

One World Connected

*THE LIVINGWORKS
ANNUAL REPORT
2014*



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President's Message



As I look back over thirty-one years of LivingWorks, our trainers and programs have reached places I never would have imagined. In 2014 alone, we presented trainings in 33 countries, empowering over 150,000 participants to intervene with someone at risk of suicide. Our vision of suicide-safer living has truly become global—yet no matter where we are or how we contribute, we remain connected. These connections are embodied in the vision that unites us, the core beliefs and strategies we share, and the training standards that guide us in delivering our programs. In many ways, connections are the essence of LivingWorks: connections between our colleagues and friends around the world, between trainers and their communities, and between people at risk of suicide and those who want to help them stay safe.

Our Staff

Interested in learning more about our staff? Page 31.



suicide to Hope

Details about our newest program on page 32.



safeTALK

Check out the safeTALK Update on page 36.



ASIST

Check out the ASIST Update on page 38.



Our Friends

For a list of our friends, see page 40

Building and maintaining these connections as we continue to grow and expand is both an ongoing process and a long-term journey. To undertake it with the appropriate stewardship and strategy, thoughtful preparation is needed. Our foundation must stay strong and solid, and if 2014 were associated with a single word, it would be “improvement.” For both the LivingWorks staff and our global network of trainers, this year was very much about developing and upgrading our systems, programs, and capabilities so that we can continue to grow and foster new connections for years to come.

The improvements of 2014 are reflected in our programs. The feedback we have received on ASIST 11 overwhelmingly suggests that trainers feel the increased emphasis on safety and the innovative *Pathway for Assisting Life (PAL)* intervention model are making a difference in their communities. We refined our safeTALK quality assurance process and, through our partnership with the Ventura County Office of Education in California, added new youth-focused vignettes. With the addition of *suicide to Hope*, our newest program, we have also improved our ability to provide caregivers with effective tools for post-intervention care.

LivingWorks' infrastructure and organization also saw numerous upgrades, from new administration and financial systems to help us keep track of communications and orders to an improved website with better tools for trainers and public visitors alike.

Our Leadership Team is hard at work on a five-year strategic plan that will leverage all of the upgrades and improvements we've made over the years. This plan will focus on expanding our capacity for suicide intervention training while ensuring that our mission remains sustainable for many years to come.

To all our trainers and partners across the world working diligently to help save lives from suicide: you inspire and impress us each and every day. Each story we receive about suicide-safer communities and timely interventions with individuals is another reminder that no matter where we are, we are one world connected, and together we can achieve so much.

Sincerely,

RICHARD RAMSAY President & Co-founder



LivingWorks Year in Review

2014—what a year! We expanded our team, improved our infrastructure, achieved record training growth, and hosted workshops on five continents. Here are the year's highlights along with a map showing all the countries that our training reached.

Countries in dark blue participated in LivingWorks programs in 2014.

7,470 TRAINERS, 33 COUNTRIES, FIVE CONTINENTS, ONE MISSION:
HELPING THE WORLD BECOME SAFER FROM SUICIDE.

96+

ASIST T4Ts held—a new record

90

safeTALK T4Ts

152,189

people trained



Training delivered in
33 Countries & Territories

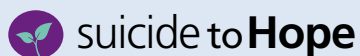


Launch of redesigned
LivingWorks website

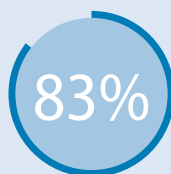


Professional Development
Training for Navy chaplaincy

New Program:



suicide to Hope:
a Recovery and Growth
Workshop



83% of the ASIST trainer
network upgraded to ASIST 11



Dr. Philip Rodgers
joined the leadership team



Redesigned
Australia website



ASIST 11 launched
in Australia



New youth-focused
safeTALK vignettes



LivingWorks Around the World

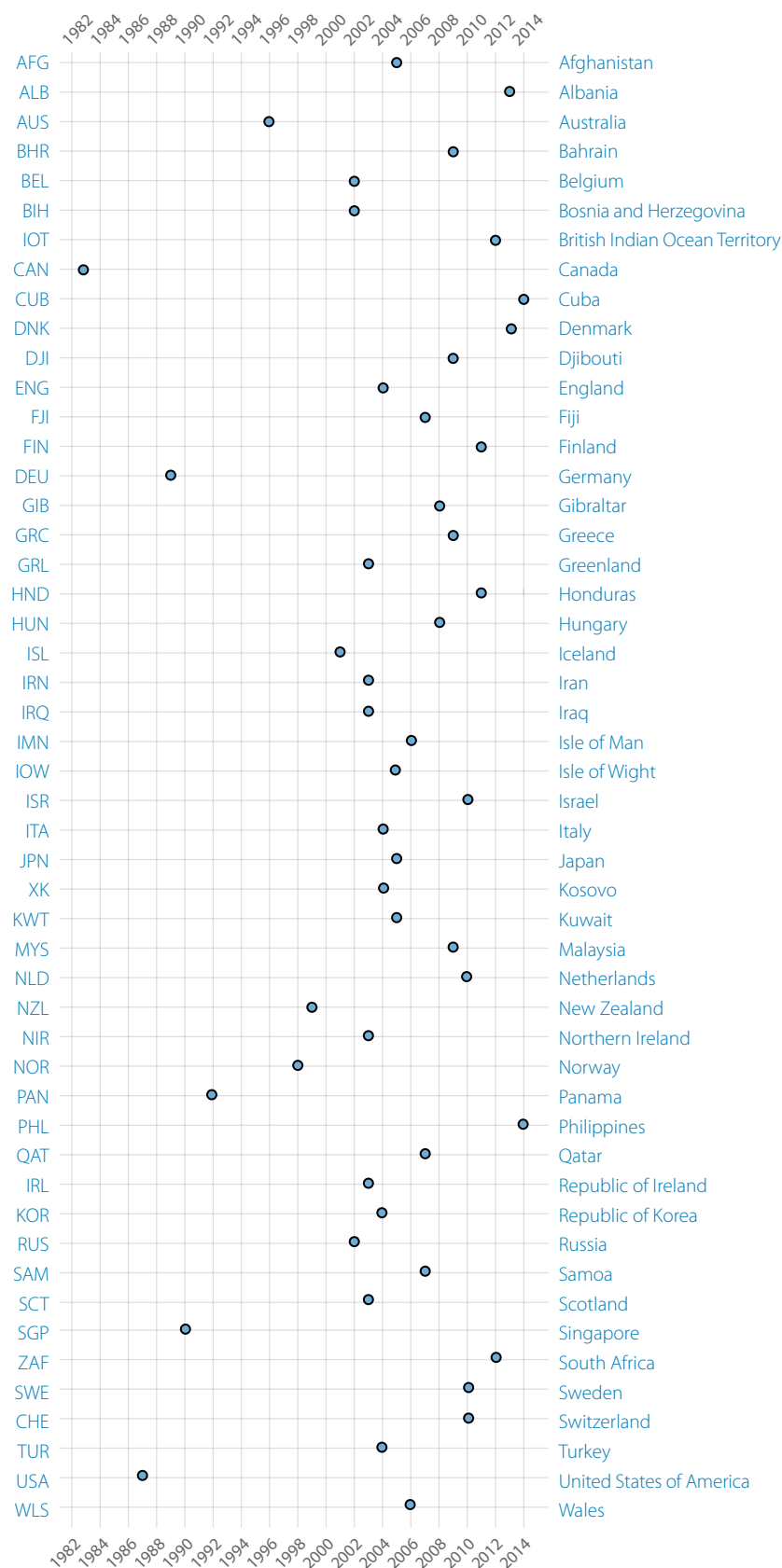
Our vision of saving lives from suicide is global—and so are the outstanding trainers who make it possible. The LivingWorks trainer network continues to expand locally, regionally, and internationally. Together, our trainers provide the connections, awareness, and skills to help build suicide-safer communities. The quotes and testimonials throughout this section provide a glimpse of their work around the world.

From its beginning as the Ramsay, Tanney, Tierney & Lang partnership in Canada in 1983, LivingWorks has grown into a global organization that trains over 100,000 people in suicide intervention each year. Our world-wide trainer network makes this possible. Each community has its own perspectives, traditions, and goals when it comes to suicide intervention training, and by taking the time to understand these key factors, our trainers are able to meet each participant group's needs while maintaining the quality standards that define our training. Our trainers are our ambassadors to the world, helping to make LivingWorks programs available for thousands of communities.

In 2014, our programs were featured as part of national strategies, organizational plans, community initiatives, and personal missions. They were delivered by 7,470 trainers, who devoted their time and effort to a global vision of suicide-safer communities. The trainings were attended by 152,189 participants, many of whom shared stories after the experience about how the programs made a difference in their lives: empowering them to intervene with someone at risk, enabling them to improve their communication with their families, or simply helping them view others with more empathy and compassion.

*Please note that these numbers reflect our database as of March 31st, 2015.

TRAININGS BY LOCATION AND YEAR OF FIRST PRESENTATION



AUSTRALIA

2014 was marked by growth and development across Australia. “We had a busy and productive year laying the foundation for continued expansion of our services,” said Tainsh. Much of this new capacity arose through Training for Trainers (T4T) courses—six in safeTALK and another four in ASIST.

Construction Industry Mental Health Conference

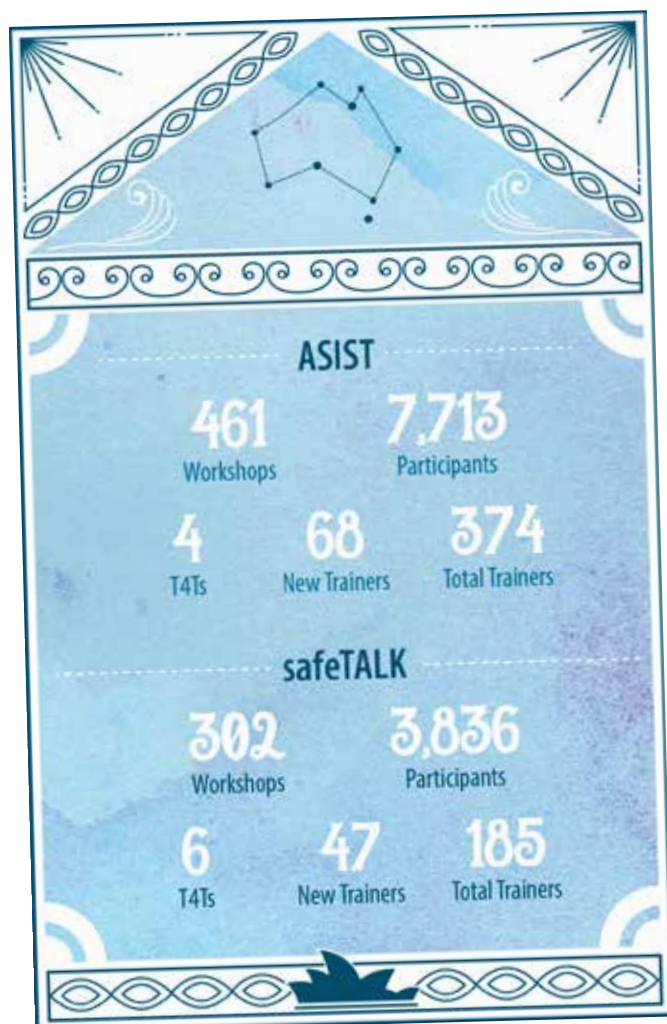
One of the year’s highlights was the inaugural Construction Industry Mental Health Conference, hosted by MATES in Construction. The consensus at the conference was that while more work remains, concerted training efforts have made considerable progress in reducing the stigma surrounding suicide in the construction industry. “There’s good cause for optimism,” Tainsh concluded. “Research has shown that organizations like MATES in

Construction using LivingWorks’ programs are making a difference, and a big part of that is due to their collaboration, shared values, and core beliefs.”

