

# Psychiatry Grand Rounds

WCM Department of Psychiatry

Psychology CE Announcement

BPD Resource Center

## New Directions in Suicide Safety Planning

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Past President, North American Society for the Study of Personality Disorders (NASSPD)

Wednesday, November 29<sup>th</sup>, 2023

11:00am – 12:30pm

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

Password: 12345

1.5 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact Stephanie Harper at [wcmpsychiatryce@med.cornell.edu](mailto:wcmpsychiatryce@med.cornell.edu) for additional CE information

#### SPEAKER:

Dr. Goodman is a consultant at Boehringer Ingelheim Pharmaceuticals for a new compound being tested for MDD, borderline personality disorder, and PTSD. This will NOT be discussed during the lecture. All views expressed are her own and do not necessarily reflect the opinions of Boehringer Ingelheim Pharmaceuticals.

Dr. Marianne Goodman is a Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai and a full time VA clinical research physician at the James J Peters VA (JJPVA) for twenty-four years, director and developer of the JJPVA Dialectical Behavioral Therapy (DBT) Clinical and Research program from 2002-2015 and Director of the JJPVA Suicide Prevention Clinical Research Program from 2015-present. Her expertise is in the management of high risk suicidal and emotionally dysregulated Veterans and is considered one of the foremost suicide prevention experts in the VA system, actively involved in clinical care, research and education. She currently serves as the Director of the Veterans Service Network (VISN) 2 Mental Illness, Research, Education and Clinical Center (MIRECC). Additionally, she has been the recipient of several prestigious awards for her involvement in suicide prevention and DBT treatment including in 2009, the New York Federal Executive Employee Outstanding Individual Achievement Award for her Clinical DBT Program for Suicidal Veterans, in 2012, the VISN 3 Network Director's Achievement Award for Training VISN 3 Clinicians in DBT, in 2018, The New York State Excellence in Suicide Prevention Award for Implementation of Zero Suicide in a Healthcare Setting and in 2020, The North American Society for the Study of Personality Disorders Senior Investigator Award. Since 2015, she shifted her research direction to focus on treatment development for suicide prevention. She designed "Project Life Force" (PLF), a novel group intervention that adapts DBT, combining emotion regulation skills with suicide safety planning and lethal means safety. The project has been continuously funded for the past 8 years and currently finishing a 5-year multi-site RCT. This intervention has moved to full telehealth delivery and with a 2021 SPRINT pilot award expanded to target populations of suicidal rural Veterans and current grant supported projects are developing a peer- enhancement component to this community-based telehealth safety planning group approach. In addition, Dr. Goodman served as the President of the North American Society for the Study of Personality Disorders from 2016-2019.

#### Abstract:

While Safety Planning has been described as an evidence-based treatment, there are multiple ways to improve its impact. This presentation will review the evidence base of safety planning and its delivery in group, family, and telehealth formats. Novel safety planning interventions will be presented along with preliminary outcome data. Our newest treatment development direction with lived experience peer enhancement will also be discussed.

#### Learning Objectives:

- 1) Name the gaps in the literature regarding suicide safety planning.
- 2) Recognize ways in which involving family in safety planning can improve outcomes.
- 3) Distinguish differences in delivery of individual vs. group formats of safety planning
- 4) Identify ways how peer support specialists with lived experience can augment safety plans and promote safety.

#### References:

1. Goodman, M., Sullivan, S. R., Spears, A. P., Dixon, L. B., Sokol, Y., Kapil-Pair, K. N., Galfalvy, H., Hazlett, E. A., & Stanley, B. (2020). An open trial of a suicide safety planning group treatment: "Project Life Force." *Archives of Suicide Research*, 25(3), 690–703. <https://doi.org/10.1080/13811118.2020.1746940>
2. Patel, S. R., Sullivan, S. R., Mitchell, E. L., Jager-Hyman, S., Stanley, B., & Goodman, M. (2023). Qualitative study of telehealth delivery of suicide-specific group treatment "Project Life Force." *Journal of Technology in Behavioral Science*, 8(3), 272–281. <https://doi.org/10.1007/s41347-022-00297-9>
3. Goodman, M., Banthin, D., Blair, N. J., Mascitelli, K., Wilsnack, J., Chen, J., Messenger, J. W., Perez-Rodriguez, M. M., Triebwasser, J., Koenigsberg, H. W., Goetz, R. R., Hazlett, E. A., & New, A. S. (2016). A randomized trial of dialectical behavior therapy in High-Risk suicidal veterans. *The Journal of Clinical Psychiatry*, 77(12), e1591–e1600. <https://doi.org/10.4088/jcp.15m10235>
4. Goodman, M., Sullivan, S. R., Spears, A. P., Dixon, L. B., Sokol, Y., Kapil-Pair, K. N., Galfalvy, H., Hazlett, E. A., & Stanley, B. (2020b). An open trial of a suicide safety planning group treatment: "Project Life Force." *Archives of Suicide Research*, 25(3), 690–703. <https://doi.org/10.1080/13811118.2020.1746940>
5. Sullivan, S. R., Myhre, K., Mitchell, E. L., Monahan, M. F., Khazanov, G. K., Spears, A. P., Gromatsky, M., Walsh, S., Goodman, A., Jager-Hyman, S., Green, K. L., Brown, G. K., Stanley, B., & Goodman, M. (2022). Suicide and telehealth treatments: A PRISMA scoping review. *Archives of Suicide Research*, 26(4), 1794–1814. <https://doi.org/10.1080/13811118.2022.2028207>