

Training Videos: <http://www.dhs.wisconsin.gov/ccs/index.htm> (Aprox. 8 hours)

- [Videos: Providing CCS in a Regional Model](#)
- [Video: Person-Centered Planning-Part 1 \(1 hr. 40 min.\)](#) (Webcast, [help](#))
- [Video: Person-Centered Planning-Part II \(1 hr. 56 min.\)](#) (Webcast, [help](#))
- [Video: Motivational Interviewing \(2 hrs.\)](#) (Webcast, [help](#))
- [Video: Trauma Informed Care \(46 min.\)](#) (Webcast, [help](#))

-Lori Ashcraft, Recovery Opportunity Services (formerly MetaServices in Arizona) has developed a series of 6 free e-learning courses on Recovery. There are an additional four courses on resiliency. <http://www.magellanhealth.com/learning-opportunities.aspx>

## Recovery & Resiliency E-Courses

### Recovery Courses

[E-course 1: Recovery is Real](#)

[E-course 2: Self-determination Fuels Recovery](#)

[E-course 3: The Language of Recovery](#)

[E-course 4: Planning that Promotes Recovery](#)

[E-course 5: Let's Start Living Large](#)

[E-course 6: The Resiliency Factor](#)

### Resiliency

[E-course 1: Getting Past the Tough Stuff](#)

[E-course 2: The Power of Resiliency](#)

[E-course 3: Growing Your Resiliency](#)

[E-course 4: Recapping Resiliency](#)

-SAMHSA Statement on Mental Health Recovery:

<http://www.power2u.org/downloads/SAMHSA%20Recovery%20Statement.pdf>

-Article: *Recovery-Oriented Systems of Care, the Culture of Recovery, and Recovery Support Services*. <http://www.ncmedicaljournal.com/wp-content/uploads/NCMJ/Jan-Feb-09/Cotter.pdf>

-SAMHSA Webinars on Recovery: <http://media.samhsa.gov/recoverytopractice/RTPResources.aspx>

## SAMHSA Webinars:

[RTP Curriculum for the Six Behavioral Health Professions](#) - July 28, 2014

[The Role of Self-Management in Using Medications](#) - April 10, 2014

[Peer Practice and Context-Developing Quality Standards](#) - November 7, 2013

[Peer Support in Behavioral Health and Its Emerging Practice Standards](#) - August 1, 2013

[The Affordable Care Act and Implications for Recovery-Oriented Practice](#) - May 9, 2013

[The Use of Medications in Recovery-Oriented Practice](#) - January 31, 2013

[Understanding and Building on Culture and Spirituality in Recovery-Oriented Practice](#) - April 4, 2012

[Assessing for and Addressing Trauma in Recovery-Oriented Practice](#) - January 25, 2012

[Step 4 in the Recovery-Oriented Care Continuum: Graduation](#) - October 6, 2011

Step 3 in the Recovery-Oriented Care Continuum - July 28, 2011

Step 2 in the Recovery-Oriented Care Continuum: Person-Centered Care Planning - April 11, 2011

Step 1 in the Recovery-Oriented Care Continuum: Outreach & Engagement - December 13, 2010

What Recovery Means in Acute Care - September 16, 2010

Emerging Trends in Program and Workforce Development - June 8, 2010

**-Article: Recovery and Resilience in Children's Mental Health: View from the Field**

**<http://www.pathwaysrtc.pdx.edu/pdf/pbRecoveryandResilienceViewsfromField.pdf>**

**-SAMHSA Guiding Principles of Recovery: <https://store.samhsa.gov/shin/content/PEP12-RECDEF/PEP12-RECDEF.pdf>**

**Trauma:**

**<http://www.nicabm.com/treatingtrauma2014/info/?del=10.11.14blog>**

## QPR Suicide Prevention: Question, Persuade, Refer

### **ASK A QUESTION, SAVE A LIFE**

QPR is an approach to confronting someone about their possible thoughts of suicide. It is not intended to be a form of counseling or treatment, instead a means to offer hope through positive action. There are three simple steps to follow:

#### QUESTION

Question the person about suicide. Ask if they've had any thoughts about it, feelings, or even plans? Do not be afraid to ask!

#### PERSUADE

Persuade the person to get help. Remember to listen carefully and then say, "Let me help" or "Come with me to find help!"

#### REFER

Refer for help. If it is a child or adolescent, contact any adult, parents, minister, teacher, coach, or a counselor (1-800-866-HOPE)

#### TO SAVE A LIFE...

- Realize that someone might be suicidal
- Reach out. Asking the suicide question DOES NOT increase the risk
- Listen. Talking things out can save a life
- Don't try to do everything yourself
- Don't promise secrecy and don't worry about being disloyal.
- If persuasion fails, call your mental health center, local hotline, or emergency services. Also, 1-800-SUICIDE

#### WARNING SIGNS OF SUICIDE

- Suicide threats
- Previous suicide attempt
- Alcohol and drug abuse
- Statements revealing a desire to die
- Sudden changes in behavior
- Prolonged depression
- Making final arrangements
- Giving away prized possessions
- Purchasing a gun or stockpiling pills

**\*\* The more clues and signs observed, the greater the risk \*\***

#### REMEMBER

Since almost all efforts to persuade someone to live instead of attempt suicide will be met with agreement or relief, don't hesitate to get involved or to take the lead.