ASIST 11 Launch

ASIST 11 was launched in April in Canberra, Australian Capital Territory (ACT). Many representatives from government, industry, and community groups attended. ACT Member of the Legislative Assembly Yvette Berry shared her support for ASIST 11: “I don’t need to tell anyone in this room about the wealth of evidence that says early intervention matters in preventing suicide. I think ASIST 11 gets to the heart of this by providing real strategies for all of us to feel that we aren’t helpless observers and that we can be part of that early intervention.”

The new edition received positive reviews from trainers, many of whom upgraded in the days prior to the launch. “Trainers feel the message of ASIST 11 is clearer



“
Between the launch of ASIST 11 in Australia and the increased recognition of the role our programs are playing across the country, this was an exciting year for us. We’ve upgraded our infrastructure and supported our trainer network; we’ve created a foundation for great things to come.

”
—BRENTON TAINSH
Manager, LivingWorks Australia

and simpler to follow, and they have been encouraged by participants of the previous edition who feel this is a real improvement,” said Tainsh. eUpgraders were especially useful for those living in rural and remote areas. By the end of the year, over 250 trainers had upgraded to ASIST 11.

Improvements in 2014

“A lot of our work in 2014 revolved around infrastructure development, strategic planning, network support, and promotional advocacy for LivingWorks Australia,” said Tainsh. “These things are critical as we continue to increase our capacity and our ability to support communities in becoming suicide-safer.” One major piece of upgraded infrastructure was the website, www.livingworks.com.au. “The redesigned website looks wonderful,” said Tainsh, “but more importantly it provides comprehensive information about our programs and how people can get involved to help save a life.” LivingWorks Australia

also joined the newly formed National Research Action Group, an organization dedicated to suicide prevention research, and was excited to learn that an agreement was reached to follow the construction industry’s example and provide training to mining employees.



Top: At the inaugural Australian Construction Industry Mental Health Conference in March, LivingWorks Australia Manager Brenton Tainsh presents a session on evidence for the effectiveness of ASIST, based on a study released by Dr. Madelyn Gould and colleagues late in 2013.

Bottom: LivingWorks’ Brenton Tainsh (far left) and Debra Croft (far right) join MLA Yvette Berry (left) and Sue Murray, CEO of Suicide Prevention Australia (right) for a photo at the Australian launch of ASIST 11.

CANADA

LivingWorks programs continued to thrive. In addition to many ongoing partnerships and sustainable training operations, there were a number of exciting new developments. Carole Thannhauser, Vice-President of Operations and board member of the Canadian Association for Suicide Prevention (CASP), has seen positive changes across the country. “Increasingly we are seeing more awareness about the importance of suicide intervention and the differences that training can make,” she said. An example of this is illustrated by the Canadian Public Health Agency’s support of training as part of its consultation on Canada’s national suicide prevention framework.

Centre for Suicide Prevention

The Centre for Suicide Prevention (CSP), one of LivingWorks’ longest-standing partners, expanded its reach by adding 34 new trainers, developing new community connections, and hosting 234 ASIST workshops and 47 safeTALK workshops. “Our reach spanned over 5000 participants in helping to save lives and educate others in suicide prevention and intervention,” said Sirman.

ASIST 11 French

A major development was the French translation of ASIST 11. Renée Ouimet, an ASIST Senior Team Leader, spearheaded the translation efforts. Translation is a labor-intensive but rewarding process, she said, noting that it takes “time, money, a professional translator, and



“

The Centre for Suicide Prevention was honoured when LivingWorks Education asked us to help pilot the new suicide to Hope program in Calgary. In July 2014, we hosted a sold out workshop to our Trainer network and were reminded again of the immense need for greater support when dealing with chronic suicidality.

We look forward to seeing the suicide to Hope program launch and flourish.

”

—HILARY SIRMAN

Director of Impact and Engagement,
Centre for Suicide Prevention

an editor who is well versed in the workshop.” Thanks to the diligent efforts of Ouimet and other members of the translation and implementation team, pilot workshops were successfully held with the workshop anticipated to become publicly available through French T4Ts in 2015.

Ontario Hockey Association

2014 also saw the Ontario Hockey Association, responsible for 136 teams in 12 leagues, adopt safeTALK to promote suicide safety among players and their families. The Peterborough Petes, the longest-operating junior team in their league, were among the organizations who implemented the program. “The training is very important as it has given us the skills to identify people at risk of suicide,” said Petes forward Josh Maguire. “Our

players and coaches can use what we learned today to help individuals at the rink, at school, or anywhere in the community.”

Renison University College School of Social Work

Renison University College in Waterloo added ASIST as a mandatory component of its Social Work program. The Waterloo Region Suicide Prevention Council will be providing the training in early 2015, and hopes that other post-secondary institutions in the region will follow suit. “Being prepared with awareness, knowledge, and suicide intervention skills is a critical step in equipping our future social workers with suicide prevention and postvention skill competencies,” said Professor Susan Cardell, Director of the School of Social Work at Renison.



Top Left: Trainer Shari Warfield presents safeTALK to the Peterborough Petes junior hockey team of the Ontario Hockey League.

Top Right: Senior Team Leader Devon Tayler presents a LivingWorks Recognition Award to the Edmonton Police Service's Lawrence Peck (center) and Chief Rod Knecht (right) in recognition of the service's outstanding implementation of LivingWorks programs.

Left: LivingWorks staff (from left to right) Verónica Russell, Tim Houle, and Carole Thannhauser cycle for the International Association for Suicide Prevention's Cycle around the World event on World Suicide Prevention Day.

Canada's Aboriginal Peoples

LivingWorks continued its strong commitment to providing services to Aboriginal peoples. "ASIST is now being delivered in Nunavut via the community college system, which is going very well," said Senior Team Leader Dave Biblow. ASIST was reintroduced into Nunavik in northern Quebec with a T4T course and several trainer reactivations. LivingWorks also published "Saving Lives from Suicide," an article in *First Nations Resource Magazine* that looked at the ways people in Prince Albert, Saskatchewan are coming together to build suicide safety in their community.

ASIST Newfoundland

Newfoundland's training community, active since 1986, was honored with the third LivingWorks Award of Excellence at the annual ASIST Newfoundland regional trainer conference in October. "To be honored with the LivingWorks Award of Excellence from our teachers and mentors, who represent all ASIST and safeTALK Trainers worldwide, is to be acknowledged for 28 years of doing it right by modeling core beliefs and training processes," said ASIST Team Leader Gerry Dooley, who accepted the award. "This is done through an atmosphere of continuous support, learning and fun for all trainers, locally, nationally, and internationally. It is truly an honor felt by all of our ASIST Newfoundland trainers."



Top: Trainers gather for a photo at the 2014 ASIST Newfoundland conference in St. John's.

Middle: On behalf of the training team in Newfoundland, Team Leader Gerry Dooley accepts a LivingWorks Award of Excellence from board member Tarie Kinzel.

Bottom: Dr. Frank Campbell presents a field trial of the suicide to Hope workshop in Newfoundland in October 2014.

CHINA

Watermark Church in Hong Kong hosted a safeTALK training, facilitated by safeTALK Instructor **Lindy Macgregor**. "Watermark is a large church with a multicultural congregation, and they provide a lot of outreach services to the community," said Macgregor. "The people who attended the workshop were pastoral counselors and youth workers, as well as congregation members from a range of occupations. Suicide can be a taboo subject in Chinese culture, but people are seeking opportunities to break down those taboos," she added.

"Many people in China are seeking opportunities to break down the taboos around talking about suicide."

—**LINDY MACGREGOR**
safeTALK Instructor



DENMARK

ASIST has begun to gather momentum in Denmark, with two more workshops held in 2014. Danish trainer Hanne Gullestrup feels a strong affinity for the mission of suicide-safety and is looking forward to more workshops. She has co-presented all the Danish workshops in partnership with trainers who have traveled from abroad to join her. Facilitation and simulations are presented in Danish alongside English-language participant materials. Gullestrup would like to see a Danish version of ASIST and believes LivingWorks programs have a lot to offer in Denmark. "Mental health in Denmark is still largely seen as the exclusive realm of mental health professions. These programs make it accessible to all," she said.

"ASIST has great potential in Denmark, allowing ordinary people to make a difference where they live and work."

—**HANNE GULLESTRUP**
Director, Gullestrup & Kallner



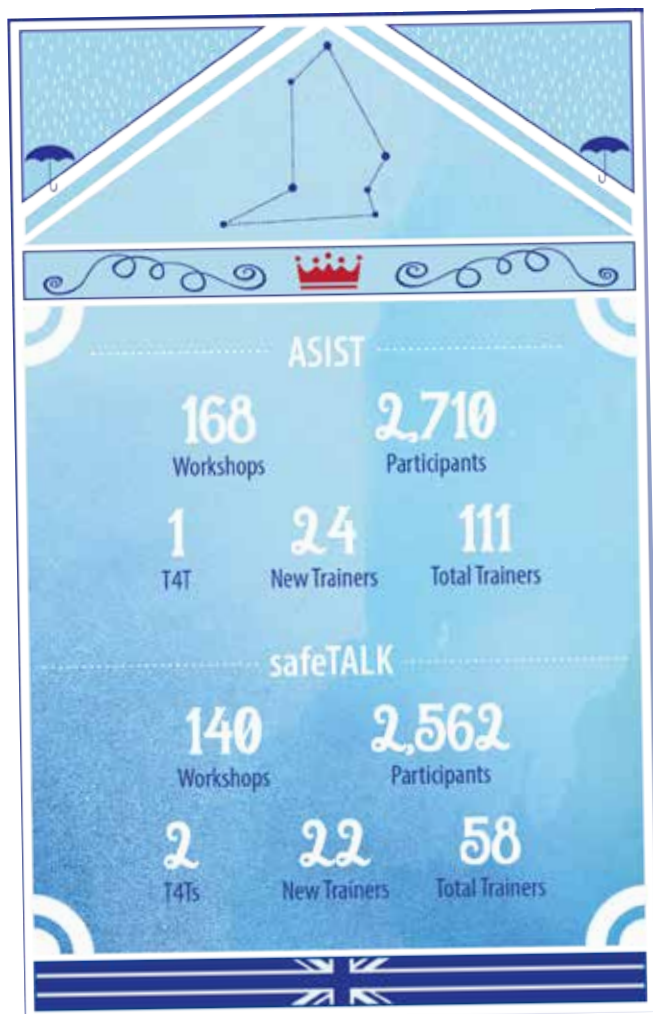
ENGLAND

Two years after the launch of the update of England's national suicide prevention strategy, suicide is receiving more attention than ever. "National organizing has increased and there is more awareness of the role that training can play," said Frost. Grassroots is one of many organizations across England that provide LivingWorks training.

2014 saw several regional conferences to help unite trainers from across the country. Upgrading to ASIST 11 was a common theme among all trainer groups, with some working toward the development of Consulting Trainers as well. Workshop demographics continued to expand, addressing the needs of specific groups such as the Royal Navy, rail transportation authorities, and transgendered audiences.



The Grassroots Suicide Prevention Team: (from left to right) Tiffany Ansari (Assistant Charity Officer), Alex Harvey (Charity Officer), Chris Brown (Director of Engagement and Communications), Miranda Frost (CEO), and Gus Campbell (Finance and Website).



Nationally, the momentum has really increased over the last year. A lot more activity is going on across the country generally, and there are pockets of really good practice in terms of prevention, intervention, and postvention.

