



Suicide First Aid

Q u a l i f i c a t i o n s

SFA: Suicide First Aid through Understanding Suicide Intervention

Suicide prevention training programmes

Since creation in 2002, this one day training solution, has met the learning needs of multiple groups, from Police and other First Responders, through to clergy, veteran support providers, domestic abuse practitioners, community helpers, healthcare practitioners including primary and secondary care, in addition to housing, social care, security officers, armed forces, accredited councilors and more...

In sum, it gives learners the tools and knowledge they need to understand suicide is one of the *most* preventable deaths and that simple skills are all that is needed to help someone with thoughts of suicide, stay safe from their thoughts, and stay alive.

First Developed in 2002, in Australia and developed for UK from 2013, SFA: Suicide First Aid through Understanding Suicide Intervention (SFAUSI) is:

- **Evidence based:** Two independent evaluations in 2016 and 2017 by Dr Paul Rogers. A cohort total of 315 participants, in the UK and Trinidad. Significant statistical change in 14 of 19 measures was noted. Increased confidence and reduced anxiety in dealing with suicide, were the leading outcomes. SFAUSI is described as the Gold Standard in suicide prevention training
- **Accredited:** by City and Guilds of London (C&G), forming 6 credits at level 4 'Understanding Suicide Intervention'. The assessment is based on knowledge demonstrated via a written assignment
- **Endorsed:** SFA - *Suicide First Aid through Understanding Suicide Intervention* is awarded endorsement by City & Guilds of London, as is the Associate Tutor Training 5-day Development Programme. Assessment is via demonstrated knowledge through the programme workbook completion

- **Externally moderated:** all tutor performance is subject to external moderation by the awarding body, C&G of London. Teaching is subject to scrutiny including interviews with learners and quality standard checks
- **Flexibly delivered:** to accommodate the professional and cultural needs of the different sectors that require training. The programme has set learning goals with content developed relevant to learner need

Associate Tutor Training Development Programme (ATTDP) - £2500

Associate Tutors attend a **5-day teaching development programme** to learn the workshop materials, delivery and knowledge and to deepen their understanding of the learning outcomes. Successful completion of a reflective practice journal after a **mentor- supported delivery of their 1st workshop** provides a formal suicide prevention tutor certification endorsed by C&G of London. Upon completion, ATT tutors are effectively qualified in Suicide Prevention Training.

Associate Tutor business model

Completion of the Development Programme results in the creation of a license with Suicide First Aid Qualifications (the Approved Centre by C&G of London) and the Tutor. This license permits delivery of the SFAUSI training programme by Tutors within a set rule structure.

In summary, Tutors are:

- Entitled to deliver the SFAUSI programmes using course materials approved by C&G of London and provided by SFA: Suicide First Aid;
- Tutors will have met the professional competency standard in mental health and also possess a formal teaching qualification (PTLLS, PGCE or PGCert /equivalent) or have significant prior experience in the delivery of fee-paid face to face learning;
- Proposed Tutors will need to devise their own business model for how they will disseminate the Suicide First Aid programmes to their business audience. Ideally, they will be an established training provider, either to an identified professional group within an organisation, or a freelance trainer with an established customer base. SFA programmes are not suitable for delivery by inexperienced educators without clearly identified audiences for programme delivery post-ATT.
- Tutors are expected to deliver the programmes as per the guidance set out within the Associate Tutor Training Manual and provided by an SFA Mentor. The learning outcomes are presented in a best practice format. Tutors have flexibility to present the learning using their own teaching style, experiences and initiative. As competency increases with familiarity of the programmes, Tutors

have more freedom to present learning in their own style, so long as it is congruent with the learning outcomes and methods set out by the ATT Manual/guidance from an SFA Mentor.

- In order to obtain the full Suicide First Aid through Understanding Suicide Intervention accreditation, learners must enroll with C&G and electronically submit a completed written assessment within 6 weeks of programme delivery. SFA Associate Tutors receive a Suicide First Aider Workbook credit from SFA Qualifications for every learner who registers with C&G.
- To continue delivery of the SFA programmes, Associate Tutors must attend a formal Continuous Professional Development programme annually, as provided by SFA Qualifications. This will be provided by SFA Qualifications and will incur an attendance fee which will cover the programme costs only. SFA CPD events will be held on a minimum of 2 days per year and flexibility will be exercised where attendance is problematic for Tutors. Attendance is compulsory at one CPD event annually, as this maintains the C&G Tutor standard and provides essential learning updates, an opportunity for networking and feedback between all Associates Tutors and the developers, as well as C&G.
- Associate Tutors will be assigned a personal SFA Mentor at their ATT programme, with whom they will liaise and work towards meeting the competency standards set out by C&G and SFA Qualifications. It is likely this coach will remain their development mentor throughout their relationship with SFA Qualifications.

Associate Tutor Training (ATT) – business model financials

Core upfront cost to invest in an Associate Tutor license is **£2500** for the 5-day Associate Tutor Training (4 consecutive day course plus 1 day mentoring). This cost secures the opportunity to become licensed to deliver the SFAUSI programmes. At the end of the 4-day ATTDP face-to-face course, Tutors will be supplied with the materials needed at their first course. Tutors are expected to diarise their first scheduled delivery of SFAUSI with their SFA Mentor by the end of the 4-day ATT course.

SFAUSI has a '**lowest supply fee**' that Associate Tutors must comply with when being commissioned to provide training programmes. The 'lowest supply fee' acts as a price floor, which is the minimum cost a programme can be supplied at, both to protect the value of the programme and also protect Associates from unfair competitive business practices that undermine the value and spirit of our work.

SFAUSI can be delivered to a maximum of 16 participants. These maximum numbers are designed to create sufficient tutor/learner dynamic and not to compromise learner safety.

SFA: Suicide First Aid through Understanding Suicide Intervention (SFA USI)

– programme content and overview

- “I’m so glad you told me” exclusive audio visual featuring Jonny Benjamin MBE and Neil Laybourn
- Causes of Suicide thoughts
- Future learning
- Intention of behaviour Versus Outcome of behaviour
- Introduction to: the day; programme; ourselves and suicide prevention
- Meeting the needs of a person who is thinking about suicide
- Partnership working
- Population-based approach to suicide prevention

SFAUSI is comprised of 4 parts, each approximately 90 minutes duration. The programme teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide-safety as a first aid approach.

- Step 1 – Recognising suicide and Asking about suicide
- Step 2 – Understanding options
- Step 3 – Safeguarding suicide
- Stigma and Survivors of bereavement by suicide
- Suicide - the Ripple Effect
- Suicide and suicide gestures
- Suicide thoughts and suicide behaviour
- Suicide-safety and self-care
- Suicide-Safety Guide
- The risk assessment approach
- Working with attitudes and values

For expressions of interest or an informal discussion please email info@suicidesaferlondon.org.uk



National Centre for
Suicide Prevention Training UK 