

## **ISSS Preconference Workshop**

**Title:** Brief Interventions to Enhance Youth Safety and Reduce Suicide Risk: Safety Planning and Addressing Home Safety with Youth and Parents

**Training Date and Time:** June 24, 2026; 9:00 am – 4:00 pm

**Presenter:** Jennifer L. Hughes, PhD, MPH

**Target Audience:** Psychologists and Therapists

**Clinical Workshop Description:** This workshop is designed to provide clinicians with foundational knowledge of the value and broad range of brief interventions available for suicidal youth or youth with nonsuicidal self-injury at risk of suicide. Furthermore, the activity will demonstrate how clinicians can implement interventions for suicidal youth and their parents in an effective and safe manner and properly identify and address concerns to support safety.

**Abstract:** Suicide rates in adolescents have increased over the past decade (CDC, 2020; Ivey-Stephenson et al., 2020; Ruch et al., 2019), with death by suicide being a leading cause of mortality in adolescents and young adults (NCHS, 2019; Heron, 2018; Arango et al., 2021). This presentation will review brief interventions for youth presenting with suicidal ideation or behavior. We will review safety planning strategies, based on the Safety Planning Intervention (Stanley & Brown, 2012, 2018) and Family Intervention for Suicide Prevention/SAFETY-Acute (Asarnow et al., 2011), and home safety (lethal means restriction education) strategies, in greater detail. Parent/family intervention is a critical component of effective interventions for suicidal youth. Parents are the best safety net for youth, often providing daily suicide risk monitoring and support. However, parents may lack the support and skills needed to do this safely, effectively, and collaboratively. Supporting parents to manage safety while maintaining strong relationships with their children is critical in suicide prevention efforts and may lead to reduction suicidal behavior and death by suicide. This session will also provide strategies for effectively collaborating with families to support safety planning and home safety recommendations. The session will conclude with practical guidance for the development of youth suicide management strategies for various settings.

### **Measurable objectives / proposed outcomes:**

- Describe the impact of brief universal interventions like providing psychoeducation and crisis resources.
- Demonstrate understanding of targeted interventions through review of the Safety Planning Intervention and Counseling on Access to Lethal Means.
- Verbalize potential pitfalls during treatment and how to manage any safety concerns that arise.
- Discuss the importance of integrating parents/caregivers into brief interventions with suicidal youth/youth at risk of suicide
- Identify at least one way to incorporate intervention strategies into current practice with suicidal youth/youth at risk of suicide.

## Relevant References:

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