—MIRANDA FROST
CEO, Grassroots Suicide Prevention

HUNGARY

Alan Briscoe and Joyce Borgs hosted two ASIST workshops in Budapest for Hungary's ÉLET Alapítvány (LIFE Foundation), a non-government organization established to support suicide prevention, crisis intervention, and mental health promotion. The workshops were attended by participants from across Hungary as well as neighboring Romania and Ukraine.

Both workshops were presented in English, and the second one was supported by professional translators who had attended the first. "This was extremely helpful in ensuring that all participants could still benefit from the training regardless of their fluency in English," said Briscoe. He believes that ÉLET's connections to the European Union's European Alliance against Depression might facilitate further training opportunities.



“

Delivering this training in Hungary was a rewarding experience, one that has left us feeling grateful to be ASIST trainers. It is a country that so needs the skills we can help to uncover, and participants were extremely motivated, appreciative, and compassionate.

”

—ALAN BRISCOE
ASIST Training Coach

“

The Korean Association for Suicide Prevention is really committed to safeTALK and ASIST. The programs are making significant strides and expanding into many different parts of Korean society.

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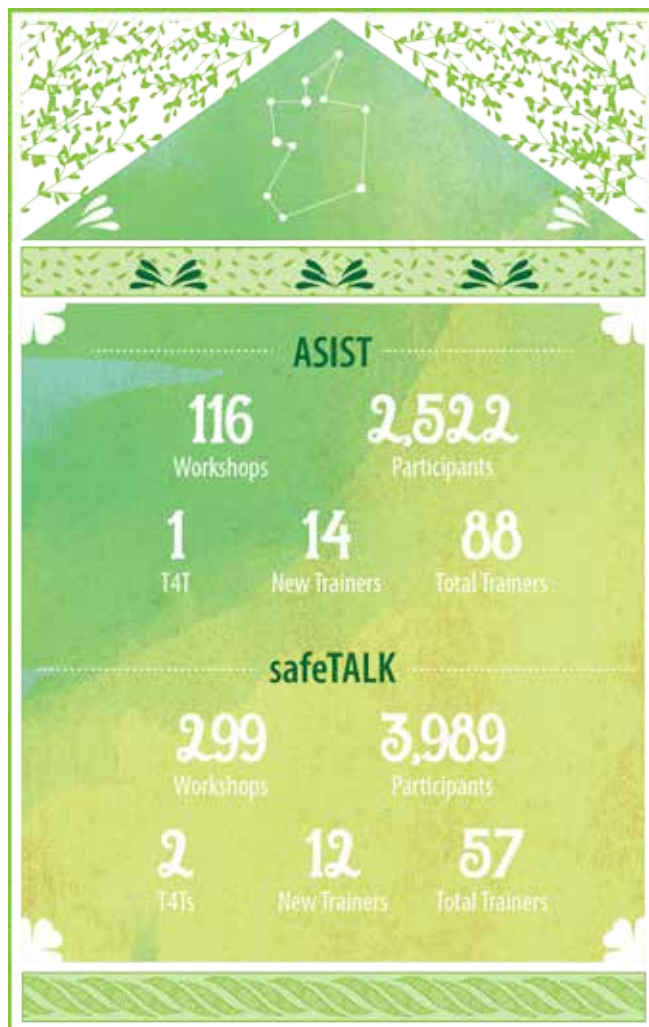
—LINDY MACGREGOR
ASIST Senior Team Leader and
Consulting Trainer Support

Republic of **IRELAND**

The Republic of Ireland has provided LivingWorks training since 2004 through the National Office for Suicide Prevention (NOSP) and continued to see a high level of activity and achievement. suicideTALK, safeTALK, and ASIST are available at no cost nationwide. Trainers up-graded to ASIST 11, and the program continues to play a vital role in Ireland's community-based approach to suicide prevention and intervention.

2014 also saw foundations put in place for many developments in the coming year. A new national training

strategy is set for release in 2015 with a strong focus on suicide intervention for frontline workers reaffirming the importance of effective training in suicide prevention. NOSP continued its partnership with the Irish Garda Training College to provide ASIST training to members of An Garda Síochána (Ireland's National Police Service). The training is delivered as part of the core education for all new recruits. NOSP is also working with LivingWorks to make esuicideTALK, LivingWorks' online suicide awareness program, available nationwide.



“

ASIST focuses on the community as a whole and how to work across systems to build a safety net for people at risk.

”

—**BERNIE CARROLL**

Resource Officer,
National Office of Suicide Prevention

“The Isle of Man has a population of around 67,000 adults. As of 2014, 674 people have been trained in ASIST—a full 1% of the adults on the island.”

—**ALISON QUAYLE**

Trainer, Isle of Man Government

ISLE OF MAN

ASIST training has proceeded at a steady pace thanks to continuing support from the Isle of Man Government.

Quayle noted that workshops were primarily advertised to government employees and allied agencies, but were accessible to others as well. "We take delegates from volunteer organizations, church groups, and charities at no cost to them. The participants benefit enormously from this multi-disciplinary approach, as learning occurs from the different experiences and perspectives of delegates," she said.

Two new trainers joined the team, having attended a T4T course in Wales in October. The Isle of Man Government is continuing to work on a suicide prevention strategy. "Due to the ongoing ASIST delivery, the messages of ASIST are being embedded at a grassroots level within the organization and the wider community. This work will support the suicide prevention strategy when it is introduced," noted Quayle.

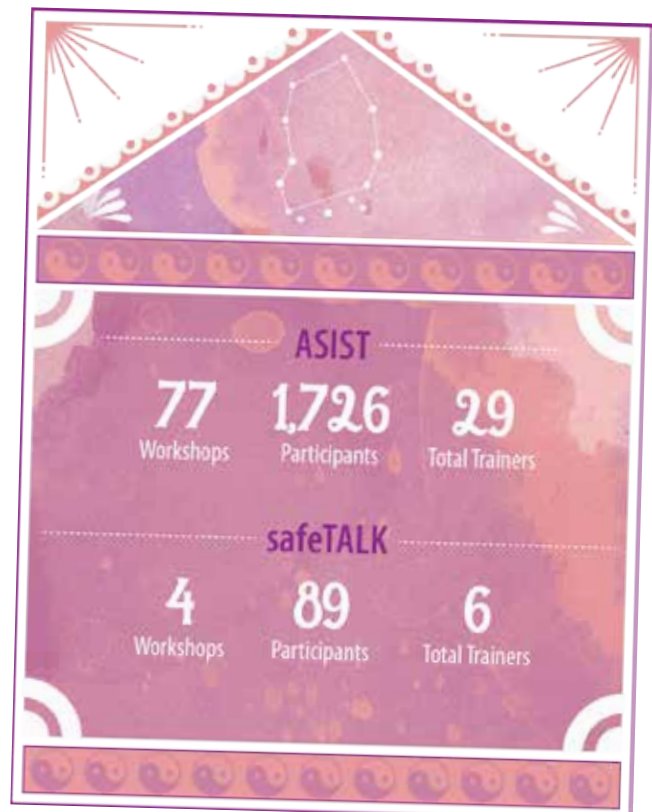


Republic of KOREA

The Korean Association for Suicide Prevention (KASP), which oversees the implementation and dissemination of LivingWorks programs, continued to achieve strong results.

"The initial approach was to target mental health professionals and now we are gradually seeing a trend toward workshops in the education sector and the community at large," said ASIST Senior Team Leader and Consulting Trainer Support Lindy Macgregor, whose collaboration with KASP was instrumental in helping to establish LivingWorks programs. One area of major training growth was Korea's armed forces, especially the Army and Air Force. "They are making significant use of the programs," said Macgregor.

2014 saw KASP reach out to the Korean community abroad with a unique initiative supported by the Los Angeles Department of Mental Health. By providing Korean-language materials, they were able to help bring suicide intervention training to people who would not otherwise have been able to access it. "The availability of translated, culturally relevant training materials is a wonderful example of international cooperation to build suicide-safety," said Kathleen Snyder, California LivingWorks Training Coordinator.

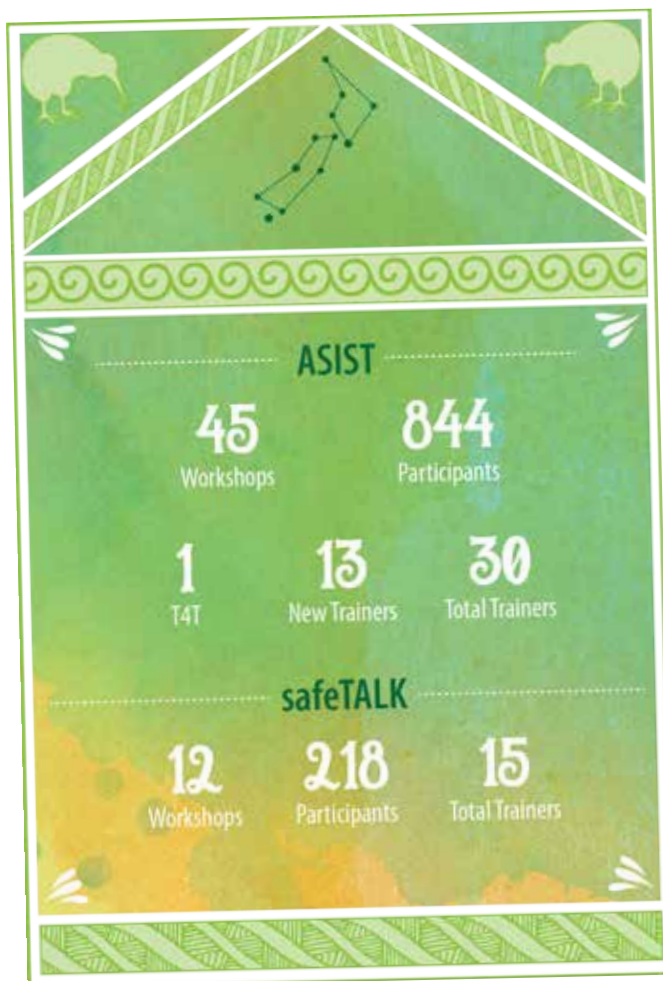


NEW ZEALAND

2014 marked the fifteenth anniversary of *LivingWorks training in New Zealand*. 70% of trainers upgraded to ASIST 11, and LivingWorks and Lifeline Aotearoa extended their training agreement to provide safeTALK and ASIST workshops across the nation. A key policy change allows trainers to conduct independent workshops, increasing the capacity for community training. A safeTALK T4T also took place outside of the Lifeline staff team with the intention of disseminating skills that would reach remote communities and other locations that currently have limited access to training.

New Zealand continued its tradition of providing service and skills to its Māori and Pasifika populations in 2014.

The Department of Māori Affairs sponsored an ASIST T4T, adding to an already strong base of Māori trainers. Lifeline Aotearoa is aiming to reflect New Zealand's cultural diversity by having one Māori and one non-Māori trainer at each ASIST workshop where possible. This helps ensure that participants, regardless of their cultural background, will have someone they can talk with. safeTALK and ASIST materials have also been translated into *te reo Māori* to facilitate learning for Māori and Pasifika peoples. A two-year contract with the Ministry of Health allows Lifeline Aotearoa to provide subsidized or no-cost workshops for them. Work is also ongoing with Māori post-secondary schools to have ASIST included in the curriculum as either a compulsory or elective course.



“
The changes in ASIST 11 fit extremely well with the cultural need to “tell story” and the importance of person-centered, strengths-based dialogue. It is a combination of all these things that makes ASIST unique, flexible, and culturally relevant to the person at risk in Aotearoa New Zealand.
”

—KAYTE GODWARD

Community Relationships and
Suicide Prevention Manager, Lifeline Aotearoa

NORTHERN IRELAND

Upgrading to ASIST 11 was the central theme this year, and with 46 trainers making the switch at the annual trainer conference, the process has gone much faster than expected. “I’ve had the pleasure of seeing trainers go from ASIST 10 to ASIST 11 and mentoring them through that, and then actually accompanying them out in the field to deliver workshops as a two-person training team,” said Bailey. There was also an increasing demand for safeTALK with two T4Ts held to build additional capacity.

