

Counseling on Access to Lethal Means versus Conversations on Access to Lethal Means

CALM (Counseling on Access to Lethal Means) was developed for mental and medical health providers who may work with suicidal – or potentially suicidal – people. CALM provides clinicians with specific information on how to reduce risk, appropriate language to use and opportunities to see and practice the process. CALM is intentionally delivered in a firearm neutral manner; emphasizing increasing the safety of those at risk for suicide without judgment regarding the possession or use of firearms. This version is often referred to as Clinical CALM or CALM.3, as it typically requires three hours to deliver.

Conversations on Access to Lethal Means, ConvoCALM or CALM.1, is intended to inform the general public of the role they can play in preventing suicide by reducing access to lethal means, how to identify and talk to someone who may be at risk of suicide, and options to encourage safer storage of lethal means. CALM.1 requires one hour to deliver and, like CALM.3 is intentionally firearm neutral.

Lastly, the developers of CALM worked with the SPRC to develop an on-line version of the course which is offered at no cost to participants. Its primary audience are clinicians but it can also be useful for others with an interest in suicide prevention, as it intersects with firearm safety. The online version is self-paced; taking approximately two hours to complete.

We are often asked about the advantages and disadvantages of online versus in-person training. Online training, in this case, has no cost to participants or their organizations and can be accessed at any time. However, there is no opportunity for discussion or practice and there is no shared experience among colleagues or partners. In-person trainings require more planning as well as some costs but offer the possibility for customization, discussion, practice and the shared experience of participants from a variety of perspectives.

A Certificate of Participation can be issued to those who attend CALM.1 - Conversations on Access to Lethal Means. Certificates of Completion can be issued after completing CALM.3 – Counseling on Access to Lethal Means and CALM on the SPRC website. Certificates of Completion can be submitted to licensing boards in the state of Missouri for professionals who are required to complete a minimum of 2 hours of training in Suicide Prevention, Assessment, Intervention and Management. (See MO House Bill 1719)

CALM Trainings At-a-Glance

	CALM.1 – Conversations	CALM.3 – Counseling	CALM on SPRC
Developer	E.Frank & Safer Homes Collaborative in 2019	E.Frank and M.Ciocca in 2006; revised in 2019 by E.Frank, C.Barber, K.Michael, JP Jameson, E. Makulec and R. Strait	Frank/Ciocca and SPRC, 2010; revised in 2018 by C. Barber, E. Frank and SPRC
Audience	General Population and gun shop owners/staff	Clinical Practitioners	Clinical and General
Time Required	1 hour	3 hours	Self-paced, +/- 2hrs
Material Covered	<p>Basic suicide prevention</p> <p>Why reducing access to firearms can save a life</p> <p>How to talk about safety when someone may be at risk</p> <p>How to suggest options for safer storage of lethal means</p>	<p>Introduce and illustrate ‘means safety’ as a key component of safety planning with clients</p> <p>Prioritize reducing access to firearms and medication as an effective intervention strategy</p> <p>How to identify clients and their families that may benefit from CALM</p> <p>Demonstrate how to ‘insert’ CALM in existing clinically based practice</p> <p>Facilitated participant discussion of experiences that worked/didn’t work</p> <p>Practice using CALM in a clinical simulation (role play)</p>	<p>Similar to CALM.3, but:</p> <p>No access to facilitator for questions</p> <p>No participant discussion, shared learning or simulation of using CALM in a clinical situation</p>
Customizable	Yes	Yes	No
Certificate of Completion	Certificate of Participation available	CC can be submitted to licensing boards for CEUs	CC after completion of online quiz
Missouri Licensure		Meets 2 hour requirement	Meets 2 hour requirement