



MAKING AN **IMPACT**

We are LivingWorks Education

If you could save a life... would you? With the right training, virtually anyone can learn to identify people with thoughts of suicide and help them to stay safe. At LivingWorks, we strive to make the world safer from suicide by empowering individuals, organizations, and communities with life-saving skills.



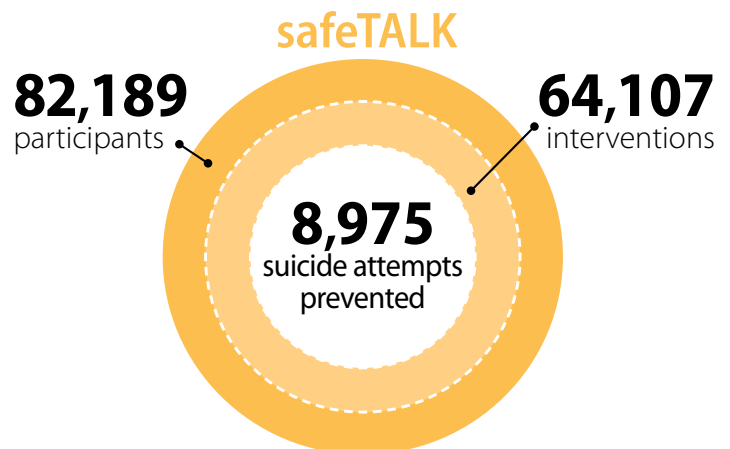
Who uses LivingWorks programs?

Widely used by both professionals and the general public, our programs offer valuable skills to every participant. Here are some of the groups using our training:



Our impact in 2016

In 2016, LivingWorks trainers trained over 170,000 people around the world. Based on studies about suicide intervention and attempt rates, here's a calculation of our estimated impact this year:



suicide to Hope — 873 participants

**These numbers only account for reported trainings that took place in 2016, and do not include interventions by people trained in previous years who are still using their skills. To view the methodology used in these calculations, see the back of the report.*

Saving lives from suicide

Suicide is preventable, and anyone can make a difference. Our programs are designed to explore awareness about suicide, develop intervention skills, and facilitate recovery and growth after a suicide experience. We collaborate with thousands of individuals and organizations worldwide to help save lives from suicide by providing training programs and promoting comprehensive, sustainable plans for suicide-safer communities.

Programs for everyone

We promote a layered approach that encourages individuals and organizations to select the programs best suited to their needs, based on their roles in identifying, intervening with, and supporting people with suicide experiences. Together, these programs build on one another to help create suicide-safer communities.

Training of trainers: building community capacity

LivingWorks trainers represent a wide variety of demographics and disciplines. Completing an intensive Training for Trainers (T4T) course prepares them to deliver LivingWorks programs in their local communities. Trainers present LivingWorks programs in addition to, or as part of, their full-time jobs. Some trainers work in-house at agencies and organizations, while others operate as freelance consultants and educators.

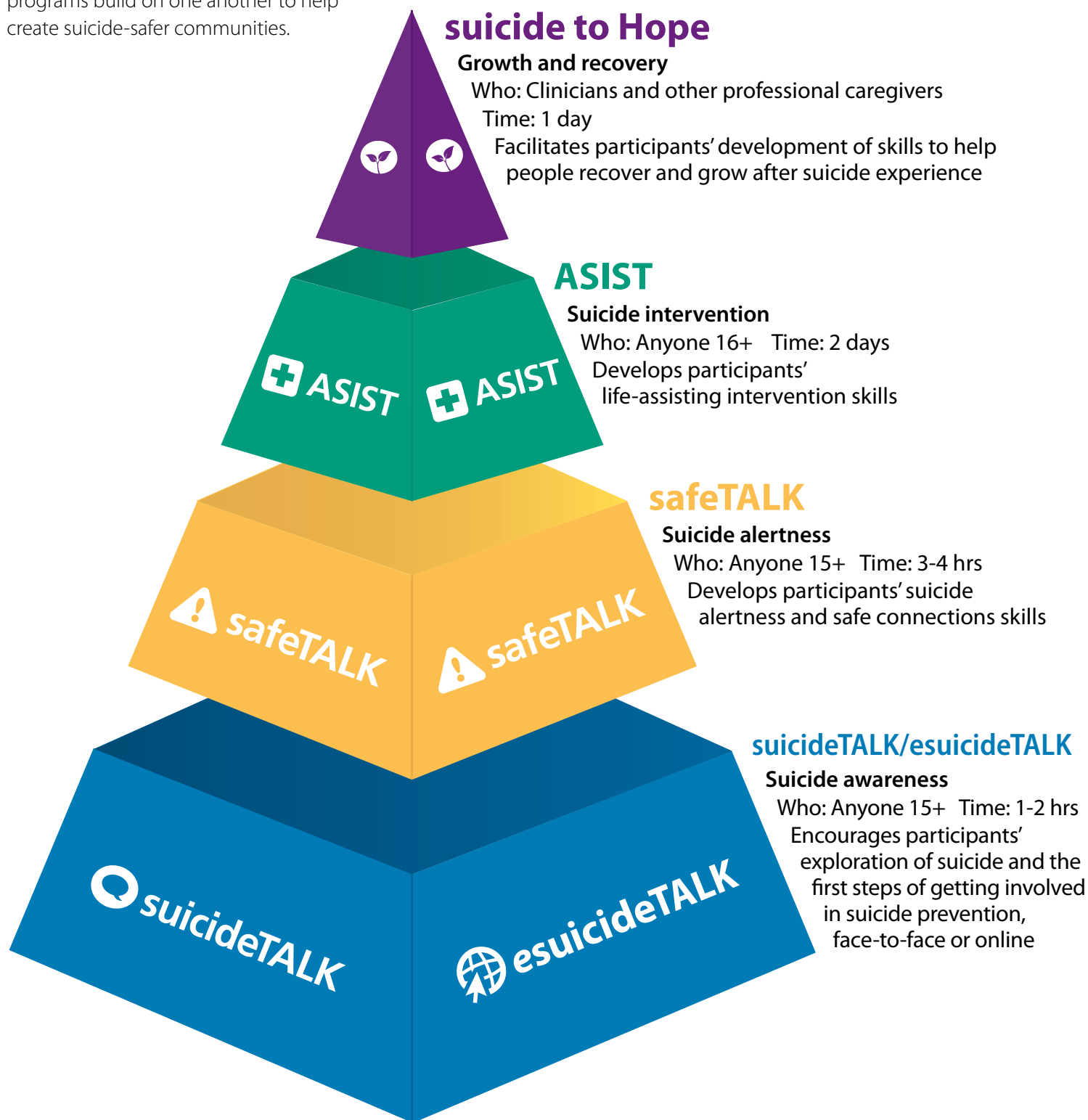


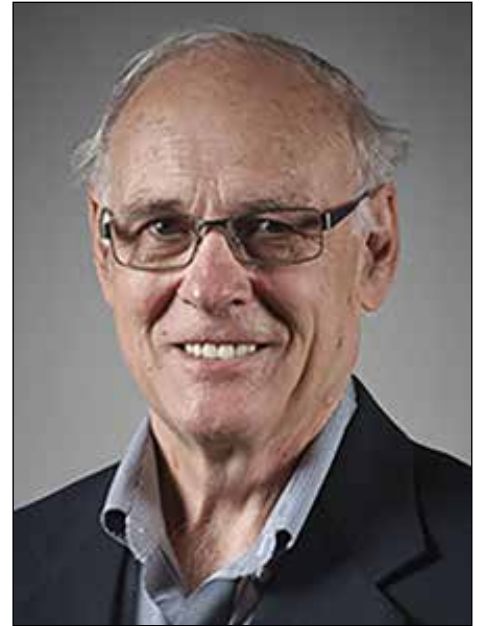
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President's message

We all strive to be part of something greater than ourselves at home and in our communities. At LivingWorks we are fortunate to have a suicide-safer vision that connects us to the impacts of these strivings. We experience them through the purpose of our work in helping to save lives from suicide. We see the impacts in others whose participant feedback attests to their increased confidences in working directly with people with suicide experiences. We see them through the observations of trainers who witness profound transformations in attitudes and perspectives of participants over the course of a workshop. We experience them ourselves in whatever part(s) we play in organizing and supporting a Training for Trainers course, and we hear the excitement of new trainers in their plans to bring suicide safety to their organizations and communities. We see them through collective-effort stories of reducing suicide rates through comprehensive community initiatives that include our training programs.

This year, the results of these kinds of strivings saw the City of Glasgow's efforts over 13 years achieve their lowest suicide rates in the last three decades. We congratulate Arizona's White Mountain Apache Tribe on reducing suicide by nearly 40 percent in their community, and we are proud of the part that our trainings played in their success.



We also see the impacts reflected in the number of trainings conducted each year through safeTALK, ASIST, and suicide to Hope. This year, trainers reported reaching over 170,000 participants in 33 countries. Each participant, in doing something greater than themselves, has the potential to help others experience their own turning points and life-saving changes. This is the power of community-based suicide prevention: month to month and year to year, the number of people trained adds up, gathering and inspiring momentum for whole communities to be part of something greater than themselves.

Sometimes the most moving examples of these impacts are the anecdotal stories from participants, trainers, and organizational leaders about the differences they've seen in their personal lives, communities, and workplaces. Some of these stories and quotations are captured in this annual report, representing the breadth of our reach in the world.

We're proud of the growth we've achieved and the efforts of everyone involved in suicide prevention to keep finding sustained ways to be part of something bigger than ourselves. We will continue to strive for our vision of a life-affirming, suicide-safer world, knowing that together with community partners worldwide, we can bring living hope to ever-increasing numbers of people.

A handwritten signature in black ink that reads "R Ramsay". The signature is fluid and cursive, with the first letter "R" being large and stylized.

Richard Ramsay, President

2016 highlights

Record safeTALK numbers!



4,586
trainings!

see page **49**

Suicide rate reductions



LivingWorks' impact in Arizona and Glasgow

see page **9**

LivingWorks comes to Lithuania



First workshops and T4Ts held

see page **30**

safeTALK in 2016

111 T4Ts
4,586 trainings
82,189 participants



NEW RECORDS SET!

see page **49**

ASIST in 2016

82 T4Ts
4,848 workshops
87,567 participants



see page **50**

suicide to Hope in 2016

59 trainings
873 participants



NEW RECORDS SET!

see page **51**

Welcome, Dr. Trena Anastasia

Our new Vice President Design, Development, and Evaluation



see page **14**

LivingWorks' new home in Canada

Room to grow!



see page **23**

Inaugural Australasian Conference



Strategy and collaboration with trainers down under!

see page **20**

safeTALK's 10th anniversary



see page **49**

safeTALK for youth evaluated



Study shows safeTALK is safe and effective for youth!

see page **49**

Suicide safety marches on



Renewed partnerships with US Army and Navy

see page **46**

First LivingWorks trainings in Zambia



Training for community and hospital workers

see page **45**

safeTALK credits available online



Continuing education credits for safeTALK now available online

see page **49**

First LivingWorks trainings in Kenya



Training through Good Samaritan Ministries

see page **29**

The Recognition Project expands

The LivingWorks Recognition Project celebrates community contributions to suicide safety, no matter what form they may take. “We are working to cultivate an ‘attitude of gratitude’ in our organization and our trainer network,” said LivingWorks VP Associate Care Kathryn VanBoskirk. “It is so important to recognize all of the different ways people contribute to saving lives. Sometimes people may not even realize what a difference they’ve made, and we want to show them how vital they are to this work.”

Fifty recognition awards were presented in 2016, and the awards—previously only available to be presented by trainers—were made available for presentation by LivingWorks staff and community training organizers. The awards recognized a wide range of contributions: training coordination and leadership, providing space for workshops, advocacy in support of training, excellence in training, and intervening to help save lives from suicide.



PHOTO: Top to bottom (L-R): Trainer Rob Martin presents a recognition award to fellow trainer and community suicide prevention leader Linda Bender, recognizing her leadership, guidance, and planning in building suicide-safer communities; LivingWorks USA Executive Director Jerry Swanner (L) presents a figure symbolizing LivingWorks’ recognition at the New York State Office of Mental Health (NYSOMH) Suicide Prevention Office conference; Calgary Transit Safety and Security Manager Stephen Hansen holds a recognition award presented to him for his work to make Calgary Transit safer from suicide.



Regional Trainer Network Conferences



Each year, trainers plan and organize regional conferences to network, strategize, and enhance their training skills. LivingWorks provides grant funding to help support these local conferences. In 2016, we received 11 applications for funding and we were able to sponsor them all.

“The mix of trainers provided a nice balance of historical perspectives on the state’s overarching vision for creating suicide-safer communities and how trainers’ experiences contribute to that goal.”

—Garra Lloyd-Lester, conference organizer for Albany, NY



PHOTOS (Clockwise): Attendees gather for a photo at the Arizona conference, titled “Trainers Have Wisdom Too! Building Trainer Competencies Through Collaboration and Practice”; Trainers participating in a classroom-style session at the Suicide-Safer Michigan Conference in Roscommon; Participants gather for a photo at the 2016 ASIST Newfoundland and Labrador Conference at The Wilds resort in Newfoundland.

“We had our first trainers’ conferences in California since the 1990s this year. The feedback that we got from people was just amazing. They loved the networking and the connecting. When participants come out of their Training for Trainers, they’re connected to their colleagues, and the conferences helped them to feel connected with LivingWorks too.”

—Kathleen Snyder, LivingWorks California Liaison and conference organizer for Los Angeles and Sacramento

Study finds safeTALK to be safe and effective for high school students

A repeated measures study entitled “An Evaluation of the safeTALK Program in the Northern Territory” examined the impact of safeTALK training in two Alice Springs high schools, with positive results. The study was conducted by researchers from Orygen, Australia’s National Centre of Excellence in Youth Mental Health, in collaboration with the University of Melbourne and New York’s Columbia University. One hundred thirty-two students attended workshops and 91 participated in the evaluation study.

Results showed that safeTALK is an effective learning tool for high school students. “Overall, participants demonstrated increases in knowledge

about suicide, confidence in talking about issues related to suicide, willingness to talk about suicide (including offering and seeking help), and in terms of their own likelihood of seeking help for a problem related to suicide,” wrote study authors Jo Robinson, Eleanor Bailey, Matt Spittal, Jane Pirkis, and Madelyn Gould. In accordance with these positive findings, the study suggests that it is “beneficial to conduct educational programs about suicide with high school students when done carefully.”

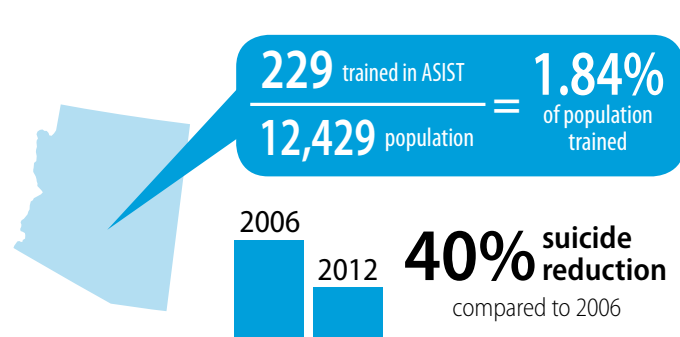
The investigators also tested to see whether safeTALK contributed to iatrogenic changes in psychological distress and suicide ideation. Both

measures found post-training reductions in pre-workshop distress and past suicide ideation. The authors acknowledged that fear of iatrogenic effects had sometimes been a deterrent to teaching students about suicide prevention, and expressed their hope that the study would help facilitate more training for youth.

“[T]hese programs can be effective in terms of promoting awareness and increasing knowledge and confidence around issues related to suicide, and may increase participants’ likelihood of seeking help.”

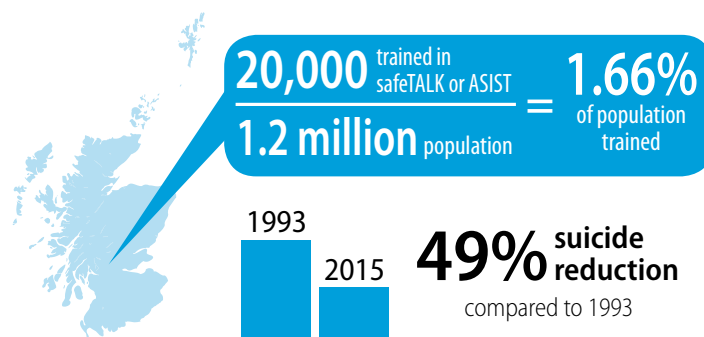
—Dr. Jo Robinson and colleagues

LivingWorks programs help reduce suicide rates in Arizona and Glasgow



White Mountain Apache community

A study by researchers at Johns Hopkins University found a decrease in suicide deaths of nearly 40 percent in the White Mountain Apache community, Arizona, following the implementation of a comprehensive outreach, education, and training program including ASIST. The research, published this year in the American Journal of Public Health, looked at the period between 2006 and 2012 in comparison to the previous six-year period. “This study shows how a courageous community, the White Mountain Apache Tribe, used legislation and community mental health workers to successfully address suicide as a public health crisis,” said lead author Dr. Mary Cwik.



