

New Hope Basic Training Exam: Class #3

Help for the Suicidal

Dr. Bill Gaultiere
(June, 2004)

Your Name: _____ Date Completed: _____

Please return your completed exam in a WORD attachment or the answers in the body of your e-mail to quinnw@crystalcathedral.org

For each of the following statements, choose the response or responses you believe would be appropriate:

1. New Hope was started and continues to exist for the primary purpose of
 - a. being a prayer chat room
 - b. being there for those who think they would be better off dead
 - c. converting sinners
 - d. helping people who are suicidal to choose life

2. The significance of Dr. Bill's story about his extended hike up and down Saddleback Mountain with his son is
 - a. to create a vision for what we are doing as New Hope counselors when we are helping chat room visitors who are dealing with difficult and sometimes life threatening situations
 - b. there will be helpers as we travel along our New Hope journey
 - c. to provide a set of "be prepared" mountain climbing instructions for Boy Scouts
 - d. to illustrate how New Hope counselors need each other, giving and receiving encouragement from each other

3. Which of the following are truths Dr. Bill explored in this session?
 - a. Faith, hope and love are what suicidal people lack
 - b. A balanced life of work, leisure and service will guarantee that a person won't consider suicide
 - c. God will give counselors the strength and endurance they need, despite their fears, to provide help for those in crisis
 - d. Triage focuses on the needs at hand and attends to the most urgent first

4. Research has shown the following dramatic statistics in the United States
 - a. one person commits suicide every 17 minutes
 - b. 50% of all suicides are related to depression
 - c. 25% of suicides are alcohol or drug related
 - d. 30% of suicides involve guns
 - e. there are 16 to 24 survivors of every suicide

5. Number the following crisis situations in the order of importance, 1 being most urgent.

- | | |
|---------------------------------------|---|
| a. Grief/overcome with emotional pain | 4 |
| b. General counseling needs | 5 |
| c. homicidal/suicidal | 1 |
| d. drug/alcohol abuse | 3 |
| e. stuck people | 6 |
| f. child/elder abuse | 2 |

6. The following are myths of suicide

- suicidal people want to die
- when someone who has been suicidal begins to feel better, they are no longer in danger
- if someone is despairing, don't ask them if they are suicidal because you may put the idea in their mind
- people who talk about suicide don't do it
- most people give some clues before they attempt suicide

7. The following are important things to keep in mind when you start your shift to be ready for a suicidal visitor

- keep the documents "Responding to a Suicidal Person" and "Suicide Intervention Instructions" nearby
- Suicidal people rarely come into chat rooms
- relax, stay calm and take a deep breath
- say a prayer asking for God to be with you
- If you need help, use the Instant Messenger to find another online counselor to assist you

8. In responding to a suicidal person, we must establish rapport by doing the following things:

- Avoid introducing the possibility of suicide
- Believe that "being there" to listen to someone and to care is usually enough to help them choose life.
- Build a connection by asking simple open-ended questions.
- Distract the suicidal person from his or her pain by changing the subject.

9. When assessing the lethality of a suicide risk, the following questions are critical

- Are you having suicidal thoughts?
- How do you think God feels about suicide?
- Do you want to kill yourself?
- Do you have a plan?
- When would you do it and how would you do it?

10. A suicidal chatter contacts www.newhopenow.org and he has just taken several Tylenol and plans to finish the bottle of 24.

- a. If you do not have the chatter's address and/or phone number, use the Host IP number provided automatically in the "Info" tab on the Chat Workspace to identify the chatter's Internet Service Provider
 - b. Tell the chatter, "This too will pass."
 - c. Call 911 in your area and have them contact the police in the chatter's location
 - d. Using the IP number, locate the chatter's Internet Service Provider by using the web site www.arin.net – enter the IP number and you will be given the telephone number and perhaps other contact information to give to the police to help them locate the chatter
 - e. When you reach the police, identify yourself with your name and tell them you are a volunteer with New Hope Crisis Counseling in Garden Grove, California and are serving on our private chat room from your home in...
11. When helping a suicidal person to choose life, which of the following advantages of living would be a source of hope?
- a. A child they love
 - b. A friend they have
 - c. A hobby or favorite food
 - d. Some activity they enjoy
 - e. All of the above
12. The disadvantages of suicide are things that could happen as a result of a suicide attempt.
- a. the person could be seriously disabled
 - b. it hurts – most means of suicide involve pain
 - c. you will be relieved from the overwhelming burden of your financial debt
 - d. evidence shows that many who attempt suicide change their mind after it is too late to stop the process
 - e. a loved one or loved ones will be hurt by the suicide
13. If we determine that the chatter is not imminently suicidal, then a physical intervention is not needed. Instead, the counselor works with the chatter to establish a contract which would include the following:
- a. a promise that they will not commit suicide
 - b. contact New Hope again if suicidal feelings return
 - c. commit to being alone, staying away from people, and privately pondering their problems
 - d. they will talk to a therapist, minister or trusted friend
 - e. they will find a support group

A chatter is concerned that a loved one may be suicidal and she wants help knowing how to respond. She has Internet access and asks for additional information she can read.

14. What is a resource from New Hope's web site that you could recommend to her? _____

15. What is an organization that you can refer her to from "New Hope Referrals"?

16. Have you completed the "Reading Assignments" from the outline for this class? Yes No

17. Have you familiarized yourself with the "Tool Kit" documents from the outline for this class? Yes No