

# 2023-2024 ROVINSKY FAMILY LECTURESHIP SERIES

Wednesday, September 27, 2023 | 12:00 – 1:00 PM ET | Live Webinar

## YOUTH SUICIDE RISK: ASSESSMENT IS NOT ENOUGH

Terri A. Erbacher, PhD

### PROGRAM DESCRIPTION:

According to the CDC (2023), 22% of high school age youth seriously considered suicide in the past year, 18% made a suicide plan, and 10% had a suicide attempt, yet working with suicidal youth often presents as both a professional challenge and a personal fear. The ability to conduct an informed youth suicide risk assessment is a vital skill for clinicians, but it is not enough. The average time between a youth's first suicidal thought and first attempt is one year (Nock et al., 2013). Further, suicide risk is episodic, fluctuating dramatically over the course of the day, especially for teenagers (Czyz et al., 2018). Ongoing suicide risk monitoring and safety planning increase the likelihood that fluctuations in youth suicide risk are identified and addressed (Erbacher et al., 2018). This session will focus on practical strategies to effectively implement suicide risk monitoring and safety planning strategies for clinicians. Attendees will leave this workshop with several evidence-based strategies that can be implemented immediately with youth and families in their practice settings.

### EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Describe the difference between suicide risk assessment and monitoring
- Utilize suicide risk monitoring to track client changes over time
- Identify steps of youth safety planning for home and school
- Discuss the effectiveness of suicide risk monitoring for minoritized clients

### SUGGESTED READINGS

- Czyz, E. K., King, C. A., & Nahum-Shani, I. (2018). Ecological assessment of daily suicidal thoughts and attempts among suicidal teens after psychiatric hospitalization: Lessons about feasibility and acceptability. *Psychiatry Research*, 267, 566–574. <https://doi.org/10.1016/j.psychres.2018.06.031>
- Erbacher, T. A., & Singer, J. B. (2017). Suicide Risk Monitoring: The missing piece in suicide risk assessment. *Contemporary School Psychology*, 22, 1-9. <https://doi.org/10.1007/s40688-017-0164-8>
- Nock, M. K., Green, J. G., Hwang, I., McLaughlin, K. A., Sampson, N. A., Zaslavsky, A.M., & Kessler, R. C. (2013). Prevalence, correlates, and treatment of lifetime suicidal behavior among adolescents: Results from the National Comorbidity Survey Replication Adolescent Supplement. *JAMA Psychiatry*, 70(3), 300–310. <https://doi.org/10.1001/2013.jamapsychiatry.55>
- Stanley, B., Brown, G. K., Brenner, L. A., Galfalvy, H. C., Currier, G. W., Knox, K. L., Chaudhury, S. R., Bush, A. L., & Green, K. L. (2018). Comparison of the safety planning Intervention with follow-up vs usual care of suicidal patients treated in the emergency department. *JAMA Psychiatry*, 75(9), 894–900. <https://doi.org/10.1001/jamapsychiatry.2018.1776>

Psychologist with the Delaware County Intermediate Unit and she founded her private practice, Erbacher Consulting Associates, PLLC, in 2014. Dr. Erbacher's practice focuses on training, coaching and consultation on the topics of school crisis response, social media and youth mental health, trauma, suicide prevention, and threat assessment. Dr. Erbacher served as a Clinical Associate Professor of School Psychology at Philadelphia College of Osteopathic Medicine for over 13 years where her coursework and research focused on school-based crisis intervention and suicide risk. Dr. Erbacher has written numerous book chapters and articles, including her seminal text entitled "Suicide in Schools" published in 2015. Dr. Erbacher and has held many board roles across Pennsylvania, including the executive committee of the Pennsylvania Youth Suicide Prevention Initiative. Dr. Erbacher has been active in the enactment of Pennsylvania legislation and serves as a subject matter expert for the Pennsylvania Commission for Crime and Delinquency's School Safety and Security Committee for issues related to suicide and threat assessment. She was honored to have previously been named Pennsylvania's School Psychologist of the Year. More about Dr. Erbacher can be found on her website at <https://erbacherconsulting.com>.

**Target Audience:** Doctoral Level  
Psychologists and Other Mental Health Professionals  
**Level of Instruction:** Intermediate  
**Number of CE Credits Offered:** 1 CE credit  
**Cost:** \$15

### ABOUT THE PRESENTER

Terri A. Erbacher, PhD is in her 23rd year practicing as a School



**CRITERIA FOR EARNING CE**

Full attendance is required to receive CE credit for each session. No partial credits are available. All participants must sign an attestation regarding attendance and indicate the type of CE credit they require through a link which will be provided following the session. At the conclusion of each session participants will be provided an additional link to complete an evaluation survey; we request that you take a few minutes to anonymously provide feedback.



**PSYCHOLOGISTS:** Philadelphia College of Osteopathic Medicine's School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional & Applied Psychology maintains responsibility for this program and its content.



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**LICENSED SOCIAL WORKERS:** Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Philadelphia College of Osteopathic Medicine, School of Professional and

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Unless otherwise specified in the program promotional materials, there is no commercial support interest to the sponsor, instructors, content of instruction or any other relationship that could be construed as a conflict of interest. For any program where a fee is charged, there is a Refund/Cancellation Policy.

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Further Information about the Refund/Cancellation Policy and any other questions may be obtained by contacting Katie Garson, M.S.Ed., Coordinator of Continuing Education at [katiega@pcom.edu](mailto:katiega@pcom.edu).

