



LivingWorks

a suicide-safer world

Everyone has a role to play
in saving lives from suicide.

With interactive, evidence-
based training programs,
LivingWorks is leading
the way.

We invite you to learn more
and join us in our mission.

Who we are

LivingWorks is a social enterprise dedicated to saving lives from suicide. We make it possible through interactive, evidence-based training programs that give people the knowledge and skills to make a difference in their communities. From first steps to in-depth skills, we have programs for all knowledge and experience levels.

Over the past 35 years, we've collaborated with individuals, organizations, cities, and countries to build suicide safety around the world. In that time, we've trained over 1.9 million people with life-saving skills. We invite you to learn more about how our programs are transforming communities, what the evidence says about their impact, and how we can work with you to save lives together.

A warm welcome to LivingWorks' new President, Rick Trimp

Having served as President of LivingWorks since our foundation, it is my honor to welcome my successor in this role, Rick Trimp. Rick is passionate about saving lives from suicide and brings with him a wealth of executive experience. His extensive knowledge of community- and population-based health will be a strong asset to LivingWorks, as will his excellent track record of fostering and expanding strategic partnerships.

Rick began his career as a physical therapy technician with the United States Navy and has since led a range of healthcare operations in the United States and Canada. Most recently, he served as Dean of the School of Health and Life Sciences at the Northern Alberta Institute of Technology (NAIT). Prior to that, he led Alberta Health Services, Canada's first and largest province-wide health service, as Interim President and CEO.



I extend my profound appreciation to Tim Houle, who did an outstanding job leading our organization as Interim President while we searched for a successor. His emphasis on vision, goals, and long-term strategic thinking have given us an ideal foundation from which to build. I will continue to serve LivingWorks in an advisory capacity in my new role as President Emeritus. This will enable me to provide support to trainers, staff, and leaders in areas that are important to me, including suicidology, program development, and history.

Looking back at the past 35 years, it is the passion and commitment of our people that have made our greatest achievements possible. With our worldwide team of dedicated trainers, staff, leaders, and Board members in place—and with Rick now leading us forward—the future looks brighter than ever. Thank you to everyone who is, and has been, a part of our journey.

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

Richard Ramsay, President Emeritus



It is a tremendous honor to join LivingWorks and carry on Richard's legacy as President. LivingWorks' mission is essential: now more than ever, we need a scalable approach that will enable people from all backgrounds, in all communities, to play a role in saving lives from suicide.

One of the key learnings from my background in population health is the importance of focusing on communities. Whether it's our workplaces, our families, our faith communities, or the cities and neighborhoods that we live in, these are the places where many important health initiatives take root. By focusing on communities as the building blocks of suicide safety, we can save and change lives around the world.

LivingWorks is in an excellent position to expand what we already do well and realize some amazing new projects and programs. We have an excellent skill set in place among our Board, leadership team, and staff, and the dedication of our worldwide trainer network is nothing short of extraordinary. The foundation is in place, and I am excited for all we can build together.

I look forward to announcing the initiatives we have ahead, and I believe that they'll be cause for excitement in communities everywhere. Like Richard, I see a bright future for LivingWorks, and I can't wait to embark on the next steps in our shared journey toward suicide safety.

Rick Trimp, President

When people come together with life-saving knowledge and skills, they create suicide-safer communities. These might be neighborhoods, schools, workplaces, or even entire cities.

Our programs are **layered** to provide different knowledge levels for different needs.



What's our role? Raise awareness about suicide and promote community mental health



What's our role? Identify people with thoughts of suicide and connect them to safety resources



What's our role? Identify people with thoughts of suicide and carry out a full-scale safety intervention



What's our role? Help people recover and grow after they experience a suicide crisis



93,806 participants
73,168 interventions
10,243 suicide attempts prevented*



90,239 participants
111,896 interventions
15,665 suicide attempts prevented*



873 participants trained to help people recover and grow after suicide experience.*

**Estimates based on studies. To see our methodology, visit www.livingworks.net/evidence and click on "Calculating our impact." We do not currently track statistics on how many times suicideTALK is presented each year.*



LIVINGWORKS

No matter where an individual or community is in their suicide-safer journey, we're here to help.



We provide strategic planning services

What would it take for your organization or community to become safer from suicide? Sound strategic planning is an essential foundation. We can work with you to find out where training fits with your existing skills and knowledge and how it can play a strategic role going forward.

We connect communities with trainers

With 8,000+ trainers worldwide, there's a good chance someone is already presenting LivingWorks programs in your area. If someone isn't, we'll connect you with a trainer who can.



TRAINERS

OVER 8,000
trainers worldwide



We train new trainers

We train people to become trainers, allowing them to present LivingWorks programs on demand. Over the course of a career, a trainer can train hundreds or even thousands of people to save lives from suicide. Trainers come from a wide variety of backgrounds, and there are many ways to introduce training in your community. Many trainers present LivingWorks programs as part of, or in addition to, their full-time jobs.

