

Giving our Veterans the skills to help each other



AMERICAN
LEGION



LIVINGWORKS

Creating a Suicide Prevention Safety Network

We can all Be the One

Here's how veterans and civilians can help reduce the rate of veteran suicide.





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Veterans who complete suicide:

- Rarely seek help
($< 1/5$ of all completed suicides have seen BH)
- Often don't show classic suicide “warning/danger signs”
- Frequently choose very lethal means and act privately
- According to Dr. Joiner, at a higher risk to act upon their thoughts of suicide

LivingWorks is part of the solution:



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Started in 1989 (US Army V CORPS).

Over 11.6K service members have
attended a T4T:

8,012 ASIST

3,651 safeTALK

26,535 DoD workshops conducted,
training 515,841 service members.

Veteran-informed with an understanding
of service members' unique needs.

Strongest evidence base in the
industry.



What's unique about the LivingWorks approach?

Instead of individual effort, LivingWorks focuses on community transformation. We aim to bring life-saving skills to the places where Service Members & Veterans...

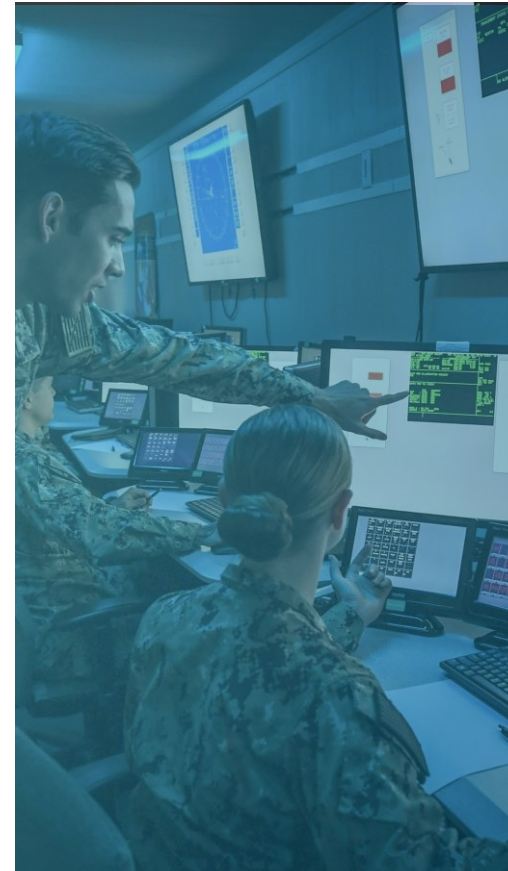
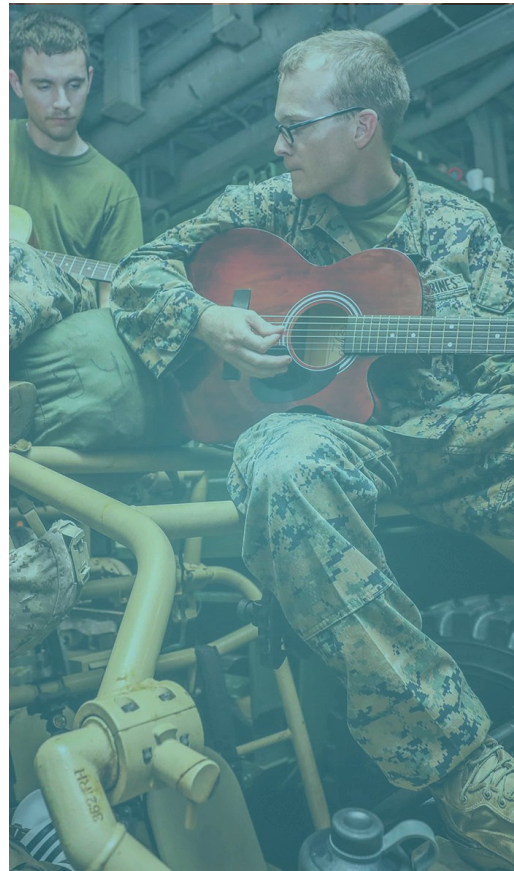
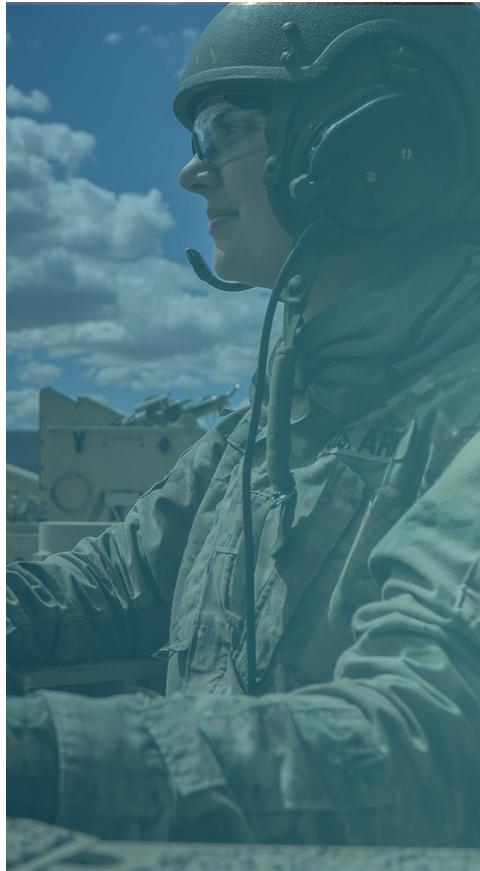
Live

