

School Curriculum Trainings

Response: A Comprehensive High School-Based Suicide Awareness Program that includes a curriculum specifically for students, as well as trainings for teachers and parents. All program components are designed to heighten sensitivity to depression and suicidal ideation, increase identification, and facilitate referral. The program also provides procedures to refer a student who may be at-risk for suicide. Components include (1) a two-hour awareness training for staff, (2) a four-hour student curriculum (spread across four class periods), and parent awareness materials.

Lifelines is a Comprehensive Suicide Awareness and Responsiveness Program for middle schools. This is a whole-school program made up of three unique components: Lifelines: Prevention, Lifelines: Intervention, and Lifelines: Post-vention. This trilogy of programs is the only existing model of its kind available for schools. The complete Lifelines Trilogy is based on over 20 years of suicide-in-youth research that indicates an informed community can help to prevent vulnerable teens from ending their lives.



Jason Foundation, Inc. (JFI) is an educational organization for high schools dedicated to the awareness and prevention of youth suicide. JFI believes that awareness and education are the first steps to prevention. The goal is to establish a Triangle of Prevention by providing students, parents and teachers the tools and resources to help identify and help at-risk youth. This is accomplished through a curriculum unit for students and informational seminars for teachers and parents. The use of an instructional kit provides resources to accomplish this goal. The materials are easy to use and are intended to provide educational information. There is no intent to diagnose or treat suicidal ideation. JFI's intention is to empower youth, educators and parents to help recognize when young people are in pain and know to get professional help involved as soon as possible.

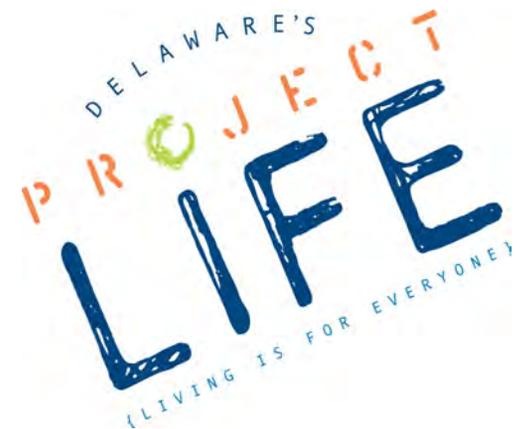
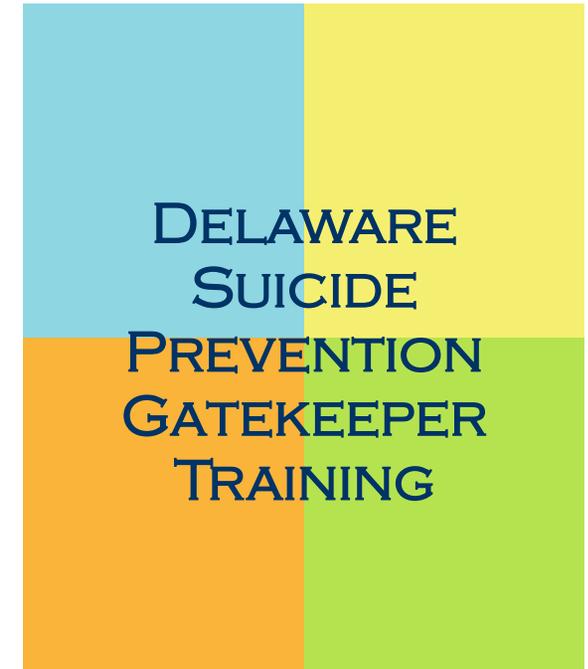


Mental Health Association in Delaware

For more information or to request a training, please contact the Mental Health Association in Delaware:

WWW.MHAINDE.ORG
100 W. 10th Street
Suite 600
Wilmington, DE 19801

Phone: 302-654-6833 x17
Fax: 302-654-6838
E-mail: training@mhainde.org



visit www.getrightsideup.org
for more information on the Project LIFE
Suicide Prevention Campaign





ASIST

ASIST (Applied Suicide Intervention Skills Training) is a **two-day** training for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this evidence based two-day, highly interactive, practical, practice-oriented workshop. ASIST is the most researched suicide prevention skills training world-wide, and evaluations have shown that interventions skills learned at ASIST are retained over time and put to use to save lives.

The Outcome

The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and seek further help. Attendance at the full two days is essential. Learn how to:

- recognize invitations for help
- reach out and offer support
- review the risk of suicide
- apply a suicide intervention model
- link people with community resources

For more information on ASIST, safeTALK and other Living Works Suicide Prevention trainings, visit www.livingworks.net.



safeTALK

suicide alertness for everyone

safeTALK: a **3 hour** training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. As a safeTALK-trained suicide alert helper, you will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide;
- identify people who have thoughts of suicide;
- apply the TALK steps (Tell, Ask, Listen and Keep Safe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

Why should I come to safeTALK?

In only a few hours, you will learn how to provide practical help to persons with thoughts of suicide. Expect to leave safeTALK more willing and able to perform an important helping role for persons with thoughts of suicide.

Why is safeTALK for everyone?

Most persons with thoughts of suicide go unrecognized—even though most all are, directly or indirectly, requesting help. Without safeTALK training, these invitations to help are too rarely accepted, or even noticed. With more suicide alert helpers, more people with thoughts of suicide will get connected to the intervention help they need.

QPR & AWARENESS TRAININGS

QPR: QPR stands for Question, Persuade, and Refer -- 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as **one hour**

As a QPR-trained Gatekeeper, you will learn to:

- Recognize warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

Customizable Workshop:

1-2 hour awareness workshops are also available. These workshops can be ideal for parents & families, clergy, educators and others, who will learn about the problem of suicide in Delaware, basic myth and facts about suicide, and signs and symptoms of depression and suicide. We can customize the workshops to address the needs of your community or organization.