

safeTALK Training for Trainers (T4T)

The safeTALK Training for Trainers (T4T) is a two-day course that prepares candidates to become safeTALK trainers. Candidates learn to present the half-day safeTALK suicide alertness training in their own organizations and communities. The T4T course provides a positive and safe learning environment with mutual support and respect for differences.

What to Expect

Candidates can expect open and honest discussion with an emphasis on the seriousness of suicide and the part they can play in helping individuals and communities become suicide-safer.

During the first half-day of the safeTALK T4T, candidates will experience a standard safeTALK training to establish a common context for the course. For the rest of the T4T, candidates receive coaching support, spend self-study time with their trainer manuals and audiovisuals, and practice presenting parts of the workshop. To ensure support and safety, the coaching component occurs in the same small group of candidates.

To successfully complete the T4T, candidates must demonstrate that they will be able to present and facilitate safeTALK in accordance with standard procedures while creating a safe learning environment for their participants.

FOCUS: Begin preparing candidates to present their own safeTALK trainings

DURATION: Two days

CANDIDATES: People who want to be able to provide the safeTALK program and who have carefully considered the necessary skills and time commitments

TRAINERS: One safeTALK instructor per six to ten candidates

MATERIALS: safeTALK Trainer Manual and audiovisuals

LANGUAGES: English and French

Goals and objectives

In the course of their two-day T4T, safeTALK candidate trainers will:

- Better understand the key processes and content features of safeTALK
- Learn how to use the *safeTALK Trainer Manual* and audiovisuals to prepare for and facilitate the training
- Develop confidence to begin presenting and facilitating safeTALK
- Establish or strengthen links with other candidate trainers who may become part of a support network

For more information on the training process and expectations, read *Essential Information for safeTALK Candidate Trainers*, located under **Programs** at www.livingworks.net.

safeTALK T4T instructors

safeTALK T4T is conducted by LivingWorks-prepared Instructors who have substantial experience in providing safeTALK and in training safeTALK trainers. safeTALK Instructors use internationally standardized materials and processes.

“The training was very clear, accessible, and well delivered. The facilitation enhanced both safety and challenge... The sense of being part of a training community with excellent support and resources was very encouraging.” —safeTALK Trainer Candidate

Instructor feedback

Within one week of your T4T, you will receive feedback from your safeTALK Instructor, usually routed through LivingWorks. This feedback will typically offer ideas and suggestions for your first workshop. It might include the suggestion or requirement to seek consultation or technical support. Your consultation and support could take place by phone, video chat, or face-to-face meeting, and there might be a fee associated with your consultation. This charge, if any, is your responsibility and should be worked out with the consulting trainer directly. A request for additional consultation or support is a relatively rare but essential way of making sure that all safeTALK trainers meet a standard of excellence, which helps to assure participants they are receiving a world-class program.

Rarely, a safeTALK Instructor might recommend that a T4T participant consider contributing to suicide prevention in a way other than becoming a safeTALK trainer. In that case, the participant must return the materials, and a refund will be issued.

The criteria your Instructor will be using to determine the feedback you will receive at your T4T is organized around the TALK acronym.

Tell: Do you present the content in an open and direct way that is easy to understand? Do your comments convey endorsement of the fundamental safeTALK beliefs?

Ask: Do you ask questions in a direct way that encourages open discussion about suicide?

Listen: Do you listen in an open, respectful, and inviting way that encourages participants to express their questions, comments, and concerns?

KeepSafe: Do you facilitate awareness of, and connections to and between, helpers who might be in a community? Do you interact with participants and facilitate the training in a way that promotes safety, openness, and hopefulness about suicide-safer communities?

You will have to make an investment of time and energy to become an effective safeTALK trainer, but it will be worth it. safeTALK can pay back what you put into it many times over, and as over 2,500 safeTALK trainers worldwide can attest, the reward of saving a life from suicide is priceless.

ASIST Training for Trainers Template
(to be used with ASIST template for Continuing Education)

ASIST Training for Trainers (T4T) Schedule

NOTE: Candidates must attend all sessions.

0815–08:30 Candidates are welcomed to T4T. Trainer expectations are outlined.

0830–12:30 Candidates experience an ASIST workshop as a participant and get to know other candidates through that medium.

1230–1:30 Lunch

1:30–4:30 ASIST workshop continues.

safeTALK: suicide alertness for everyone

safeTALK is a half-day training to increase suicide alertness.

