



Title: A Holistic Approach to Suicide Prevention: CALM Training

In today's fast-paced and interconnected world, mental health has gained significant attention, highlighting the importance of suicide prevention. The Clermont County Suicide Prevention Coalition (CCSPC) is comprised of multiple agencies, faith leaders, educators, and certified prevention specialists who all share the same mission to reduce the incidence of suicide in Clermont County.

Some of the ways we are trying to reduce incidents of suicide is through education and awareness. Joshua Jowers, LISW-S, with the Cincinnati VA Medical Center, is one of the members of the CCSPC who is certified to provide CALM (Counseling on Access to Lethal Means) Training, a research-backed intervention that aims to reduce suicide rates by limiting access to lethal means.

CALM Training serves as an evidenced-based practice designed to facilitate conversations between mental health professionals, people experiencing mental distress, and those who may have access to lethal methods. It focuses on enhancing the ability of mental health providers to engage in non-judgmental communication, formulating appropriate safety plans, and ensuring access to effective interventions.

Joshua Jowers collaborated with Greater Cincinnati Behavioral Health to provide CALM training to their direct support staff in the Amelia office. Training is a crucial component in suicide prevention. The training provided by Joshua Jowers is just one of the certified training courses the CCSPC can offer through community partnerships and collaboration to help support prevention in Clermont County.

The CALM training program educates mental health professionals and non-professionals, on assessing an individual's access to lethal means, such as firearms or medications, and providing appropriate interventions. CALM training not only equips people with the knowledge to prevent suicides but also empowers them to support individuals in crisis effectively.

“You will never believe it, but I was actually able to utilize this training just last night. I am very appreciative of having attended. This client lives in Clermont County and he and I discussed gun locks.”

Clinical Program Manager, Modern Psychiatry and Wellness, LLC

One crucial aspect of CALM training is the focus on effective communication strategies. Mental health and direct support professionals learn how to discuss the topic of access to lethal means with patients in a compassionate and non-judgmental manner.



The training also highlights the importance of involving the individual's support system in the intervention process. CALM training emphasizes the need for professionals to collaborate with family members, friends, or other community resources to ensure the individual's safety. Moreover, CALM training emphasizes the significance of education and awareness within the community. Mental health professionals are encouraged to share their knowledge with others, including educators, law enforcement officials, and firearm sellers. By spreading awareness of the importance of reducing access to lethal means, professionals can contribute to a collective effort in suicide prevention.

If you are interested in learning more about Mental Health Awareness, Strategy, and Support Training, CALM Training, or Clermont County Suicide Prevention Coalition, please contact Clermont County Mental Health and Recovery Board at 513-732-5400 or www.ccmhrb.org.

If you know someone who could use support, please call 513-528-SAVE (7283)