

Training Duration

Recommended minimum duration for trainings is **2-1/2 hours**. A condensed version of the training may be conducted in 2 hours but will not be as thorough. Training times may be up to 4 hours. The more time allotted, the more robust the training, with opportunities for activities and more practice.



CEs are
available
for
clinicians

Training Cost

Trainings from the Idaho Lives Project for schools are **free**.



A/V Requirements

Virtual trainings require participants to use Zoom. Whether on individual devices or all participants are in one room, it is best they participate with cameras on. If participants are all together in one room, please ensure the presentation will be on a large screen and that audio is sufficient for the trainer to be heard well. External speakers may be needed.



Special Accommodations

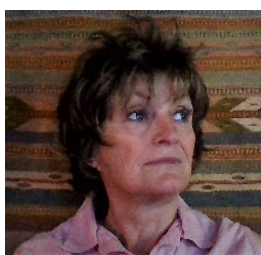
SPFI[™] training is currently only available in English. Please indicate if you anticipate training participants with disabilities who require special accommodations, and we will work with you to address those accommodations.

Trainer Bios



Kim Kane, MPA, is the **GLS project director** for the Idaho Lives Project (ILP), which focuses on youth suicide prevention. ILP is a project of the Idaho State Department of Education (SDE), and is funded by the Garrett Lee Smith (GLS) Memorial Act grant through the Substance Abuse and Mental Health Services Administration, and the Idaho Department of Health and Welfare's (IDHW) Suicide Prevention Program. Kim has worked in the field of suicide prevention in Idaho for 16 years. She is the former program manager for the Suicide Prevention Program in the IDHW's Division of Public Health. Prior to that, Kim was the program director for ILP. She is a former member and co-founder of the Idaho Governor's Council on Suicide Prevention and the former executive director of the Suicide Prevention Action Network of Idaho (SPAN Idaho). Kim is a certified trainer with the Sources of Strength ongoing youth wellness program, and author of the Suicide Prevention Fundamentals Instruction (SPFI) training program. She also is trained in the Certified Psychological Autopsy Program from the American Association of Suicidology. Kim's bachelor's degree and master's degree in public administration are both from Kansas State University. She lives in Boise, Idaho.

Contact: kkane@idaholives.org; 208.999.0137



Judy Gabert, MA, MEd, is the **senior program specialist** with ILP. Judy worked as a teacher and school counselor for Boise School District, where she became interested in suicide prevention. She helped to write and present the first suicide prevention plan for the District with a committee that included Peter Wollheim, PhD, who was an early leader and major proponent of suicide prevention in Idaho. Judy joined SPAN Idaho in 2009 as a resource specialist, and in 2013, worked with Kim Kane and Matt McCarter, of the SDE, to write and be awarded the Federal GLS Memorial Act grant, which created the Idaho Lives Project with Sources of Strength for Idaho schools. She is a certified Sources of Strength and SPFI trainer.

She lives in Nampa, Idaho on a mini-farm with her husband and cats and dog.

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Ali Shields, LMSW, is the **AWARE project director** for ILP. Ali's passion for mental health and suicide prevention/intervention began in 2009, as a psychiatric technician at Intermountain Hospital. From this work, she began seeking degrees in social work. Ali completed her graduate-level internship with St. Luke's Children's Hospital, where she worked primarily with suicidal adolescent populations. Ali obtained her bachelor's degree in social work from Boise State University (Boise, Idaho) in 2016, as well as her master's in social work, with a specialization in community mental health, from Northwest Nazarene University in 2017. Ali is a certified Sources of Strength and SPFI trainer.

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Or contact: Nancy Schmidt, **ILP northern Idaho regional coordinator**, at nancy@idaholives.org; 208.597.3647
Patrick Connor, **ILP southwest Idaho regional coordinator**, at pconnor@idaholives.org; 208.830.2968
Jeni Griffin, **ILP eastern Idaho regional coordinator**, at jgriffin@idaholives.org; 208.716.1231