Greater Glasgow and Clyde

A report presented at the December 2016 meeting of the National Health Service of Greater Glasgow and Clyde (NHSGGC) showed that suicide deaths in the area are at their lowest in 30 years. Compared to peak suicide numbers in 1993, deaths in Greater Glasgow and Clyde had dropped by 49 percent as of 2015, the last year of available data. The report credited NHSGGC’s suicide prevention policy along with Scotland’s Choose Life initiative, which features widespread training in safeTALK and ASIST, for the decline. Since 2004, more than 20,000 people in the Greater Glasgow and Clyde area have been trained in safeTALK, ASIST, or both.

Remembering Phil Rodgers

For all of 2016's highlights, the year also brought profound sadness with the loss of Dr. Phil Rodgers, LivingWorks VP Design, Development, and Evaluation. Phil died peacefully with his wife and children at his side following a heart attack that took place five weeks earlier.

We will always remember Phil's passion for life and for saving lives from suicide. Kind, warm, and personable, he was a natural relationship-builder who brought people and partnerships together. His contagious enthusiasm inspired friends and colleagues, and no matter how busy he was, he always found time to discuss new approaches and ideas. A champion for the voices of suicide loss survivors and people with lived experience of suicide, Phil valued inclusivity and believed that everyone has a part in making communities safer from suicide.

Phil made significant contributions to LivingWorks' mission of creating innovative suicide prevention training programs. He led and contributed to several major program evaluations and improvements, including ASIST 11 and suicide to Hope. Phil was involved in organizing LivingWorks' April filming of more than a dozen trainer learning aids and updated program videos in a week-long event he coined "Videopalooza."

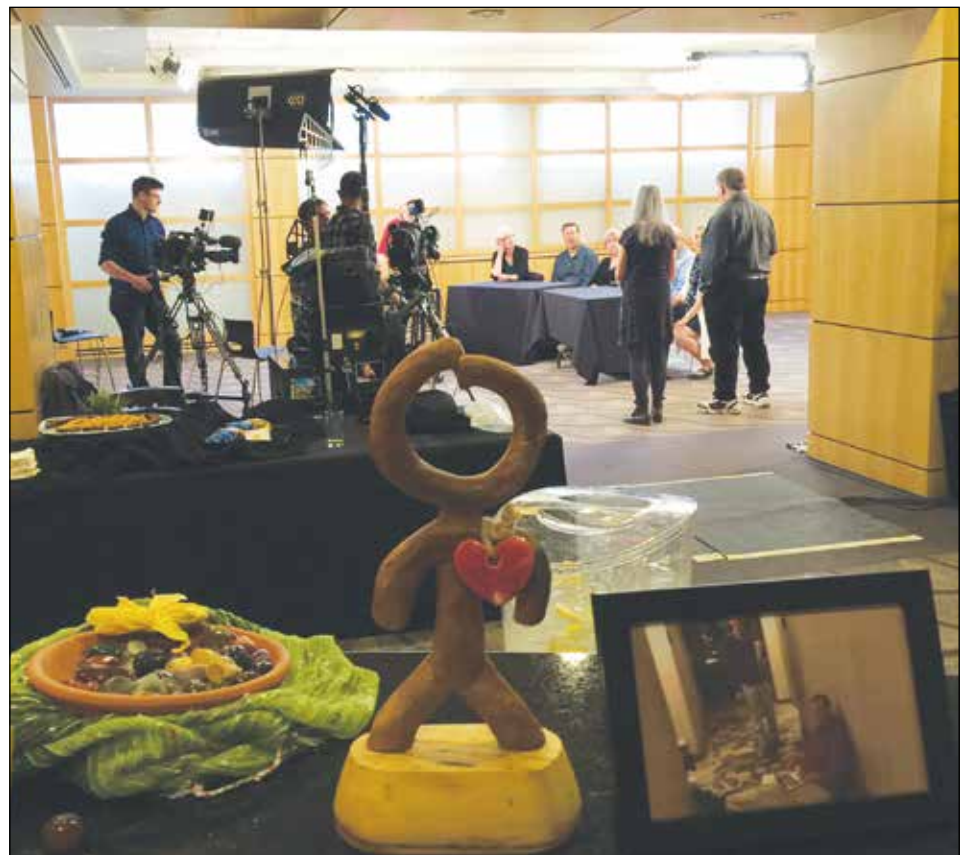
Videopalooza went ahead as scheduled only a few weeks after his death. Working through the pain of his loss was difficult. The team carried on knowing how much effort and thought he had put into the project. Honoring his vision and symbolic presence, Phil's picture and a carved LivingWorks figurine presided over the whole process.

In addition to his leadership with LivingWorks, Phil's contributions to the field of suicide prevention were considerable. He conducted numerous program studies and, while serving as an Evaluation Scientist with the American Foundation for Suicide Prevention, he developed and managed the Best Practices Registry for Suicide Prevention, providing core standards to help evaluate and improve prevention programs.

In the weeks and months after Phil's death, it was heartening to see the love, support, and memories shared by the many people, near and far, who had been touched by his life and career. Phil will remain in our hearts for each of our lifetimes, and his memory and passion will inspire us to strive for suicide-safer communities.

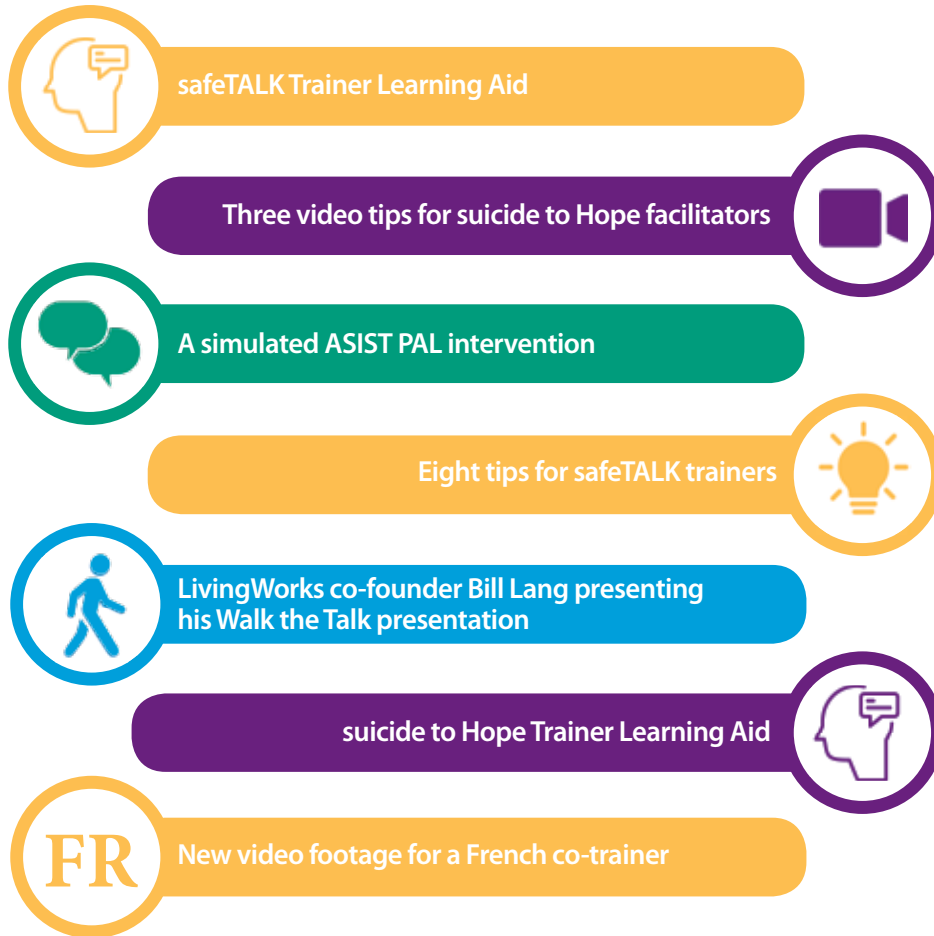


PHOTOS (Top-Bottom): Phil at the 2015 LivingWorks Team Leader and Training Coach Conference; Phil's memory and vision were honored with a tribute at Videopalooza.



Videopalooza

The videos filmed at Videopalooza included:



In April, LivingWorks gathered trainers, staff members, and videographers from across Canada and beyond to film more than a dozen video aids and updates for our trainers and participants. The week-long filming marathon was nicknamed “Videopalooza” by the late Dr. Phil Rodgers. These videos represent LivingWorks’ ongoing dedication to supporting and deepening our trainers’ learning and continually updating our training programs.

“We had a list of videos we wanted to film, and we got through everything on our list including the optional ones,” said LivingWorks Senior Consultant Devon Tayler. “All of the presenters were well prepared, and once they got comfortable in front of the camera, they delivered their parts with exceptional quality.”

The crew included Neil Scott, Ron Osiowy, Greg MacKay, LivingWorks’ own Adam Peariso, and Lawrie Edison, who has been involved in every LivingWorks video production since the 1980s. “You can feel that there’s something different about a LivingWorks project—not just with the clients themselves, but even with the volunteers who come to take part in the filming. You know you’re doing something important,” said Edison.



PHOTOS (L-R): Videopalooza cast and crew gather for a photo; LivingWorks Senior Consultant Devon Tayler (L) with the new safeTALK French co-trainer, Aurélien Jondeau. LivingWorks French Coordinator Renée Ouimet joined the filming via telepresence.



LivingWorks... in the workplace

Workplaces around the world are increasingly aware of the value and importance of suicide prevention training for their staff. "I've been a trainer since 2007 and have noticed a trend with the corporate community beginning to embrace the topic of suicide prevention with their employees," said safe-TALK and ASIST trainer Bryan Hume, Senior Program Coordinator of Safe Directions at Hull Services in Calgary, Alberta.

Suicide intervention training in the workplace promotes better mental health, potentially saves lives, and is proven to provide a strong return on investment. On average, each suicide prevented in the workforce saves the employer over \$1 million in medical costs and lost productivity.¹ Just like any other community, workplaces can become safer from suicide through effective training.

Some of the workplaces that used LivingWorks training in 2016 include:



Construction



Restaurants



Casinos



Retailers



Sports Clubs



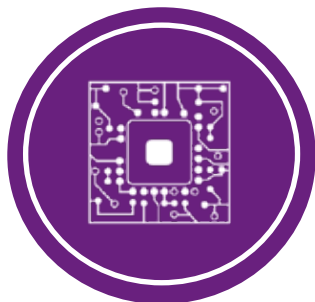
Transportation



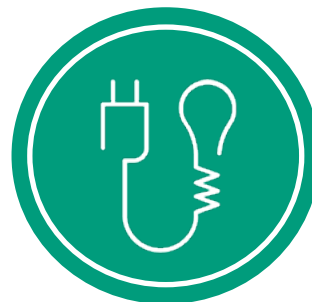
Health Services



Mining



Information
& Technology



Energy
Services



Banking
& Finance



Target/Practice
Ranges

1. Sally Spencer-Thomas, "What workplaces can do to prevent suicide." *IndustryWeek*, Oct 20, 2011.

“I was approached by a contractor while I was on a patrol who said that he had suicidal thoughts at times. I had him walk with me and we talked about what I knew, and how I could help him.” —*Marcus Howse, security guard in Toronto, Canada, whose ASIST sticker on his hard hat alerts people that they can come to him for help*



Quotes from the workplace

“About a half-hour after a training with a group of state employees, I received an email from a participant. They said that they had just gotten back to their work cubicle and put their ‘Thinking about suicide? You can TALK to me’ sticker on the outside. One of their colleagues came by and said ‘I need to talk to you about that.’” —**Janett Massolo, Statewide Suicide Prevention Training & Outreach Facilitator at the Nevada Office of Suicide Prevention**

“Construction workers move around from project to project as work is completed. LivingWorks training gives them portable skills that can be used to support their workmates wherever they go.” —**Jorgen Gullestrup, CEO of MATES in Construction, Australia**

“The unwavering belief that suicide is everyone’s business and all have a part to do to reduce rates of suicide in our industry has seen remarkable results. The credit doesn’t lie with MATES in Construction but with the thousands of volunteers in the program who have been trained in LivingWorks principles and programs and are prepared to apply them on site and in our industry. They have also become powerful resources in their families and local communities.” —**John Brady, Operations Manager for MATES in Construction**

“Our training for Ford Motors was an internal session for union leaders from across Ontario. They were a highly engaged and awesome group to work with. They will now take this to their

respective environments where they typically are talking with people who struggle with workplace issues on a daily basis.” —**Craig Redick, Executive Director of Distress Centre Halton**

“This year I had the opportunity to present safeTALK to Enbridge, an energy delivery company in the oil and gas sector based in Calgary. It’s great to know that corporate employees who are not in traditional helping roles can attend a suicide alert workshop and leave feeling confident and say ‘I will be more alert to probe deeper when I see invitations for help’ or ‘I left this course feeling that I can be a supportive safeTALKer.’” —**Bryan Hume, Senior Program Coordinator, Safe Directions at Hull Services in Calgary, Alberta**



PHOTOS (L-R): Human Resources Manager Leena Verma, Community Support Resource Santana Moradel, and trainer Bryan Hume at a safeTALK training for Bromwich & Smith; A mining vehicle displays a MATES in Construction banner indicating the worksite’s commitment to suicide safety using LivingWorks programs.

Our team

From our offices in Calgary, Fayetteville, and Canberra, as well as home offices around the world, 34 LivingWorks employees and 23 contractors support our trainers and partners to advance our vision of a life-affirming, suicide-safer world.



Welcoming Dr. Trena Anastasia to the LivingWorks team

Dr. Trena Anastasia joined our team as VP Design, Development, and Evaluation (DD&E) in December 2016. Dr. Anastasia's comprehensive academic background—including suicidology, program evaluation, and curriculum design—will allow her to engage with all levels of training development and assessment.

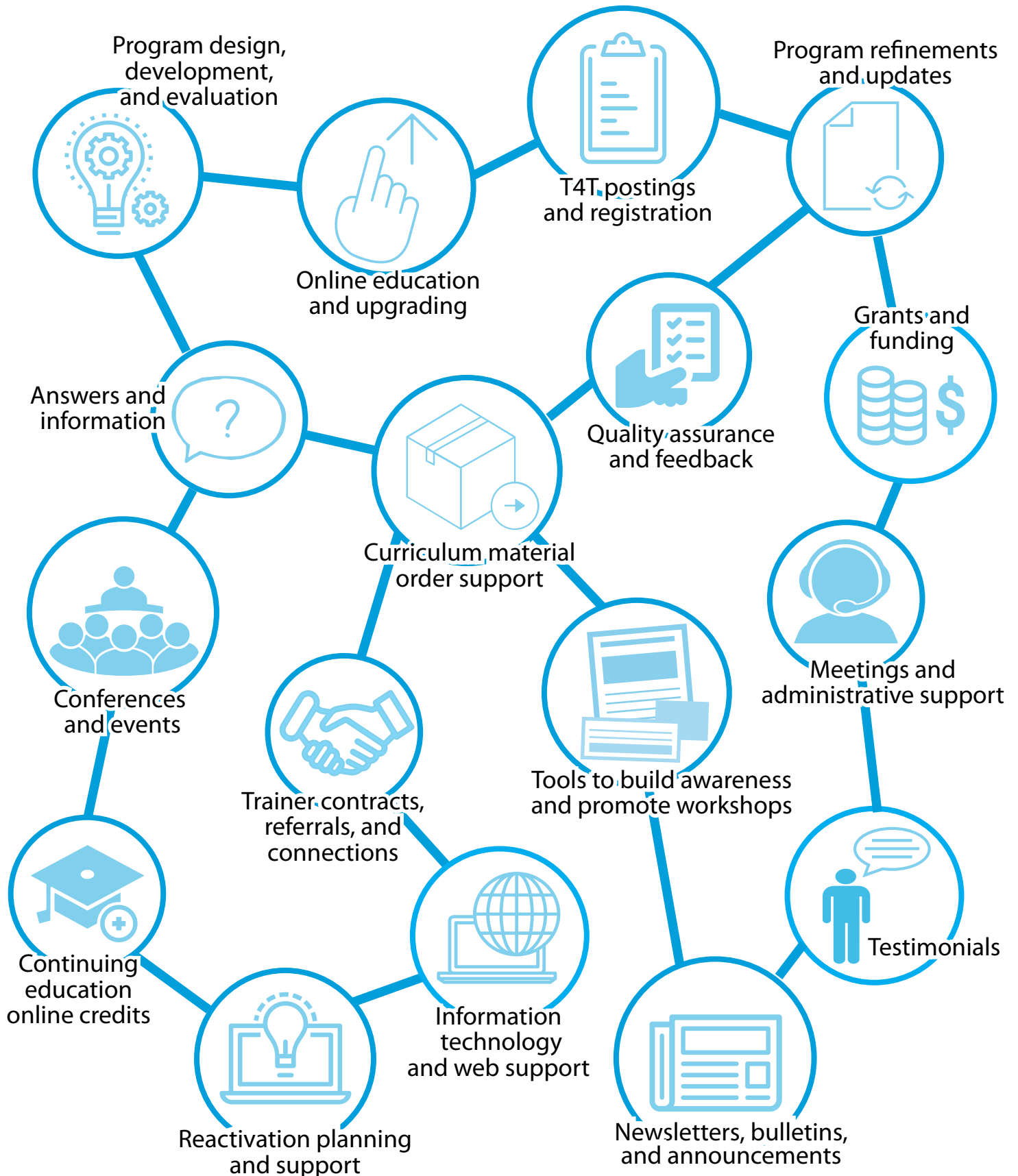
"We are delighted to have Dr. Anastasia join our leadership team and she is an outstanding fit for this role," said Richard Ramsay, President of LivingWorks. "Her insight and expertise will uphold our continued commitment to saving lives through the creation, development, and delivery of innovative training programs. With Dr. Anastasia's guidance, we look forward to maintaining our high program standards while finding new ways to help individuals and communities become safer from suicide."

