



## CALM (Counseling on Access to Lethal Means)

### **Event Topic**

[Suicide](#)

### **Date / Time**

Fri, Jul 14, 2023

8:00 - 11:00am

### **Location**

Virtual

## **Description**

CALM (Counseling on Access to Lethal Means) provides mental health professionals within a healthcare team working with Veterans and their families an increased knowledge about the association between access to lethal means and suicide and the role of means restriction in preventing suicide.

Accessibility to lethal means contributes to suicide. Therefore, reducing access to lethal mean is an evidence-based strategy for suicide prevention. Working with patients and their families to develop a specific plan to reduce access to lethal means and follow-up on the plan over time is one of the strategies for suicide prevention.

Increased utilization of safety plans addressing access to lethal means is an outcome for this training. From this Live Virtual training, providers will have a better understanding of lethal means and be able to advise patients on means reduction techniques. Family awareness and participation in means reduction will result in suicide prevention.

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## **Objectives**

- Participants will identify how reducing access to lethal means is an evidence-based strategy for suicide prevention;
- Participants will explain how reducing access to lethal means can prevent suicide;
- Participants will identify clients for whom lethal means counseling is appropriate;
- Participants will describe strategies for raising the topic of lethal means and to feel comfortable and competent in applying these strategies with clients;

- Participants will discuss how to advise clients on specific off-site and in-home storage options for firearms and strategies to limit access to dangerous medications;
  - Participants will discuss how to develop a specific plan to reduce access to lethal means and how to follow up on the plan with clients and families
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**Questions?** Contact Mimi Habhab at [Mimi.Habhab@idph.iowa.gov](mailto:Mimi.Habhab@idph.iowa.gov)

### **Registration Information**

- CEUs approved by the Iowa Board of Certification | 3.0 hr Counseling Theories & Techniques
- Participants must register and provide their name, and attend the entire session to be eligible.
- Upon completing registration, you will receive a confirmation email.

[Register](#)

**Presenter(s)**

### **Lori Reynolds, LISW**

**Lori Reynolds, LISW**, has been a provider for Mental Health services since graduating with an MSW from the University of Iowa in 1993. She was independently licensed in 1995. For the first 14 years of her career she worked in Community Mental Health as a psychotherapist, first with children and adolescents before changing to strictly adult care in 2003. Lori has been employed by VA-Central Iowa Health Care System since August of 2007. She originally provided social work services in an acute inpatient psychiatric setting. She moved to providing outpatient psychotherapy in 2013. Currently she holds the position of Community Engagement and Partnership Coordinator. This position was created because every day we lose 20 Veterans and Service Members to suicide. Of the 20 only 6 are involved in VA care. The VA is taking a public health approach to suicide prevention in an effort to reduce not only suicide in Veterans but non veterans as well. As Education is an important part of her mission she is a trainer for VA SAVE, CALM, Adult Mental Health First Aid, Veterans in Crisis: Mental Health and Suicide Prevention as well as What We think Matters.

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Community Engagement and Partnership Coordinator, VA-Central Iowa Health Care System

**Attachments**

[2023 Suicide Prevention Webinar Series Flyer.pdf](#)(2.49 MB)

[2023 Suicide Prevention Webinar Series.pdf](#)(236.57 KB)

[Updated CALM website list.pdf](#)(397.64 KB)

[CALM FAQs\\_.pdf](#)(156.55 KB)

[CALM Highlights 12-29 Pdf.pdf](#)(1.33 MB)

[Client Handout\\_CALM.pdf](#)(191.77 KB)

For more information about this YLI Calendar Event, please email [yli@hhs.iowa.gov](mailto:yli@hhs.iowa.gov)