



Crisis Response Planning for Suicide Prevention Course Training Description

Target Audience: Mental health providers

Instructional Level: Introductory

Course Description:

This workshop is designed to enhance individuals' knowledge about crisis response planning (CRP) for managing acute suicide risk, and to increase their ability to administer this intervention confidently and competently with at-risk individuals. The first half of the workshop provides didactic knowledge about suicide, the development of the crisis response plan intervention, and its empirical support, all of which are designed to increase knowledge. The second half of the workshop includes clinical demonstrations by the instructor and skills practice by attendees, which are designed for individuals to acquire skill competency.

Learning Objectives:

At the end of this course, participants will be able to:

1. Describe 2 peer-reviewed research findings that evaluate the efficacy of crisis response planning for suicide prevention.
2. Explain the rationale for completing a crisis response plan.
3. List and describe 4 components of the suicidal mode.
4. Identify and describe the 5 core components of a crisis response plan.
5. Discuss and demonstrate an effective crisis response plan.

Primary Goal:

After completion of this training, mental health providers will be able to implement CRP effectively.

Duration: 5-hour workshop (4.5 CEs available)

Where: Zoom

Training Cost: No Fee

Meet the Presenters

Brooke Fina, LCSW, BCD

Director of Training, CRP Trainer & Consultant



Brooke A. Fina, LCSW, BCD, is an Associate Professor within the Department of Psychiatry and Behavioral Sciences at UT Health San Antonio and a Licensed Clinical Social Worker. She is the Director of Behavioral Health Training Initiatives for the STRONG STAR Training Initiative, a national program dedicated to providing access to quality, evidence-based treatment to clinicians and organizations that service trauma exposed populations. She is a clinician, trainer, and facilitates the implementation of treatment programs for

PTSD and suicide. She specializes in Prolonged Exposure (PE) as a trainer and consultant, and in Crisis Response Plan for suicide prevention. As a part of the leadership team of the Training Initiative, she is a subject matter expert in the training and implementation of trauma focused treatment programs. She has consulted with 100s of mental health providers and community organizations regarding the successful implementation of PTSD treatment programs, consulted with managed care entities, and published outcomes in peer-reviewed journals.

Brooke Fina has no conflicts of interest to disclose.

David Rozek, PhD, ABPP

Director of Strategy and Evaluation



David Rozek, PhD, ABPP, is an Associate Professor and at the University of Texas Health Science Center at San Antonio, the Senior Scientific Advisor for Face the Fight, and the Director of Strategy and Evaluation at the STRONG STAR Training Initiative. He received his PhD from the University of Notre Dame and completed his residency at the Orlando Veterans Affairs Medical Center. Prior to joining the University of Texas Health Science Center at San Antonio, Dr. Rozek held positions at the University of Central Florida as the Director of the National Center of Excellence for First Responder Behavioral Health at UCF RESTORES and at the

University of Utah in the Department of Psychiatry with a secondary appointment as the Director of Training at the National Center for Veterans Studies. Dr. Rozek's research and clinical expertise are in cognitive and behavioral therapies for suicide, PTSD, and depression. He is a CPT consultant and CRP and BCBT trainer.

David Rozek has no conflicts of interest to disclose.

Bailee Schuhmann, PhD



Bailee Schuhmann, PhD. is an Assistant Professor within the Department of Psychiatry and Behavioral Sciences at the UT Health San Antonio and a Licensed Psychologist. She serves as an expert in evidence-based PTSD treatment who supports clinicians' training and adherent delivery of Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), and Written Exposure Therapy (WET) across research and clinical programs. She also serves as a Research Therapist on several clinical trials examining compressed and/or augmented treatment for individual and couple's-based PTSD treatments. Her research and clinical interest include posttraumatic stress and resilience in first responder and military populations as well as program development and evaluation.

Bailee Schuhmann has no conflicts of interest to disclose.