Dr. Anastasia has worked extensively in the suicidology field and is thrilled to begin working on the DD&E portfolio. "It is truly a position that engages the breadth of my knowledge and skill set while simultaneously saving lives," she said. "I am looking forward to working with the DD&E team to continue to grow our great programs and to develop new trainings that meet the ever-changing needs around the world."



How we support our trainers and friends

Our team provides a range of support and guidance to help our trainers and friends succeed. Some of the ways we contributed in 2016:



Our friends... together we

A Acadia University | Access Ministries | Adams 12 Five Star Schools | Adams State University | AFSP | AFSP South Carolina Chapter | AFSP Southern Division | AFSP Alaska | AFSP Boston | AFSP Connecticut | AFSP Indiana | AFSP MD | AFSP New York | AFSP North Carolina | AFSP Utah | AFSP WA State | Aftercare | Akwesasne Child and Family Services | Alex Blackwood Foundation for HOPE | Algoma Family Services | Algonquin College | Alive Crusade | Amador Tuolumne Community Action Agency | American Indian Health & Family | Anglicare NT | Anglicare SA | Anglicare WA | Anxiety Recovery Centre | Apache Behavioral Health Services | Arc UNSW | Arizona's Children Association | Arkansas Crisis Center | Arkansas Department of Health | Arpeggio Music Therapy | ASCERT | ASeTTS | ASIST NL | Assembly of Manitoba Chiefs Secretariat | Association for Services to Torture and Trauma Survivors | Aurora Public Schools | Australasian Centre for Rural and Remote Mental Health | Austin Travis County Integral Care

B Bad River Health and Wellness Center | Barwon Health | BDHSSA | Bega Garbarringu Health Service | Behavioral Health Link | Behavioral Health Response | Belfast Education & Library Board | BHSSBC HealthChoices | Billings School District 2 | BJC Behavioral Health | Blue Mountain Community College | Blue Sky Family Care | Boab Health Services | Bouilly Consulting | Brant Haldimand Norfolk Catholic District School Board | Bridgend Association of Voluntary Organisations | Brite Sun Health | Brockville General Hospital

C C/Sara Foundation | Cabot School District | Canadian Mental Health Association Kootenays | CAPC Child Abuse Prevention Council | Cape Breton Community Housing Association | Capital Region Mental Health | Canadian Association of Occupational Therapists | Cardiff Mind | Carrier Sekani | CatholicCare Social Services | Catholic District School Board of Eastern Ontario | CDI College | Centacare Catholic Family Services | Centacare North Queensland | Central Queensland Community Suicide Prevention | Central Vancouver Island Crisis Society | Centennial College | Centennial Mental Health Center | Centerstone | CFMPA | Challenge Disability Resource Group | Chester-Le-Street and Durham City Mind | Cheyenne River Sioux Tribe | Chickasaw Nation Family Resource Division | Child and Family Guidance Center | Children's Centre Thunder Bay | Chimo Youth and Family Services | Choose Life Services | Christian Horizons | Citizens Advice Caerphilly Blaenau Gwent | City of Rockingham | Clovis Unified School District | CMHA | CMHA BC | CMHA Dartmouth | CMHA Fredericton | CMHA Halton Region | CMHA Hamilton | CMHA HKPR | CMHA Kenora | CMHA Middlesex | CMHA New Brunswick | CMHA Nova Scotia | CMHA Ottawa | CMHA Owen Sound | CMHA Oxford Branch | CMHA PEI | CMHA Sault Ste Marie | CMHA Sudbury | CMHA Thunder Bay | CMHA Timmins | CMHA Toronto | CMHA Waterloo Wellington Dufferin | CMHA Windsor Essex | CMHA Winnipeg | College of the North Atlantic | Coastal Plains Community Center | College Boreal | College of Charleston | Colorado Mesa University | Colorado School Safety Resource Center | ColumbiaCare Services Inc | Columbia Community Mental Health | Community Bridges Inc | Comité de prévention de suicide de Kent | Common Unity Ltd | Community Crisis Services Inc | Community Health Improvement Partners | Community Links | Community Mental Health Bathurst | Community Mental

Health Centre in Caraquet | Conestoga College | Confederation College | Conseil Scolaire Catholique des Au-rores Boreales | Conseil scolaire de district catholique de l'Est ontarien | Conseil scolaire catholique Franco-Nord | Cook Inlet Tribal Council | Cork Life Centre | Cornerstone Housing for Women | Cornwall Community Hospital | Cornwall Health Promotion Service | Correctional Service Canada | County of Nevada CRIHB | Cree Board of Health & Social Services | Crisis Intervention and Suicide Prevention Centre of BC | Crisis Prevention Intervention and Information Centre | Crisis Center Johnson County | Crisis Clinic | Crisis Line of The Planning Council | Crisis Response Network Inc | Cross Lake First Nation | CSDCCS | Centre for Suicide Prevention | Crouch Foundation | Cumberland River Behavioral Health

D DADS | Dakota Ojibway Tribal Council | Dalhousie University | Daniel Beaudette Consulting | Dare to Stretch | Davis County Health Department | Deakin University | Dehcho Health and Social Services | Developmental Services of Leeds and Grenville | Department of Defense | Depression Support Network Toowoomba | Derby Aboriginal Health Service | DHH/ Office of Behavioral Health | Dial Help Inc | Diamond Training Services | Didi Hirsch Mental Health Services | Distress Centre Durham | Distress Centre Niagara | Distress Centre Oakville | Distress Centre of Ottawa and Region | District School Board Ontario NE | Division of Child and Family Services | Douglas County School District | Douglas County Sheriff's Office | Drugaid Cymru | Dufferin-Peel Catholic District School Board | Durham Mental Health Services | Durham Catholic District School Board | Durham College | Durham District School Board | Durham Region Youth Suicide Prevention Association

E Eagle Nest Community and Aboriginal Services | Eagle's Nest Aboriginal Youth Resource & Recreation Centre | Eagle's Nest Youth Ranch | East Baton Rouge Parish Schools | Eastern College | Eastern Regional Mental Health Association | Eenchokay Birchstick School | Ehrlo Counselling Services | Elwyn | Embrace Life Council | Emergency Medical Care | English River First Nation Health Centre

F Family Involvement Center | Family Service Agency of the Central Coast | FASD Life's Journey Inc | First Baptist Clarksville | Farm-Link Project | First Call For Help | First Nations & Inuit Suicide Prevention Association of Quebec and Labrador | FirstLink | Five Hills Health Region | Follett Fleming College Bookstore | Fontana Unified School District | Forefront Innovations in Suicide Prevention | Fort Peck Tribes | Foundation 2 | Foundations Counseling & Consultation Services | Front Porch Coalition | Frontier Community Action Agency | Full Armor Group Inc

G Geminus Corporation Crisis Center | George Brown College | Georgian College | Gerstein Crisis Centre | GET Mental Health and Wellbeing | Georgia State University | Gila River Health Care Corp | Gin Gin State High School | Good Grief Guru | Government of Yukon | Grapevine Group | Grand Erie District School Board | Grassroots Crisis Intervention Center | Grassroots Suicide Prevention | Greater Essex County District School Board | Green Dot Public Schools | Griffin Centre

H Haliburton Highlands Mental Health Services | Halton Catholic District School Board | Hamilton Wentworth District School Board | Hands TheFamily-

HelpNetwork.ca | Harmless CIC | Hathaway-Sycamores Child and Family Services | Hawaii State Department of Health | Hay River Health and Social Services Authority | Health Canada | HeartLine | Helen Farabee Centers | Helpline Center | Henry Mayo Newhall Hospital | Highland Shores Children's Aid | Highline College | Home-Bridge Youth Society | Holmesglen Institute | Hope Community Services | Houghton Lake Community Schools | Horizon Health Network | Horizon School Division | HSC Public Health Agency | HSE National Office for Suicide Prevention | Hualapai Tribe | Humber College | Humboldt General Hospital | Huron-Perth Centre | Huron-Superior CDSB

I Idaho Suicide Prevention Hotline | Illinois Baptist State Association | Impacts Indigenous Community Development | Imperial County Behavioral Health Service | Interim Place | Interior Community Services | Interlake School Division | Independent First Nations | Independence Center | Indian Health Service | Inner East Community Health Service | Insight Advantage | Interim Place | Interior Community Services | Interlake School Division | Iqaluit Youth Home

J Jackson County | Jameswood School Educational Support Services | Jefferson Center for Mental Health | Johnson County Mental Health Center | Jurong-Health Services

K Kahkewistahaw First Nation | Kawartha Pine Ridge District School Board | Keewatin Tribal Council | Keewatin Yatthe Regional Health Authority | Kelsey Trail Health Region | Kenaitze Indian Tribe | Kenora Catholic District School Board | Kenora Chiefs Advisory | Kentucky Division of Behavioral Health | Kerry's Place Autism Services | Kibble Education and Care Centre | Kids Help Phone | Kinark Child and Family Services | Kiersten's Ride | Kimberley Aboriginal Medical Services Council | King's University College | Kings View Behavioral Health Services | Kingston Department of National Defence | Klinik Community Health | Kodiak High School | Kootenay Lake School District 8 | Korea Association for Suicide Prevention | Kids Under Twenty-One

L LA County DMH | La Familia Counseling Center Inc | Labrador-Grenfell Regional Health Authority | Lake County Behavioral Health | Lambton College | Latrobe Regional Hospital | Lanark County Mental Health | Lakeshore School Division | Lanark County Mental Health | Laurentian University | Laynie Foundation | Leeds and York Partnership NHS Foundation Trust | LIFECORE Healthgroup | Lifeline Aotearoa | Lifeline Canberra | Lifeline Central Australia | Lifeline Central Victoria and Mallee | Lifeline Central West | Lifeline Darling Downs & SW Qld Ltd | Lifeline Geelong | Lifeline Gippsland | Lifeline Harbour to Hawkesbury | Lifeline Macarthur | Lifeline Melbourne | Lifeline Mid Coast | Lifeline Newcastle & Hunter | Lifeline North Coast (NSW) | Lifeline Northern Beaches | Lifeline Northern Rivers | Lifeline South Coast | Lifeline South East SA | Lifeline South West Vic | Lifeline Tasmania | Lifeline WA | Lifewell Behavioral Wellness | LikeMind | Lines For Life | Linn County Alcohol and Drug Treatment Program | Littleton Public School | Living Proud | London District Catholic School Board | London Family Court Clinic | London Middlesex Suicide Prevention Council | Lorain County Board of Mental Health | Louis Riel School Division | Lyndoch Living

make an impact

M Ma Mawi Wi Chi Itata Centre Inc | Macdonald Youth Services | Madame Vanier Children's Services | Madera County Behavioral Health | Mamawetan Churchill River Health Region | Manitoba Education and Training | Many Rivers Counselling & Support Service | Manitoba Corrections | MATES In Construction NSW | MATES In Construction QLD | MATES In Construction SA | MATES In Construction WA | Maui Family Support Services | McMaster University | Meadow Lake Tribal Council | Mental Health America of Greater Indiana | Mental Health America of Texas | Mental Health Association in Delaware | Mental Health Association of Nebraska | Mental Health Partners | Mental Health Training Australia | Mental Illness Fellowship of WA | Merced County Mental Health | Mercy Community Services | Mercy Health Center | Mercy Hospital Fort Smith | MHMR Authority of Brazos Valley | MHMR of Tarrant County | MHMR of Harris County | Miami Dade College | Michigan Public Health Institute | Migrant Resource Centre (Southern Tasmania) | Mind Cymru | Ministry of Justice | Mino Bimaadsawin Health Centre | Mohawk College | Mohawks of the Bay of Quinte | Monash Health | Monash University | Montana DPHHS | Montana State Suicide Prevention Program | Montgomery County Intermediate Unit | Montreal Lake Cree Nation | MTA New York City Transit | Multnomah County

N Nadmadwin Mental Health Clinic | Naropa University | National Alliance on Mental Illness MN | National Council of Social Service | National Association of Social Workers | Native Americans for Community Action Inc | NCEC | NCSPT Inc | NE Ontario Family and Children's Services | NEED2 Suicide Prevention Education & Support | Nevada Coalition for Suicide Prevention | Nevada Department of Education | New Pathways | NHS | NHS Scotland | Nishnawbe Aski Nation | NMD Training & Development | NMSU | North Bay Regional Health Centre | North Central Texas Trauma Regional Advisory Council | North Dakota Center for Persons with Disabilities | North Dakota Department of Human Services | North Homes Children and Family Services | North Staffs Mind | Northern Cheyenne Tribal Board of Health | Northern Lights School Division No 113 | Northern Plains Chaplaincy | Northwest Portland Area Indian Health Board | Nova Scotia Community College | Nova Scotia Youth Facility | NSBSD | NSPL | Nunavik Regional Board of Health and Social Services | Nunavut Sivuniksavut | NW Arkansas TRAC | NYS Department of Taxation and Finance | New York State Office of Mental Health

O Oakland County Health Division | Ontario Native Education Counselling Association | Orange County Health Care Agency | Ord Valley Aboriginal Health Services | Oregon Family Support Network | Ontario Native Education Counselling Association | Opaskwayak Cree Nation | Open Doors for Lanark Children and Youth | Ottawa-Carleton District School Board | Ottawa Public Health | Oxnard Fire Department | OZHelp

P Pacific County Health and Human Services Department | Pacific Psychology & Comprehensive Health Clinic | Partnership of Community Resources | Pascua Yaqui Tribe | Paskawaskihk Health Authority | Paso Robles Joint Unified School District | Pathways for Children and Youth | PCOE | Peaks of Excellence LLC | Pecan Valley Centers | Peel District School Board | Peguis First Nation Transition Program | Pembina Trails School Division | People for Equal Partnership in Mental Health

| Permian Basin Community Centers | Peter Ballantyne Cree Nation Health Services Inc | Peterborough Victoria Northumberland and Clarington Catholic District School Board | Phoenix Centre | Phoenix Indian Center | Pikangikum Education Authority | Pikes Peak Suicide Prevention | Pioneer Human Services | Pittsburgh Pastoral Institute | Plains Area Mental Health Inc | Pluri-elles (Manitoba) Inc | Plymouth & District Mind | Point in Time Centre for Children | Polk County | Pontificia Universidad Catolica de Puerto Rico | Porcupine Health Unit | Positive Life NSW | Prairie Mountain Health | Prairie Spirit School Division | Prava Occupational Therapy | Prestera Center For Mental Health Services Inc | Prevention Management Organization of Wyoming | Prince Albert Grand Council | Prince George Native Friendship Centre | Provident Life Crisis Services | Psychliving Associates | Puyallup Tribal Health Authority