This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked. Participants learn to recognize when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help.

Suicide alert helpers contribute to a suicide-safer community.

Goals and objectives

It is intended that safeTALK participants will be better prepared to:

- recognize that invitations to help are often overlooked
- move beyond common tendencies to miss, dismiss and avoid suicide
- notice and respond to situations in which thoughts of suicide may be present
- apply basic TALK steps (*Tell, Ask, Listen, and KeepSafe*)
- connect the person with thoughts of suicide to suicide first aid help and further community resources

Suicide alert community members are better prepared to become a vital link in connecting persons at risk with further help.



safeTALK training at a glance

Focus: Suicide alertness training

PARTICIPANTS: Anyone who might want to help, minimum age 15 years; 1 trainer and 1 community resource person per up to 30 participants

PRE-REQUISITES: None

DURATION: 3 to 3.5 hours

LANGUAGES: English and French

“An excellent first step in providing assistance to someone at risk.”

safeTALK participant

safeTALK trainers

safeTALK is facilitated by a registered trainer who has completed the *safeTALK Training for Trainers (T4T)* course. Trainers use internationally standardized learning materials, tailoring examples and applications to local needs.

A listing of registered trainers can be found at www.livingworks.net under *safeTALK Consumer Information*. Trainers must facilitate a minimum number of trainings per year and submit reports in order to remain on this list and receive ongoing support.



safeTALK participants

Many things, personal and professional, stimulate interest in safeTALK. Improved suicide alertness may be applied in many settings—with family, friends, co-workers and in more formal helping relationships.

The fact that safeTALK is a half-day program that can be given to larger groups increases opportunities for improving suicide alertness on a community scale.

Training attendance

Some organizations may choose to train a large number of people in safeTALK, while inviting key people, designated as suicide first aid resource persons, to attend *Applied Suicide Intervention Skills Training (ASIST)*. In our experience, some people who attend safeTALK want to learn more skills in suicide first aid and go on to also attend ASIST.

Training process

The program is more presentation-oriented than ASIST. Trainers seek to facilitate participants' involvement, although the level of interaction and engagement will vary with the nature and size of the group.

Key features

- Taught by one trainer, recommended group size up to 30 people.
- Powerful **videos** illustrate both non-alert and alert responses to persons with thoughts of suicide. Discussion, questions and practice stimulate learning. Basic steps that contribute to saving lives are provided.
- A **wallet card** helps recall the suicide alert steps when needed. The wallet card is also available as a **smart phone app**.

safeTALK and ASIST

safeTALK is designed to complement ASIST. These programs share the same beliefs about suicide and preventing suicide. However, each has a specific role.

safeTALK is a brief program that shows how alertness to suicide risk can be followed by basic (*TALK*) steps that facilitate links with further suicide first aid help. The emphasis is on fulfilling this vital linking role with community resources rather than full engagement in a suicide first aid intervention. It will stimulate people to think and hopefully act differently when signs of potential suicide risk are present.

ASIST is a two-day interactive workshop which provides an opportunity to learn more about what is involved in suicide first aid intervention. Participants learn how to develop a collaborative helping relationship focused on suicide safety. Frameworks for understanding the needs of a person at risk are offered, along with a *Suicide Intervention Model* that features risk assessment and safeplans. Opportunities for practice to build confidence and skills are provided.

The roles of both the suicide alert and ASIST helpers are valued. ASIST caregivers complete the process that safeTALK helpers start. The more people who are suicide alert, the more the skills of those trained in suicide intervention will be used.



LivingWorks



Firefighters have one of the most rewarding jobs in the world: saving lives. But when it comes to suicide, the lives most at risk are often their own.

Firefighters—taking a stand against suicide.

Emergencies can have a severe emotional and physical impact—not only for the victims, but also the firefighters who arrive to assist them. Dealing with emergency situations on a regular basis can take a heavy toll. Firefighters may experience higher levels of **stress, isolation, anxiety** and **depression**. As a result, they may have thoughts of suicide.

Suicide is preventable.

Suicide can be understood and anticipated.

Most people with suicidal thoughts don't truly want to die—rather, they are looking for someone who can help them stay alive. Just like first aid, recognizing invitations for help is a skill that can be learned. Firefighters have always had excellent training in physical first aid such as CPR, and now fire departments are beginning to recognize the need for suicide first aid skills as well.