Work

Play

Learn

Worship





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A New Way
Forward

- An integrated, role-based training approach
- Proper alignment of skills development with responsibilities
- Reduce stigma associated with suicide and increase help-seeking behavior.



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**Integrated
Community-
Based
Approach
(NoS)**

Networks of safety (NoS):

(n.): A group of people working together with synergistic skills to help prevent suicide.

Train to provide wide coverage with multiple overlapping skills

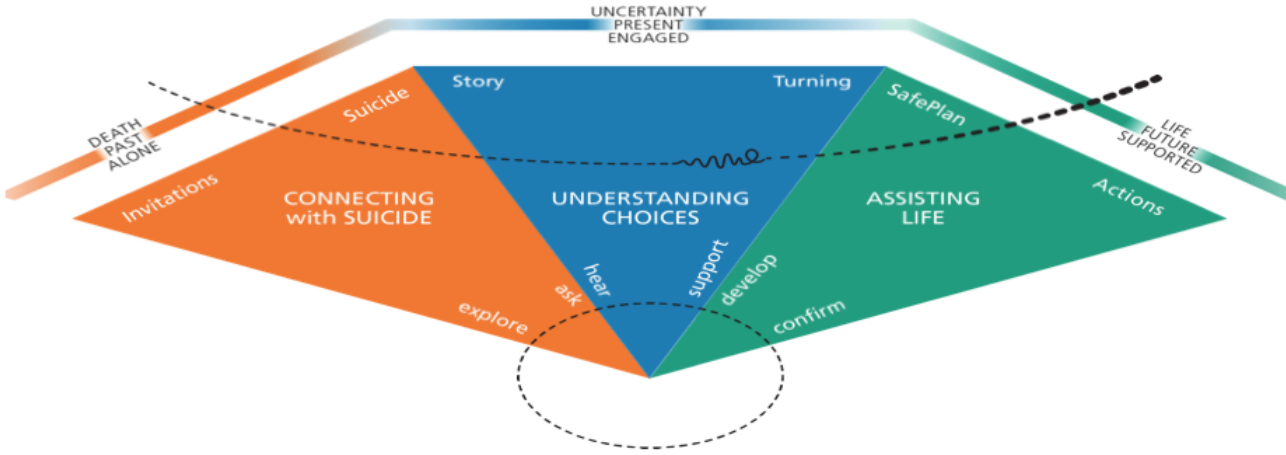
Everyone can play a role and should learn the skills to make a difference

