

FREE
COMMUNITY EVENT

Virtual Psychiatric Grand Rounds

AUGUST 2025

Tuesday, August 26, 2025

Noon to 1:30 p.m.

(No meals or breaks provided)

SPEAKER:

Alex Karydi, PhD, LMFT, CAC

Please register at:

[cottagehealth.org/
psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive a confirmation email containing information about joining the training.



Beyond the Checklist: Reimagining Safety Planning Through Active Engagement

This training explores how providers can enhance safety planning in suicide prevention through a collaborative and action-based approach. Moving beyond the template, participants will learn how to engage clients in real-time safety plan development that includes behavioral rehearsal, activating social support networks during sessions, and exploring barriers to implementation. The session integrates research, clinical practice and lived experience perspectives.

LEARNING OBJECTIVES:

Participants will be able to:

- Identify three core limitations of traditional safety planning models.
- Apply two collaborative strategies to strengthen client engagement during safety planning.
- Describe the steps involved in conducting a behavioral rehearsal of a safety plan in session.



Alex Karydi, PhD, LMFT, CAC, is a Project Director at the Suicide Prevention Resource Center (SPRC), where she provides technical assistance to the States and Territorial Initiatives team. Her areas of expertise include strategic and sustainability planning, communications, project management, product development, and the design and facilitation of distance-learning events. She is deeply committed to equipping clinicians and community leaders with strengths-based tools and resources to enhance services and promote healing. Before joining SPRC, Dr. Karydi served as Director of Project 2025 at the American Foundation for Suicide Prevention—a nationwide initiative to reduce the annual suicide rate by 20% by the year 2025—and as Director of the Certified Community Behavioral Health Clinic at Callen-Lorde Community Health Center, a global leader in LGBTQ+ healthcare in New York City. Fluent in French and English, Dr. Karydi holds a PhD in Marriage and Family Therapy from Northcentral University and a PhD in Clinical Sexology from the American Academy of Clinical Sexology.

Virtual Psychiatric Grand Rounds

PROGRAM COORDINATOR

Paul Erickson, MD

ADMINISTRATIVE COORDINATOR

Frances McKinney

EDUCATION CONSULTANTS

Jennifer Granger Brown,
MSN, RN, CHSE

Stephanie Molina, LMFT, CEAP

Tamara Norton, MHS, CPCS

TARGET AUDIENCE

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Psychologists
Psychotherapists
Social Workers

07/2025 RLC

CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

LMFTS, LCSWS, LPCCS AND LEPS: Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

REGISTERED NURSES (RNS): Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

CERTIFICATES: Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

FOR PHYSICIANS AND PSYCHOLOGISTS

PHYSICIANS: The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at tnorton@sbch.org and 805-569-7245.

Notes

GRIEVANCES: Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION: If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

DISCLOSURES: The planners and speaker of this live internet activity have stated that they do not have any current relationships with ineligible companies. This activity did not receive commercial support.