Q QBE | QulHN | Queen's University

R Rankin Inlet Fire Department | Ray of Hope Inc | RCMP Victim Services | RCMP Winnipeg | Reaching Everyone Preventing Suicide | Real Crisis Intervention Inc | Reconnexion | Recovery Innovations | Recovery Partners | Re-engage Youth Services | Red Rocks Community College | Regina Child and Youth Services | Regina Qu'Appelle Health Region | Regional Municipality of Peel | Renfrew County District School Board | Réseau de Santé Vitalité | resolve Crisis Network | Resource Assistance for Youth | Richmond Wellbeing | RIFSSSO | Rio Tinto Mount Thorley Warkworth | Riverside University Health System Behavioral Health | Roseville Joint Union High School District | Rotary Club of Gladstone Port Curtis | Rotary Club of Castle Pines | Royal Ottawa Health Care Group

S Sahtu Health & Social Services Authority | San Bernardino County | San Francisco Suicide Prevention | San Luis Valley Behavioral Health Group | San Mateo County BHRS | Santa Clara County Suicide Prevention | Santa Clara Valley Health & Hospitals Sault College | Sarnia Lambton Suicide Prevention Committee | Saskatoon Health Region | Saskatoon Public Schools | Sault Area Hospital | Sault College | Scarborough Survivors | ScwExmx Community Health Services Society | Seine River School Division | Services for the UnderServed Inc | Seven Generations Education Institute | Shawnee County Suicide Prevention Coalition | Shelter Nova Scotia | Sheridan College | Shoshone-Bannock Tribes | Simcoe County District School Board | SimplyGreater | Singapore General Hospital Pte Ltd | Sinte Gleska University | SISTAD | Six Nations Child & Family Services | Six Nations Mental Health Team | Society of St Vincent de Paul | Southeast Resource Development Council | SMS Comprehensive Mental Health Services | Southcentral Foundation | Southern First Nations Network of Care | Southwest Guidance Center | SportsLife iQ | Squaxin Island Tribe | St Leonard's Community Services London | St Vincent's Mental Health Nevil | St Vrain Valley School | StandBy Response Service UnitingCare Community | Standing Rock Sioux Tribe | Stanislaus County Behavioral Health | Strathalbyn and Districts Suicide Prevention | Success College | Suicide Prevention Coalition Of Eagle Valley | Suicide Prevention SVCS | Suicide Care Pty Ltd | Sussex Oakleaf | Sussex Partnership NHS Foundation Trust | Surry Place Centre | Sutter Yuba Mental Health Services

T TAFE SA | Tammy Adams Consulting | Tan Tock Seng Hospital | Tanana Chiefs Conference | Tanglin Trust School | TEAMhealth | Team Rubicon | Tehama County Mental Health | Tennessee Suicide Prevention Network | Texas Panhandle Centers | Texas Veterans Commission | The Cairnmillar Institute | The Changing Room | The Chickasaw Nation | The Children's Receiving Home of Sacramento | Elizabeth Fry Society of Calgary | The Kaleidoscope Plus Group | The OLLIE Foundation | The Ottawa Mission | The Right Door for Hope Recovery & Wellness | The Salvation Army | The Tema Center Memorial Trust | The Training Exchange Ltd | The University of Western Ontario | The Village Virgin Islands Partners in Recovery | The Wholistic Being | Tlcho Community Services Agency | TLCS | Together For Mental Wellbeing | Tohono O'odham Nation | TP Training Ltd | Trillium Health Partners | Tuba City Regional Health Care Corporation | Turning Point | Turning Point Training and Counselling | Turning Point Youth Services

U United Health Services | United Indian Health Services Inc | Uniting Care Mental Health Services | UnitingCare Community | Universitetssykehuset Nord-Norge HF | University of British Columbia | University of Guelph | University of Hawaii | University of Montana | University of Nevada School of Social Work | University of Ontario Institute of Technology | University of Ottawa | University of Toronto Mississauga | University of Toronto Scarborough | University of Waterloo | Upper Canada District School Board | Upper Grand District School Board | Urban Indian Center of Salt Lake | US Air Force | US Army | US Coast Guard | US Customs and Border Protection | US Marine Corps | US Navy | Utah Navajo Health System

V Valley Community Services Board | Vancouver Career College | Venango County Mental Health and Developmental Services | Ventura County Office of Education | Veterans Affairs Canada | VIA LINK | Victoria Manor | Virginia Department of Health | VIVAT | Volunteers of America

W W.G. (Bill) Hefner VA Medical Center | Wagga Wagga & Region Suicide Prevention Network | Wagin Baptist Church | Wallis Balog and Associates | Washington County Human Services WI | Washington County Mental Health Services | Washington DC Veteran Affairs Medical Center | Waterloo Region District School Board | Waterloo Regional Homes for Mental Health | Waterloo Wellington Community Care Access Centre | Waypoints | Weechee-It-Te-Win Family Services Inc | West Texas Centers | Western Colorado Suicide Prevention Foundation | White Earth Tribal Mental Health | White Rabbit Treatment Homes | Wilfrid Laurier University | Willie & McCormick Consulting Pty Ltd | Willis College of Business Technology Healthcare | Windermere Child and Family Services | Windsor-Essex Children's Aid Society | Winnipeg Police Service Training Division | Winnipeg Regional Health Authority | Winslow Indian Health Care Center | Wounded Warrior Project

Y Yellowhawk Tribal Health Center | Yolo County Health Services | York Region District School Board | York University | Yorkton Tribal Council | YouthNet | YWCA Hamilton

Z Zero2Hero

LivingWorks around the world

In 2016 our programs made an impact as part of national strategies, organizational plans, local initiatives, and personal missions.

Our trainers devoted their expertise, time, effort, and compassion to helping individuals become safer from suicide.

33
countries
& territories



**These numbers reflect LivingWorks' database as of March 3, 2017, and are based on reports provided by our international trainer network. They represent a minimum—actual quantities of workshops and participants may be higher.*

Australia

safeTALK

269 trainers
403 trainings
5,433 participants



ASIST

360 trainers
472 workshops
7,439 participants



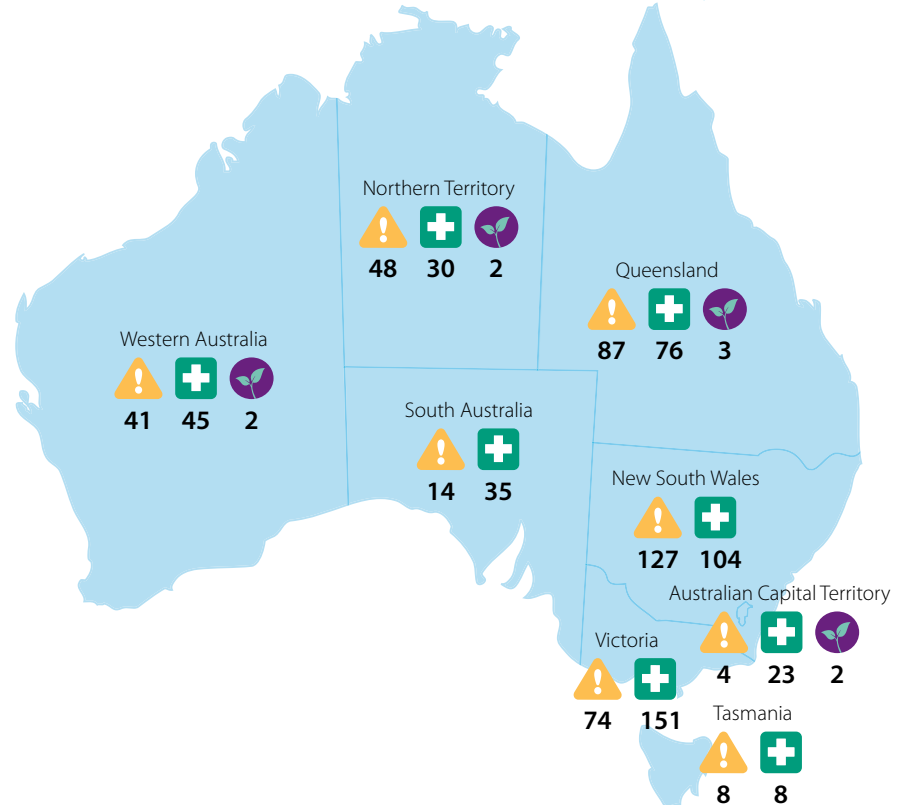
suicide to Hope

1 facilitator
9 workshops
137 participants



Training was presented in every Australian state and reached over 12,500 participants across the country. With several T4Ts taking place in 2016, training capacity increased by 172 new trainers.

Number of trainings and workshops by state



suicide to Hope takes off in Australia

Senior LivingWorks trainer Lorna Hirsch, who became Australia's first suicide to Hope facilitator in 2015, has since presented eight workshops. Participants have included counselors, psychologists, social workers, case managers, students, peer support personnel, educators, and community helpers throughout the country.

"I have received feedback from participants, post-training, who comment on the increase in confidence to embrace the central concepts such as working through the suicide experience and using this to inform healing and living. Overwhelmingly participants remark on the hopefulness with which they leave the workshop," said Hirsch. She also noted that the training has helped to validate and extend the work of people providing services in rural and remote communities.



"There is a lot of existing trauma in the LGBTI community around personal and community experiences of suicide. Participants communicated that not only did they benefit from being empowered to help others with thoughts of suicide, but that the training helped them to transform the way they think about their own experiences with suicide."—Bella Broadway, Principal Consultant with Connection and Wellbeing Australia, on providing training to the LGBTI community

Australian Defence Force upgrades to ASIST 11

The Australian Defence Force (ADF) has deepened its commitment to ASIST by reactivating 20 of its trainers and upgrading them to version 11. "We are delighted at the chance to renew our relationship with the ADF," said Australia Director Brenton Tainsh. "We look forward to supporting their training activities and helping them empower military personnel and their families with suicide intervention skills."

Inaugural LivingWorks Australasian conference



PHOTOS (L-R): Expanding Horizons' Bruce Turley addresses attendees in a plenary session at the Australasian Trainers' Conference; LivingWorks team members gather at the Australasian Trainers' Conference: Brenton Tainsh (Australia Director), Kathryn VanBoskirk (VP Associate Care), Karen Palfreeman (ASIST Operations Manager), Devon Tayler (Senior Consultant), Cindy Hodge (VP Training), and Bruce Turley (Design, Development, and Evaluation Consultant).

In October 2016, LivingWorks trainers and staff from Australia, New Zealand, and Singapore gathered for a groundbreaking event: the inaugural Australasian Trainers' Conference. Over 100 trainers came together to connect, strategize, learn, and meet with representatives from LivingWorks. The Australian trainers in attendance represented nearly a third of Australia's entire trainer network.

The event opened with words of welcome from Violet Sheridan, representing the Nggunawal people of the Australian Capital Territory, and an address by Sue Murray, CEO of Suicide Prevention Australia. Next came presentations and updates from LivingWorks team

members, followed by plenaries and breakout sessions designed to build training skills and competencies. An evening banquet helped trainers network with colleagues from across the region.

"It's great to be part of the nationwide team committed to reducing the tragedy of suicide. I left the Australasian conference feeling inspired and empowered, and I am so looking forward to the next national conference."

—Chaplain David Jones, ASIST trainer

"We wanted to open a door to let our trainers know that we are there for them—to support their workshops however we can and inspire them to reach more people in their communities," said LivingWorks Australia Director Brenton Tainsh. "Seeing trainers connecting and learning from each other about challenges in their communities, listening to them sharing their stories, and using those stories

to encourage each other—it was an inspiration for all of us."

"This workplace was a mix of fly-in, fly-out and locally employed workers. The ASIST course was fantastic and these intervenors wanted to make a difference. It was amazing when one of the participants said: 'Hey, this is great that we can help make the mine safer, but having 15 people trained in suicide intervention will actually also make Clermont safer. How can we let others in town know that we are here and prepared to help?'"**"**—Jorgen Gullestrup, CEO of MATES in Construction, on presenting ASIST to Glencore mining employees near Clermont

"Training people in the Gladstone area in ASIST with my colleagues Jenny and Lea and the support of the Port Curtis Rotary has been such an honour. We have all made new connections in our community through this ASIST training that not only help with more effective safety plans for people at risk of suicide but also with other aspects of working in a small community. When the presenters live in and are part of that community, this provides ongoing support and 'sounding boards' if necessary for people who have completed the training."**"**—Sharon Kelly, Team Coordinator for Gladstone Youth Justice Service

Study finds safeTALK to be safe and effective for high school students

A study entitled “An Evaluation of the safeTALK Program in the Northern Territory” examined the impact of safeTALK training for high school students, with positive results. To learn more, see the highlight feature on page 49.



“We work with people from some cultures where suicide is very difficult to talk about. When we’re training, we adapt the method so that people can ask, for example:

‘I knew someone who was feeling down, or isolated, or hopeless—are you feeling that way?’ But at the end of that conversation, they all have to know that suicide is involved, and the only way to find that out is by asking. So they go at a slower pace, but they get to the same place.”—*Beth Lord, Senior Project Officer with the Suicide Prevention Program, Migrant Resource Centre in Tasmania, on using safeTALK to train bi-cultural helpers who work with refugees*



“Based upon conversations and responses to internal evaluations, participants report experiencing a deep personal impact as a consequence of this training.

Consistently we see a shift in their preparedness and self-rated confidence to assist others who may be experiencing suicidal thoughts. More personally, many indicate that suicide has impacted upon their life prior to participating in the workshop and describe increased awareness and understanding following the training.”—*Andrea Jackson, Counselling Coordinator for Monash University’s Berwick Campus, on the impact of safeTALK training*



PHOTO: Jorgen Gullestrup, trainer and CEO of MATES in Construction (far right), with workshop participants from Glencore.

MATES in Construction continues to bring suicide safety to construction industry

MATES in Construction remained among the largest training providers in Australia, training over 1,750 people in 2016. The organization has launched a new initiative, MATES in Mining, to focus on the mining

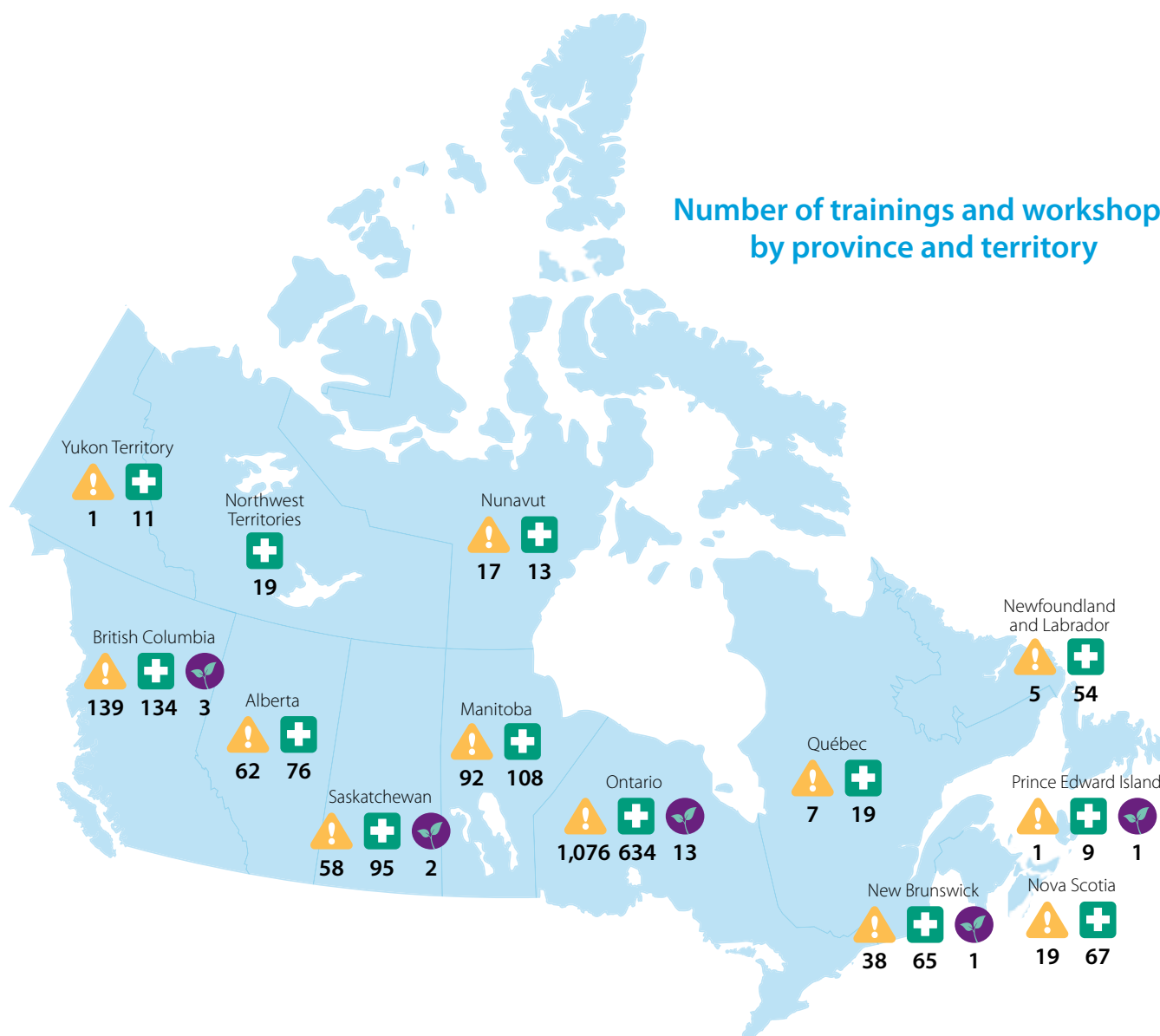
industry. Jorgen Gullestrup, CEO of MATES in Construction, noted that this training reaches beyond individual companies and job sites: “When people do the training, it is so much more than suicide intervention,

and so much more than suicide alertness. Those people can go out and become ambassadors in their own communities.” For more information on LivingWorks programs in the workplace, see page 12.