Northern Ireland’s Public Health Agency (PHA) is moving toward a categorization of suicide prevention training programs into four tiers. With the upcoming release of *suicide to Hope*, LivingWorks will have a program that aligns strongly with each of the tiers, said Bailey. Northern Ireland is also working to develop the capacity to coordinate trainings locally, develop and mentor their own trainers, and print their own materials. With the possibility of central administration through the PHA, Northern Ireland has most of these capabilities and will be looking to establish a consulting trainer network in 2015.



Attendees gather for a photo at the ASIST 11 Trainers Conference which took place in Derry’s Millennium Forum in February.

“

As I reflect on the parallel of ASIST 11 and 11 years of ASIST in Northern Ireland, I am humbled and privileged to be part of the LivingWorks family.

”

—KEVIN BAILEY
ASIST Team Leader



NORWAY

"We had lots to do this year," laughed Møller. Among the earliest adopters of ASIST 11 back in 2013, the leaders at VIVAT ("let him/her live" in Norwegian) worked hard to translate the ASIST 11 Trainer Manual. The translation was challenging, with some English words not having exact analogues in Norwegian. With significant effort, however, the final version was completed on schedule, allowing VIVAT to upgrade more than 90 trainers. "That was big for us," said Møller, noting that hosting 11 ASIST 11 pilot workshops was another major achievement.

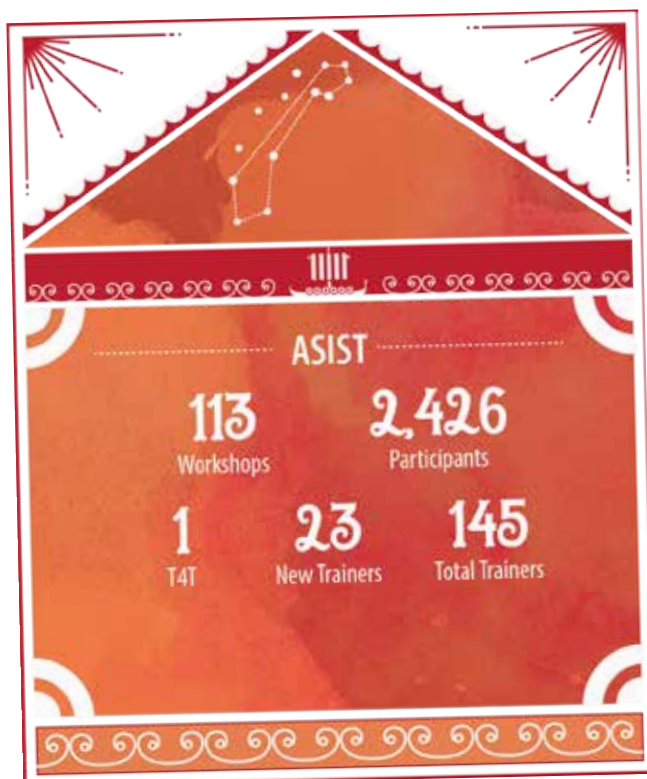
Norway's first ASIST 11 T4T brought 23 new trainers into the fold. Møller and other training coaches attended a training coach camp in the United States to better appreciate the new learning methods in ASIST 11. Interest in the workshop across Norway continues to be high, and was underscored by its important role in the 2014 update of the country's national suicide prevention strategy. Workshops were provided to nurses, educators, clinicians, and members of the military, and is mandatory for students in medicine and other professions.

ASIST and NAV

The ASIST program experienced significant growth among members of NAV, Norway's Labor and Welfare Service. "People who work there really want our workshop," said Møller, noting that ASIST helps prepare caregivers to work with clients who may be experiencing thoughts of suicide as a result of stress or trauma. A Master's thesis by Bjorn Tschudi Madsen at the University of Oslo investigated ASIST's role among NAV employees and found they were more confident in approaching the subject of suicide and more willing to sustain extended discussions instead of rushing to a solution.

Regional interest

An exciting development, Møller says, was the increasing contact VIVAT has had with nearby countries who are interested in ASIST. Norwegian trainers have previously offered workshops in Sweden and plan to return there again, and Møller also had an inquiry from Greenland about the possibility of training in the future. "Norwegian and Danish are also quite similar," said Møller, "so there is a



"I think Norway, VIVAT, and LivingWorks have so much to contribute if Scandinavian countries come together. We will all grow stronger and save more lives together if something like this happens."

—ANN-JORID MØLLER

VIVAT Suicide Prevention Director

lot of possibility there.” She believes a regional implementation of ASIST could offer significant benefits: “We will all grow stronger and save more lives together if something like this happens.” ASIST has already been gathering momentum in Denmark thanks to the efforts of trainer Hanne Gullestrup.

Sjømannskirken in Torrevieja

Trainers Gudrun Austad and Annie Norevik presented an ASIST workshop at the Sjømannskirken (Norwegian Church Abroad) in Torrevieja, Spain. The Norwegian-language workshop was held for Norwegians working in churches and schools all around the Torrevieja area. Sjømannskirken has locations across the globe, and the trainers are open to the possibility of future workshops to bring suicide-safety skills to Norwegian communities elsewhere in the world. “Since the participants were Norwegian-speaking, holding the workshop in Spain was no different from holding it in Norway—only warmer,” said Austad.

safeTALK

VIVAT is exploring the possibility of bringing safeTALK to Norway to help increase people’s access to ASIST-trained caregivers. “Complementing ASIST would be so smart to do,” said Møller, who has been arranging the logistics in advance of a formal proposal in 2015.



VIVAT ASIST trainers Sigrid Tonstad (left) and Grethe Pettersen (right) at a workshop in Norway.

PHILIPPINES

Keith Todd presented two English-language safeTALK trainings in Baguio City in the Philippines with the assistance of a translator. These trainings stemmed from Todd’s discussion with leaders at a local bible college who felt they would be valuable for students, pastors, and community members. “The trainings went well and were well-received by all the participants,” said Todd.

“It was a privilege to serve the local community in Baguio City and especially to help build suicide safety by raising awareness and providing a practical tool such as safeTALK.”

—KEITH TODD
safeTALK Trainer



SCOTLAND

Upgrading to ASIST 11 was a major focus in Scotland, with Health Scotland providing a series of face-to-face upgraders for 117 trainers. “This was a testament to our trainers’ enthusiasm and support for ASIST,” said Sutherland. “Feedback on the new ASIST 11 materials was very positive and encouraging, with trainers looking forward to delivering the new course,” she added.

Using her knowledge of local community members and their needs, safeTALK trainer Donna Barrowman helped bring the TALK steps to rural Lanarkshire by establishing the Hope Café. “She realised that the pub is often a hub of a community, and is an easily accessible and welcoming environment ideal for hosting safeTALK,” said Sutherland. From the first delivery, interest grew, and more people and organizations are asking for safeTALK. Barrowman’s pub deliveries continue, and when the Hope Café attained a permanent residence, she was presented with a LivingWorks Recognition Certificate in acknowledgment of her achievement. “It was an ideal time to surprise her with her well-deserved award,” said Sutherland, who also extended Health Scotland’s thanks to Barrowman for her commitment and enthusiasm for delivering suicide prevention training.



“

*Thank you to all of our **ASIST** trainers who participated in the upgrade events. We fully appreciate the commitment trainers have given to upgrade and the considerable study time required becoming familiar with the new material in preparation for delivery.*

”

—MARIE SUTHERLAND

Coordinator of Suicide Prevention Training, NHS Lothian

“

*I want to develop the work done in South Africa around suicide awareness as well as better equipping our professionals to deal with clients who present as suicidal. **This is my passion and cannot be extinguished.***

”

—LORRAINE MITCHELL

safeTALK Trainer

SINGAPORE

Long has been very active in supporting the dissemination and availability of ASIST. New trainers have increased the number of annual trainings and made workshops more accessible outside the hospital environments where they have traditionally been provided. “My long-term aspiration is to build a network of trainers to train more caregivers in the community in suicide prevention,” Long said.

The efforts to expand ASIST’s reach within the community have been met with success. Four institutions—the Postgraduate Allied Health Institute, Social Service Institute, Singapore Association of Social Workers, and JurongHealth—now provide ASIST workshops to social workers, social service providers, teachers, grassroots leaders and volunteers, allied health professionals, nurses, prison and police officers, and care coordinators. The Samaritans of Singapore, who were instrumental in bring-



“With 17 trainers, people interested in learning suicide first aid have more opportunities to attend ASIST workshops.”

—CHEY MAY LONG
ASIST Master Trainer

ing ASIST to Singapore in 1990, continue to provide and advocate for the training as well.

Current goals include expanding coordination and administration to bring trainers from different fields together and facilitate community access. A national social work competency framework, currently in development, includes suicide risk assessment and intervention skills as a core competency. “Healthcare medical social workers (MSWs) have already adopted this, and Chief MSWs send their social workers to ASIST to be equipped in suicide first aid,” said Long.

SOUTH AFRICA

2014 was a productive year for safeTALK trainer Lorraine Mitchell, who has been a devoted advocate of LivingWorks programs since attending an ASIST workshop at the 2005 LifeLine International Conference in Durban. She subsequently attended a safeTALK T4T and has been training across South Africa ever since. One of Mitchell’s highlights came at the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP) where she presented a safeTALK training to international delegates from all over the world. “It was incredibly well received,” she said. “Encouraging discussion of ideas and thoughts was very effective, and it was interesting to hear how suicide is dealt with in the differing mental health circles of different countries.”



UNITED STATES OF AMERICA

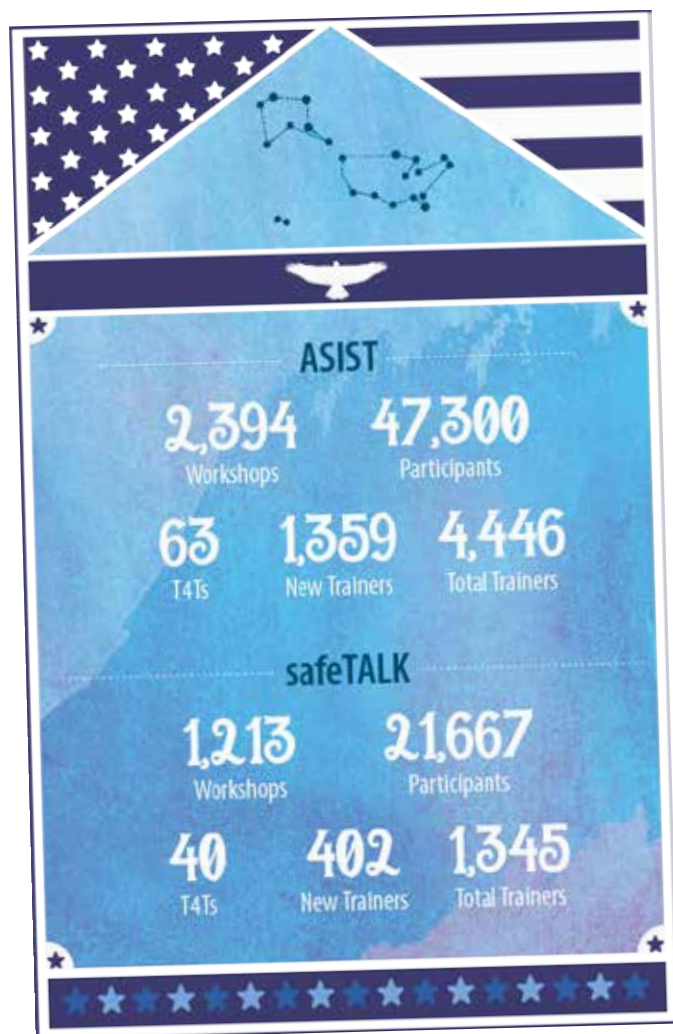
2014 was a year of significant growth across the United States. Attendance of both safeTALK and ASIST workshops and T4Ts rose beyond the record high set in 2013. ASIST workshops were provided in every state, the District of Columbia, and five territories: Puerto Rico, Guam, Northern Mariana Islands, American Samoa, and the US Virgin Islands. safeTALK workshops were provided in 44 total states and territories. Training played a strong role in supporting the needs of many Native American groups as well. ASIST remains widely used by the National Suicide Prevention Lifeline (NSPL) and its network of crisis centers. NSPL continues to host an annual T4T for its crisis centers to maintain its trainer base and bring suicide intervention skills to telephone counselors.