We support our trainers

Trainers bring our mission to life, and we're here to support them every step of the way. We provide trainers with feedback, coaching, learning materials, news updates, webinars, conferences, Q&As, and more.

PARTICIPANTS

OVER 180,000
people trained a year

Participants are trained to provide suicide safety in relationships. Together they form a network of safety in their workplaces, homes, and communities.



In the community

- Neighbors
- Clubs
- Associations
- Faith groups
- People you have not met yet

Engaging the community

Anyone, anywhere can make a difference. We have programs for all knowledge and skill levels, and we're developing new training to help even more people save lives.

At work

- Co-workers
- Employees
- Customers



Solutions for businesses

Our training is relevant and impactful in the business environment, and we are actively developing new initiatives to engage businesses.

At home

- Family
- Friends
- Roommates



48% of people would prefer to confide in family, friends, and other non-professionals about thoughts of suicide.*

*Seymour Barnes, Ikeda, and Kresnow, 2002

Building a suicide-safer world

This year, 8,471 LivingWorks trainers presented workshops in 35 countries and territories.

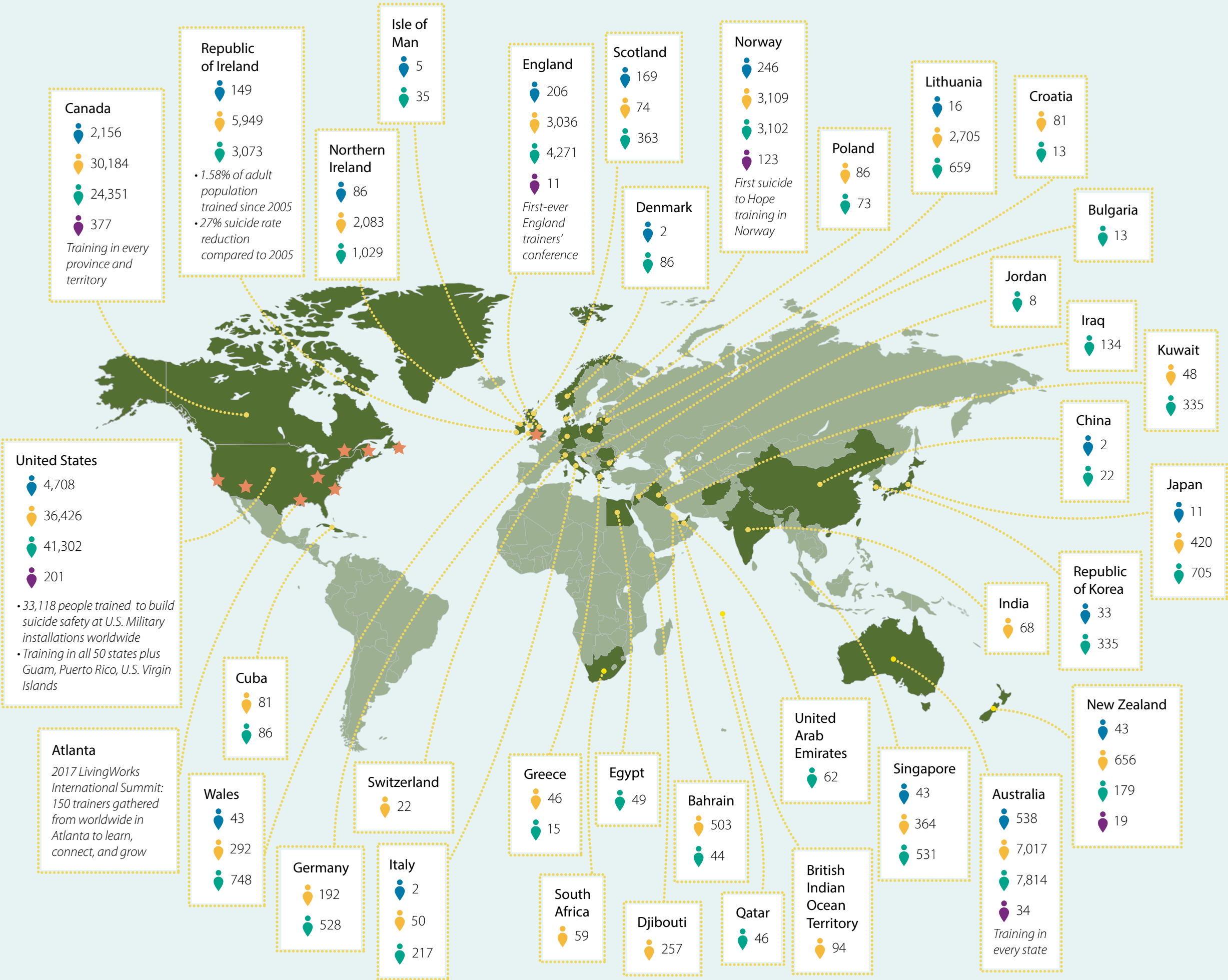
Here's a map of our training numbers and country highlights from 2017:

