



RELIAS | LEARNING



## Relias Spotlight Series

Sept. 2021

Hello Providers,

Welcome to the Optum Idaho **September Relias Spotlight Series** — a series devoted to offering you access to **free, accessible and continuing education unit-eligible** online education about topics that are important to behavioral health providers.

We appreciate all your work serving members in Idaho. As summer winds down, it looks like we are in store for continued changes in our lives, our communities and even the way we access our jobs. Change, especially continual change, can be uncomfortable for many and can lead to an exorbitant amount of stress.

In general, life transitions and changes are challenging because they force us to let go of the familiar and face the future with a feeling of vulnerability. Most life transitions begin with a string of losses:

- The loss of a role
- The loss of a person
- The loss of a place
- The loss of your sense of where you fit in the world

With the many actions that culminate from life transitions, the action of suicide has a strong impact and universally jolts us in thought. Typically, what follows from this type of loss are questions and thoughts about the struggles that must have been heavily weighing on this person and others connected to them. The reasons may vary, and the questions can all too often remain unanswered. It can appear that suicide is tied to transitions culminating from a wide variety of sources that ripple onward and ultimately forge other transitions with those that are impacted by this loss.

The disruption leveled on family, friends, coworkers, acquaintances and society, in general, by the act of suicide brings a unique element to weathering transitions. Like seasonal changes, the weather patterns can be very unpredictable.

Each of us are uniquely different on how we respond and cope to an outcome like suicide, which impacts so many. We live in a culture that has taught us to be very uncomfortable with difficult topics, so we are anxious when they disrupt our lives naturally. Life transitions cause us to leave behind the familiar and force us to adjust to new ways of living, at least temporarily. Some of those struggling with suicidal tendencies do not always see the temporary aspect of the change that might be troubling them.



These transitions can leave us feeling completely unprepared, and they may throw us into a personal crisis or feeling shocked, angry, sad and withdrawn. Educating ourselves on suicide allows us to pursue care with those deeply impacted by it and better understand the elements that amplify it in our culture.

Relias offers FREE continuing education unit courses specifically geared towards your needs. If you would like more information and education around the topic of suicide, we encourage you to log into [Relias](#)

and search for the following modules:

Addressing Suicide in Adolescents and Transition Age Youth	REL-BHC-o-ASATAY
Approaches to Community-Based Suicide Prevention	REL-BHC-o-ACBSP
Best Practices in Suicide Screening and Assessment	REL-BHC-o-BPSSA
Preventing Suicide in Youth: The Role of Paraprofessionals	REL-BHC-o-PASRP
Preventing Suicide in Adults: The Role of Paraprofessionals	REL-BHC-o-PSARP
Preventing Suicide Through Effective Postvention	REL-BHC-o-PSTEP
Suicide and Depression in Older Adults	REL-BHC-o-SDOA
Suicide-Specific Interventions and Best Practices	REL-BHC-o-MSRPPSLs

Thank you again for the work that you do each day with our members so that Idaho can continue to improve access to behavioral health services. Optum is excited to offer these resources to you.

Sincerely,

The Optum Education and Training Team