Tiered, integrated skills for different roles and responsibilities

Use evidence-based approaches with latest technologies

Measure for impact and effectiveness

Pathway for Assisting Life (PAL)



ASIST

- GOAL:** Learn suicide first aid intervention skills
- WHO:** Chapter leaders and other caregivers that are most likely to come across a person with thoughts of suicide
- TIME:** 2 consecutive days
- BY:** Minimum 2 trainers to 30 participants maximum
- USES:** Carry out a skilled intervention and develop a collaborative safety plan to keep someone safe and alive



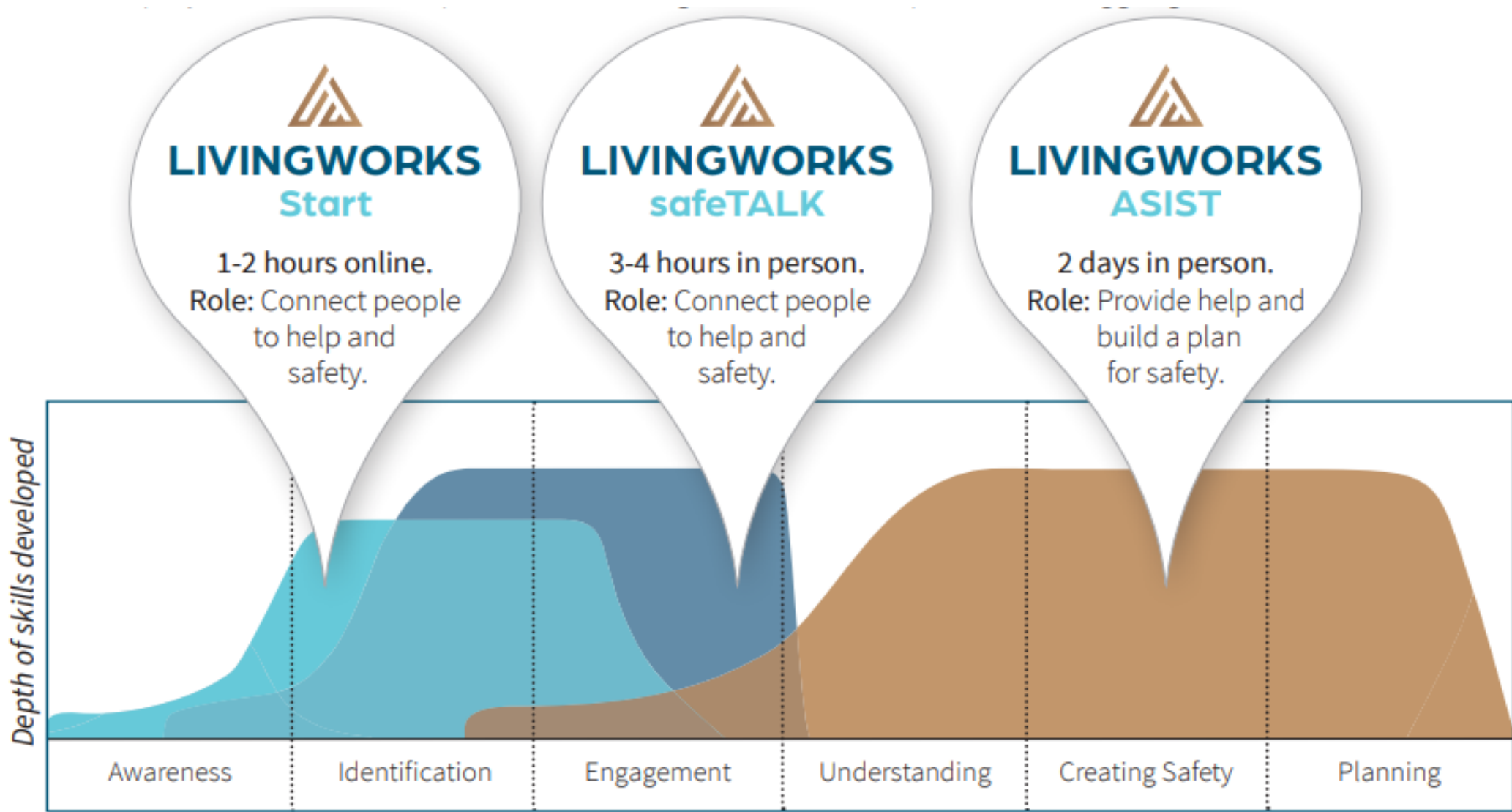
safeTALK

- GOAL:** Learn suicide alertness skills
- WHO:** Anybody 15 years or older
- TIME:** 3.5 hours
- BY:** Minimum 1 trainer to 30 participants maximum
- Skills:** Teaches how identify people with thoughts of suicide, have a conversation about suicide, ask about suicide and connect them with life-saving intervention resources



LivingWorks Start

- 90-minute online training
- Accessible on any computer or device
- Prepares people to be a Safety Starter
- Available for Veterans, Civilians and family members



