
The State of Alaska CAMS Training Project

Free Continuing Education (CE) Opportunity for Behavioral Health Clinicians

This training is brought to you through a partnership with the State of Alaska, Department of Health and Social Services, Division of Behavioral Health and The Alaska Training Cooperative, University of Alaska, Center for Human Development.



WHAT IS CAMS?

The Collaborative Assessment and Management of Suicidality (CAMS) Framework has been proven through multiple randomized clinical trials to be the best assessment, intervention, and treatment to reduce suicide ideation. It is recommended by such groups as the Zero Suicide Initiative, the Center for Disease Control (CDC), and the Sentinel Event Alert by the Joint Commission as referenced in Alaska's Recasting the Net report.

You have the opportunity to become CAMS Trained, earning 10 Continuing Education Credits, in an evidence-based suicide treatment protocol that has been proven effective in multiple randomized controlled trials to reduce suicidal ideation and increase hope in as few as 6 sessions.

Because CAMS is a flexible Framework it can be easily adapted to cultural and tribal preferences. Mental health professionals have reported that the CAMS Framework has given them a way to confidently treat suicidal patients effectively in only 6-8 sessions. Completing CAMS training gives the behavioral health professional access to valuable assessment and treatment tools, as well as access to a professional referral and resource network.

HOW WILL I BE TRAINED?

Becoming *CAMS Trained* takes just 10 hours of course work – all available online – and 4 hours of consultation calls. It involves three elements:

Part 1: CAMS Foundational Video Course – 3 Free CEs

Must be completed within 60 days (starting when you receive your access information) and must be completed before Part 2.

This three-hour video recording gives an overview of the CAMS Model by the creator of CAMS, David A. Jobes, Ph.D. The training features unscripted clinical demonstration of the use of CAMS with a patient through the course of 12 sessions, demonstration of techniques to reduce access to lethal means, development of a viable CAMS Stabilization Plan, identification of direct and indirect drivers of suicide, creation of a collaborative treatment plan, and a not to be missed set-back session and resolution. After completing the course, professionals can access valuable assessment and treatment tools

Part 2: Online Role Play Training – 7 Free CEs

(Prerequisite: Three-Hour Online Course)

This role play training builds upon the information in the online video course. Participants will see CAMS procedures demonstrated and practice them with another participant in attendance. Group discussions will help participants strategize challenging case presentations, different techniques and tactics, and application to specific patient populations.

Part 3: Four Scheduled 1-Hour Consultation Calls

The 1-hour consultation calls are an additional resource for clinicians who are applying or will apply CAMS after the training. In addition, these consultation calls can emphasize specific questions these clinicians have about applying CAMS in practice and/or structured CAMS-related topics/readings chosen collaboratively by the participants and the Consultant. Individual cases can be presented for suggestions and feedback.

CAMS Manual: *Managing Suicidal Risk: A Collaborative Approach, 2nd Edition*

All those who complete Part 1 - CAMS Foundational Video and Part 2 - Role Play Training, will receive this valuable resource.

Clinical Locator

After you become *CAMS TRAINED*, we encourage you to include your contact information in the CAMS-care Clinician Locator. The Clinician Locator routes new clients to your practice, particularly those looking for competent clinicians, trained in evidence-based suicide-specific treatments. This tool will become even more critical as states continue to pass laws requiring mental health professionals to have this type of credential, and an increasing number of people seek out this level of expertise from their mental health providers.

CAMS TRAINING SCHEDULE

Part 1: CAMS Foundational Video Course

This course will be available to you for 60 days after you receive confirmation and access to the training.

Part 2: Online Role Play Session

Two options available - A wait list will be provided if both options are full.

- April 25, 2022, 8:30am – 4:30pm
- May 2, 2022, 8:30am – 4:30pm

Part 3: Four Scheduled 1-Hour Consultation Calls

The Consultation Calls will be arranged after the Online Role Play Sessions are completed. Only those completing Part 2 will be eligible for the Consultation Calls.