

Shifting the Current: Upstream Strategies for Suicide Prevention

Live webinar on October 28, 2026, 9am to
10:30am CT and on-demand (recorded)

Co-sponsored by Haugen Performance
Consulting, & Assessment and Therapy
Associates of Grand Forks



Presenter
Erin Haugen, PhD, LP, CMPC

Licensed Psychologist
Founder & CEO, Haugen
Performance Consulting



\$0 to 55* • October 28, 2026 • 9am to 10:30am CT
Enter code RHTPUP to register for FREE (see free criteria below)

Visit the link or scan the QR code to register:
<https://courses.haugenperformance.com/p/upstream>

*Free: 1) If you are a rural or Tribal ND resident; or 2) If 50% of your employees/clients you serve are rural or Tribal ND residents). Anyone else may join for \$55. On-demand is free for people meeting criteria until April 28, 2027 at 11:59pm CT and \$55 thereafter.

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Upstream Suicide Prevention

Live (10/28/26) & on-demand

1.5 CE hours

Investment: \$0 to 55*

Research clearly suggests that professionals having quality suicide prevention training grounded in evidence is key to reducing death by suicide in our communities (Cramer et al., 2024; Wakai et al., 2020). Unfortunately, many professional disciplines do not systematically receive suicide prevention training, which renders them ill-equipped to recognize and respond to concerns (Graves et al., 2018). Suicide prevention training must be strengthened within disciplines that interact with high numbers of individuals (e.g., athletic training, pharmacy, nursing, first responders). Fortunately, even brief training courses positively impact the development of skills and confidence in preventing suicide for professionals (Painter et al., 2018; Plos et al., 2021; Rentzoulis et al., 2025; Wakai et al., 2020). In this webinar, the presenter discusses the role of upstream suicide prevention, which is an important community-based strategy outlined in the *2024 National Strategy for Suicide Prevention* (US DHHS, 2024). Participants will learn about what upstream prevention is, and how these approaches can increase protective factors and decrease risk factors for suicide (Hawkins et al., 2016). We also discuss the important role that community plays in this process, especially for rural and Tribal residents, and how upstream approaches can draw upon existing community strengths. We focus on factors related to where people live, work, learn, play, and/or worship (US DHHS, 2024). Participants will also learn about the range of upstream suicide prevention programs available to North Dakotans (and how to find them in other communities) and how to share them with eligible individuals.

OBJECTIVES:

SCHEDULE (specific timing subject to vary):

Upon completion of this course, participants will be able to:	5 minutes	Overview of the course
1. Describe upstream programming and the role these strategies play in suicide prevention	30 minutes	Understanding upstream suicide prevention
2. Explain how upstream prevention can increase protective factors and decrease risk factors for suicide, especially for rural and Tribal communities	20 minutes	Increasing protective factors and decreasing risk factors for suicide with upstream approaches
3. Identify the role that community-based strategies play in suicide prevention and list various available programs	15 minutes	Role of community in suicide prevention, especially for rural and Tribal residents
	20 minutes	Identifying upstream suicide prevention programs and how to share them with eligible individuals
Evaluation (not counted in CE hours): 10 minutes		

TOTAL CE TIME: 1.5 hours - no partial credit provided (Must be present for at least 90% of the live webinar to receive CE credit. Attendance is monitored & verified.) On-demand participants must watch 100% of the webinar, take post-test, and receive passing score of 75% to receive credit. If post-test is not passed within 3 attempts, participants must (re-)purchase the course for additional attempts.



Dr. Haugen is a Licensed Psychologist and Founder & CEO of HPC. She has been actively involved in state-wide suicide prevention programs in North Dakota since 2021, and she is currently directing a state-wide workforce suicide prevention program throughout North Dakota. As a life-long North Dakota resident who was raised in a rural farming community, she has a deep understanding of cultural factors impacting mental health and well-being for North Dakotans. She is passionate about helping everyone understand their role in suicide prevention and empowering them with tools to support others.



Assessment and Therapy Associates of Grand Forks, PLLC, is approved by the American Psychological Association to sponsor continuing education for psychologists. Assessment and Therapy Associates of Grand Forks, PLLC, maintains responsibility for this program and its content. CE approval was sought from other entities; visit the registration page for the most updated list of CE sponsor approvals.



This program has been planned and implemented in accordance with the requirements and policies of the Board of Certification for the Athletic Trainer (BOC) through the joint sponsorship of Assessment and Therapy Associates of Grand Forks, PLLC, and Haugen Performance Consulting, PLLC. Assessment and Therapy Associates of Grand Forks is approved by the BOC to provide continuing education for athletic trainers (provider #P10213)

The Regulatory Fineprint

If ATAGF/HPC cancels the class, registrants will receive a full refund. By 5pm CT 10/21/26, paid registrants who cancel for any reason will receive 90% refund of their registration fee (minus processing fees). Cancellation requests must be received no later than 10/21/26 at 5pm CT via email (training@grandforkstherapy.com). Be sure to include your name, address, and contact information as provided in your registration information. No refunds are granted after 10/21/26 for any reason, and no refunds are granted for on-demand paid registration.

ATAGF/HPC does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation, or age. ATAGF/HPC is committed to accessibility and non-discrimination in its continuing education activities. If participants have special needs, ATAGF will do their best to accommodate them. Please address questions, concerns, and complaints to ATAGF's Co-Chair of Continuing Education & Training, Christine Boulton-Olson, PhD, LP, at training@grandforkstherapy.com.

Dr. Haugen receives financial support for this presentation from the funding sources supporting this project, and as the Founder & CEO of HPC, she receives financial support from any purchases of this course. There is no relationships between the CE sponsor, presenting organization, presenter, program content, research, grants, or other funding that could be construed as conflicts of interest. There is no commercial support or benefits for endorsement of products (e.g., books, training, drugs). Participants will be informed of the utility/validity of content discussed (including the basis for statements about validity/utility), as well as limitations of the approach & most common (and severe) risks, if any, associated with program content. ATAGF/HPC does not endorse presented material as the only approach to a given area of psychological practice, research, and/or teaching.