Canada

LivingWorks programs reached every Canadian province and territory in 2016. Training was widespread over a broad cross-section of communities and organizations, including health care professionals, first responders, First Nations communities, corrections services, faith communities, corporations, crisis lines, educational institutions, and community volunteers. Over 70 school districts across the country are using LivingWorks training to empower teachers, support staff, and students to be safer from suicide.

Number of trainings and workshops by province and territory



safeTALK

1,084 trainers
1,515 trainings
27,509 participants



ASIST

1,337 trainers
1,304 workshops
22,687 participants



suicide to Hope

11 facilitators
20 workshops
299 participants



A new home for LivingWorks Education Inc.

LivingWorks has been headquartered in Calgary, Alberta since our foundation in 1983. This June, we moved from the office we had occupied for the past 13 years to a larger building nearby. Our new space has allowed us to add more members to our team and will enable us to support our growing trainer network for many years to come.



Social work students champion change in education

Social workers adopt new national policy on suicide prevention thanks to Waterloo students

"I had no idea that message would go to the national level," student Natasha Ekelman says

By Kate Buschert, CBC News | Posted: Jun 20, 2016 5:38 AM ET | Last Updated: Jun 20, 2016 9:58 AM ET



Following a motion by ASIST-trained students from Renison University

College at its annual conference, the Canadian Association for Social Work Education (CASWE) approved that all social work programs across Canada should have mandatory suicide prevention training. The stage is set for all programs to

implement the motion, with ASIST as one of the recommended courses.

Centre for Suicide Prevention reaches participants across Alberta

The Centre for Suicide Prevention (CSP), LivingWorks' International Collaborative Committee (ICC) partner in Alberta, reached over 7,000 people across the province in 2016. "Our activities were characterized around the theme of 'transformation' and much of our work focused on encouraging and supporting others to create and unfold their potential," said Hilary Sirman, Director of Impact and Engagement at CSP. Trainers delivered 327 ASIST and ASIST TuneUp workshops and 72 safeTALK workshops in 2016 for a total of 79,000 learning hours.

Talk Today brings training to hockey leagues across Canada



The Canadian Mental Health Association (CMHA) and the Canadian Hockey League (CHL) announced an official partnership this May, expanding the Talk Today mental health and suicide awareness program that includes LivingWorks training. Talk Today began in 2014, when the Ontario Hockey League (OHL), one of the CHL's component leagues, began working with CMHA Ontario. Under the expanded partnership, all 22 teams in the Western Hockey League and the 18 teams in the Quebec Major Junior Hockey League are also participating to create a suicide-safer network within their respective leagues and clubs. Since Talk Today began, over 2,400 athletes, coaches, staff, and billets have been trained in LivingWorks programs.

PHOTO: Athletes from the Western Hockey League's Kelowna Rockets hockey team gather for a photo after attending safeTALK training.



"In order to support best practice in the area of suicide alertness and prevention at Providence Healthcare, we are offering the safeTALK workshop to all full-time nurses in our Hospital. We also hope to offer the training to other front-line clinical staff in the near future. We have heard resounding feedback from all participants on the urgent need for this type of training. The safeTALK workshop has successfully equipped our front-line nurses with enhanced knowledge and resources, as well as an enhanced comfort level, to address the topic of suicide with their patients."

—Rachel Devitt, Professional Practice Leader, Occupational Therapy for Providence Healthcare



Universities across Canada using LivingWorks training

Over 60 Canadian colleges and universities, including more than 30 in Ontario alone, have implemented safeTALK and ASIST. The programs are used to train counselors, residence assistants, and support staff, and in some cases faculty and students. By sending staff to attend T4Ts, many colleges and universities have established groups of in-house trainers so that they can provide training on a regular schedule.

British Columbia training initiative ramps up

The province of British Columbia's large-scale LivingWorks training initiative made steady progress in 2016. "We are making headway via presentations to organizations and community groups, participation and networking at conferences and community events, and generally working hard to raise our profile," wrote Dammy Damstrom Albach, the Canadian Mental Health Association's Provincial Program Manager working to implement the initiative. "It certainly feels like we are tackling stigma head-on."

"We have presented on the project to more than 40 organizations to date, to groups as diverse as forestry workers, firefighters, an LGBTQ coalition, the BC Nurses' Union, BC Kin Clubs, school and college counselors, immigrant services, and many others," said Damstrom Albach. The initiative aims to train 20,000 community members to save lives from suicide.



PHOTOS (Clockwise): 1. Facilitator Karen Grant (on the left) with participants following a suicide to Hope workshop in Brampton, Ontario; 2. Team leader Scott Rodda and training coach Karen Grant (presenting at front) with candidates at an ASIST Training for Trainers for Calgary's Centre for Suicide Prevention; 3. Reach Out Centre for Kids (ROCK) clinicians gather with their ASIST certificates outdoors on an autumn day. ROCK, a leading child and youth services agency in the Halton Region of Ontario, chose ASIST to ensure all of their partnering agencies speak a common language with respect to suicide intervention; 4. Staff safeTALK trainers from Confederation College gather for a group photo. With 10 in-house trainers, Confederation College has implemented safeTALK on a large scale, presenting the program to nearly 800 students in 2016. From left to right: Darryl MacNeil, Counsellor; Lillian Vollum, part-time Faculty; Linda Gluck, Counsellor; Chris Pace, Aboriginal Student Advisor; Jim Lees, Counsellor; Rene Boyer, Faculty; Laura Betts, Faculty; Janice Battiston, Aboriginal Counsellor; Kathleen McGeagh, Mental Health Research Intern; and Barb Walberg, Faculty; 5. Fare Media Inspectors and Special Constables from York Region Transit and Viva Enforcement stand with certificates after completing an ASIST training.



Voices from across Canada



"The participants were really appreciative that we brought the lens to issues that were impacting LGBTQ and two-spirited people. Two weeks afterward we got an email from one of the participants who had been able to use her skills to help her neighbour's husband who was thinking about suicide. It just

shows that even though we're bringing the training into a different context, these are skills that can be used to help anyone, and can build bridges between communities."

—Lu Ripley, Director, Community Education at the Crisis Intervention & Suicide Prevention Centre of British Columbia, on providing training to the LGBTQ community in Vancouver



"safeTALK training gives the nursing students at McGill insight that some of their patients may be experiencing thoughts of suicide, although oftentimes suicidal thoughts may not be as clear as physical symptoms or illnesses. It gives the students a moment of relief knowing that they can and should do a mental

health check-in, and that it isn't invasive or rude to ask the sometimes very serious and life-saving question of 'Are you having thoughts of suicide?'" —Mary Alexandrou, Program Coordinator at the Children's Hospital of Eastern Ontario, on providing training to nursing students at McGill University



"Six Nations is literally creating a suicide-safer community with each community member trained. Our statistics related to suicide interventions are captured by police calls pertaining to community members having suicide thoughts or behaviours. From this we can see that use of our program for self-referrals, and for accessing services sooner rather than later, has

increased." —Brenda Johnson, Mental Health Educator in Ohsweken, Ontario, on using safeTALK and ASIST to build suicide safety in her First Nations community



"We did training for a lot of the people in the community—nurses, teachers, community health resources, all kinds of people. They were looking at each other thinking 'We all work in the community, but in different buildings and facilities,' and now they are talking to each other and saying 'So how can we work together?'" —Donald Prince, Mental Health Specialist—

Addictions at Yellowknife Health and Social Services, on how ASIST has built community connections in the Northwest Territories



"As I've been going to train there, in my third year, people know the language a little more now. They know about asking about suicide, they know people in the community that they can go and talk to. In the beginning when I went they said 'I don't know who I would tell, I wouldn't tell anyone.' So I've seen a shift in that people in the community are starting to know who can keep them safe." —Jose Pruden, Wellness Director at Battle River Treaty 6 Health Centre in Saskatchewan, on building capacity in a First Nations community with LivingWorks training



"Mental health in general, and suicide in particular, are topics that most of us would rather not discuss. As a result,

many people have no idea what to do when these issues affect their friends, family, colleagues—or themselves. As part of the Law Society's ongoing commitment to our employees' well-being, we support programs such as safeTALK. These types of programs bring mental health-related issues out into the open and allow employees to discuss them and ask questions in a safe environment. Participants who completed safeTALK have told us that they now feel more knowledgeable about suicide, and more confident in their ability to approach individuals in crisis and get them the support they need." —Allison J. Cheron, Manager & Senior Counsel of The Law Society of Upper Canada



England

Regional health offices and charitable organizations continue to deliver training across England. Since 2015, training numbers grew more than 10 percent nationwide, reflecting increasing interest in community-based suicide prevention. Training in England has been deployed among a wide variety of groups this year, including local health services, municipal associations, crisis hotlines, police services, emergency responders, youth services, sports clubs, secondary schools, universities, charities, and military organizations such as the Royal Air Force. LivingWorks programs are also playing an active role in England's zero-suicide initiatives, including Cheshire and Merseyside's No More Suicide, Cornwall and the Isles of Scilly's Towards Zero, and West Yorkshire's zero-suicide goal.

safeTALK

59 trainers
153 trainings
2,688 participants



ASIST

156 trainers
214 workshops
3,750 participants



suicide to Hope

3 facilitators
3 workshops
34 participants



PHOTOS (Top): Participants with trainers after an ASIST training in Warrington, Buckinghamshire. Bottom (L-R): Participants gather after a public health ASIST training in Kirkham, Lancashire; Participants with ASIST certificates after a training provided by PAPYRUS Prevention of Young Suicide.



"All the participants were very keen to learn about suicide first aid. They paid attention to the multimedia and

presentations, participated well in the practice scenarios, and were vocal in what the training meant for them. A few of them had personally dealt with suicide or knew someone who had suicided. Suicide is topical within the armed forces, so they were keen to see how they could help spot the signs and help their colleagues." —Wendy Herridge, bereavement counselor in Lincolnshire, on presenting ASIST to Royal Air Force personnel



"From the workshops I've delivered this year, we've had some participants who have contacted

PAPYRUS to talk about interventions they've been involved in—and how well they've gone and how confident they've felt with those interventions. This speaks of the difference these workshops can make, both to the participants and to the people they have helped. To know this impacts within their own communities, is even better." —Simon Howarth, Suicide Prevention Advisor at PAPYRUS Prevention of Young Suicide



"I took ASIST in Bristol and there was a very powerful roleplay exercise in which someone was about to jump off a suspension bridge. ...The course gives you the confidence to approach the person and offer help and that is why I am so passionate about non-professionals doing it." —Joy Hibbins, Founder and Director of Suicide Crisis in Cheltenham, expressing her support for ASIST in an article for The Huffington Post



Ireland

safeTALK

82 trainers
258 trainings
5,052 participants



ASIST

105 trainers
126 workshops
2,661 participants



Under the guidance of the National Office for Suicide Prevention, one of LivingWorks' International Collaborative Committee (ICC) partners, training in Ireland saw increases over last year's numbers for both safeTALK and ASIST.

Some of the groups trained in Ireland this year included physicians, surgeons, Gardaí (police officers), members of charitable organizations and sports clubs, hospital staff, university staff, Health Service Executive employees, justice and correctional services staff, mental health personnel, community volunteers, transit staff, counselors, addiction services employees, pharmacists, and crisis line staff.

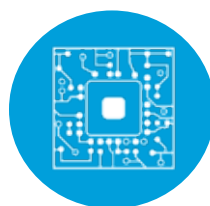
PHOTO: Tom O'Grady, Una Roberts, and Chris Jackson—all ASIST trainers and staff members at St. Angela's College in County Sligo—display their ASIST stickers outside the college.



“The good thing about delivering training is that I feel we make a positive impact on our communities regarding confidence in suicide awareness. The training is seen as a positive measure as it directly approaches all the skills needed to carry out an intervention with someone at risk.”—Noel Fealy, who provides safeTALK and ASIST training through Breaking the Silence Cobh, a suicide prevention organization in Cork County



“ASIST is built into the curriculum for education and nursing students. This is crucial, because as my colleague Tom O'Grady says, 'These graduates are working directly with people in trouble.' He also notes that when students have completed the ASIST workshop, there is a tangible difference in them, notably that they are comfortable and confident in dealing with and talking about suicide.”—Chris Jackson, Student Counsellor at St. Angela's College



“We have attempted to gradually but significantly increase the number of available helpers year on year and I am hoping to continue this trend and indeed expand it. The feedback from all the training has been very positive, with almost all participants feeling well prepared to engage with someone who is distressed.”—Tony Reid, Lecturer in nursing, on using safeTALK to promote suicide safety at the Waterford Institute of Technology in Ireland

The Isle of Man's small group of dedicated ASIST trainers continued the same steady pace they have maintained for over a decade. Workshops were delivered to Isle of Man government employees and allied agencies, with sponsorships ensuring that members from volunteer organizations, charities, and church groups could attend at no cost.

Participant feedback

"Fantastic workshop. Really builds up confidence and skills with helping somebody who is thinking about suicide. Will be recommending to everyone." —2016 ASIST participant, Douglas, Isle of Man

"Excellent workshop which will be used during my role in school. I now feel fully equipped to work with a suicidal student." —2016 ASIST participant, Douglas, Isle of Man

Isle of Man

ASIST

5 trainers
3 workshops
61 participants



PHOTO: Participants stand with trainer Cindy Womack after Kenya's first safeTALK training.

First-ever safeTALK in Kenya

Supported by Good Samaritan Ministries (GSM), trainer Cindy Womack presented the first-ever safeTALK, and the first civilian LivingWorks training, in Kenya. The participants included counselors, pastors, and teachers from the Lake Victoria region, supported by a Swahili interpreter where needed. "The impact was immediate and profound," said Womack. "The participants were very grateful and receptive, asking questions that fueled great conversation and personal stories." Gorretty Amolo, Kenya National Director for GSM, noted that in the weeks after the training, they had seen many referrals as a result of the training, and that GSM's counselors now felt better equipped to support those with thoughts of suicide along with their families.

Kenya

safeTALK

1 trainer
1 training
22 participants



The training has healed many people and especially those that

attended. Many I interact with have come with reports, saying that as they talk with people, there has been a change of attitude compared to what used to happen. The attitude to live and not to die has been taken very positively." —Gorretty Amolo, Kenya National Director of Good Samaritan Ministries

Lithuania

safeTALK

10 trainers
3 trainings
60 participants



ASIST

6 trainers
1 workshop
26 participants



Following a thorough consultation and planning process, Lithuania's capital city of Vilnius introduced safeTALK and ASIST in 2016. "The deployment of LivingWorks programs in Vilnius reflects a thoughtful and collaborative process between LivingWorks and the Vilnius Municipality Public Health Bureau," said Heather Stokes, LivingWorks VP Strategic Development. "Through engagement with key stakeholders and community members representing various disciplines and demographics, we worked through strategic planning and built a strong foundation that will lead to sustainability for years to come."

There were two Training for Trainers (T4T) courses—one for safeTALK and one for ASIST. Over 100 people applied to become a trainer, allowing the Vilnius Municipality Public Health Bureau to screen and interview an excellent group of candidates. "The T4Ts were outstanding. It was one of my most memorable experiences with LivingWorks," said Senior Consultant Devon Tayler, who taught the candidate trainers along with fellow training leaders John Kennedy and Renee Schmidt. The training team emphasized LivingWorks' layered program approach in order to build a strong training foundation, demonstrating how both safeTALK and ASIST are important and how they can intersect to build suicide safety.

