Giving our Veterans the skills to help each other
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

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

"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)

"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

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
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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