



Crisis Response Planning for Suicide Prevention Course Information Document

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.

Date: Wednesday, November 18, 2026

Time: 10 AM - 3 PM **CST**

11 AM – 4 PM **EST**

9 AM – 2 PM **MST**

8 AM – 1 PM **PST**

Duration: 5-hour workshop (4.5 CEs available)

Where: Zoom

Training Cost: No Fee

Meet the Presenter

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 5-hour training. 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 at San Antonio Health Science Center maintains responsibility for this program and its content.

Cancellation

Cancellation is not required. For more information please contact the STRONG STAR Training Initiative at admin@strongstartraining.org.

Crisis Response Planning for Suicide Prevention Workshop Agenda

Please note this agenda time is based on **Central Standard Time Zone**

9:45 am – 10:00 am	Arrival & Sign In
10:00 am – 11:00 am	What a crisis plan is and is not Essential ingredients of effective interventions Scientific evidence Understanding suicidal behaviors
11:00 am – 11:45 am	Narrative assessment mechanics Video demonstration
11:45 am – 12:15 pm	Break
12:15 pm – 1:30 pm	Crisis response plan mechanics Video demonstration
1:30 pm – 3:00 pm	Role Play, Discussion & Questions
3:00 pm	End of CRP Workshop