



## **STORM V3 Information**

### **Historical context: STORM suicide prevention programme**

STORM<sup>®</sup> was first conceived in the mid 1990s followed by a series of research studies in response to the need for skills-based suicide risk assessment and management training. The content of the programme, based on what is known of suicide risk, its assessment and management, is delivered through a skills-based model of training underpinned by adult education theories.

Three studies looked at skills development, effectiveness and feasibility of the training programme. Positive results in skills development for some groups and showing overall improvements in attitude to suicide prevention and confidence in assessing risk and helping a person stay safe convinced us that providing this training to organizations was beneficial.

A self-injury component has since been developed, piloted and marketed. The components are designed to either bolt-on to the suicide prevention package to provide a complete self-harm package, or as a stand-alone package.

Since 2003 the STORM<sup>®</sup> Project has offered suicide prevention training packages on a not-for-profit basis for use in the health care, social care, criminal justice and education services. Frontline staff from a range of Adult and Children's services, Schools and Prisons have benefited from the training with many regarding it highly.

Further research continues to look at the implementation and dissemination of STORM<sup>®</sup> in various settings and to develop new packages.

STORM<sup>®</sup> has been taken up by organizations and partnerships of organizations across the UK, Republic of Ireland, Jersey and Malta. We have also delivered STORM<sup>®</sup> free of charge to Psychiatrists in Russia, Pakistan and Bangladesh where training is difficult to fund.

### **The STORM<sup>®</sup> programme**

STORM<sup>®</sup> utilizes the gold standard methods of rehearsal, filmed role-rehearsal and feedback delivered to small groups of participants. The package is in modular form which means that the delivery of training is flexible. Modules can be joined together to provide either 1-day course (two modules), 2-day course (three or four modules), or 2.5-day course (five modules) 3-day course (5 modules). Alternatively, individual modules can be delivered in 3-hours over a period of time (see Table below).

Once trained, STORM<sup>®</sup> Facilitators can deliver training to staff across their organization/partnership. A Facilitator can deliver training to small groups of up to 8 participants. Two Facilitators can co-facilitate groups of up to 12 participants.

STORM® Facilitator training (training-for-trainers) session is delivered by a STORM Consultant, and consists of two parts, Familiarization of the course (learning the course content, context and structure), and Facilitation (Consolidating the learning experience, and practicing facilitation of the course). For the optimum learning experience, Facilitator training requires between 4-6 participants.

### Facilitator training:

- Suicide Prevention only course will comprise of 4-days (2-days Familiarization, and 2-days Facilitation).
- Combined Self-harm course will comprise of 5-days (3-days Familiarization, and 2-days Facilitation).
- Self-Injury stand-alone course will comprise of 3-days (1.5-days Familiarization, and 1.5-days Facilitation).
- Self-Injury add-on course will comprise of 2-days (1-day Familiarization, and 1-day Facilitation).

Below is an example of how the Suicide Prevention course the modules can be disseminated

### Participant training – Suicide Prevention:

#### STORM® Suicide Prevention Training package structure

	Training Structure	Emphasis in training	Used in:
<b>1 day training</b>	<p><b>Module 1:</b> Assessment of Risk</p> <p><b>Module 2:</b> Safety Planning</p> <p>With a choice of a shortened version of:</p> <p><b>Module 4:</b> Future Safety Planning</p>	<p>Emphasis on :</p> <p>Skills practice</p> <p>Discussion on the translation of skills into practice</p>	<p>MH NHS Trusts</p> <p>Acute Trusts</p> <p>Primary Care Trusts</p> <p>Prisons</p>
<b>2 days training</b>	<p><b>Module 1:</b> Assessment of Risk</p> <p><b>Module 2:</b> Safety Planning</p> <p><b>Module 3:</b> Problem Solving</p> <p><b>Module 4:</b> Future Safety Planning</p>	<p>Greater emphasis on Skills practice</p> <p>More time for Discussion</p>	<p>MH NHS Trusts</p>
<b>2-3 hour modules</b>	<p><b>Module 1:</b> Assessment of Risk</p> <p><b>Module 2:</b> Safety Planning</p> <p>With a choice of either or both:</p> <p><b>Module 3:</b> Problem Solving</p> <p><b>Module 4:</b> Future Safety Planning</p>	<p>Skills practice is Limited</p> <p>Minimal time for discussion and is therefore encouraged during the break and after the training</p>	<p>Primary Care Trusts – particularly for GP's</p>