

Implications of COVID-19 for Crisis Intervention and Suicide

Program Description

Human service professionals find themselves providing services during and related to critical incidents, including the COVID-19 pandemic. Job uncertainty, financial struggles, and social distancing are increasing everyday stress and challenges, including suicide risk, for frontline workers and for people already struggling with anxiety, depression, or substance use disorders.

This workshop focuses on skills that enhance a professional's response to the crisis and on strategies they might explore to manage personal stress and wellbeing during the incident. The workshop will cover how the current crisis affects suicide risk assessment and will demonstrate two evidence-based intervention that reduce suicide risk. We will discuss incident command structure utilized by emergency responders and governmental entities during crisis situations and describe best practice in responding to a family and the community when a person dies by suicide.

Program Objectives

Upon completion of this program participants will be able to:

- Identify the physical and psychological outcomes that critical incident stress might have on the human service professional, including compassion fatigue and secondary trauma.
- Outline the incident command structure utilized by responders and governmental entities during critical incidents.
- List stress management techniques and resilience-based practices that might be used to mitigate critical incident stress reactions.
- Describe two evidence-based interventions that reduce suicide risk.
- Explain the appropriate response to support the community when individuals die from COVID-19 related illness and describe important considerations for responding when a person dies by suicide.

Target Audience

Physicians, advanced practice providers, nurses, social workers, psychologists, counselors, substance abuse professionals, case managers, adult clinicians, therapists, and others working with adults who have experienced trauma

Contact Hours

2.0 to 4.0 hour

Program Agenda

12:30 - 1:00 PM	Online Registration and IT Assistance
1:00 - 2:30 PM	Part One <ul style="list-style-type: none">• Identification and Management of Critical Incident Stress• Review Incident Command• Taking Care of Ourselves and Our Collogues
2:30 - 2:40 PM	Break
2:40 - 4:10 PM	Part Two

- Interventions to Reduce Suicide Risk
 - Supporting Community After COVID or Suicide Death
- Summary and Adjourn

4:10 - 4:15 PM

Faculty

Jodi Flick, MSSW, LCSW, ACSW, has an MSSW from the University of Tennessee-Knoxville and has earned an LCSW and ACSW. Prior to becoming a Clinical Associate Professor with the UNC-CH School of Social Work, she provided direct services in out-patient and in-patient mental health, in emergency poverty relief services, in crisis intervention with the police department and in medical social work, with 40 years clinical social work experience. She is a member of the N.C. Youth Suicide Prevention Task Force and the Triangle Coalition for Suicide Prevention, and she facilitates a local Survivors of Suicide Support Group. She has been actively involved in volunteer work and community organization around social justice and service issues. In addition, Ms. Flick has considerable experience teaching at conferences, colleges and local organizations and is a dynamic trainer who engages participants in the learning process.

Faculty

Matthew Sullivan served the Town of Chapel Hill in several roles over a 32-year career. His last appointment was as Fire Chief, where he was responsible for Town and Departmental leadership and oversight. As a member of the Town's executive staff, he participated in the development and implementation of the Town's strategic vision. Other positions that Matt held during his career include Emergency Management Coordinator, Interim Director of Planning and Sustainability, Staff Legal Advisor, Interim Police Attorney, Police Crisis Counselor, Narcotics Investigator, Departmental Hostage Negotiator., Community Police Officer, Crime Prevention Officer and DARE Officer. Matt received his undergraduate degree in Political Science from UNC-Chapel Hill in 1989 and Master of Social Work Degree from UNC-Chapel Hill in 1997. He received a Degree in Law from North Carolina Central University in 2006 and is a member of the North Carolina State and Judicial District 15-B Bars. From 1995 to 1999, Matt was appointed Coordinator of Substance Abuse Programs at The University of North Carolina at Chapel Hill. In this capacity, he had the responsibility of administering the day-to-day operations of the campus alcohol and other drug treatment and prevention efforts. Much emphasis was also placed on environmental interventions directed to altering campus social norms surrounding dangerous student drinking and life skill development in student athletes. Matt is an adjunct faculty member to the University of North Carolina School of Social Work. He is a certified North Carolina Criminal Justice Instructor and is certified in Critical Incident Stress Management. He previously served as Chair of the Judicial District 15-B Criminal Justice Community Partnership Adult Services Advisory Committee and on the UNC-CH General Alumni Association Board of Directors. He currently serves on the Board of Directors for the NC Governor's Institute (on Substance Abuse) and for the South Orange Rescue Squad. Matt is a recipient of North Carolina's Order of the Long Leaf Pine, the 2019 Chapel Hill Chamber Town and Gown Award, The Chapel Hill Police Department's Herman Stone Award for Community Service, and a Distinguished Alumnus Award from the UNC-School of Social Work. In 1994 he was named Chapel Hill Police Officer of the Year.