CalMHSA

LivingWorks' contract with the California Mental Health Services Association (CalMHSA) saw 227 safeTALK trainings and 234 ASIST workshops delivered. CalMHSA trainers are increasingly collaborating with other California trainers to bring trainings to new audiences.

New York State

safeTALK and ASIST are the most in-demand trainings offered by the New York State Office of Mental Health's Suicide Prevention Office (NYSOMH SPO) and have been successfully integrated into schools, health care settings, child welfare, law enforcement and first response, colleges and universities. ASIST was written into the federal



“safeTALK and ASIST continued to play a critical role for the New York State Suicide Prevention Office’s continued work with individuals and systems to build suicide safer communities. LivingWorks programs support our ongoing efforts to meet people and communities where they are in respect to their training needs. We know these programs are effective as we have heard on more than one occasion how a participant has used the skills they learned in a workshop to help save a life.”

—GARRA LLOYD-LESTER

Youth Suicide Prevention Specialist,
Suicide Prevention Center of New York State

grant application awarded to New York State as part of the Zero Suicide initiative in health care settings.

Professional Development Training for Navy Chaplains and Religious Program Specialists (RPs)

LivingWorks partnered with General Dynamics to create a professional development course for Navy Chaplains and RPs. With a broad focus covering pastoral care in suicide prevention, intervention, and postvention, the course was developed by a LivingWorks team. Military Director Glen Bloomstrom led the development with

Philip Rodgers, Tarie Kinzel, Frank Campbell, Alan Dagg, and David Pina, supported by Sarah McMenemy in graphics and design. Bloomstrom and Pina successfully piloted the training at Joint Base Anacostia-Bolling in Washington D.C., receiving extensive feedback from the chaplains and flag officers present.

Research

A Garrett Lee Smith (SAMHSA) funded study by Daniel Coleman and Aisling Del Quest evaluated three suicide intervention programs (two brief and one longer) in the



Top Left: Training Coaches Garra Lloyd-Lester, David Pina, and Jacqueline Hounjet at an ASIST T4T in September in New York.

Top Right: Cindy Hodge, LivingWorks Vice-President of Training, presents a LivingWorks Certificate of Recognition to leaders at the Cherry Creek Hampton Inn. From left to right: Front Office Manager Sean McBee, Cindy Hodge, Director of Sales Debbie Brandt, and General Manager John Meyers.

Bottom: Trainers Sara Dimla and Cabrini Rivera stand with safeTALK participants following a Department of Administration -hosted training in Guam this March. Photo credit: GBHWC—Prevention and Training branch.

context of caregivers working with youth. All three programs were found to improve prevention attitudes and self-efficacy, while only the longer ASIST training was found to have made a significant difference in asking at-risk youth about suicide at follow-up. “Convergent with other research,” wrote the study’s authors in their abstract, “modeling and role-play in training are crucial to increased prevention behaviors.”¹

Coleman, D., & Del Quest, A. (2014). Science from evaluation: Testing hypotheses about differential effects of three youth focused suicide prevention trainings. *Social Work in Public Health*, 30(2), 117-128.

“2014 was another outstanding year. We held workshops in every state as well as five territories, and our Department of Defense trainers continue to lead the way by bringing suicide intervention skills to personnel around the world. We are seeing suicide-safer communities emerging from “sea to shining sea”, which translates to many lives saved from suicide, and that is fantastic news.”

—JERRY SWANNER

Executive Director of LivingWorks USA



Top: Members of the Fort Bliss ASIST training team gather for a picture.

Bottom: Navy Religious Programs Specialist (RPSN) Chris Tengco recounts a story of how he used ASIST to intervene with a friend following the Washington, D.C. pilot of the Professional Development Training Course (PDT) for chaplains developed by LivingWorks in partnership with General Dynamics.

US MILITARY

The Department of Defense (DoD) continued to make extensive use of LivingWorks programs. Over 30,000 Army participants were trained and some installations have set nationwide examples for implementing and disseminating LivingWorks programs. Fort Bliss, Texas, has saved many lives from suicide since deploying a number of preventative measures, including ASIST training since 2007, and is on track to reach its goal of having 90% of its personnel ASIST-trained. The United States Navy, which trained over 3000 personnel, was pleased with the results of its safeTALK training agreement and extended the contract by an additional year.

DoD trainings have taken place for Army, Navy, Air Force, and Army National Guard (ARNG) deployed around the world. "Being able to provide training to DoD personnel in the field is significant," said Military Director Glen Bloomstrom. "It helps to ensure the wide availability of intervention skills and makes them accessible for personnel who may need them while serving overseas." Chaplains, Religious Program Specialists, and suicide prevention program managers have played a major role in rolling out the training, working alongside DoD personnel who have made a commitment to equip their colleagues with life-saving skills.

The trainings also have a local impact as they bring suicide intervention skills to the civilian population. "Locals work as civilian contractors in places like Japan, Germany, Korea, Italy, and the Middle East," explained Bloomstrom. "Even though the training is geared toward DoD personnel, there have been many cases where local contractors have attended and brought these skills back into the civilian population as well." In some instances, the training has also attracted interest from local allied services.



Master Sergeant Marshall Bradshaw, who served as Army National Guard Suicide Prevention Manager since 2007 and inspired hundreds of ASIST trainers, receives a LivingWorks-inspired retirement gift from Major Agata Tyson in 2014.

US MILITARY CONTINUES »

US MILITARY OVERSEAS

★ = US ARMY

☆ = US ARMY NATIONAL GUARD

⚓ = US NAVY

✈ = US AIR FORCE

AFGHANISTAN ★ ASIST workshops: 6 ASIST participants: 109	DJIBOUTI ★ ☆ ⚓ ASIST workshops: 7 ASIST participants: 170	KOSOVO ★ ASIST workshops: 1 ASIST participants: 11
BAHRAIN ⚓ ASIST workshops: 7 ASIST participants: 107 safeTALK workshops: 6 safeTALK participants: 117	GERMANY ★ ☆ ASIST workshops: 15 ASIST participants: 257 Total ASIST trainers: 1 safeTALK workshops: 1 safeTALK participants: 10	KUWAIT ★ ☆ ASIST workshops: 18 ASIST participants: 416
BELGIUM ★ ASIST workshops: 2 ASIST participants: 29	GREECE ⚓ ASIST workshops: 1 ASIST participants: 10 safeTALK workshops: 5 safeTALK participants: 72	QATAR ★ ASIST workshops: 3 ASIST participants: 36
BRITISH INDIAN OCEAN TERRITORY ⚓ ASIST workshops: 2 ASIST participants: 34	ITALY ★ ⚓ ASIST workshops: 10 ASIST participants: 170 ASIST T4Ts: 2 New ASIST trainers: 49 safeTALK workshops: 6 safeTALK participants: 92	SPAIN ⚓ safeTALK workshops: 1 safeTALK participants: 10
CUBA ★ ASIST workshops: 1 ASIST participants: 12 safeTALK workshops: 1 safeTALK participants: 12	JAPAN ★ ⚓ ✈ ASIST workshops: 27 ASIST participants: 452 ASIST T4Ts: 2 New ASIST trainers: 36 Total ASIST trainers: 2 safeTALK workshops: 21 safeTALK participants: 245 safeTALK T4Ts: 1 New safeTALK trainers: 11 Total safeTALK trainers: 1	TURKEY ★ ASIST workshops: 1 ASIST participants: 21

WALES

LivingWorks established a new memorandum of understanding (MOU) with Mind Cymru to deliver training throughout Wales and provide greater autonomy in administration and dissemination in the interests of long-term sustainability. New systems, procedures, and materials—including Welsh-language ASIST participant kits—were created to align with the memorandum.

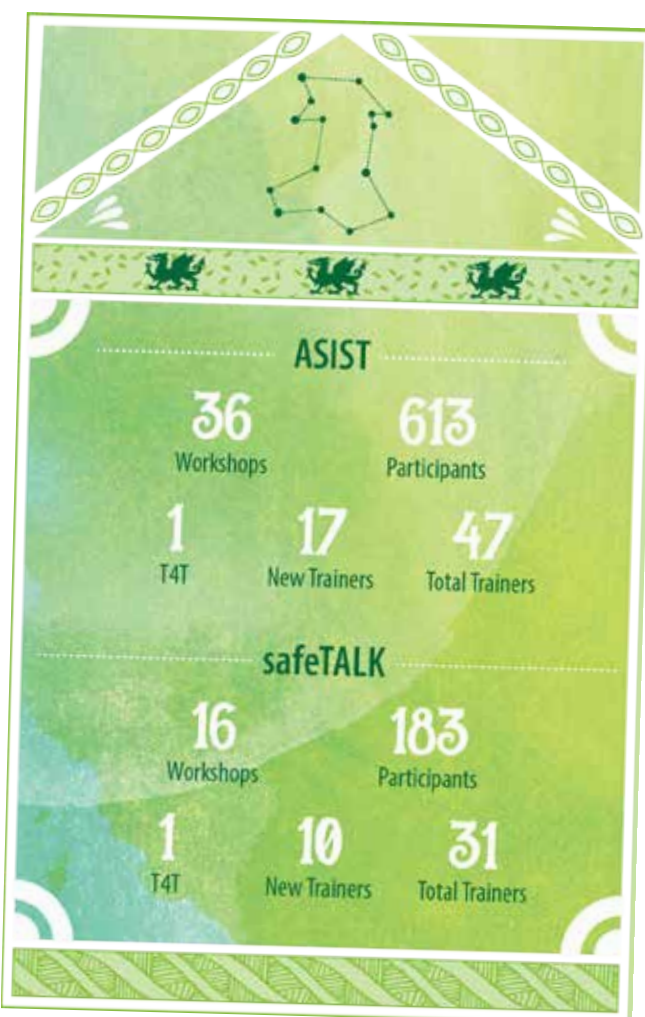
Working with other Mind charities, Mind Cymru helped Welsh trainers reach a wide variety of participants including some from the Public Ombudsman Office, Health Visitors and Midwives, the National Health Service, workers in supported housing, delegates from government, and youth workers. safeTALK trainings were held for the lesbian, gay, and bisexual community—a new audience for the Welsh training team. “There was much more demand for safeTALK this year,” said Pardue-Wood, noting that a March safeTALK T4T filled up so quickly that a second one was scheduled. 17 new ASIST trainers joined the ranks at an ASIST T4T in October.

