

## CALM Trainer Background and Skills

**It is unlikely that any one person will have all of these skills; however, we recommend that you work to remedy weaknesses and partner with someone who has complementary skills.**

1. A background in mental health
  - a. Licensed mental health professional
  - b. Experience providing counseling to distressed individuals
  - c. Experience with peer support groups or services
2. Training in clinical suicide prevention  
Competencies in assessment and management of individuals at risk for suicide (see RRSR Core Competencies), such as:
  - i. Recognizing and Responding to Suicide Risk (RRSR)
  - ii. Assessing and Managing Suicide Risk (AMSR)
  - iii. Collaborative Assessment and Management of Suicide Risk (CAMS)
3. Knowledge of public health approaches to suicide prevention
  - a. Keeping up with suicide research
4. Familiarity with firearms
  - a. Working knowledge of types of firearms and their mechanical operation
  - b. Basic firearm safety training
  - c. An accepting perspective on firearms
5. Demonstrated ability to provide instruction to adults in programs such as QPR, MHFA, ASIST or in a related field.
6. An open, empathic perspective on mental health issues