LEGEND

- Local LivingWorks trainers
- safeTALK participants
- ASIST participants
- suicide to Hope participants
- Location of a LivingWorks regional trainer network conference

We helped sponsor nine regional conferences to build trainer skills and connections

Numbers are based on trainer reports received by LivingWorks, meaning that actual totals may be higher. 2017 numbers throughout this report reflect our database as of Feb 20, 2018.



What's the evidence?

The results are in: LivingWorks programs improve suicide prevention skills, save money, and improve outcomes for intervention recipients. In 2017, two more peer-reviewed studies joined the evidence base for our ASIST program.

8 peer-reviewed studies and 7 government reports
SUPPORT the EFFECTIVENESS of LIVINGWORKS PROGRAMS

2017

University of Georgia study on K-12 schools

School staff improvements after ASIST training, measured in standard deviations (SD) using an objective metric compared to a control group.

- **Attitude toward suicide: 0.63 SD improvement**
- **Knowledge of suicide: 1.86 SD improvement**
- **Competence responding to individuals at risk: 1.45 SD improvement**

Authors: L. Shannonhouse, Y-W. D. Lin, K. Shaw, M. Porter.



2013

Columbia and Rochester Universities study

1,507 National Suicide Prevention Lifeline crisis calls analyzed across the United States.

Odds of improved outcomes after receiving an ASIST intervention:

- ↓ **31%** less depressed
- ↓ **46%** less overwhelmed
- ↓ **74%** less suicidal
- ↑ **35%** more hopeful

Authors: M. S. Gould, W. Cross, A. R. Pisani, J. L. Munfakh, M. Kleinman.

2014

ICF International study

Each ASIST participant carried out an average of 0.62 interventions within three months of training.

Extrapolating from that... since 2012, there have been **500,000 ASIST participants**, meaning a minimum of **310,000 interventions**.

Authors: D. Condrón, L. Garraza, C. Walrath, R. McKeon, D. Goldston, N. Heilbron.

2017

University of Georgia study on colleges

College staff improvements after ASIST training, measured in standard deviations (SD) using an objective metric compared to a control group.

- **Attitude toward suicide: 1.83 SD improvement**
- **Knowledge of suicide: 1.86 SD improvement**
- **Competence responding to individuals at risk: 1.37 SD improvement**

Authors: L. Shannonhouse, Y-W. D. Lin, K. Shaw, R. Wanna, M. Porter.

2015

RAND Corporation study on ASIST in California

For each year of training...

- **3,600 suicide attempts averted** over the next 28 years
- **140 suicide deaths averted** over the next 28 years
- **50:1 projected return** on government investment

Authors: J. S. Ashwood, B. Briscoombe, R. Ramchand, L. May, M. A. Burnam.

2007

Scottish safeTALK pilot evaluation

Self-reported changes in suicide intervention ability by safeTALK participants:

- 84%** reported being more likely to recognize warning signs
- 81%** reported being more likely to ask about suicide directly
- 85%** reported being more likely to connect someone to help

Authors: J. McLean, M. Schinkel, A. Woodhouse, A. Pynnonen, L. McBryde.

Oxygen Australia study

Pre- and post-training responses among safeTALK-trained high school students:

"I have the knowledge to recognize warning signs/invitations for suicide in others"

Pre ⇒ 39.5% Post ⇒ 95%

"I would feel willing to ask someone directly if they are thinking about suicide"

Pre ⇒ 43.4% Post ⇒ 82.8%

Authors: J. Robinson, E. Bailey, M. Spittal, J. Pirkis, M. S. Gould.

2016

ICF International study

Each safeTALK participant carried out an average of 0.39 interventions within 3 months of training.

Extrapolating from that...since 2012, there have been **400,000 safeTALK participants**, meaning a minimum of **156,000 interventions**.

Authors: D. Condrón, L. Garraza, C. Walrath, R. McKeon, D. Goldston, N. Heilbron.

2014



Evidence matters

We believe that when it comes to saving lives from suicide, evidence-based approaches are essential. We regularly update and improve our programs based on evidence from peer-reviewed studies, government reports, trainer input, and participant feedback.

We encourage rigorous, independent evaluation of our programs, and we welcome the opportunity to work with researchers who want to learn more about our design and methodology so that they can evaluate our training effectively. If you are interested in evaluating a LivingWorks program or have questions about the evidence supporting our training, please contact communications@livingworks.net. We will be happy to assist you.