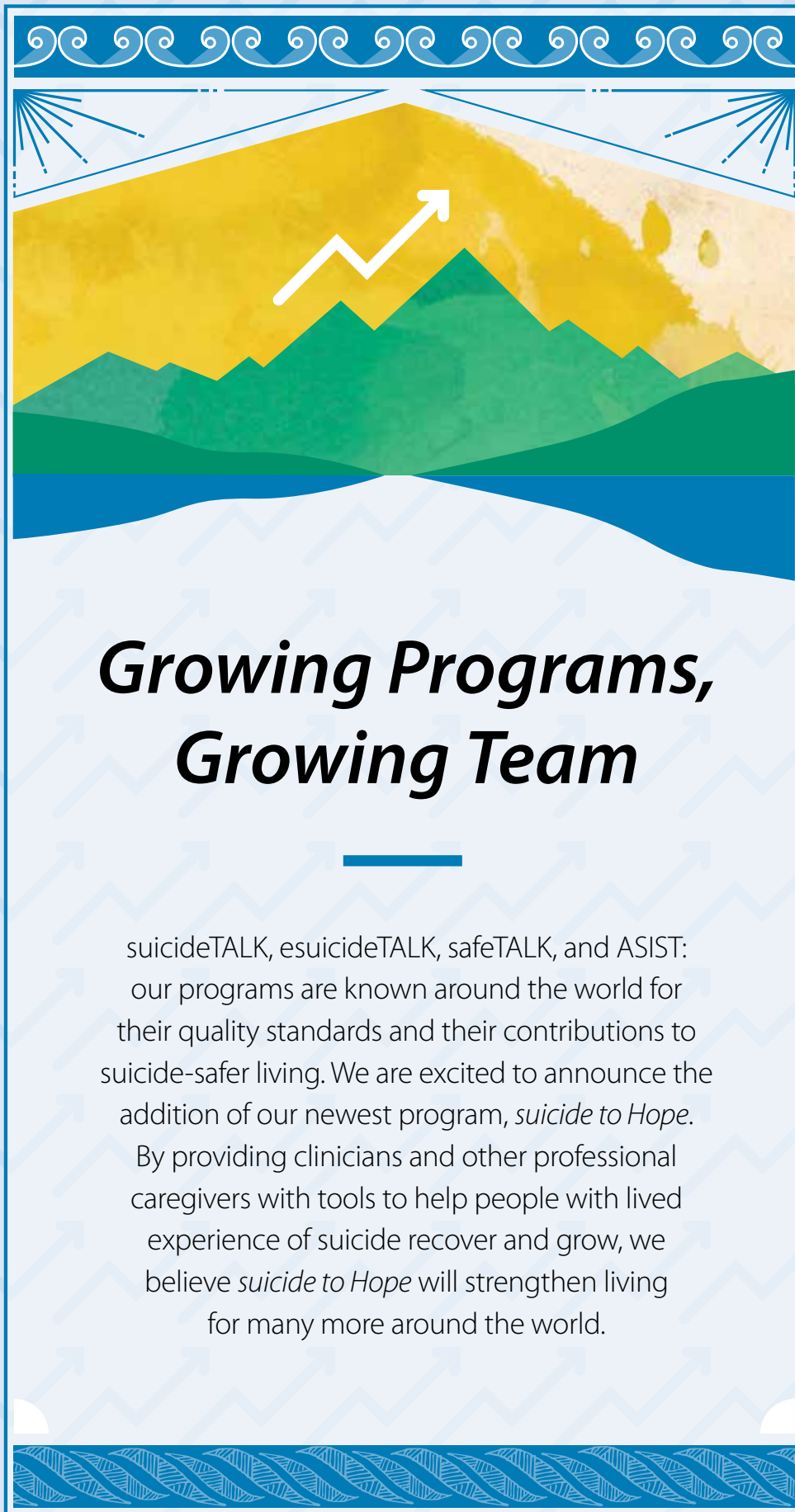
ASIST seems poised to continue playing a significant role in suicide intervention training, with the development of *Talk to Me 2, Wales’ Suicide and Self-Harm Prevention Action Plan*. One of the priority actions is the development and delivery of a Welsh framework for the training of professionals and the general public. The action plan states that “The Applied Suicide Intervention Skills Training (ASIST) is the most appropriate training to deliver this action at all levels.” Focus group and case study participants consulted in *Talk to Me 2* also provided strong endorsements of ASIST.

The Welsh government continues to see ASIST as a valuable tool and wishes to support its growth and dissemination. “They are very interested in our collaboration and very keen on the development of the program in Wales,” said Pardue-Wood.

“*ASIST remained the most effective suicide intervention training program in Wales, with safeTALK providing more and more essential suicide-alert caregivers in our communities. With LivingWorks by our side, Mind Cymru continues to be at the forefront of suicide prevention training throughout Wales.*”

—JANET PARDUE-WOOD
Acting Director, Mind Cymru





Growing Programs, Growing Team

suicideTALK, esuicideTALK, safeTALK, and ASIST: our programs are known around the world for their quality standards and their contributions to suicide-safer living. We are excited to announce the addition of our newest program, *suicide to Hope*. By providing clinicians and other professional caregivers with tools to help people with lived experience of suicide recover and grow, we believe *suicide to Hope* will strengthen living for many more around the world.

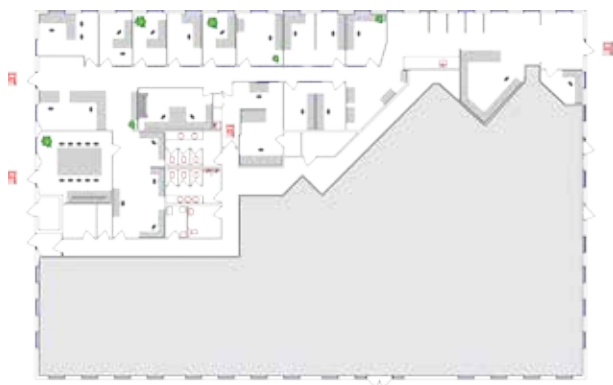
Our Staff

As our programs grow and expand, so do the teams and systems that support them. In 2014, our team grew to a total of 31 staff and 18 contractors in nearly a dozen countries. Here are a few other ways our team has continued to grow along with our programs.

LIVINGWORKS HEADQUARTERS

21 living plants
4,700 square feet
46 staff meetings

LivingWorks Headquarters Office in Calgary, Canada



CREATIVE

46.5 GB of files
380 documents uploaded to web
16 macs used in the office

KITCHEN

89 lbs of coffee purchased
24 birthday cakes eaten
107 average items in the fridge

PRODUCTION

72 files sent to the publisher
504 Go2Meetings scheduled
12 news letters sent to trainers

DR. PHILIP RODGERS

One important addition was Dr. Philip Rodgers, who joined the LivingWorks leadership team as Vice-President of Design, Development, and Evaluation in 2014.

Philip's extensive experience in evaluation science and suicide prevention best practices will continue to shape our commitment to program development as we move forward.



LivingWorks is known throughout the field for the quality and effectiveness of their programs—this is a testament to the vision and work of the original founders, as well as the current leadership and staff. I hope to add to the high regard of LivingWorks by helping to create new programs as well as improving existing ones.”

—Dr. Philip Rodgers, who joined LivingWorks as Vice-President of Design, Development, and Evaluation in 2014

INTERNATIONAL STAFF

11 pets in home offices
5 listen to music while working
23 conferences attended

ASTROLOGY SIGNS

CAPRICORN ■
AQUARIUS ■
PISCES ■■■■
ARIES ■■■
TAURUS ■■■■
GEMINI ■
CANCER ■■■
LEO ■■■
VIRGO ■■■
LIBRA ■■■
SCORPIO ■
SAGITTARIUS ■■■

31 STAFF IN 2014



■ 10 male
■ 21 female



s2H PILOT WORKSHOPS



s2H FIELD TRIAL WORKSHOPS



TOTAL s2H FACILITATORS

suicide to Hope

First announced in November 2013, suicide to Hope: a Recovery and Growth Workshop is LivingWorks' newest program. Primarily focused on providing skills to clinicians and other professional caregivers working with people previously at risk and currently safe from suicide, *suicide to Hope* successfully underwent pilot and field trial phases in 2014. Participants in the pilots and field trials included clinicians, professional caregivers, those with lived experience of suicide, loss survivors, academics, researchers, and administrators from the United States, Canada, Northern Ireland, and Australia.

The pilot and field trials results were as positive as they were exciting, with many participants noting that they felt *suicide to Hope* filled an important training gap and that it had a great deal to offer in professional fields. Their feedback was tremendously helpful in refining and developing *suicide to Hope* for public release in 2015. LivingWorks would like to thank the organizations who made these workshops possible:

Pilot Workshops		
Location		Cohosts
	Los Angeles, CA	Preconference to AAS
	Los Angeles, CA	Preconference to AAS
	Calgary, AB	Centre for Suicide Prevention
Field Trial Workshops		
Location		Cohosts
	San Marcos, TX	Texas State Suicide Prevention Symposium and Texas State Department of Health
	Toronto, ON	Trillium and CMHA Waterloo Wellington Dufferin (WWD)
	Seattle, WA	Forefront and Columbia Care Services
	Boston, MA	Massachusetts Department of Health
	Nashville, TN	Centerstone and Tennessee Suicide Prevention Network
	Mount Pearl, NL	Newfoundland ASIST Conference
	St. Louis, MO	Behavioral Health Response, Kids Under 21 and Missouri State Suicide Prevention Office
	Los Angeles, CA	Didi Hirsch Mental Health Services and Los Angeles Department of Mental Health (through Didi Hirsch)

suicide to Hope Description

suicide to Hope: A Recovery and Growth Workshop provides tools to help professional caregivers and persons with experiences of suicide work together to develop achievable and significant recovery goals. It is a one-day workshop primarily designed for clinicians and other professional caregivers working with persons recently at risk of and currently safe from suicide.

Recovery and growth approaches have demonstrated significant positive impacts in mental health, substance abuse, and trauma but have not been developed for use with those recovering from suicide. To meet this need, LivingWorks has developed *suicide to Hope: A Recovery and Growth Workshop* that will provide clinicians and other professional caregivers with skills to help persons recently at risk identify opportunities for recovery and growth arising out of their experiences with suicide.

Workshop participants will reflect upon their qualities as a caregiver—the beliefs, values, and attitudes they bring to the relationship. They will also learn about various meanings of suicide experiences and the opportunities for recovery they present. The competencies and skills this workshop develops will enable caregivers to structure and manage the work they do with a person recently at risk of suicide. *suicide to Hope* can also help them structure, manage, and coordinate work that might be done in collaboration with other caregivers.

Participants will receive tools and resources that can be used in their collaborative work with persons recently at risk of and now safe from suicide.

At the end of the workshop, participants will be able to:

1. Describe how suicide experiences provide an opportunity for recovery and growth,
2. Recognize how their attitudes might impact the recovery of the people they are trying to help,
3. Describe a schematic of themes related to suicide experiences and a model for developing achievable recovery and growth goals, and
4. Demonstrate use of this model to aid recovery work with a person recently at risk of suicide.



Participants gather for a photo after the first *suicide to Hope* pilot.

