

safeTALK – Training to Prevent Suicide in Agricultural Communities

Four short hours that can save a life



When a neighbor's tractor gets stuck, you don't hesitate to help. But when you see a family member, friend, or client stuck in a rut—and possibly suicidal—it can be daunting to try and help and can leave you feeling powerless.

Suicide is a significant public health issue in Minnesota. It involves the tragic loss of human life and causes agonizing grief, fear, and confusion in families and communities. The impact can even extend across generations.

This training focuses teaches in-depth skills you can learn in half a day. You'll learn how to recognize someone having thoughts of suicide, how to engage them, and how to make sure they get help. This evidence-based training is effective for people as young as 15. All six sessions will include a unit specially designed to address stigma associated with suicide and mental illness among farmers and farm workers.

WHO SHOULD ATTEND

Farmers, lenders, mediators, agency staff, clergy, educators, veterinarians, healthcare and social service providers, and agricultural advisors and businesspeople.

REGISTER AT: <http://safeTALK-agriculture.eventbrite.com>

This training is free. Pre-registration is required. Enrollment is limited to 30.

2019 DATES (all session run 8:30 a.m. – 12:30 p.m.)

October 10, Thief River Falls, Northland C&T College

October 11, Moorhead, M-State

November 20, Faribault, South Central College

November 21, Austin, Riverland Community College

December 3, Marshall, MERIT Center

December 4, Waite Park, Quarry Center

LEARNING OBJECTIVES

This training challenges attitudes that inhibit open talk about suicide and will teach you to:

- Recognize a person who might be having thoughts of suicide
- Learn how to address stigma associated with suicide and mental illness.
- Engage people at risk of suicide in direct and open talk about it.
- Listen to their feelings about suicide to show that they are taken seriously.
- Move quickly to connect the at-risk with someone trained in suicide intervention.

ABOUT THE INSTRUCTOR

Chaplain (Colonel-Retired) Glen Bloomstrom is the Military Representative and Faith Community Liaison for LivingWorks Education, an international suicide intervention training company. He is also an adjunct professor at Bethlehem Seminary in Minneapolis. Glen served on active duty as a US Army chaplain for 30 years. His expertise includes suicide prevention, pastoral counseling, and military deployment. He is a member of the National Action Alliance for Suicide Prevention and serves on the Faith Communities Task Force.

FAQ

I've been to a QPR suicide prevention workshop. Should I attend safeTalk? *QPR (Question, Persuade, and Refer), is an introductory-level training that increases awareness about suicide. safeTALK is a more in-depth and comprehensive training that offers both education and experiential learning. safeTALK also addresses the stigma issues related to suicide and mental health. (If you are interested in QPR, contact [NAMI Minnesota](#), which is offering the program in rural communities.)*

Are CEUs available? We will provide you with a certificate of attendance, which you can use to self-certify with your licensing board or organization.

Who do I contact about disability accommodation? Call Stephen at 651-201-6012 or via TTY at 711 at least one week before the session you want to attend.

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