Learn more about the evaluations at www.livingworks.net/evidence

There's a program for everyone

From personal missions to national strategies, people around the world are saving lives with LivingWorks training. No matter where you are in your suicide-safer journey, we have a program to help. Layered, integrated, and evidence based, these programs can bring hope and support to your community too.



suicideTALK – face-to-face
esuicideTALK – online

Suicide Awareness

suicideTALK is a one- to two-hour suicide awareness session, available face-to-face or online. An excellent first step toward suicide safety, it helps participants explore the issue of suicide, attitudes toward it, and how they can find ways to prevent it in their communities.

Learning Outcomes

suicideTALK helps participants:

- Understand how personal and community beliefs about suicide affect suicide stigma and safety,
- Appreciate how talking openly about suicide can help prevent it, and
- Contribute to suicide safety by protecting, preserving, and promoting life in their communities.

The Role of suicideTALK in a Suicide-Safer Community

suicideTALK helps to create a climate for open and direct talk about suicide, reduces stigma, and supports life protection, preservation, and promotion activities.



Suicide Alertness for Everyone

Whether directly or indirectly, most people with thoughts of suicide invite help to stay safe. *safeTALK* is a three- to four-hour training that prepares participants to recognize these invitations and connect a person with thoughts of suicide to intervention resources. Powerful videos illustrate the importance of suicide alertness, while discussion and practice stimulate learning.

Learning Outcomes

safeTALK teaches participants to:

- Move beyond common tendencies to miss, dismiss, or avoid suicide,
- Recognize people who have thoughts of suicide, and
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe) to connect a person with thoughts of suicide to a suicide first-aid intervention resource.

The Role of safeTALK in a Suicide-Safer Community

safeTALK helps connect people with thoughts of suicide to resources who can support them. Often, these resources are trained in the two-day ASIST program.

In 2017 we trained 93,806 people in safeTALK, bringing our all-time total to 475,838. Based on our projections, they've carried out over 185,000 suicide interventions.*



Applied Suicide Intervention Skills Training (ASIST)

ASIST is an award-winning, two-day interactive workshop that prepares participants to provide life-assisting suicide first-aid intervention using the Pathway for Assisting Life (PAL) model.

Learning Outcomes

ASIST teaches participants to:

- Identify people who have thoughts of suicide,
- Understand how beliefs and attitudes can affect suicide interventions,
- Listen to the story of a person with thoughts of suicide and recognize turning points that connect that person to life, and
- Conduct a safety assessment, develop a SafePlan, and confirm the safety actions to be carried out.

The Role of ASIST in a Suicide-Safer Community

ASIST provides a unique, life-assisting intervention model to help people support those with thoughts of suicide. It also helps them contribute to the development of suicide-safer resources in their communities.

In 2017 we trained 90,239 people in ASIST, bringing our all-time total to 1,425,988. Based on our projections, they've carried out over 880,000 suicide interventions.*



Aiding Recovery and Growth

suicide to Hope is a one-day workshop for clinicians and other professionals working with people who have previous suicide experiences and who are currently safe. It provides tools to help these professionals and people with experiences of suicide work together to develop achievable and significant recovery and growth goals.

Learning Outcomes

suicide to Hope participants learn to:

- Reflect on their qualities as helpers—the beliefs, values and attitudes they bring to the helping relationship—and how these impact on the effectiveness of their work,
- Describe key features of a hope-oriented, recovery and growth approach to suicide,
- Understand a framework for finding and exploring recovery and growth opportunities in suicide experiences, and
- Apply a Pathway to Hope (PaTH) model for setting and working toward recovery and growth goals.

The Role of suicide to Hope in a Suicide-Safer Community

For a person with previous suicide experiences who is currently safe, suicide to Hope can facilitate recovery and growth to achieve life-affirming goals.

In 2017 we trained 765 people in suicide to Hope, bringing our total to 1,949 since the program launched in 2015.

**Estimates are based on studies. To see our methodology, visit www.livingworks.net/evidence and click on "Calculating our impact."*

How can we help you in your suicide-safer mission?

Everyone has a role to play in saving lives from suicide.

Our **layered training approach** will help you find the roles that are right for you and others in your community. You can start wherever you're comfortable and add more depth later.

Our **integrated programs** mean that no matter what role you choose, you'll be able to collaborate seamlessly and effectively with others. Together, you'll build a life-saving network of safety and hope.

You will make a difference. It will be bigger than you imagine, and easier than you anticipate.

We can't wait to get started. Visit our website to learn more or contact us using the information below.

Website: www.livingworks.net

Toll-free in North America: 1.888.733.5484

Canada and international office: 1.403.209.0242 / info@livingworks.net

US office: 1.910.867.8822 / usa@livingworks.net

Australia office: 1.300.738.382 / info@livingworks.com.au