"We work in environments where our communities expect us to be 'superhuman' and our culture and traditions have made vulnerability and fear unacceptable. The problem is, these are human feelings and we all have them. By providing training and 'tools' for firefighters to understand mental health and suicide, we will learn to acknowledge our vulnerabilities. In doing so, these will become great strengths for not only the safety of firefighters but also our families and communities as a whole."

— SCOTT CHISHOLM

Firefighter and suicide prevention advocate in Thunder Bay, Canada

LivingWorks: A vision for suicide-safer communities.



LivingWorks Education believes that suicide prevention starts in the community at large—and everyone has a part to play. With the right skills, virtually anyone can make a difference when they encounter someone in need. Thousands of successful uses by first responders and armed forces personnel have shown

LivingWorks programs to be a powerful resource for some of the most challenging professions in the world.

For three decades, LivingWorks Education has been working to create suicide-safer communities through award-winning workshops and training programs. Founded on adult learning principles and delivered by knowledgeable, engaging community trainers, our programs equip people to save lives from suicide.

Saving lives in the Baton Rouge Fire Department

As a former Assistant Fire Chief, Danny Adams understands the importance of suicide prevention skills. When he began teaching



LivingWorks' ASIST and safeTALK programs in the Baton Rouge area in 2011, local doctors and social workers were impressed by how quickly and effectively the firefighters put their skills to use.

Danny also noticed that in addition to helping protect colleagues with suicidal thoughts, LivingWorks programs encouraged more open-

ness and dialogue about the stresses of being a first responder.

"This training can be used not only to save firefighters' lives, but the lives of their families and the citizens they serve," he said.

"After the fifth suicide in the Baton Rouge Fire Department, I offered safeTALK training so that the firefighters would understand suicide and how to help stop it. Following the training I received two phone calls from firefighters who said they used the skills to help people with thoughts of suicide—one was a fellow firefighter, and the other was a family member."

Want to learn more?

Find a training

To find a LivingWorks training session in your area, visit www.livingworks.net/find-a-training.

Become a trainer

For more information about becoming a LivingWorks trainer to deliver workshops of your own, visit www.livingworks.net/programs and click on "ASIST T4T" or "safeTALK T4T."

Implement a suicide prevention strategy

A suicide prevention strategy is a concerted effort by leaders, trainers and employees—all working to save lives. To inquire about implementing a suicide prevention strategy in your area, email communications@livingworks.net.

LivingWorks Programs

LivingWorks offers a range of interactive workshops to help increase suicide awareness and equip people with life-saving intervention skills.

ASIST

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop for people who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

safeTALK

safeTALK is a half-day workshop that increases awareness about suicide risks, prepares participants to identify persons with thoughts of suicide and shows how to connect them with life-saving first aid resources.

esuicideTALK

esuicideTALK is a 1–2 hour online program designed to help build awareness and reduce stigma around the open, honest and potentially life-saving discussion of suicide. To learn more, visit www.esuicideTALK.net.





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PROFILE

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SKILLS

- Adobe Photoshop
- Adobe Illustrator
- Adobe InDesign
- Adobe Acrobat
- Qualtrics
- Squarespace
- Microsoft Word, Powerpoint
- Copy writing
- Graphic Design
- Creative Strategy
- Digital Advertising
- Social Media
- Presenting
- Media Planning
- Painting
- Photography
- Interpersonal Communication
- Team Player
- Insightful
- Strategic Planner

AWARDS

National Student Advertising Competition

American Advertising Federation
- Distict 7 First Place Winner

Taylor Opportunity Program for Students Scholarship Recipient

LSU Deans List

Fall 2013 | Fall 2015 | Spring 2015
Spring 2016 | Fall 2016

EXPERIENCE

Octagon Media

Graphic Design Intern

- Graphic design, strategy and creative conceping
- Responsible for various graphic design projects
- Assist in graphics for social media usage, campaigns, etc.

January 2017 - Present
Baton Rouge, LA

LSU Student Government | Affect Campaign Graphic Designer

- Responsible for creating a logo and brand for a successful student government campaign
- Designed logo and brand elements for the "Affect" campaign
- Oversaw social media graphics, and other implementations of my design such as merchandise

November 2016 - April 2017
Baton Rouge, LA

Rockit Science Agency

Summer Intern

- Edit and proofread websites, newsletters, etc. for clients
- Collected and curated research for various client pitches
- Designed meeting agendas and proposals for Rockit to distribute
- Participated in brainstorming meetings for different campaigns, pitches, etc.