The T4Ts were followed by a week of intensive coaching and support for the new trainers. The translator team participated and asked questions to facilitate their own learning and produce the most accurate translation possible. Trainers will begin presenting workshops in Lithuanian in February 2017.



"I was impressed by the positive and safe atmosphere during the training and I feel that we all became not only new colleagues, but also friends. I appreciate that these trainings do not only tell about values like safety and respect, but bring these values to here and now." —*Giedrė Putelytė, psychologist and safeTALK trainer*



"I am happy that finally we will have two high-quality programs responding to our needs here in Vilnius. We have a lot of gatekeepers that really need the basic knowledge about suicide prevention, put in a clear and smart way that is not difficult to grasp and apply. So safeTALK is perfect here. ASIST will serve the professionals that really have diverse knowledge and attitudes about suicide." —*Vaida Liaudanskienė, psychologist and safeTALK trainer*



"The way I see it, at the core of both safeTALK and ASIST are two basic instructions. First is, pay attention to the people around you. All people, and in all ways, not just to fulfill your basic obligations as spouse, parent, teacher, or doctor. Second, it is your business. It's not impolite to pry, it's not nothing to do with you, it's not outside of your formal relationship. If someone else is unhappy, it is your business to care. The important thing about these instructions is that they are good not just for suicide prevention. They are good for making us happier, more caring, friendlier, nicer. It means a lot, we need it, we lack it. I hope this is something that Lithuanian people will start reflecting on when we start widespread safeTALK and ASIST training." —*Gabrielė Gailiūtė-Bernotienė, translation team member*





PHOTOS (Clockwise): 1. Lithuania's first safeTALK and ASIST trainers gather with LivingWorks training coaches; 2. City Council member Mykolas Majauskas listening intently during the safeTALK workshop; 3. Participants with trainers and key stakeholders after an ASIST workshop demonstration in June; 4. Each safeTALK participant signed at least one of the "Welcome to LivingWorks" cards. Opposite page: Anna Vinkovskienė, ASIST participant and head of the Psychological Subdivision for the Vilnius County Police Headquarters, displays the ASIST sticker on her door.



New Zealand

safeTALK

22 trainers
41 trainings
776 participants



ASIST

31 trainers
28 workshops
473 participants



suicide to Hope

3 facilitators



New Zealand's trainers presented workshops to a broad range of groups including crisis lines, community volunteers, health boards, post-secondary institutions, suicide prevention organizations, workplaces, support groups, youth services, and women's shelters.



"The training at Te Whare Pounamu Dunedin Women's Refuge was the first workshop I delivered. Since the participants were already well skilled in this area, their participation and contributions were extremely positive. As with anything, I think

it makes a difference to remind people that we can all be vulnerable and to be on the lookout for invitations that we may miss, dismiss, or avoid because we may have been distracted or busy."—Corinda Taylor, Chairperson of Life Matters Suicide Prevention Trust, on presenting safeTALK to women's aid workers in Dunedin, New Zealand



"At lunchtime on Day Two of our ASIST workshop in Christchurch, two of the participants went to the nearby shopping mall for lunch. It was packed and they had to share a table. At that moment they were buzzing with what they had been learning and were talking animatedly about how to apply it when they got back to their community. They realised that someone at their table was watching them and they apologised for being so noisy and explained what they were doing. Over the next 15 minutes they found themselves doing an intervention, right through to a safe-for-now plan. Back in the group, they were able to share the experience, which was a real lift for everyone."—Gary Clifford, ASIST trainer and training coach



New Zealand participant feedback

"Really enjoyed this course and it has increased my confidence in dealing with a person at risk of suicide."

—2016 ASIST participant, Masterton, New Zealand

"Thank you for the wisdom, the learning, practice, feedback, and useful exercises throughout the two days."

—2016 ASIST participant, Auckland, New Zealand

"Though a bit scary to get involved at first, I felt like I got a lot of learning out of the roleplay part. I will remember that for a long time!"

—2016 ASIST participant, Auckland, New Zealand

"An excellent course. For two days' worth of training I have acquired so many important skills to be able to help people and be confident I'm helping in the right way. One of the best courses I have completed—many thanks!"

—2016 ASIST participant, Hamilton, New Zealand

Northern Ireland

safeTALK

73 trainers
129 trainings
1,893 participants



ASIST

41 trainers
36 workshops
700 participants



Trainings in Northern Ireland reached groups including the Public Health Agency, the Prison Service, medical and dental professionals, sports clubs, crisis services, post-secondary institutions, the Department of Education, crisis lines, suicide prevention organizations, emergency services, search and rescue groups, and faith communities. The Police Service of Northern Ireland, which has achieved organization-wide officer training, was among the most active training organizations in 2016, with 34 total trainings and 391 participants.



"We have trained all the police officers and training continues

with the new personnel. In my opinion the training has helped save lives as we have heard extremely good experiences from officers who have asked the question around suicide and acted upon the answer received. Participants all feel better prepared in dealing with persons who may be suicidal and are more aware of what agencies/ organisations are available as a resource."—*Doreen Fawcett of the Police Service of Northern Ireland*



PHOTOS: (Top to bottom) Senior LivingWorks trainer Barry McGale (right), who lives and trains in Northern Ireland, stands with LivingWorks President Richard Ramsay after receiving the Roger Tierney Service Award at the American Association of Suicidology conference in Chicago; Volunteers from the annual two-week Cycle Against Suicide hold their safeTALK certificates.



Northern Ireland participant feedback

"A great training course, well run and presented to a very high standard. Plenty of opportunity to discuss and practice roleplay scenarios." —2016 ASIST participant, Antrim, Northern Ireland

"Very enjoyable course. Thought-provoking model, useful for working through interventions." —2016 ASIST participant, Belfast, Northern Ireland

"Excellent trainers and resources. Most worthwhile course I've been on. Personal and professional skills for life." —2016 ASIST participant, Belfast, Northern Ireland

Quotes from across the country



"The participants said that they were relieved to talk about something that was so evident, but yet somewhat taboo in their community, in an open and constructive way. They also said that they felt more confident and were prepared to be suicide alert helpers." —safeTALK

trainer Barry Rooney on presenting safeTALK to volunteers working at a youth sports club in Ballynahinch, Northern Ireland



"safeTALK training has been running 'in house' at Ulster University for a year now, and has reached a range of academic and professional support staff as well as students. The program has equipped staff and students alike to have the confidence to ask

about suicide and support the well-being of others." —Drew Neill of Ulster University



"The safeTALK training delivered to Foyle

Search and Rescue volunteers enables them to feel more confident in approaching people who they believe may be thinking about suicide. As they patrol the river they are conscious of being alert to vulnerable people who may be in distress, and safeTALK has allowed them to be alert to potential invitations to respond to." —Barry McGale, Suicide Prevention Consultant and Trainer for Suicide Bereavement UK



PHOTO: Student Health & Wellbeing Advisor Drew Neill (far left) with participants after completing a safeTALK training at Ulster University.

safeTALK

30 trainers
33 trainings
710 participants



ASIST

185 trainers
80 workshops
1,640 participants



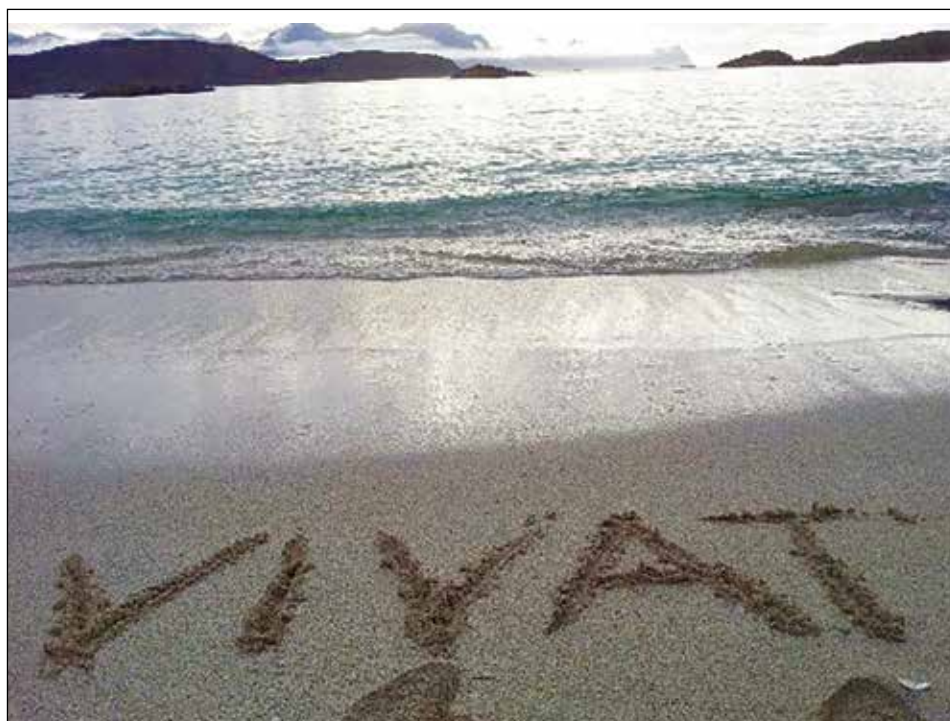
suicide to Hope

2 facilitators



Norwegian LivingWorks trainers reached more participants than ever before in 2016, setting records for both safeTALK and ASIST training. “The year overall was really amazing,” said Ann-Jorid Møller, Executive Director of VIVAT. VIVAT, a member of LivingWorks’ International Collaborative Committee (ICC), coordinates all LivingWorks training in Norway. The name translates to “let him/her live.”

“In the beginning we mostly trained health care workers; now we are reaching police, teachers, psychiatrists, psychologists, members of the military, and many others,” said Møller. “For a recent workshop in Tromsø, the registrations filled up within one minute of the online posting. It’s wonderful to see the interest and hear how the training is making a difference. Often we’ll hear feedback along the lines of ‘I just went through the training and shortly afterward I needed to intervene with a friend or a student.’”



PHOTOS: (Top to bottom) The VIVAT team in Tromsø. “VIVAT has an amazing team,” said Møller (far left). “I’m so proud of them and happy to be with them!”; Members of the VIVAT team leave their mark.



“Thank you for this training. I learned a lot and I look forward to bringing a more hope-centered approach to the people I work with.”

—suicide to Hope participant in Tromsø, Norway



Trainers from across Norway gather at conference in Sommarøy



PHOTO: Trainers from across Norway gather for a photo at the trainers' conference.

Over 100 Norwegian LivingWorks trainers gathered in Sommarøy in September to connect, strategize, and hone their training skills. A two-day safeTALK T4T preceded the conference, adding 10 more safeTALK trainers to VIVAT's team. "The conference was a real highlight," said Møller. "We gathered together, we learned a lot, and we launched our final translated version of ASIST 11. Everyone got their new manuals—they were excited for that!"

Norway's first suicide to Hope training

Norway's suicide to Hope pilot workshop took place in December with an audience of psychologists, psychiatrists, and clinicians. "They were really interested in the program and how it could apply to their work," said Møller, adding that the feedback was very favorable. More suicide to Hope workshops are scheduled for 2017.

Country collaborations: a friend in Ireland

John Kennedy, LivingWorks Consulting Trainer Support, has played an important role in supporting VIVAT's efforts. This May, Norway's lead trainers visited him in Ireland, where they learned more about the intricacies of ASIST 11 to help finalize the Norwegian translation. "John has been a great ambassador and an inspiration," said Møller. "His work with the taxi drivers in Ireland, for example, has led us to think about how we can train transportation workers as well."



"We can see a change—we're having a broader reach than before, and people are noticing us. They've heard of VIVAT and ASIST, and they are asking for our help to become safer from suicide. With safeTALK, we're beginning to reach new groups. Things are coming together."—Ann-Jorid Møller, Executive Director of VIVAT

Republic of Korea

safeTALK

2 trainers
2 trainings
64 participants



ASIST

30 trainers
65 workshops
1,330 participants



ASIST continued to thrive in Korea, reaching audiences including mental health professionals, social workers, nurses, teachers, and members of the Republic of Korea Armed Forces. ASIST 11 materials were translated with work by Chong-Hwa (John) Lee, Jae Kim, and Lindy Macgregor. Korean trainers are now upgrading to the new version. "It was a real thrill to achieve that and to see the great enthusiasm that the Korean ASIST trainers have for creating suicide-safer communities," said Macgregor, who ran two upgrader sessions.

Collaborating across continents

Los Angeles-based trainer Jae Kim, who helped proofread and back-check the ASIST 11 translation, presents ASIST in both English and Korean for the California community. His fluency in English and Korean, paired with his knowledge of the Korean version of ASIST 10, played a key role in upgrading the program to ASIST 11. "I'm really excited to bring ASIST 11 to the Korean community here in California," he said.



PHOTOS (Top to bottom): New ASIST trainers gather for a photo with the coaching team following an ASIST Training for Trainers (T4T) in Yongsan; Chong-Hwa (John) Lee receives a LivingWorks recognition award from senior LivingWorks trainer Lindy Macgregor, recognizing his efforts in supporting Korean LivingWorks training and his work translating ASIST 11 into Korean.



"It's been extremely challenging, working across languages and countries, but we got it done, and the translation is very high quality. The people who worked on it—all of them—did a really stellar job. The collaboration was outstanding." —Lindy Macgregor, ASIST Senior Team Leader and safeTALK instructor, on translating ASIST 11 into Korean



Scotland

safeTALK

133 trainers
205 trainings
3,015 participants



ASIST

147 trainers
111 workshops
1,981 participants



Choose Life, the team responsible for overseeing the national suicide prevention strategy, represents Scotland on LivingWorks' International Collaborative Committee and coordinates trainings across the country. Trainings were presented for organizations including Health Scotland, the Salvation Army, hospitals, health care services, youth services, LGBT groups, city councils, universities, charities, law enforcers, and first responders. A National Health Service report showed that, owing to local efforts and the national Choose Life strategy, suicides in the Greater Glasgow and Clyde area had reached a 30-year low—for more information, see page 9.