“

*My mind goes back to many, many years ago on a fiord in Norway with the then head of VIVAT, Dr. Kirsti Sivola, lamenting how few helpers knew how to provide psychological help, particularly with suicide, and wondering what to do about it. **I am pretty sure suicide to Hope can help create analogous miracles in helpers to what using suicide to Hope can help create for persons who have struggled with suicide.** Of course it is not the same as years of training and experience but it can be the turning point to it—fulfilling a dream started a long, long time ago.”*

—Dr. Bill Lang, LivingWorks board member and *suicide to Hope* developer

“

*There are so many training programs that focus on assessment and immediate intervention. **I am so excited about suicide to Hope because it takes the clinician and the suicide prevention field much farther.** Once safety is assured, then what? *suicide to Hope* helps answer that question and provides specific skills to work with clients.”*

—Sue Eastgard, *suicide to Hope* facilitator



*“suicide to Hope will bring a much-needed recovery approach to suicide prevention, providing clinicians and professional caregivers with the knowledge and skills necessary to help those who’ve attempted or been at elevated risk of suicide **live safer and more fulfilling lives.**”*

—Dr. Philip Rodgers, Vice-President of Design, Development, and Evaluation

*“As a facilitator it is deeply challenging to witness the pain in participants who want to do their best for the people they serve and know they frequently come up short. The optimistic counterpoint is that for many, attending suicide to Hope breathes life back into their work. **They begin to see something can be done and they do not have to do it alone.**”*

—Devon Tayler, suicide to Hope facilitator

*“It has been powerful to hear the “ah-hahs” of participants when they realize at some point within the training exactly how s2H fills a large gap within the field. I can still see the awestruck face of a helper who had admitted to severe burnout when she said to the group, **“this program could transform our systems of care for those who are struggling with suicide!”**”*

—Kathryn VanBoskirk, Vice-President of Associate Care and suicide to Hope facilitator

*“Just as the existing LivingWorks programs all fill important roles in building awareness, alertness, and intervention skills, we now have a program that can help people take the next step—our suite of trainings spans the range from prevention through intervention and now on to recovery and growth. **It is fantastic to be able to weave another thread into our holistic approach to suicide prevention.**”*

—Heather Stokes, Vice-President of Strategic Development

*“The process of bringing the s2H workshop into being has been a collaborative effort that provided real-time feedback from our pilot and field trial settings to the design team so that changes and adjustments were quickly identified and implemented with wonderful results. **I think we now have added an important workshop to the already outstanding resources in the Livingworks Education offering.** It was an honor to serve with such a strong team of professionals.”*

—Dr. Frank Campbell, suicide to Hope facilitator

*“suicide to Hope takes over where an ASIST SafePlan often ends, with a connection to ongoing mental health support, yet the literature tells us that many of these on-going helpers are ill-equipped for the task. **In my s2H workshops, even seasoned therapists seem to relax and even smile from the relief they feel having a model to work within regardless of their theoretical approach.** They talk about how they can immediately apply this new approach with their current clients!”*

—Dr. Gary McConahay, suicide to Hope facilitator

suicideTALK & esuicideTALK



suicideTALK continues to be an important program for LivingWorks. Many trainers use the hour-and-a-half session to broach the subject of suicide awareness with communities and show them how other programs like safeTALK and ASIST can further develop their ability to save lives.

Meanwhile, esuicideTALK, suicideTALK's online counterpart, has continued to provide suicide awareness to web users. LivingWorks reached an agreement with the Republic of Ireland's Health Service Executive (HSE) to provide esuicideTALK on a national basis. Combined with already strong implementation of ASIST and safeTALK, esuicideTALK is poised to help further break down stigma and help participants explore their knowledge and attitudes around suicide.



Here is some of the feedback we received from suicideTALK sessions in 2014:

"A good introduction to an important subject."

"suicideTALK gets you thinking about better ways to support service users."

"The TALK acronym gives a useful framework to follow when talking about suicide."

"Feeling more comfortable about using the word 'suicide.'"

"This is something that opens up people's minds to see that others need help."

"I learned that suicide is a much bigger problem than I thought."

"Simple yet effective."

"Easy to remember."

"Good info—easy to understand for the novice."

"People almost always leave wanting more, and I think that's the beauty of suicideTALK. We're able to say 'There are other, more in-depth programs available.'"

—Nicole Deagle, ASIST and safeTALK trainer



safeTALK

safeTALK continued to bring suicide alertness skills to participants and provide a valuable complement to the ASIST program.

A Training for Instructors (T4I) in June resulted in eight new safeTALK instructors, bringing the total number of instructors to 50. Instructors facilitate safeTALK T4Ts thereby increasing the capacity to train more safeTALK trainers who can facilitate the actual safeTALK training. 2014 was a new record for the number of people trained, with more than 58,000 participants attending safeTALK.

Patty Rives' transition into the role of safeTALK Program Manager and Instructor Consultant was a major development. Formerly the safeTALK Program Coordinator, she now oversees many aspects of safeTALK's dissemination and quality assurance.

2014 was the first year of the US Navy's contract for safeTALK and saw nine T4Ts as well as more than 3000 personnel trained. Many senior officers have worked to have safeTALK implemented vessel-wide to help keep their personnel safe from suicide.

Another milestone came when the Office of Education in Ventura County, California collaborated with LivingWorks to produce two new safeTALK vignettes. Featuring the talents of students from Nordhoff High School, these videos incorporate a secondary school setting and help make the TALK steps more approachable for younger audiences. "We have received very positive feedback from both the trainers and participants," said Jaclyn Bull, Senior Secretary at the Office of Education. The vignettes have since been added to repertoire of numerous safeTALK trainers.

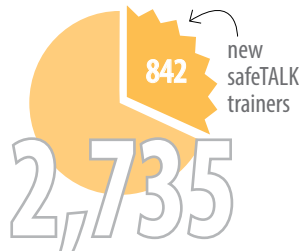
The safeTALK team developed a series of new documents that provide guidance and advice for trainers on a number of important topics. These include balancing safety and challenge when presenting safeTALK to youth audiences, co-training when presenting safeTALK, and more. The safeTALK wallet card app was beta tested in 2014 to facilitate a launch early in the new year. The redesigned app helps walk participants through the TALK steps and uses GPS to find nearby KeepSafe connection resources.

“2014 was the year we began providing consistent quality review for all safeTALK reports. Trainers got timely feedback and answers to their concerns. And participants told us that as a result of the safeTALK training they felt more prepared to talk with a person who was having thoughts of suicide.”

—Sue Eastgard
safeTALK Trainer Consultant



**TOTAL SAFETALK
T4Ts**



**TOTAL SAFETALK
TRAINERS**



**TOTAL SAFETALK
WORKSHOPS**



**TOTAL SAFETALK
PARTICIPANTS**

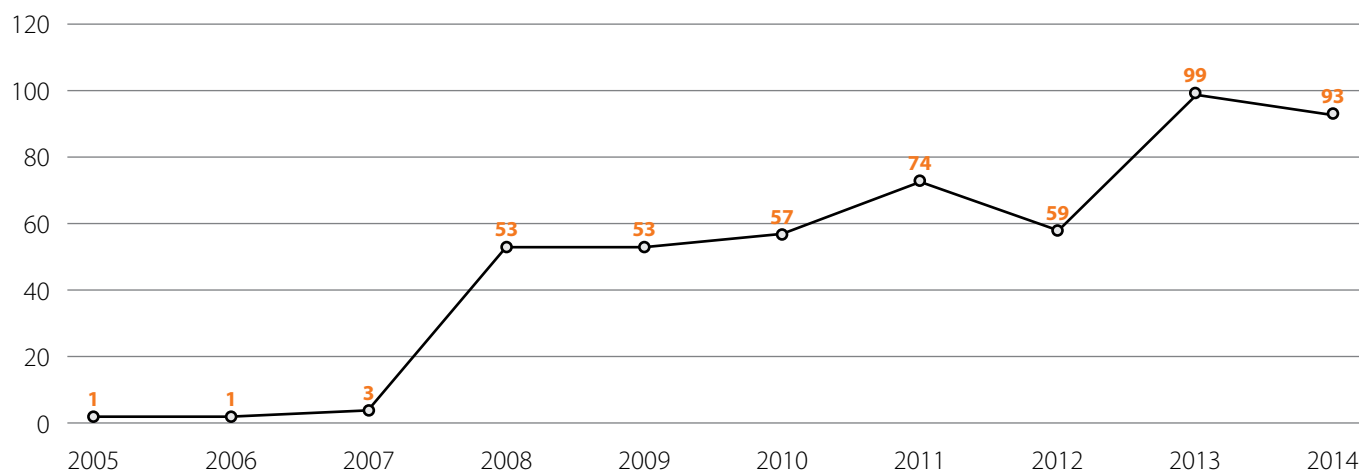
“With the elements of increased trainer support, Instructor guidance, and improved communications, we hope to see continued growth for safeTALK in the future.”

—PATTY RIVES
safeTALK Program Manager

safeTALK Trainer Donna Barrowman holds the LivingWorks Recognition Certificate she received for her work in establishing the Hope Café in Lanark, Scotland. See page 22 for more details



SAFETALK T4T YEAR-TO-YEAR GROWTH



2000's

2008 - Canada
2008 - Scotland
2008 - Northern Ireland
2008 - England
2009 - Australia
2009 - Republic of Ireland
2009 - Germany
2009 - USA

2010's

2010 - Guam
2011 - Japan
2011 - South Africa
2011 - Republic of Korea
2013 - Wales
2013 - New Zealand



ASIST

“ASIST had a remarkable year. There were 96 Training for Trainers resulting in 1,921 new trainers. The trainers offering support and leadership, during and following T4Ts, grew dramatically by adding 12 new Training Coaches and 24 new Consulting Trainers to those networks. Thousands of trainers made the move to upgrade to ASIST 11. Through all this growth, we significantly increased the number of willing, ready, and able caregivers worldwide. In 2014, more was certainly better!”

—Cindy Hodge, VP Training

2014 was a banner year for ASIST, with 96 T4T courses and over 93,000 participants trained. To help respond to the increase, Carrie Hodge joined the ASIST team in 2014 as Site Coordinator, handling T4T registrations and logistics. The year saw a number of improvements in efficiency and coordination for ASIST as a whole. The ASIST feedback team, which documents workshop records and provides trainers with feedback, has reduced turnaround times to three weeks, down from nearly eight weeks in 2013. The workshop organization and coordination process in Australia underwent changes to better align it with LivingWorks’ international standards.

The number of trainers who upgraded to ASIST 11 was a major accomplishment. Face-to-face Upgraders and eUpgraders took place throughout the year to bring ASIST 10 trainers up to speed on the new edition. “The eUpgrader has been a wonderful tool,” said Sandra Godard, who coordinates the eUpgraders and accompanying webinars. “It has enabled people around the world to upgrade to ASIST 11, regardless of their location or schedule.” By the end of the year, 83% of ASIST trainers had upgraded. LivingWorks’ goal is to have all trainers standardized on the new edition by the end of 2015.

LivingWorks continued to develop and deepen its quality assurance and mentorship programs with several consulting and coaching camps. These intensive sessions invite experienced ASIST trainers to take on further mentorship roles as Training Coaches and Consulting Trainers so they can help train new trainers and support existing trainers in achieving their full potential. There were four Consulting and three Coaching camps, bringing the total number of Consulting Trainers to 103 and Training Coaches to 95. Improvements to video clips in the *ASIST Trainer Learning Aid (ATLA)*, filmed and released in 2014, will make the process of learning to be a successful ASIST trainer easier.



