

The intersection between trauma and suicidality: Basics for building trauma-informed peer relationships

Magellan Healthcare, Inc., a subsidiary of Magellan Health, Inc. (Magellan), invites you to view the recording for this webinar, and find information below on how to obtain CE credit.

Webinar details

Type of Activity: Instructor-led recorded webinar (home study)

Cost: Free of charge

Duration/time: 1.5 CE hours (90 minutes)

Speaker:



Cheryl S. Sharp, MSW, ALWF
CEO of Sharp Change Consulting, Inc.

Target audience: This presentation is for peer specialists, supervisors of peer specialists and other practitioners who work with people experiencing suicidality.

Goal: The goal of this presentation is to provide peers with an understanding that conversations about trauma, healing and recovery are not just the purview of licensed clinical professionals and that there is a strong connection between suicidality and trauma.

Learning objectives: Upon completion of this webinar, participants will be able to:

1. Analyze the basics of the impact of trauma on the brain and psychological development.
2. Summarize how resilience can be learned and trauma responses can be soothed.
3. Recognize that suicidal thinking and behavior is often a response to past traumatic experiences in present time.

4. Explain how the power of peer relationships and responses to a person in psychological distress can soothe the stress response.
5. Determine three ways to develop supportive coping skills for personal use.

Course outline: In this webinar, the presenter will cover:

- Opening and brief introduction of personal lived experience of suicidality and working with trauma survivors.
- Polling questions and chat box directly related to the experience of the audience.
- Brief didactic on trauma and the impact on the brain.
- Brief didactic on the power of resilience and the factors needed to develop resilience, including polling questions.
- Considerations for peer workers in various settings and the power of relationships.
- Q&A and conversation.

About the speaker

Cheryl S. Sharp, MSW, ALWF is CEO of Sharp Change Consulting, Inc. Prior to creating Sharp Change she created and led the National Council for Behavioral Health's Trauma-Informed Care initiatives as senior advisor as well as advisor for suicide prevention efforts. She has worked nationally to facilitate TIC learning communities and is a content expert on trauma, resilience and TIC implementation. As an exclusive consultant to the National Council's trauma-informed care learning communities, Sharp has led hundreds of organizations in the implementation of trauma-informed care.

Sharp is a person in long-term recovery from mental health and addiction challenges. Sharp believes that we must shine the light on "what's strong with someone," identifying their gifts, skills and talents. Sharp has worked with adult trauma survivors for over 33 years and is passionate about the fact that people can and do recover. It is possible to go on to live happy, healthy and productive lives.

Sharp led On Our Own of Maryland's statewide consumer networks as the WRAP outreach coordinator and was the executive director of the STAR process located in Arizona as well as serving on their board of directors and director of Kenyon Ranch located in Tubac, AZ.

Sharp received the Substance Abuse and Mental Health Services (SAMHSA) Voice Award in 2015 for her work and personal stories educating the public about behavioral health and the Lou Ann Townsend Courage Award in 2007 for her contributions to persons with psychiatric disabilities. Most recently, she received the On Our Own of Maryland award for her development and contributions to the Maryland WRAP® Outreach Project.

Her work in wellness and recovery as part of the WRAP® outreach project provided her the opportunity to work closely with the Copeland Center for Wellness and Recovery as an advanced level WRAP facilitator and becoming vice president of their board of directors.

Sharp received her BA in Psychology and a BA in Women's Studies, followed by a Master's Degree in Social Work with an emphasis on health, aging and spirituality from East Carolina University in North Carolina. She has done hospice social work, which is also one of her ongoing passions.

Sharp practices what she preaches by living her best life each day in Eastern North Carolina on a little lake with her partner. She is an avid gardener, traveler and lover of all things music, arts and culture. She is a puppy parent to Polo, the mother of four young men, three of which are triplets, and grandmother to four of the most wonderful girls ever.

Disclosures: Cheryl S. Sharp has no relevant financial relationship commercial interest that could be reasonably construed as a conflict of interest.

CE credit eligibility

Eligible CE hours: 1.5 CE hours (90 minutes)

Upon request, all other health care professionals completing this event will be issued a certificate of participation. For information on applicability and acceptance of CE hours for this activity, please contact your professional licensing board.

How to obtain CE hours: To obtain CE clock hours you must view the course in its entirety and complete the course post-test (80% passing score required) and evaluation via a web link to be displayed after the conclusion of the course. Upon completing the course requirements, you will be issued a certificate. Partial attendance is not accepted.

If you have questions about the course requirements or CE hours, contact:

Magellan/CE Administrator
Email: ce@magellanhealth.com

Approval statements: Magellan has been approved by FCB as an Approved Continuing Education Provider, FCB No. 5376-A.

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Additional information

Commercial support: Magellan did not receive any commercial support for this continuing education program.

If you have questions or would like additional information regarding the content or level of this activity, the speaker's potential or known conflicts of interest, activities not offered for CE credit and/or technical assistance, contact:

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Requesting special accommodations: Magellan will make reasonable accommodations for participants with physical, visual or hearing impairments.

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