



## **Collaborative Assessment and Management of Suicide Professional Development Initiative**

LifeSpan Central Coast & Hunter New England Central Coast Primary Health Network have partnered to subsidise a limited number of professional development places for clinicians on the Central Coast who are interested in learning about and using CAMS as part of their usual practice.

This initiative will provide access to Collaborative Assessment and Management of Suicide (CAMS) training (via a one day face-to-face workshop or online training modules), group consultation calls with an experienced CAMS Care Team member from the USA, and a copy of the CAMS manual.

The face to face workshop will be held on the Central Coast on Friday 3<sup>rd</sup> May /or Monday 6<sup>th</sup>-May 2019.

Access to the online training will also be during May 2019. The three included consultation calls will be scheduled monthly in May, June, July 2019.

This package would normally cost \$300 per person for the online training or \$700 per person for the face-to-face training however we're pleased to offer this exciting opportunity for only

- \$100 for the online training package
- \$230 for the face-to-face training package

The aim of this initiative is to increase the number of clinicians who can use the CAMS framework to provide evidence-based assessment and/or ongoing support and treatment to people that are suicidal in the Central Coast area.

Expressions of interest to participate in this initiative close **Friday 29<sup>th</sup> March 2019**.

### **Target audience**

People who work in a clinical assessment and/or ongoing support and treatment role with people who are suicidal.

Most suitable for those who provide assessment and/ or treatment and support in an ongoing way to people who are suicidal (i.e. not in an assessment and refer on model).

As a model of care, CAMS will fit with most theoretical frameworks/ styles; and is not discipline specific.

### **What is CAMS?**

Collaborative Assessment and Management of Suicide (CAMS) is an evidence-based framework used to assess suicidality and inform and guide treatment and care planning for people who are suicidal. It is a flexible approach that can be used across theoretical orientations, disciplines, and treatment settings. A collaborative and patient-centred focus is fundamental to CAMS with the aim being to have the client be the co-author of their treatment plan.

CAMS has a sound and growing evidence base and it is one of a limited number of interventions recommended by Black Dog Institute Treatment for Suicidality Evidence Guide.

Seven open trial/ correlational investigations on the effectiveness of CAMS have identified engaging in CAMS was associated with significant improvements in suicidal ideation over time, and one study has identified that suicidal ideation reduced significantly more quickly for people treated with CAMS compared to a group of people who were offered treatment as usual (Jobes, 2012). Two randomised controlled trials have also supported the effectiveness of CAMS in the treatment of suicidality, including indications that it may be particularly helpful in the longer term and that it is associated with higher client treatment satisfaction (Jobes, 2012). Additional RCTs are currently underway.



## **CAMS training**

Online and face to face training cover the same core material including an overview of CAMS theory and practice as well as demonstration of the 12 sessions of treatment with CAMS from initial patient screening through to resolution.

The training covers techniques to reduce access to lethal means, a demonstration of developing a Stabilization Plan, identifying direct and indirect patient-defined drivers of suicide, and collaboratively creating a treatment plan.

The course also covers an example of when a patient encounters a setback in treatment progress, and a demonstration of helping a patient to identify thoughts and behaviours that interfere with progress.

### **Online modules**

Duration: 3 hours, can be undertaken over multiple sessions, to be completed within 1 month of initial login

### **Face-to-face workshop (Friday 3<sup>rd</sup> May or Monday 6<sup>th</sup> May 2019).**

Duration: 1 day (~6 hours + breaks)

The training is delivered by a certified CAMS consultant who is a clinician proficient in the use of the CAMS framework in supporting people at risk of suicide. The workshop covers the same content as the online training, while also allowing for more interactive discussion, skills practice, role-play and demonstration as well as greater flexibility to ensure particular points of interest are covered.

### **Consultation calls**

Duration: 1 hour via videoconference

Consultation calls will be scheduled monthly and begin following the completion of CAMS training. Consultation is provided via videoconference with a group of up to 10 clinicians and a CAMS trainer. The consultations focus on case discussion and arising practice and service issues with the aim of providing support and advice around the application of the CAMS framework.

To ensure competency in the CAMS model, CAMS-care recommend a minimum of 3 and up to 8 consultation calls for clinicians.

Three consultation calls are included in this CAMS professional development initiative. Participants will be allocated to a group with days and times that match their indicated availability. Individual clinicians or a group may choose to purchase additional consultation calls for continued support.

### **CAMS manual**

The CAMS manual is the source text for utilising the CAMS therapeutic framework for evaluating suicide risk and developing and implementing a suicide specific treatment plan and includes all required tools for implementing CAMS in a reproducible format.



## Intended training outcomes

Participants who complete CAMS training will gain knowledge and skills in the following outcomes:

- Knowledge of CAMS as an evidence-based, suicide-specific, therapeutic clinical framework for effectively working with suicidal risk
- Knowledge of CAMS philosophy of care related to empathy, collaboration, honesty, and the building of the clinical alliance while increasing patient motivation
- Knowledge of the ten key elements that define the CAMS model for effectively assessing and treating suicidal risk in clinical practice
- Skills to conduct a first session of CAMS using the suicide status form for assessment, stabilization planning, and the identification of patient-defined suicidal drivers that will be targeted and treated in the course of CAMS-guided care
- Skills to conduct interim sessions of CAMS and the use of the suicide status form for tracking suicidal on-going risk and treat plan updating related to patient-defined suicidal drivers
- Skills to use optional resources like the CAMS Therapeutic Worksheet that can help clarify direct and indirect drivers of suicidality
- Skills to use the suicide status form for clinical outcomes and dispositions that brings CAMS-guided care to a close

## Evaluation

To help understand the impact of the CAMS professional development initiative on the Central Coast all participants will be invited to take part in a range of specific evaluation activities (e.g. questionnaires). We will also be reviewing group characteristics of participants in the professional development activity, as drawn from the EOIs, to understand the reach and match of the initiative with priority populations for both the LifeSpan Central Coast and Hunter New England Central Coast Primary Health Network. If you have any questions or concerns, please contact one of the LifeSpan Central Coast team.

## For more information

For more information about the CAMS professional development initiative, contact the LifeSpan Central Coast

Coordinator Liz Hammond: [liz.hammond@health.nsw.gov.au](mailto:liz.hammond@health.nsw.gov.au)

Project Officer- Sharnie Everton: [sharnie.everton@health.nsw.gov.au](mailto:sharnie.everton@health.nsw.gov.au)

For more information about CAMS, go to: <https://cams-care.com/about-cams/>

