



# CAMS ON CAMPUS

## LOUISIANA STATE UNIVERSITY

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As part of the PhD program in clinical psychology, doctoral students interested in specializing in suicide prevention use CAMS as a framework for both the training and providing of suicide-specific care. Students complete CAMS integrated training at the end of their first year of training. Following training, students begin to use CAMS session 1 in a consultative role at Our Lady of the Lake Regional Medical Center as part of their psychiatric consult/liaison service. Upon request from an attending psychiatrist, students complete session 1 to ensure the consulted patients have a therapeutic risk assessment and completed a stabilization plan. This session 1 also guides whether placement into a psychiatric inpatient unit should be considered. As students gain proficiency in using session 1, students begin to provide brief suicide-specific care via CAMS in two psychiatric inpatient units at the medical center. If patients were initially evaluated in the consultation service, the students continue with the initiated CAMS intervention. If the patients are admitted externally, students initiate CAMS at the request of attending psychiatrists. The students attempt to provide 3 CAMS sessions for each consulted patients: session 1 to guide disposition, an interim session to increase distress tolerance, and a disposition session to increase engagement in outpatient services. Finally, students begin to use CAMS in their work as an outpatient psychotherapist at a clinic on the hospital's campus as well as on LSU's main campus.



Opportunities for students to complete this clinical care series are limited to students who seek to specialize in suicide prevention. The creation of this program does provide CAMS training and exposure to the majority of students in the clinical psychology PhD program. Yearly CAMS roleplay trainings are completed and these trainings are opened up to all interested doctoral students. Part of the contracted services with Our Lady of the Lake Regional Medical Center includes evaluation of services, thus, doctoral students receive more information about CAMS via student scholarly presentations at the program's Brown Bag lecture series.

As part of their training as a specialist in suicide prevention, students develop skills in clinical teaching. The contract with Our Lady of the Lake Regional Medical Center includes time devoted to training hospital staff in updated suicide prevention protocols throughout the hospital and affiliated clinics. Students have co-lead suicide safety planning and suicide risk assessment trainings at Woman's Hospital and Mary Bird Perkins Cancer Center. These students have also aided training efforts with hospital social work and psychiatry staff to integrate the suicide safety planning intervention as a minimum standard of care for suicide prevention in the hospital's emergency department.

We reflect on LSU's training in suicide-specific care and integration of CAMS. These types of specialty training programs have historically been unavailable in psychology training programs due to the sparse research literature on suicide prevention. LSU's training program provides students with an immersive experience using CAMS across the spectrum of service delivery systems that clinical psychologists are likely to work with at-risk patients. Because of these clinical experiences, students leave the program with an ability to link suicide-specific care across inpatient and outpatient programs, a critical component of suicide-specific care.

Although the training program benefits clinical trainees, it also provides a vital resource for the local community. This program has helped train dozens of psychiatrists, social workers, counselors, and psychologists in the local community in suicide-specific care including CAMS. These trainings have helped sustain the integration of CAMS at the largest medical center in the local community. Thus, we applaud this program not only in its training of specialists in suicide prevention, we are excited at its impact in its local community.

[info@cams-care.com](mailto:info@cams-care.com)  
[www.cams-care.com](http://www.cams-care.com)

