



# CALM: Counseling on Access to Lethal Means

Setting  
**Clinical**

Type of Program  
**Education & Training**

NSSP Goals Addressed  
**5.1**

## Program Description

Developed by Elaine Frank and Mark Ciocca, *CALM: Counseling on Access to Lethal Means* is a 1.5 to 2 hour workshop designed to help providers implement counseling strategies to help clients at risk for suicide and their families reduce access to lethal means, particularly (but not exclusively) firearms. It includes a number of components: background on suicide data and lethal means; an introduction to firearms; video presentation that models the counseling strategy; a presentation and discussion on conducting a counseling session; optional role plays; and a course evaluation.

A typical 90-minute training agenda includes:

1. The problem: Youth suicide and access to lethal means (PowerPoint, 25 minutes).
2. Introduction to firearms and their operation (PowerPoint, 15 minutes).
3. Negotiation of means restriction (video presentation, 15 minutes).
4. Conducting a family firearms assessment (PowerPoint and discussion, 30 minutes).
5. Wrap-up and evaluation (5 minutes).

The *CALM* program has developed over time with the benefit of initial funding from the Suicide Prevention Partnership/Gutin Family Foundation and in collaboration with Means Matter, a project of the Harvard Injury Control Research Center. It has benefited from evaluations received from many different audiences in a variety of states.

## Program Objectives

At the end of the training, *CALM* training participants will have:

1. Increased knowledge about the association between access to lethal means and suicide, and the role of means restriction in preventing suicide.
2. Increased skills and confidence to work with clients and their families to assess and reduce their access to lethal means.

## Implementation Essentials

- *CALM* training should be conducted by a qualified *CALM* trainer.

## Contact Information

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## Costs

*CALM* training is available directly or as a train-the-trainer program. Depending on the type of training and the distance involved, costs range from \$750 plus travel costs for a workshop to \$3,000 to \$5,000 plus travel for a train-the-trainer program. For more information or to discuss your specific situation and budget, contact Elaine Frank at [elaine.frank@dartmouth.edu](mailto:elaine.frank@dartmouth.edu).

\*The content of practices listed in Section III (Adherence to Standards) of the SPRC/AFSP Best Practices Registry address specific goals of the *National Strategy for Suicide Prevention* and have been reviewed by a panel of three suicide prevention experts and found to meet standards of accuracy, safety, and programmatic guidelines. Practices were not reviewed for evidence of effectiveness. Additional information about the Best Practices Registry can be found at [www.sprc.org](http://www.sprc.org).

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