

# Why are Evidence-Based Programs Critical for Youth Suicide Prevention Programs?

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- Comprehensive Suicide Prevention Planning
- Evidenced Based Practices
- LivingWorks Programs
- LivingWorks Programs as EBP

# Comprehensive Suicide Prevention Planning

- Science + political will+ resources = social change
- Public health model
- Air Force Model...Evidence Based Practice

# Evidence Based Practices

- History
- Usefulness
- Limitations
- Fidelity

# Evidence Based Practices

## Listings of EBPs

- Suicide Prevention Resource Center

[www.sprc.org/featured\\_resources/bpr/standards.asp](http://www.sprc.org/featured_resources/bpr/standards.asp)

- National Registry of Evidence Based Practices

[www.nrepp.samsha.org](http://www.nrepp.samsha.org)

- Oregon List of Evidence Based Practices

[www.oregon.gov/DHS/mentalhealth/ebp/practices.shtml#complete](http://www.oregon.gov/DHS/mentalhealth/ebp/practices.shtml#complete)

# LivingWorks Programs

- suicideTALK
- safeTALK
- Applied Suicide Intervention Skills Training Workshop (ASIST)
- suicideCARE

QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.

## An Overview of LivingWorks Programming



SUICIDE

## SuicideTALK

*An exploration in suicide awareness*

This two-hour session invites your community to be aware of suicide prevention opportunities.



SUICIDE

## safeTALK

*suicide alertness for everyone*

This half- to one-day workshop helps all members of your community identify persons with thoughts of suicide and connect them to suicide first aid resources.



SUICIDE

## ASIST

*Applied Suicide Intervention Skills Training*

This two-day workshop helps all kinds of caregivers learn suicide first aid intervention. Outcome studies show participants are more willing, ready and able to help a person at risk of suicide. Over half a million people have taken ASIST, which is available in English, French, Norwegian, Spanish and Inuktitut.



## suicideCare

*Aiding life alliances*

This one-day seminar refines the helping competencies of active helpers of persons at risk beyond the initial suicide crisis.

highly evolved

- developed using the Rothman Model
- refined over 23 years of research and development
- evidence-based
- highly evaluated
- multilingual and accessible
- localized for different cultures and organizations



interactive and practical

Many different teaching processes for all learning styles

- audiovisuals
- large and small workgroups
- Socratic learning
- simulations



for all types of caregivers

- counselors
- teachers
- ministers/chaplains
- healthcare workers
- emergency services
- volunteers
- state planners
- crisis line workers
- military service members
- mental health practitioners
- professional aid organizations
- the person others go to for help



safe and supportive



Training for Trainers

LivingWorks trains local organizations and individuals to facilitate these programs within their community, providing ongoing trainer support, networking, resources and public awareness.



*LivingWorks*  
**Training Platform**

 **LivingWorks**  
www.livingworks.net

# Living Works Programs as part of evidence-based, comprehensive suicide prevention planning

- International
- United States
  - National Suicide Prevention Plan
  - State Suicide Prevention Plans
  - Garrett Lee Smith Memorial Grants
  - US Air Force, US Army
- Oregon Experience



# suicideTALK<sup>®</sup>

*An exploration in suicide awareness*

- An **awareness exploration** program
- Addresses stigma and taboo issues
- For almost everyone within a community
- 1 presenter for up to 50 participants
- Half a day
- Small workbook and various handouts



**LivingWorks**

suicide-safer communities

*saving lives* for tomorrow



# safeTALK<sup>®</sup>

*suicide alertness for everyone*

- Suicide **alertness** training
- Addresses “recognition and referral gaps”
- Everyone who wants to help within a community
- 1 trainer for up to 30 participants
- 2–3 hours
- Wallet card and TALK stickers



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PERSON  
WITH  
THOUGHTS  
OF SUICIDE

# safeTALK

Tell Ask Listen KeepSafe

PERSON  
WHO  
WANTS  
TO HELP

## INVITATIONS

### Tell

as clearly  
and directly  
as possible

### Ask

When someone is [INVITATIONS], they are sometimes thinking about suicide. Are you thinking about suicide?

### Listen

Let's TALK about this. I am Listening.  
... This is important.

### KeepSafe

We need extra help. I want to connect you with someone who can help you KeepSafe.



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# ASIST®

*Applied Suicide Intervention Skills Training*

- Suicide **intervention skills** workshop
- Community and professional caregivers
- 2 consecutive days
- Workbook, Handbook, Wallet Card



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# The Suicide Intervention Model



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## Competency Evaluations

1988 Calgary; 2000 Australia;  
1997-1999, 2003-2005 Washington

## Portability Evaluations

1998 Australia

ASIST  
evaluations

## Army Evaluations

2003 MHAT I; 2005 MHAT II

## Broader Impact

2003 Norway



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# ASIST evaluations

## Impact on Persons at Risk

2005 Virginia  
2005 Colorado

## Impact on Interventions

1988 Canada  
1998 Australia  
2006 Scotland

## General Impact

numerous endorsements  
highly rated  
99% recommend to others  
numerous testimonials  
over 750,000 participants



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# suicideCare

*Aiding life alliances*

- Clinician-oriented **upskilling** seminar
- Front-line and professional caregivers
- 1 trainer for up to 20 participants
- 1 day; ASIST is a pre-requisite
- Handout and Reference List Jim



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# About the RESPONSE Program

- **Foundation**
- **Staff In-Service Training**
- **Student Awareness Component**
- **Parent Awareness Component and/or Mailing**
- **ASIST-Trained caregivers at each site**

**Addressing depression and suicidal behavior/ideation directly and responding immediately will help reduce the risk of suicide.**



# **Top 5 Reasons Teens Don't Seek Help**

Cigularov, et al.

- **1. “I would not know what to say to an adult about my problems.”**
- **2. “I believe I can handle my problems on my own.”**
- **3. “I would be afraid of being hospitalized.”**
- **4. “I don't feel close to any adult at school.”**
- **5. “I thought it would go away.”**



**safeTALK**  
*suicide alertness for everyone*



**suicideTALK**  
*An exploration in suicide awareness*



**ASIST**  
*Applied Suicide Intervention Skills Training*



**suicideCare**  
*Aiding life alliances*