Continuum of skills to help protect someone from suicide

Integrated training for everyone

Common language

Common philosophy of care

Symbiotic roles:
together, trainees
accomplish more than
they can alone

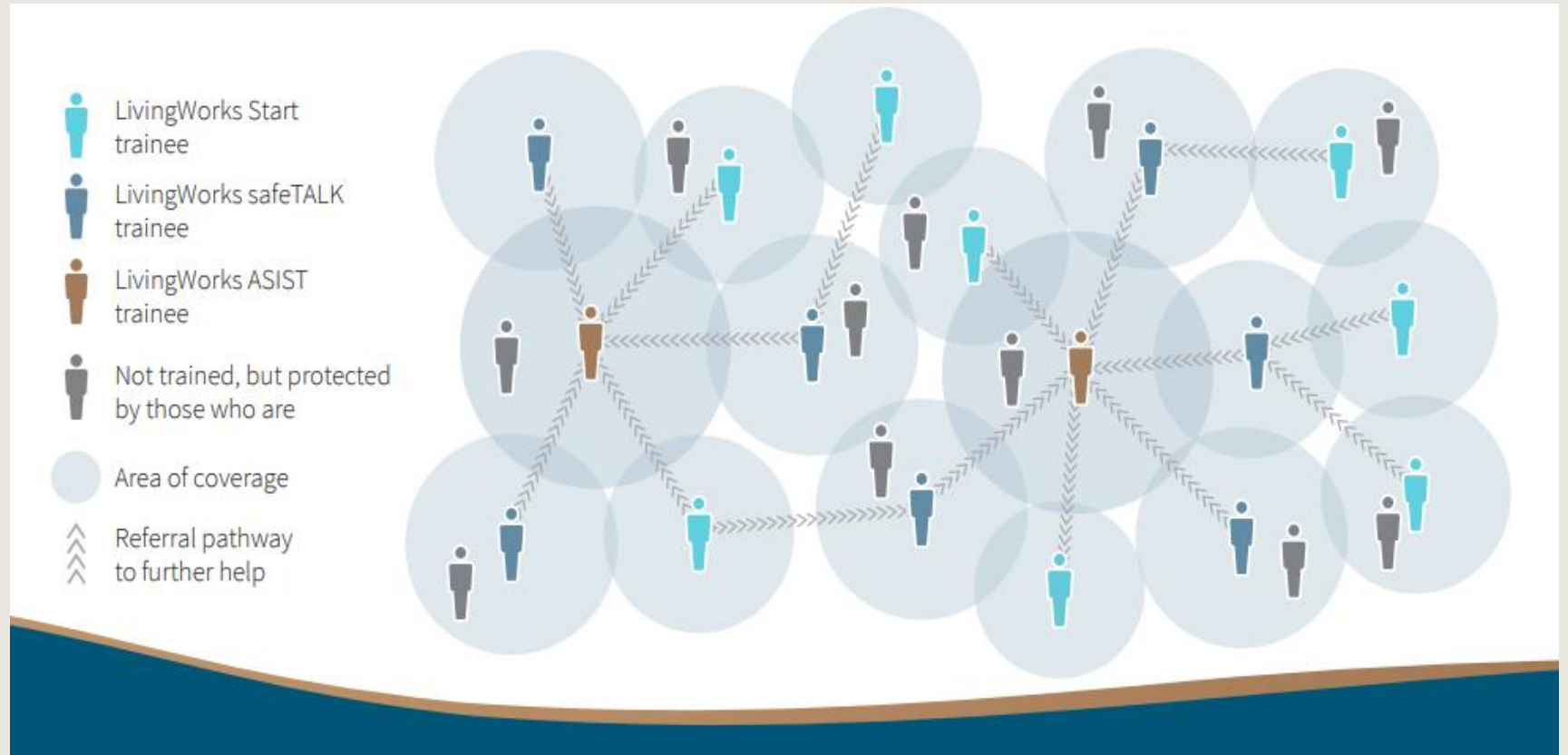
Networks of Safety: A Closer Look

Force Multiplier

A community approach surrounds those in need with support wherever they are.



Each connection made along a referral pathway leads someone to a higher level of safety and support



Recommendations

Collaboration with VA, VSOs and military bases for workshops

ASIST hosted workshops at State level

safeTALK trainers throughout States, and workshops at Post level

Start for all, including family members

Test in Virginia?





Death by suicide decreased at several installations where LivingWorks Trainings were one tool in a base-wide integrated effort, beginning at indoc.

97%

of sailors were ready to recognize and help someone in need after LivingWorks training

1 in 3

service members already had someone in mind to check in on after their training



Impact in the General Population

Multiple studies of LivingWorks ASIST and SafeTALK going back over 30 years have demonstrated that helpers across a broad range of professions and settings consistently report increased knowledge about suicide, more positive attitudes about helping individuals experiencing thoughts of suicide, and a willingness to use the skills they learned in the program.

Citation: Silverman, M. M. (2023, April). *Comprehensive literature review and gap analysis of the current evidence base and effectiveness of ASIST and safeTALK training programs*. LivingWorks Education Internal Report: Unpublished



The Gould Study - 2013

