

## *Episode 17 - RTI Series – Suicidal Ideation*

This podcast episode discusses the challenging issue of dealing with suicidal ideation among child-clients in residential treatment.

The podcast offers insights into different scenarios where staff may encounter suicidal ideation in child-clients and explains the unique challenges residential staff face, such as having to be the front-line mental health professionals, despite formal training.

The episode introduces the Columbia Protocol, a set of questions used to assess suicidal ideation, and discusses the importance of empathetic listening and creating a safe space for clients to express their thoughts and emotions.

The speaker emphasizes that the goal is not to uncover why clients have suicidal thoughts but to understand when, how often, in what situations, and what triggers these thoughts. Additionally, the podcast highlights the importance of assessing risk and rescue factors associated with suicidal plans and gestures.

The episode also touches on the role of different aspects of a client's psyche, such as the Artist, Scout, Warrior, and Chief, in processing suicidal ideation and emphasizes the importance of strengthening the client's stress tolerance and sense of belonging.

In conclusion, the podcast offers valuable insights and guidance for residential staff on how to approach and respond to suicidal ideation among child-clients, emphasizing empathy, assessment, and creating a supportive environment. It also encourages seeking professional help when needed through resources like the National Suicide and Crisis Lifeline (988).