Hannah Tyler, PhD, ABPP, LPC-S



Dr. Hannah Tyler, PhD, ABPP, LPC-S is an Associate Professor within the Department of Psychiatry and Behavioral Sciences at UT Health San Antonio. Dr. Tyler is a licensed psychologist and is board certified in cognitive and behavioral psychology by the American Board of Professional Psychology. She has extensive experience providing trauma treatment for active-duty service members, veterans, and civilian community members. Dr. Tyler's areas of expertise include providing treatment and clinical consultation in Cognitive Processing Therapy (CPT), Cognitive Behavioral Therapy for Insomnia and Nightmares (CBT-I&N), Written Exposure Therapy (WET), and Crisis Response Planning for Suicide Prevention.

Hannah Tyler has no conflicts of interest to disclose.

John Moring, PhD, ABPP



John Moring, PhD, ABPP is an Associate Professor within the Department of Psychiatry and Behavioral Sciences at UT Health San Antonio (UTHSA), a licensed psychologist, and board certified in the Behavioral and Cognitive specialty by the American Board of Professional Psychology. Dr. Moring serves as the CBT Track Coordinator of the APA-Accredited Clinical Psychology Pre-Doctoral Internship Program at UTHSA. His research and clinical work focuses on the treatment of PTSD and other common military psychological health conditions such as traumatic brain injury, posttraumatic headache, and tinnitus. He specializes in Cognitive Processing Therapy (CPT), Written Exposure Therapy (WET), and Crisis Response Plan (CRP) for suicidality.

John Moring has no conflicts of interest to disclose.

Samantha Synett



Samantha Synett (she/her) is a multifaceted mental health therapist, educator, and entrepreneur with extensive experience in trauma-focused care. She earned her Master of Science in Social Work from The University of Texas at Austin, where she now serves as an adjunct professor, and is dually licensed as a Clinical Social Worker–Supervisor in Texas and a Licensed Master Social Worker in Michigan.

Samantha specializes in treating adults with posttraumatic stress disorder (PTSD) and prolonged grief disorder (PGD), particularly post-9/11 service members and Veterans. She has been personally trained by the developers of leading evidence-based treatments, including Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), and Prolonged Grief Therapy, and is certified as a PE Consultant through Emory University. Further, Samantha serves as a national consultant and trainer in Crisis Response Planning (CRP) under the guidance of its developer, Dr. Craig Bryan, equipping both clinicians and peers with the knowledge and skillset to deliver CRP to at-risk populations.

Motivated by her own mental health journey after losing her dad and brother, Samantha brings both professional expertise and personal empathy to her practice. She currently owns and operates a private practice, where she helps adults navigate anxiety, grief, loss, and life transitions with resilience and clarity. Passionate about incorporating an intersectional lens, she ensures that each client's unique identities and lived experiences are honored in their healing process.

Samantha Synett has no conflicts of interest to disclose.

Special Accommodations

If you require special accommodations due to a disability, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org one week prior to the workshop so that we may provide you with appropriate service.

Continuing Education

The STRONG STAR Training Initiative offers attendees **4.5** Continuing Education (CE) Credits for participating in the 1-day training. Participants who attend are eligible to receive **4.5** CE Credits. Inquiries regarding CE may be directed via email to admin@strongstartraining.org.

Our continuing education credits have historically been recognized by most professional state licensing boards. However, this is not guaranteed. Please check with your licensing board for verification.

The University of Texas at San Antonio Health Science Center is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Texas Health Science Center at San Antonio maintains responsibility for this program and its content.

Cancellation

For cancellations or additional information, *please contact the STRONG STAR Training Initiative at admin@strongstartraining.org*

Crisis Response Planning for Suicide Prevention Workshop Agenda

15 minutes before start	Arrival & Sign In
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First hour	<ul style="list-style-type: none"> What a crisis plan is and is not Essential ingredients of effective interventions Scientific evidence Understanding suicidal behaviors
45 minutes	<ul style="list-style-type: none"> Narrative assessment mechanics Video demonstration
30 minutes	Break
1 hour and 15 minutes	<ul style="list-style-type: none"> Crisis response plan mechanics Video demonstration
1 hour and 30 minutes	Role Play, Discussion & Questions
End of workshop	End of CRP Workshop