ASIST is also proven to reduce suicidality for those at risk. A 2013 study that monitored over 1,500 suicidal callers to crisis lines found that callers who spoke with ASIST-trained counselors were 74% less likely to be suicidal after the call, compared to callers who spoke with counselors trained in methods other than ASIST. Callers were also less overwhelmed, less depressed, and more hopeful after speaking with ASIST-trained counselors.

References: Gould, M. S., Cross, W., Pisani, A. R., Munfakh, J. L., & Kleinman, M. (2013). Impact of Applied Suicide Intervention Skills Training on the National Suicide Prevention Lifeline. *Suicide and Life-Threatening Behavior*, 43.6, 676-691.

“The course has more than proven to be successful. You never know what you’re missing—in this case, to be exposed to what many believe to be the best suicide prevention material currently available to our military community.”

—US Navy Chaplain (Commander)

In addition to suicide prevention, training was found to have other benefits such as reducing AWOL and improving leadership skills.

—US Army report on LivingWorks



“At my last command, Marines were directly affected by LivingWorks training that me and my chaplain taught. Morale was boosted and the care of the unit went up because they were more understanding and aware.”

—US Navy Religious Program Specialist

LivingWorks training aboard has built a team that goes beyond just suicide prevention. They organize events for other causes that support Sailors’ mental and physical wellbeing, such as HIV awareness.

—DVIDS article, Jun 27, 2018

Creating Safety Together

Here are some of the leading organizations using LivingWorks training to build comprehensive suicide prevention coverage for their personnel and those they serve





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