Singapore

safeTALK

20 trainers
9 trainings
185 participants



ASIST

19 trainers
14 workshops
331 participants



"Participants have shared that training helps them to overcome their own fears

Although safeTALK and ASIST are still widely used by the health professionals who first adopted them—including doctors, social workers, nurses, counselors, and psychologists—the programs are continuing to spread to other communities in Singapore as well. Police personnel are using LivingWorks programs to promote suicide safety for their teams as well as the members of the public they serve. Several international schools have sent staff to T4Ts in Australia so that they can provide ASIST training to other school personnel and safeTALK

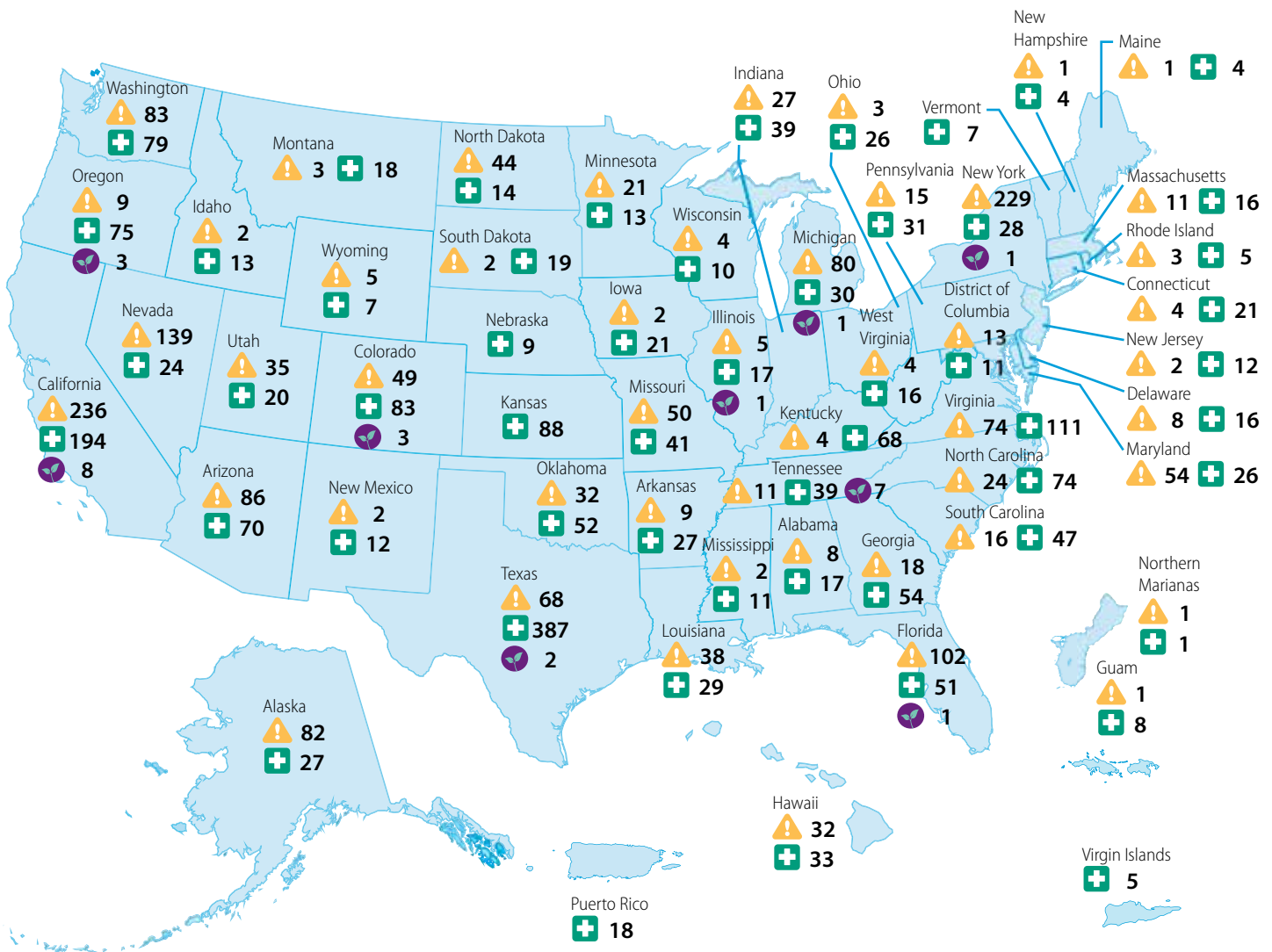
to senior students. Paramedics, prison officers, firefighters, and coast guards were among the other groups to receive training in 2016. Tan Tock Seng Hospital hosted a safeTALK T4T in March, inviting participants from other regions alongside its own staff, while the triennial Asian Conference of Criminal & Operations Psychology (ACOP) presented a pre-conference safeTALK training. JurongHealth has also introduced safeTALK as part of a corporate training program where staff and partners can sign up to attend.

about talking about suicide, which is a taboo subject in an Asian context where generally people are not open about sharing their feelings. They have also learned what they can do to help support people with suicidal thoughts and to not feel so helpless in such situations." —*Melissa Chew, Principal Medical Social Worker at Tan Tock Seng Hospital in Singapore*

United States

Trainers delivered LivingWorks programs in all 50 US states in 2016, as well as the District of Columbia and the territories of Guam, the Northern Mariana Islands, Puerto Rico, and the Virgin Islands. safeTALK and ASIST continued to play a key role for the United States Department of Defense (DoD) and veterans' organizations. To learn more about LivingWorks training for the DoD and other military organizations, see page 46.

Number of trainings and workshops by state and territory



safeTALK

1,726 trainers
1,759 trainings
33,472 participants



ASIST

3,678 trainers
2,234 workshops
41,752 participants



suicide to Hope

21 facilitators
27 workshops
403 participants



Study shows ASIST is a valuable tool for schools

Results from a study by Dr. Laura Shannonhouse and colleagues show that teachers and support staff in K-12 school environments who have taken ASIST feel more comfortable, competent, and confident in intervening with those having thoughts of suicide, and that they have improved skills and attitudes when it comes to intervention. "Our results provide support to previous arguments that training is needed in school settings to respond to youth at risk of suicide," wrote the researchers. The study was published in the *Journal of Counseling and Development* in January 2017.



"We put ASIST into 32 School Administrative Units (SAUs) in Maine. The impact of the training was dramatic—we had teachers disarming fully formed suicide plans in students days after the training. The phone calls after the suicide interventions were performed had us in tears. The school culture also started to shift, as those trained in ASIST began augmenting the Pathway for Assisting Life (PAL) model to respond to students who were self-injuring. Further, students reported feeling safer to share that they were thinking of suicide within their school systems. In addition, one school district with 200,000 students is shifting their crisis management plan as a result of the ASIST training." —Dr. Laura Shannonhouse of the Department of Counseling and Psychological Services at Georgia State University



PHOTO: AFSP trainer Chris Owens presents safeTALK in Augusta, Georgia.

AFSP training across the United States

The American Foundation for Suicide Prevention (AFSP) continued to support and fund LivingWorks programs for a diverse cross-section of organizations and community members. "The American Foundation for Suicide Prevention's chapters continue to proudly host safeTALK and ASIST workshops, and have trained a

combined 5,380 individuals in 28 states in 2016. These two evidence-based programs are some of the strongest educational tools our chapters utilize to achieve our mission to save lives and bring hope to those affected by suicide across the country," said Shelby Rowe, Manager of Education and Prevention Programs at AFSP.

"I feel the ASIST trainings offered in our community have made a huge difference. The widespread interest, support, and attendance is testament that the community is ready to confront and learn about suicide. But, more than that—a high number of participants have expressed through feedback forms and communications that they want to help make a difference in lives impacted by suicide. ASIST trainings have drawn the interest and support of law enforcement, clergy, mental health professionals, teachers, probation officers, life coaches, students, veterans, mothers, fathers, sisters, brothers, and others." —Roxana Colman, Circle of Trust Youth Suicide Prevention Program Manager in Pablo, Montana

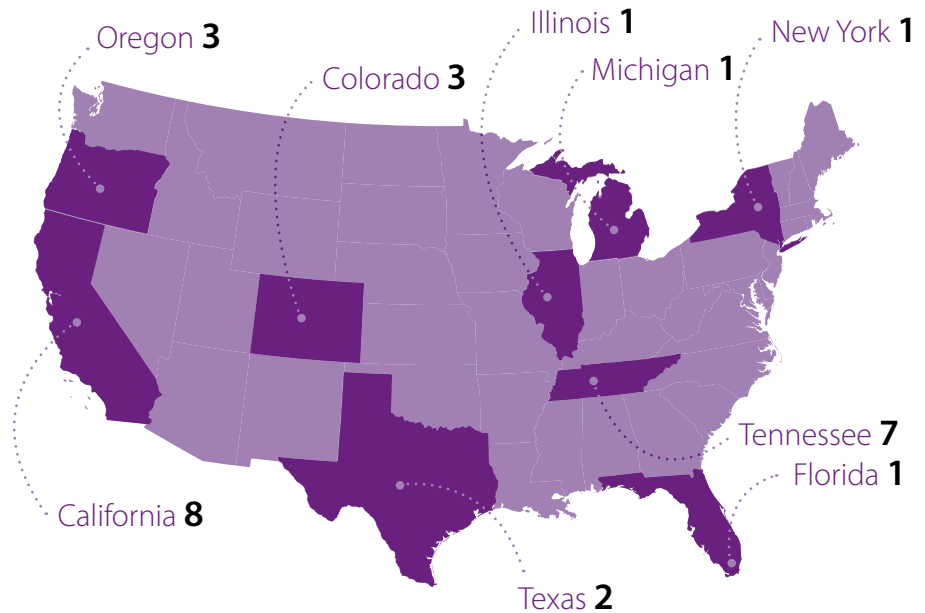


"We are absolutely delighted with the continued remarkable accomplishments of our trainers across the USA. 2016 saw a significant milestone reached when our US trainers conducted their 30,000th workshop. For two consecutive years, our trainers have conducted over 3,900 LivingWorks workshops, exceeding 75,000 total participants trained!" —Jerry Swanner, Executive Director of LivingWorks USA

suicide to Hope takes off in the United States

With 27 workshops in 2016, suicide to Hope more than doubled last year's training numbers in the United States. The program was represented across the country with training taking place in California, Colorado, Florida, Illinois, Michigan, New York, Tennessee, and Texas.

s2H workshops in 2016



“We’re really excited about how our suicide to Hope trainers are distributed across the state. That’s just been a huge thing, because now they are able to start bringing the training to the forefront. With five trainers in California alone, the state has one of the highest regional capacities for suicide to Hope training.” —Kathleen Snyder, LivingWorks California Liaison, on California’s density of suicide to Hope trainers

“The clinicians who participated in the suicide to Hope workshop expressed that they underwent a shift in the idea of working through suicide experiences and gained a newfound understanding of the importance of hearing and listening patiently to their clients. suicide to Hope has the ability to shift the way clinicians view suicide experiences to a more hopeful one—this is what I believe will bring more suicide safety to Colorado.” —Julie Reichenberger, suicide to Hope facilitator in Denver, Colorado



PHOTO: Participants display their certificates after a suicide to Hope workshop presented through the New York State Office of Mental Health’s Suicide Prevention Office.



“When I present training to law enforcers, I tell them ‘You have these skills already.’ As officers, we have to communicate when we interact with people in the community. And we’re taught to listen, because a big part of what we do is to be present when there’s an incident, and to get the details and facts, and report. So I see the correlation, and it’s never lost on me, between police work and the LivingWorks model. It’s the same kind of paradigm of communication and listening that we see in law enforcement.”

—Philip Schoppmann, police officer and member of Trainers United on Long Island for the Prevention of Suicide (TULIPS)

“

“A total of 256 RI International staff were trained in ASIST, including executives, administrative staff, and direct service providers. ASIST is part of RI International’s commitment to equip our workforce with the skills, knowledge, and supports needed to effectively and confidently work with persons at risk of suicide, and to increase the safety and well-being of the persons we serve.” —Liz Timko, Clinical Training & Workforce Development Specialist with RI International in Phoenix, Arizona

”



PHOTO: Participants gather with trainers Liz Timko and Michael Zeeb (front row wearing ASIST trainer lanyards) after a workshop presented by RI International.

Seven trainers came together to train over 200 people in safeTALK in a single day



“It was an amazing experience and an honor to know that by the end of one eight-hour day, we had so many people in the state of Michigan more alert to suicide. The feedback was even more inspiring—as a training team, we know we made a difference from our feedback and discussion.” —Barb Smith, who partnered with six other safeTALK trainers to deliver 14 half-day workshops training over 200 people at a one-day youth suicide prevention conference in Michigan.

“

“A lot of people were really happy to have culturally competent materials. People were really happy to see that it mirrored cultural norms, rather than just changing the pictures.” —Kara Bennett, Community Educator with NAMI Minnesota, on presenting the indigenous adaptation of safeTALK in Cass Lake, Minnesota

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“We are proud to provide ASIST training to not only

members of our staff but also to members of our community at large. During 2016, Behavioral Health Response continued in our push to have 100 percent of all staff, both clinical and administrative, trained in ASIST. This has contributed to the consumers of crisis services in our local community receiving the best care possible during their most vulnerable moments. It also connects our entire organization to our mission of serving as the community’s behavioral health safety net and not just our front-line staff.” —Angela Tate, Vice President of Operations for Behavioral Health Response in Missouri



“The participants volunteer in a faith-based peer support approach that offers one-to-one Christian care to people going through tough times. safeTALK has greatly increased their awareness of suicide and their ability to help as they encounter congregation members and others in the

community who are struggling. In a community that is 100 percent retirement age, safeTALK will play a role in saving lives from suicide.”

—Randy Longacre on presenting safeTALK to volunteers at Our Lady of the Valley Catholic Church in Tucson, Arizona



PHOTOS (Top to bottom): Participants with trainers after an ASIST workshop at the Texana Center; Staff from the Behavioral Health Center of Nueces County demonstrate the circle formation they use for workgroups during ASIST training.



“This training was crucially important for the diverse populations we serve here in the Commonwealth of Northern Mariana Islands. These trainings we provide from LivingWorks have helped to create an additional protective factor we can apply to our prevention efforts, which we believe is central to our behavioral health work for our many islands and peoples.” —James Arriola, CEO of Brabu Behavioral Health Services in Saipan, Commonwealth of Northern Mariana Islands



PHOTO: Trainers Stuart Winborne and Chris Owen before presenting safeTALK to the Centers for Disease Control in Georgia.

“Most of the trainees at our Centers for Disease Control training were familiar with suicide prevention and mental health due to the nature of their jobs. I think the training helped emphasize a lot of the knowledge they have and helped them to learn how to apply it in a real-life situation. A few of them commented that it also helped them learn what to do if someone in their personal life was struggling. They may have felt comfortable dealing with suicide professionally, but this helped them apply it to their own lives.”

—Stuart Winborne, Georgia Area Associate Director at the Suicide Prevention Resource Center, on bringing ASIST to the Centers for Disease Control in Georgia.

Wales

safeTALK

11 trainers
17 trainings
218 participants



ASIST

44 trainers
55 workshops
884 participants



Bilingual safeTALK and ASIST training continues to be delivered throughout Wales. Attendees in 2016 included community service organizations, Mind Charities, first responders, university staff, housing authorities, mental health professionals, and community volunteers. As one of the key recommendations in Talk to Me 2, Wales' five-year suicide prevention strategy, ASIST training was in high demand. Nearly 20 more workshops were presented than in 2015.



PHOTOS: (Top to bottom) An ASIST training in Newport, presented to professionals and community members by Newport Mind; Participants gather after a training by the Bridgend Association of Voluntary Organisations (BAVO). "Our work is promoting the population-based approach to suicide prevention work and showcasing ASIST as an essential toolkit," said BAVO Chief Executive Officer Heidi Bennett.



"One participant told me that she had been out jogging and saw someone standing on a bridge, clearly intending to jump. She successfully talked them down, and made reference to the bridge role-play on the second day of ASIST, and how it had prepared her for the real-life scenario! The course is amazing—not only in what it teaches, but also in the way it has a far-reaching effect on everyone involved."

—Jan Channing, Citizens' Advice Bureau Development Manager and ASIST trainer

Zambia

safeTALK

1 training
30 participants



ASIST

1 workshop
32 participants



safeTALK and ASIST were presented in Zambia for the first time as part of a three-week outreach and assessment initiative by the National Center for Chaplain Development (NCCD). The outreach team, including Sr. Chaplain Ken Schlenker, Sgt. (Ret) John Avery, and Alfonso Mercado, met with health agencies and government officials to support suicide prevention and promote mental health. They provided safeTALK training to community caregivers and offered ASIST to staff at Chainama Hills Hospital.



"ASIST training was very appropriate to our clinical work. We sometimes

see patients who come to us with either suicide ideation or attempts, and this is very good for us in helping these people. It's very relevant to our clinical setting." —Dr. Waqas Ahmed Sheikh, Psychiatrist at Chainama Hills Hospital



"Previously I think there were some gaps in what I was doing, like how you explore invitations. I overlooked some of those things. But now when I'm dealing with a patient who is contemplating suicide, I'll know what to look for—that will help me and the client as well. The PAL model will help me go stage-by-stage without getting out of sync. If others could go through the same training, it would really help the bigger community." —2016 ASIST participant, Chainama Hills Hospital, Zambia



PHOTOS (Top to bottom): Community safeTALK participants with trainer Ken Schlenker (front row, standing) after a training in Lusaka; ASIST participants from Chainama Hills Hospital with trainers John Avery (far back) and Ken Schlenker (far right).

Military and veterans training

LivingWorks training supported suicide safety for armed forces members and veterans in Australia, Canada, England, Norway, and the United States in 2016.

Norwegian military training

The Norwegian military, which has long used ASIST training, is now providing safeTALK as well. “safeTALK has helped them train more people to be part of their suicide-safer community,” said Ann-Jorid Møller, Executive Director of Norway’s VIVAT suicide prevention program. “It makes it possible for more personnel to get involved, especially those who want to contribute even if their primary role is not in health or suicide prevention.”



PHOTO: Chaplain (Colonel) Michael Heuer (holding safeTALK resource book on the left) with participants from a safeTALK training at Joint Base Elmendorf-Richardson in Anchorage, Alaska.



“I kept in touch with an ASIST participant who works with an organization helping veterans with everything from homelessness to counseling to finances. A veteran had called for assistance and [the ASIST participant] could tell something was different than in previous calls. He explored a little more and picked up on the invitations. He told me he pulled out his Quick Reference Tool and worked through the Pathway for Assisting Life model. By the end of their conversation the man was connected to the VA hospital for an evaluation and was getting the other assistance he had called for. When the participant called to tell me, he was so excited he had a hard time putting words together!”

