



# Reaching Older Adults



## Resources

The following resources include videos, websites, reports, and online courses that can help you learn more and take action to prevent suicide among older adults age 65 and older.

### SPARK Talks: Reaching Older Adults

<http://sparktalks.sprc.org>

**Speaker:** Jo Anne Sirey, PhD, Professor of Psychology, Weill Cornell Medical College, Department of Psychiatry (2016)  
SPRC's SPARK Talks are **S**hort, **P**rovocative, **A**ction-oriented, **R**ealistic, and **K**nowledgeable videos of leaders in the suicide prevention movement who describe a new development or direction in the field that can have an impact on the burden of suicide.

### Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers

<http://store.samhsa.gov/product/Promoting-Emotional-Health-and-Preventing-Suicide/SMA15-4416>

**Author:** Substance Abuse and Mental Health Services Administration (2015)

This toolkit is a resource for senior center staff and volunteers. It provides many ideas, examples, tools, and resources for integrating suicide prevention into the work they already do to support the well-being of older adults.

### Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities

<http://store.samhsa.gov/product/SMA10-4515>

**Author:** Substance Abuse and Mental Health Services Administration (2010)

This toolkit provides senior living community staff with resources to promote mental health and prevent suicide and to encourage active participation among residents. It includes guidelines for integrating suicide prevention into ongoing programs, hands-on tools, and training manuals.

### The Role of Senior Living Community Professionals in Preventing Suicide

[http://www.sprc.org/sites/default/files/resource-program/SrLivingCommunity\\_providers.pdf](http://www.sprc.org/sites/default/files/resource-program/SrLivingCommunity_providers.pdf)

**Author:** Suicide Prevention Resource Center (2015)

This sheet provides information to help professionals in senior living communities recognize and respond to suicide risk.

### Older Americans Behavioral Health Issue Brief 4: Preventing Suicide in Older Adults

[http://www.aoa.gov/AoA\\_Programs/HPW/Behavioral/docs2/Issue%20Brief%204%20Preventing%20Suicide.pdf](http://www.aoa.gov/AoA_Programs/HPW/Behavioral/docs2/Issue%20Brief%204%20Preventing%20Suicide.pdf)

**Authors:** Substance Abuse and Mental Health Services Administration and Administration on Aging (2010).

This issue brief is intended to help health care and social service organizations develop strategies to prevent suicide in older adults.

### Suicide in Late Life: Unique Factors and Enduring Treatment Gaps

<http://www.sprc.org/news/suicide-late-life-unique-factors-and-enduring-treatment-gaps>

**Author:** Suicide Prevention Resource Center (2014)

Dr. Brad Karlin discusses suicide data trends associated with older adults, mental illness patterns, risk factors, and ways in which suicide among older adults can be addressed.

### National Council on Aging (NCOA) Center for Healthy Aging: Behavioral Health

<https://www.ncoa.org/center-for-healthy-aging/behavioral-health/>

This section of the NCOA website offers resources on behavioral health for older adults.

### Late Life Suicide Prevention Toolkit

<http://ccsmh.ca/projects/suicide/>

**Author:** Canadian Coalition for Seniors' Mental Health (CCSMH) (2011)

This educational program is for frontline providers, medical and mental health care clinicians, and health care trainees. It focuses on how to identify suicide warning signs, establish rapport and assess suicide risk and resiliency factors, and manage immediate and ongoing risk for suicide among older adults. The toolkit contains:

- *Suicide Assessment & Prevention for Older Adults: Life Saving Tools for Health Care Providers*: DVD
- SAPOA PowerPoint presentation (57 slides)
- SAPOA Facilitator's Guide (19 pages)
- SAPOA Clinician pocket card
- CCSMH National Guidelines for Seniors' Mental Health: *The Assessment of Suicide Risk and Prevention of Suicide*

### Gatekeepers of Older Adults

<http://www.sprc.org/resources-programs/suicide-prevention-training-gatekeepers-older-adults>

**Author:** Samaritans of Merrimack Valley, MA (2011)

This gatekeeper training is eight hours and can be provided as one 8-hour session or two 4-hour sessions. It is designed for people who have regular contact with older adults through their personal, professional, or volunteer activities. Continuing education credits (CEUs) are available for nurses, social workers, and licensed mental health counselors (LMHCs) for 6.5 hours.

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**Suicide Prevention Resource Center**

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