



SAFE HANDS, SAFE PLANS WORKSHOPS

Date	Time	Venue
Thursday, 15 June 2017	3.30 – 8.00pm	Rural Learning Centre, Wairoa Hospital, Kitchener St, WAIROA
Monday, 19 June 2017	3.30 – 8.00pm	Main Auditorium, Education Centre HBDHB Canning Road HASTINGS

In this workshop, you will receive up-to-date information about rural suicide risk; learn to use evidenced based tools to screen for depression and suicide risk; and develop your skills and confidence in working within your own rural community to provide care for people who are experiencing mental distress, crisis, or may be at risk of suicide.

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

Understand:

- Mental health problems most commonly associated with Suicide - depression, substance misuse, including alcohol, methamphetamine and other drugs.
- Risk and protective factors (at multiple levels) for suicide, and identify and understand which population groups are at high risk for suicide.
- Best practices for crisis intervention.

Apply:

- Evidence-based suicide risk screening and assessment tools (including the PHQ9, and suicide inquiry tools).
- Safety plans and counselling patients about access to lethal means of suicide.

Develop office protocols for managing crises involving suicidal patients.

Evaluate the Workshop to provide quality improvement information to RHĀNZ.

Each participant will receive a **Safe Hands, Safe Plans** workbook to take home.

Participants will receive a Certificate of Participation for their Professional Development records.



The workshop will be facilitated by Dr Annette Beautrais, suicide prevention researcher with over 35 years' experience in this area.

Following feedback from more than 1000 rural health and social service professionals who participated in our programme of safeTALK workshops in 2016, the Ministry of Health contracted RHĀNZ to develop a full day workshop specifically for rural health and social service professional. Workshops will be open to all rural health and social service professionals.

CPD points will be available for Registered Nurses and may be available to other professional groups once our applications to relevant accrediting bodies has been completed.

There is no charge for the workshop.

TO REGISTER FOR THE WORKSHOP PLEASE CLICK ON THE LINK BELOW:

<http://www.rhaanz.org.nz/rural-mental-health-initiatives-2016-2017/>

For any further enquiries:

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