TOTAL ASIST T4Ts



TOTAL ASIST
TRAINERS



TOTAL ASIST
WORKSHOPS



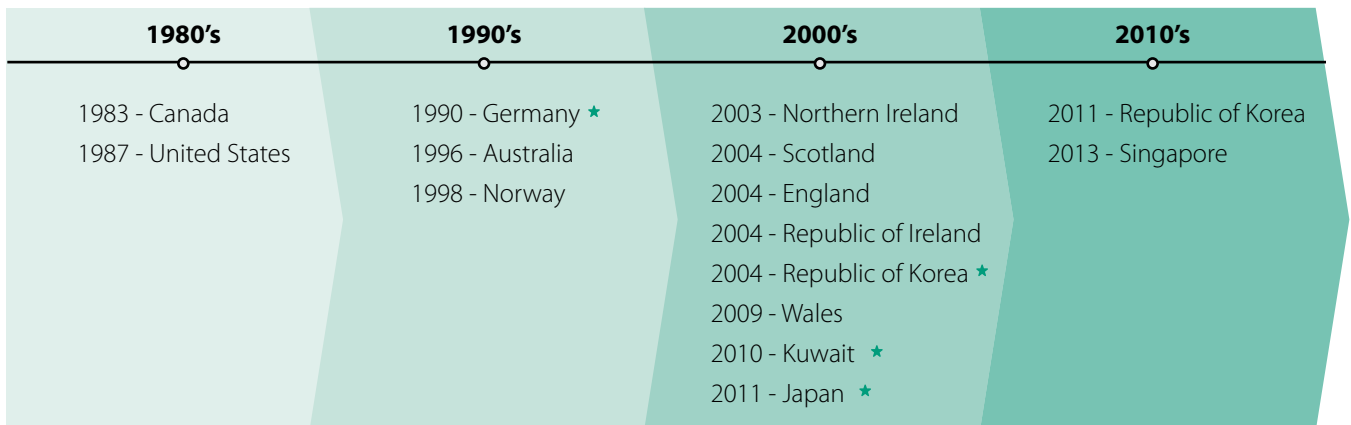
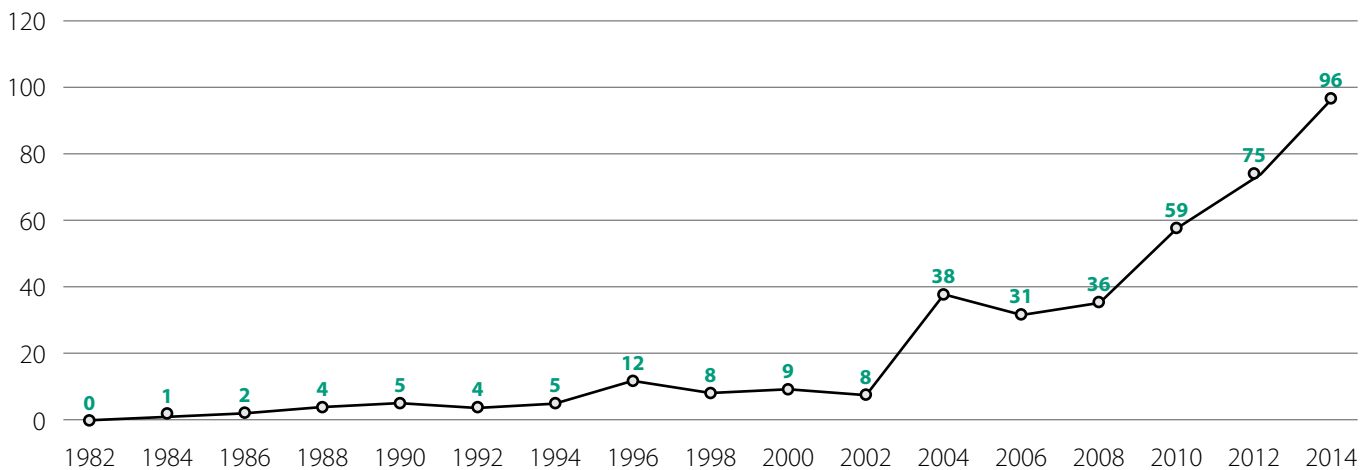
TOTAL ASIST
PARTICIPANTS



*What began as a response to a tragic youth suicide cluster on an American Indian reservation has grown into a multi-agency effort to expand suicide prevention and intervention training, enhanced emergency room operations and improved follow-up care after suicide attempts or loss. The National Native Children's Trauma Center at the University of Montana has been thankful for the opportunity to work with the Tribes on these efforts. **The delivery of 14 safeTALK and 8 ASIST trainings on the reservation has been an essential part of our approach to increase the number of individuals willing, ready, and able to help others.***

—Matt Taylor, Director, Montana Safe Schools Center and Associate Director, Institute for Educational Research and Service and the National Native Children's Trauma Center

ASIST T4T YEAR-TO-YEAR GROWTH



★ US Military

Our Friends

A Abegweit First Nations Health, Aberdeen Area Behavioral Health, Acadia University, Action Mental Health, Action Mental Health WORKS, Adams 12 Five Star Schools, Adams State College, Adams State University, Addictions Foundation of Manitoba, Addictions Treatment Clinic, Aftercare, Agency Chiefs Tribal Council, Ahtahkakoop First Nation, Alaska Native Tribal Health Consortium, Albert Olsen, Algonquin And Lakeshore Catholic District School Board, Algonquin College, ALIFE AUZ, Alzheimer's Australia, Amador Tuolumne, Community Action Agency, American Foundation for Suicide Prevention (Boston, Indiana, Montana, New York, Northern Ohio, San Diego, Southern Division, Washington State), American Indian Health & Family Services, Anglicare NT, Anglicare WA, Anxiety Recovery Centre, Apache Behavioral Health Services, Appalachian State University, Arcata High School, Arkansas Crisis Center, Ascertainment, sherTech Inc., ASIST Newfoundland, ASPEN Project, Assembly of Manitoba Chiefs Secretariat, 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Nadmadwin Mental Health Clinic, Nannup Community Resource Center, Naropa University, National Aeronautics and Space Administration, National Alliance on Mental Illness Minnesota, National Center for Suicide Prevention Training Inc., National Council of Social Service, National Suicide Prevention Lifeline, Native Americans for Community Action Inc., NEED2 Suicide Prevention, Network of Alcohol & other Drugs Agencies, Nevada Coalition for Suicide Prevention, Nevada Department of Education, Nevada Office of Suicide Prevention, Nevada Urban Indians Inc., New Brunswick Community College (Campbellton, Moncton), New Credit First Nation, New Mexico State University, New York State Office of Mental Health, Newfoundland & Labrador Housing, Newfoundland and Labrador Sexual Assault, NHS Scotland, Niagara Catholic School Board, Niagara Region Public Health, Nimkee Nupi Gawagan Healing Centre, Nipissing First Nation Health Services, Nipissing Parry Sound Catholic District School Board, Nipissing University, Nishnawbe Aski Nation, Nisto Awasisak Memorial School, North Bay Regional Health Centre, North Central Education Cooperative, North Dakota State University, North East Community Care Access Centre, North East Montana Health Services, North Eastern Ontario Family and Children's Services, North Okanagan-Shuswap School District, North Slope Borough School District, North West Hospital & Health Service, Northern Arizona Regional Behavioral Health Authority, Northern Health & Social Care Trust, Northern Ireland Prison Service, Northern Lakes Community Mental Health, Northern Lights School Division, Northern Ontario School of Medicine, Northwest Portland Area Indian Health Board, Norwest Co-op Community Health, Norwest Community Health Centres, Notre Dame Catholic High School, Nova Scotia Community College, Nunatsiavut Government, Nunavik Regional Board of Health, Nunavut Sivuniksavut [O] Oklahoma Department of Mental Health and Substance Abuse, One Arrow Health Center, Onelife-Eastern Wheatbelt, Open Doors for Lanark Children and Youth, Opportunities for Independence Inc., Orange County Health Care Agency, Orcadia Youth Residence, Ottawa Police Service, Ottawa Public Health, Ottawa-Carleton District School Board, Overcoming the Darkness, OZHelp [P] Palestine United Methodist Church, Panda, Papyrus, Park View Education Centre, Parkland Regional Health Authority, Parsons Child & Family Center, Partners Counselling and Education, Partners in Recovery, Pathways for Children and Youth, Paul Dojack Youth Centre, Peel Children's Centre, Pennsylvania Office of Mental Health and Substance Abuse, Pennyroyal Center, Permian Basin Community Centers, Peter Ballantyne Cree Nation High School, Pharmacists' Support Service, Phoenix Youth Programs, Plima Council on Aging, Pine Grove Correction Center, Pips Newry & Mourne, Pluri-elles Inc., Point in Time Centre for Children, Police Service of Northern Ireland, Poplar River First Nation, Porcupine Health Unit, Port 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Looking forward

“

*In terms of the number of people we trained around the world, 2014 was our most successful year yet. **We've come such a long way, and the horizon for how far we can go is still to be realized in the years to come.** Our deepest thanks go out to everyone who made this possible.”*

—Richard Ramsay, President

“

*A long-time goal of mine has been to hold a LivingWorks staff and leadership retreat. A team of staff and leadership has met together to plan and schedule a June 2015 event that will focus on understanding and supporting the implementation of our five-year strategic plan. This event will bring approximately 30 of us together with a focus on the future. **The LivingWorks legacy continues as our team invests their time, energy and passion to plan for tomorrow.**”*

—Carole Thannhauser, Vice-President of Operations

“

I'm looking forward to several things in 2015 and beyond, including the development of evaluation tools and resources that will demonstrate how LivingWorks' programs promote life and increase safety. Some other major highlights on the horizon are the continued roll-out and evaluation of suicide to Hope, as well as taking a look at how we can continue to increase the quality of LivingWorks programs and the fidelity of their implementation.”

—Philip Rodgers, Vice-President of Design, Development, and Evaluation

“

*I have so many exciting developments on the horizon. Much enthusiasm has been expressed about suicide to Hope along with great feedback from the pilots and field trials. This places us in a great position to launch suicide to Hope workshops in 2015 along with strategically planning for the first suicide to Hope Training for Facilitators in late 2015. **I am also looking forward to the Strategic Development team connecting active trainers, current collaborators, and potential new friends to our diverse collection of stories and lessons learned from around the world with all of our LivingWorks training programs.** Finally, I am excited to pilot our suicide-safer communities initiative. The designation of “Suicide-Safer Community” is a prestigious honor that will be awarded to a community where multi-sectoral entities, in agreement that suicide is a serious community health problem, are engaged with individuals, organizations, and stakeholders collaboratively to strategize, create, implement, and sustain efforts around nine pillars of action.”*

—Heather Stokes, Vice-President of Strategic Development

“

*I'm excited at the substantial growth we've experienced—in the USA in 2014, we added an additional 50% of the total of available ASIST trainers and 54% of the safeTALK trainers that we had in 2013! **I look forward to seeing what we can achieve with these new numbers and to providing the best possible support in trainer mentorship and quality assurance.** We will be investing in Regional Trainer Conferences to help trainers learn, grow, and adhere to our workshop standards.”*

—Jerry Swanner, Executive Director, LivingWorks USA

“

*I am so excited when I look forward to all the things happening in our training programs. suicide to Hope is unfolding as a powerful resource for professional caregivers. ASIST and safeTALK are growing in substantial ways, training people to help those at risk of suicide. Every life matters and the more we train, the more we help create suicide-safer communities. **It's an amazing time to be part of an organization with such a passion and purpose.**”*

—Cindy Hodge, Vice-President of Training

“

*2014 saw the first full year of trainers acknowledging the local individual contributions which make their communities safer from suicide through the LivingWorks Recognition Project. There was an average of one recognition award given per week throughout the year. I believe this could mark the beginning of a sea change in how we build suicide-safer communities. **I am looking forward to our trainers multiplying these recognitions so that many more individuals and organizations are valued and publicly acknowledged for how they make a difference in saving lives.**”*

—Kathryn VanBoskirk, Vice-President of Associate Care

“

*Having a chance to develop a pastoral-focused suicide prevention training for the Navy chaplaincy's Professional Development Training Course (PDTC) was a new endeavor for LivingWorks. We will be providing this course in 13 locations around the world in 2015. **The future intent of this workshop is to create a “wrap-around” training for clergy that includes prevention and postvention with a two-day ASIST workshop in the middle.** We are looking forward to adjusting the PDTC curriculum into a practical training that might be used in a seminary or for intensive clergy training.”*

—Glen Bloomstrom, Military Director



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