



RHODE ISLAND COMPREHENSIVE SUICIDE PREVENTION GRANT 2025 COUNSELING ON ACCESS TO LETHAL MEANS (CALM) TRAINING EVALUATION FINDINGS

Importance of CALM

CALM is an evidence-based intervention used to increase time and distance between individuals at risk of suicide and the most lethal items in their environment, particularly firearms. Primarily aimed at clinicians, CALM equips individuals with tools to intervene effectively with those at risk for suicide both upstream—before a crisis hits—as well as in times of crisis, by encouraging the use of secure storage strategies.

Rhode Island Department of Health’s (RIDOH) Comprehensive Suicide Prevention Grant focuses on the demographic group most impacted by suicide in Rhode Island - men 25-64 years old. Within this population firearms are the 2nd most common method used in suicide deaths, making CALM training a valuable and important strategy for reducing suicides in this group.

To increase access to CALM training for Rhode Island clinicians, RIDOH partnered with Care New England to host four CALM trainings from late May to early August with a total of 89 healthcare professionals trained. Attendance at in-person sessions ranged from 25-30 and attendance at the virtual training was 9.

Most healthcare professionals who took the CALM trainings worked in behavioral healthcare settings including inpatient and outpatient mental health, followed by emergency healthcare settings including crisis mental health care.

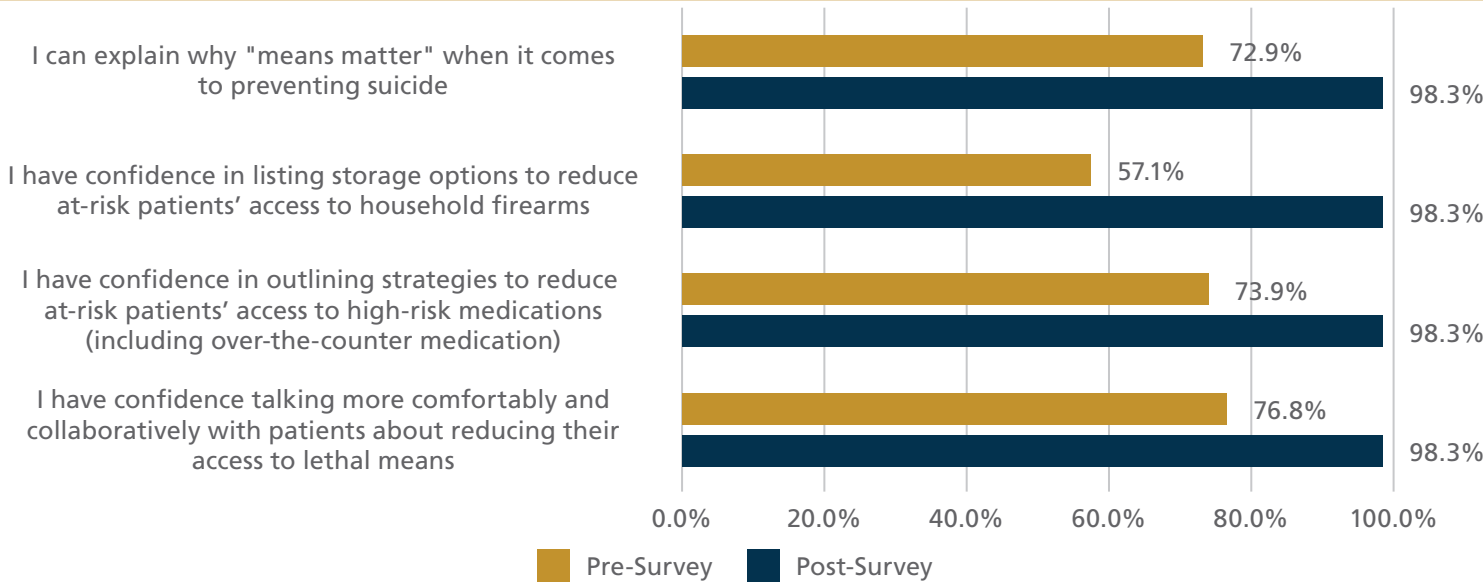
Summary of Findings

Number of pre-surveys completed: 70

Number of post-surveys completed: 59

- **64% of Care New England healthcare professionals who participated in the CALM trainings estimated that 50% or more of their patients identify as Males, age 25-64.**
- **83% of Care New England healthcare professionals who participated in the CALM trainings reported screening their patients for risk of suicide in their work setting, with 67% of those healthcare professionals screening their patients for risk of suicide at every visit.**
- **61% of Care New England healthcare professionals who participated in the CALM trainings engage in conversations related to suicide with their patients daily.**

Following the CALM Trainings, Figure 1 shows there was an increase in the percentage of participants who agree with all the evaluation metrics, with the greatest increase being in participants who agree they feel confident in listing storage options to reduce at-risk patients’ access to household firearms.



Data Notes: Data from the pre-survey and post survey on participants that answered Neither agree nor disagree, Somewhat disagree, and Strongly disagree to the following four questions are not included due to RIDOH’s small numbers policy.

Comments From CALM Participants

"Great training! I learned so much and feel much more prepared to handle these situations. It was eye opening and made me reflect on how I can be better as a Behavioral Health Counselor. Thank you!"

"Enjoyed the presentation! Information was good and useful for my practice."

"Excellent training, excellent presenter. Feel like this should really be highlighted systemwide at Care New England."

"Great presentation. Very informative and I was able to think about things that I never thought of before when assessing clients for suicidal ideation."

What Does This Mean?

- While both in-person and virtual sessions offered continuing education credits, in-person trainings were found to be more successful in securing participants.
- Behavioral healthcare professionals in Rhode Island are benefitting from learning strategies to help patients at risk of suicide reduce their access to lethal means.
- RIDOH will continue to partner with Care New England to strategize about how to scale and sustain CALM trainings within their system and beyond.

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If you have question about CALM trainings, please email Kelsea Tucker at Kelsea.Tucker@health.ri.gov for further information.

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