



For more information, please contact:

Sam Cooper, MSSW, CSW  
Coordinator, CFCWB  
sam.cooper@louisville.edu  
(502) 852-9103

Whether working with youth or adults, we have all seen how family dynamics can either help or hinder suicidal feelings. Often, family members desperately want to help but do not know how. This training will give you the tools you need to conduct thorough individual and family assessments, plan treatment, and implement evidence-based strategies with families affected by suicide risk. You'll leave with a better understanding of suicide risk, what family members can do, and tip sheets for talking directly with individuals and their families.

## DAY 1

### Suicide Risk and Assessment Overview

- 📍 Suicide prevalence and terminology
- 📍 Conducting suicide risk assessment
- 📍 Managing ongoing suicide risk
- 📍 Determining appropriate response based on risk level

*(Meets requirements for suicide prevention training required by KRS 210.366)*

## DAY 2

### Understanding Family Factors

- 📍 Youth and adult development
- 📍 Family dynamics that contribute to risk
- 📍 Individuals' experiences to family response to suicide
- 📍 Family communication about suicide

## DAY 3

### Guidelines for Moving Forward

- 📍 Adopting family context during assessment process
- 📍 Incorporating family in safety planning
- 📍 Navigating tough family conversations about suicide
- 📍 Giving families tools to respond to chronic suicidal ideation



Dr. Laura M. Frey is a Licensed Marriage and Family Therapist and an Assistant Professor in the Couple and Family Therapy Program in the Kent School of Social Work at the University of Louisville. She has extensive clinical experience providing suicide risk assessments and crisis intervention with individuals and their families. She studies the intersection of family processes and mental health. With funding from the American Foundation for Suicide Prevention, she is currently researching family dynamics after an adolescent attempts suicide.