—Amy Hart, suicide intervention specialist and safeTALK and ASIST trainer in Richmond, Virginia



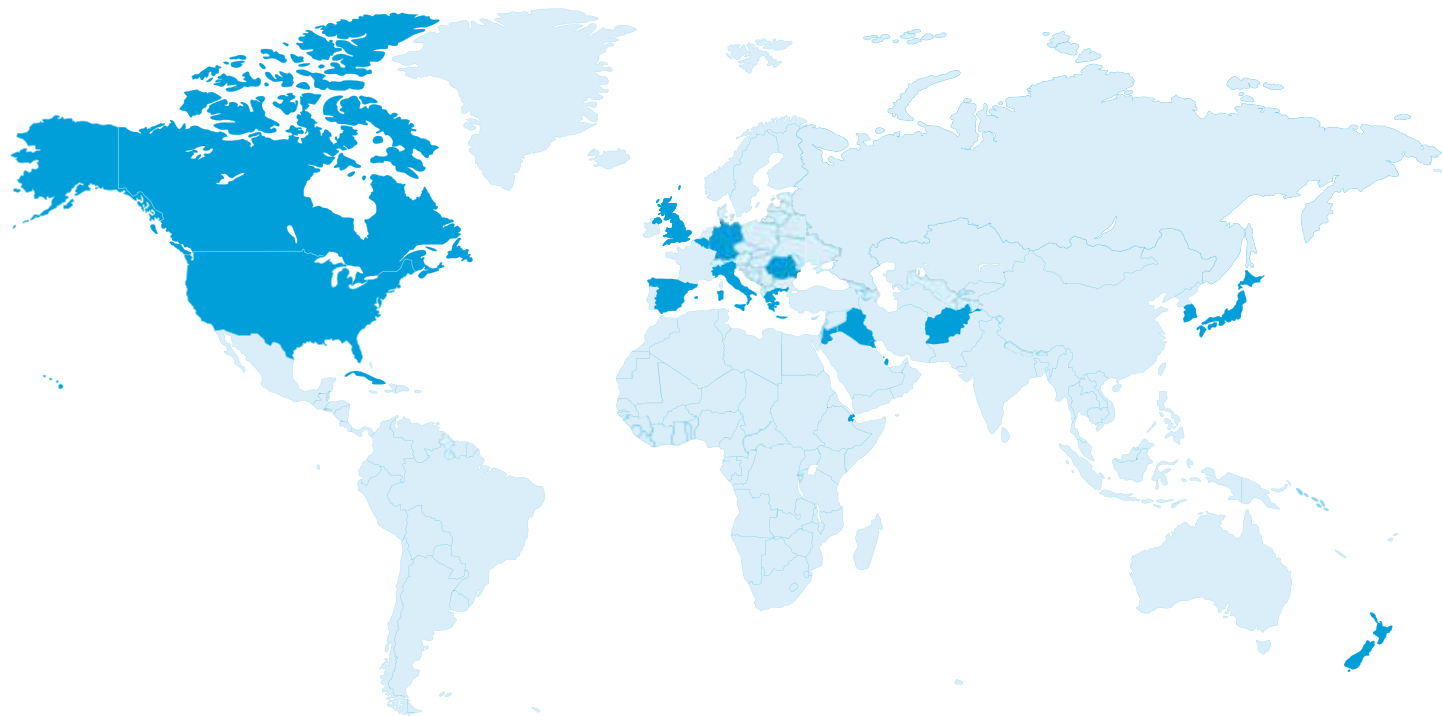
PHOTO: New ASIST trainers with Installation ASIST Coordinator Michelle Wiggins (seated in front) following a Training for Trainers (T4T) in Fort Bliss, Texas.

US DoD training agreements renewed

LivingWorks renewed training agreements with the US Army and Navy and is honored to continue our suicide safety partnership through to 2018. “We are delighted to continue this partnership,” said LivingWorks Military Director Glen Bloomstrom. As part of the renewed agreements, the Institute for Defense Analyses (IDA) will conduct a study on the effectiveness of ASIST training in the Army and Navy. The IDA has been consulting leaders in the suicidology field to determine the best evaluation methods, and we look forward to their findings.

US Department of Defense training

The United States Department of Defense continued its strong commitment to suicide safety, presenting 1,839 LivingWorks trainings in 21 countries and territories. These trainings reached 35,444 participants in the Air Force, Army, Army Reserve, Coast Guard, National Guard, Navy, and Special Operations Command.



This map shows the 21 countries and territories worldwide where United States DoD trainings took place: Afghanistan, Bahrain, Belgium, Canada, Cuba, Djibouti, England, Germany, Greece, Iraq, Italy, Japan, Kuwait, New Zealand, Northern Ireland, Qatar, Republic of Korea, Romania, Spain, and the USA.

Training to support veterans

Throughout the United States and Canada, dozens of trainings were delivered to veterans' support organizations including the US Department of Veterans Affairs, Veterans Affairs Canada, Operation Life Veterans, the Wounded Warrior Project, Team Rubicon, K9s for Veterans, Team Red, White and Blue, and local service organizations at the state and county levels. "We are honored to contribute to the support mechanisms in place for our veterans," said Bloomstrom. "Our programs provide valuable tools to the people and agencies who are upholding veterans' physical and mental well-being."



PHOTO: Mercy Maricopa Integrated Care trainer Cinthia Martinez presents ASIST to members of the Arizona Air Force National Guard.

suicideTALK

Any registered safeTALK, ASIST, or suicide to Hope trainer can present suicideTALK, a 90-minute awareness session inviting participants to take the first steps toward suicide prevention.

"Feedback from parents of the youth has been overwhelmingly positive. The biggest takeaway from the suicideTALK for Youth meeting in December was that we had two youth come forward and discuss concerns."

Major Lance Giannone
on presenting
suicideTALK to youth
at Minot Air Force Base.

esuicideTALK

esuicideTALK, LivingWorks' online awareness platform that mirrors the suicideTALK curriculum, reached more people than ever in 2016. Thousands of vouchers were issued across Australia, Canada, England, Ireland, New Zealand, and the United States. Ireland's National Office for Suicide Prevention (NOSP) continues to make esuicideTALK available to everyone across the country.

Here are some of the comments from participants this year, submitted through anonymous feedback forms at the end of suicideTALK sessions:

"Pour moi c'était valable de comprendre pourquoi les personnes ne veulent pas parler du suicide."/"For me it was valuable to understand why people don't want to talk about suicide."
—Participant in Sarnia, Canada

"This was a good start for understanding what steps we can take together."
—Participant in Randwick, Australia

"It was good to discuss this difficult topic out in the open. Thank you."—Participant in Canberra, Australia

"Speaking as a mental health clinician, this is a solid overview of essential information that's applicable to everyone. Thanks for raising awareness about suicide."
—Participant in Phoenix, USA

"Great overview. I think this will give us a foundation for more in-depth training."
—Participant in Naples, Italy

"I appreciated the chance to learn about suicide and what we can do to prevent it together."—Participant in Port Coquitlam, Canada

"I learned a lot. ...Lots here to think about."
—Participant in London, England

"The most valuable part was learning the ways I can make a difference and promote life in my own community. Thanks for this session."—Participant in Detroit, USA



safeTALK celebrated its 10-year anniversary in 2016, attaining record training and attendance numbers. safeTALK's 2016 highlights:

safeTALK is safe and effective for school-age youth, say Australian researchers

A study on safeTALK training for youth in school settings took place in Alice Springs, Australia. The researchers, who presented initial findings at the American Association of Suicidology conference in Chicago, found that safeTALK was effective at improving students'

knowledge and attitudes about suicide as well as their willingness to help others. They also found that safeTALK posed no increases in psychological distress or suicide ideation risks for the students. To learn more about the study, see page 9.

Launch of safeTALK 2.2

safeTALK 2.2 launched in October, bringing several small but important revisions. "With the newly released safeTALK 2.2, we included edits and additions reflecting our response to participant and trainer feedback," said safeTALK Program Manager Patty Rives. "Design improvements include the addition of video subtitles to address learning needs, as well as content improvements that will

provide trainers with extra guidance. The revised content will also help trainers achieve excellence in facilitation through use of the new safeTALK Trainer Learning Aid. We continue to focus on trainer support and quality assurance; our goal is to help trainers train participants to be alert to suicide and better prepared to connect persons with thoughts of suicide to life-affirming help."

safeTALK available for credit through CEUnits

In December 2016, safeTALK joined ASIST and suicide to Hope on LivingWorks' ceunits.com page, making the program eligible to provide continuing education credits to participants throughout the United States. Participants in most major professional organizations can now obtain credit by completing an online exam assessing their mastery of safeTALK material.

Aurélien Jondeau brings safeTALK to life in French

Participants who experience safeTALK in English are well acquainted with Khari Jones, the actor, coach, and athlete who appears as the program's digital co-trainer. At LivingWorks' Videopalooza event in April 2016, we recorded footage of a new French co-trainer, Aurélien Jondeau.

"Through my personal activities and as an entrepreneur with two businesses, I get to meet a lot of people from a lot of backgrounds, cultures, and social categories, and you never know who might be thinking about suicide," Jondeau said. "It can happen to anyone, as safeTALK tells us. I feel like it's important, what safeTALK does, and to be able to help provide those tools, I feel privileged—really grateful."

To see photos and learn more about Videopalooza and the videos we produced there, please visit page 11.



ASIST training numbers grew from their 2015 levels in more than 10 countries worldwide. Eighty-two Training for Trainers (T4T) courses prepared 1,612 new trainers to present the workshop, while three consulting camps prepared 18 new consulting trainers to support trainer learning and program standards.

2016 ASIST feedback

Number is the average rating from 87,567 participants

How would you rate ASIST?

(1 = did not like at all, 10 = liked a lot)

9.1

Would you recommend ASIST to others?

(1 = definitely no, 10 = definitely yes)

9.4

This workshop has practical use in my personal life.

(1 = definitely no, 10 = definitely yes)

8.3

This workshop has practical use in my work life.

(1 = definitely no, 10 = definitely yes)

9.3

"Every time I complete an ASIST training I feel exhilarated. Virtually all participants love the ASIST workshop and feel they leave more confident to help someone with thoughts of suicide. I look forward to each of the workshops I facilitate. I like the variety of trainers I co-facilitate with as I feel it gives me other trainers' perspectives and their teaching styles. I am always learning."—Lucia Lee, educator, consultant, and ASIST trainer, who presented 25 ASIST workshops in 2016

ASIST French grows

Following the first ASIST 11 French Training for Trainers (T4T) in Moncton, New Brunswick, there are now more than 100 francophone ASIST trainers. Together they presented 50 ASIST workshops, an increase of 15 from last year. These workshops spanned Canadian provinces including Manitoba, New Brunswick, Ontario, and Quebec.

ASIST 11 translated into Lithuanian and Korean

With concerted effort by translators and LivingWorks developers, the latest version of ASIST was translated into Lithuanian and Korean in 2016. Korea had previously been using version 10, while Lithuania is introducing LivingWorks programs for the first time. To learn more about Lithuania's implementation of LivingWorks training, see page 30.



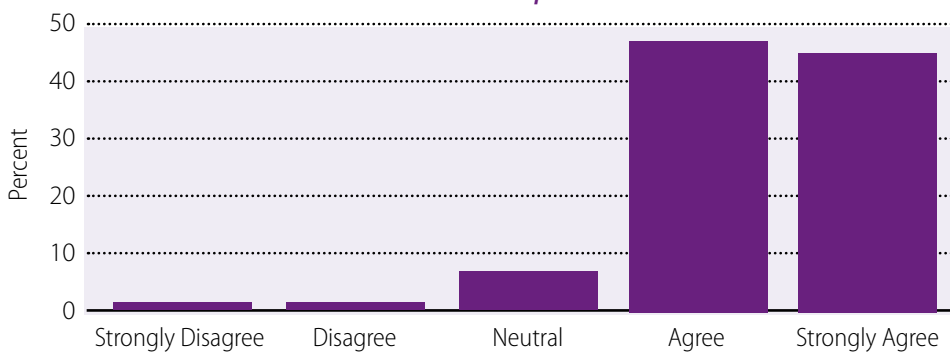
suicide to Hope

In suicide to Hope's first full year, facilitators presented the workshop in Australia, Canada, England, Norway, and the United States, reaching over 800 participants. Attendees have included clinicians, counselors, academic researchers, psychologists, suicide prevention officers, military service members, social workers, crisis line workers, and housing authority staff.

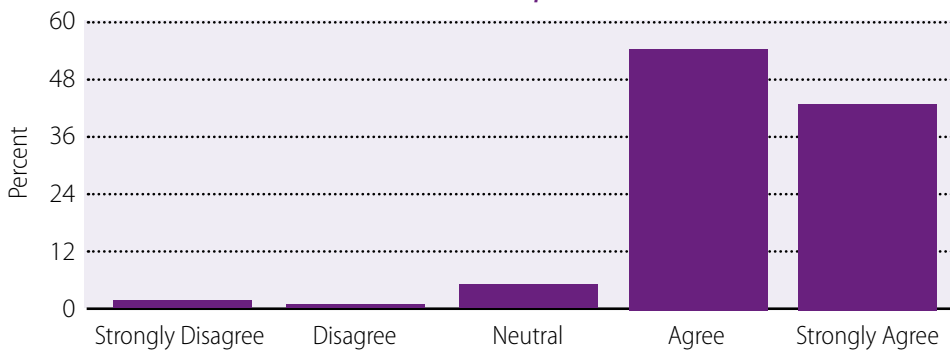
suicide to Hope feedback synthesized

Since suicide to Hope launched in 2015, over 900 people have attended the program and provided feedback. In late 2016, we synthesized this data to help understand suicide to Hope's impact—see the figures below:

"After the workshop, I have greater hope for success working with those with lived experience of suicide"



"suicide to Hope improved my knowledge & skills to work with those with lived experience of suicide"



"The program provided a framework for hope as well as practical questions to support people in their suicide journey and create the language of hope for them. It validated people's lived experience and emphasized the collaborative relationship between client and clinician."

—suicide to Hope participant, 2016

The power of hope

"What is most impressive is that people take different things away from suicide to Hope," said facilitator Dr. Gary McConahay. "Researchers liked the hope-based approach, and therapists appreciate using what they know applied in a new way. Some of the best reactions have been when case managers and crisis clinicians speak up and realize what they can do even though they are not in the traditional therapist role." suicide to Hope, McConahay said, makes a difference because it presents a paradigm shift: "It turns suicide 'risk' into 'opportunity for change.'"





Our cover map

Our map is based on the Fuller Institute's Dymaxion map, which aims to show the world, correctly proportioned, as "one island in one ocean." This design resonates with our philosophy for two reasons: first, unlike other maps, which tend to divide countries and continents, it represents global unity and the potential to work together as we address problems—like suicide—that confront us all. Second, the motif of interlocking triangles mirrors the diagrams used to provide life-saving, hope-affirming support in our ASIST and suicide to Hope programs. In our workshops, the lines of these triangles represent the relational interactions between a helper and a person with thoughts of suicide as they work together to achieve safety and hope. A world made up of these relational lines would be a world dedicated to providing compassionate outreach and care for people struggling with suicide. In this way, the map represents one facet of our vision for a life-affirming, suicide-safer world.

We thank the Fuller Institute for their gracious permission to base our map design on the Dymaxion map completed by R. Buckminster Fuller in 1954.

Calculating our impact

Our calculations on page 2 are estimates based on data from available studies. Here is the methodology we used:

Determining the number of interventions: This figure is based on Condrón et al.'s finding that ASIST-trained school staff members, within three months of the workshop, carried out an average of 0.62 interventions that resulted in further care for the intervention recipient. The same study found that safeTALK-trained school staff carried out an average of 0.39 suicide alert interventions within three months of the training. To account for a period of six months—the approximate average length of time all 2016 LivingWorks participants had been trained by the end of the year—we multiplied the three-month averages by two to reach 1.24 average interventions for ASIST and 0.78 for safeTALK. This assumes school intervention rates are reflective of the general population, and assumes no decrease in the frequency of interventions as time goes on within the first year of training. The study by Condrón et al. appears in *Suicide and Life-Threatening Behavior* 45 (4) August 2015, p. 461-76.

Determining the number of attempts averted: This number is based on SAMHSA's 2013 national survey that compared the number of American adults who expressed suicide thoughts in the past year (9.3 million) against those who attempted suicide (1 million). The results suggest that approximately 14 percent of people with suicide thoughts progress to suicide behaviors. This assumes that adult American suicide ideation-to-behavior ratios are indicative of the general population. The information can be found at <http://www.cdc.gov/violenceprevention/pdf/suicide-datasheet-a.PDF>. Accordingly, we inferred that 14 percent of the interventions averted a suicide attempt.

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