June 2016 - August 2016
Baton Rouge, LA

Aptitude Sports, LLC

Social Media Intern

- Assisted in social media campaign "Stink At Nothing"
- Created social media posts
- Filmed and produced video advertisements for company Facebook page

2014 - 2015
Covington, LA

Cupcake Concept

Customer Service Specialist

- Provided exceptional customer service
- Managed counter sales
- Conducted in-store events such as field trips and birthday parties

2011 - 2015
Covington, LA

EDUCATION

Louisiana State University

3.7 GPA

Bachelor of Arts in Mass Communications
Digital Advertising Emphasis
Visual Communications Minor

2013 - 2017
Baton Rouge, LA

ORGANIZATIONS

Pi Beta Phi Sorority

Leadership and Nominating Committee Chair

- Led a committee of 8 women to manage human resources functions for chapter leadership positions
- Maintained leadership interest profiles for 350 chapter members to identify emerging leadership potential
- Reviewed chapter officer applications and conducted behavioral-based interviews to create a suggestive slate of executive officers to present to the chapter

2013 - Present

LSU Advertising Federation

- Attend regular meetings
- Participate in networking events

2015 - Present

T4T Schedule

Day 1 (on-site)

- 0815–1215** **Part 01a: Participate in and observe an actual *safeTALK***
Each candidate will be advised of the half of *safeTALK* they are to prepare to present the next day.
- 1230–1315** **Lunch** (provided on or near the training site)
- 1315-1600** **Part 02a: Self-directed study and presentation preparation**
Candidates use the *safeTALK T4T Study Guide* to enhance their understanding of *safeTALK*.

Day 2 (on-site)

- 0830–1230** **Part 1: Meeting, experiencing and integrating**
Candidates will experience a demonstration of *safeTALK* in which they will take a participant/learner role. Candidates will begin to integrate what they experience from a participant's perspective with what they have learned about the training process.
- 1230-1300** **Lunch** (provided on or near the training site)
- 1300-1615** **Part 2: Presenting, participating and discussing**
Each candidate demonstrates a part of the half of *safeTALK* they were assigned, just as if they were presenting it in an actual *safeTALK* training. Other candidates will act as if they are participants during the demonstration. Each candidate provides a brief overview of the purpose of that part of *safeTALK* and answers such questions as:
1. What might the participants be thinking and feeling when they participate in or hear this part?
 2. Why does this particular part occur here within *safeTALK*?
 3. How does this part of *safeTALK* fit with or illustrate any of the fundamental assumptions about suicide found in *Essential Information for safeTALK Trainer Candidates*?
 4. What did I discover about learning to present this part that would be helpful to share with my fellow candidates?

1615-1700 **Part 3: Reviewing, planning and goodbyes**

A look back and a look forward to a new trainer's first *safeTALK* presentation, including some tips on implementation, use of technology, and policies and procedures that all *safeTALK* trainers are expected to follow. *safeTALK Trainer Agreements*—and, if applicable, starter *safeTALK* participant resource materials—will be distributed.

Post-T4T

Preparation: Reading, preparing and considering

Self-organized, from the end of the T4T until the new trainer's first *safeTALK* training.

Continuing Education Template safeTALK

Course description

safeTALK teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. safeTALK stresses safety while challenging taboos that inhibit open talk about suicide. The safeTALK learning process is highly structured, providing graduated exposure to practice actions. The program is designed to help participants age 15 or older to monitor the effect of false societal beliefs that can cause otherwise caring and helpful people to miss, dismiss, or avoid suicide alerts and to practice the TALK steps to move past these three barriers. Six 60-90 second video scenarios, each with non-alert and alert clips, are selected from a library of scenarios and strategically used through the training to provide experiential referents for the participants.

Course content

safeTALK has two sections. The first section begins with reasons why the community wants the participants to become alert but quickly shifts to personal reasons for becoming alert. The bulk of the first section is used to present the TALK steps to initiate suicide alert helping. The second section has two main activities. First is a focus on the effects of misinformation about and fear of suicide with the aim of controlling these fears and marshalling motivation to help prevent suicide. The second activity is practice at being a suicide alert helper.

Course outline including contact hours

safeTALK is divided into two main sections, each with numerous sub-sections:

Part 1 – approximately 90 minutes

1.1 Community Reasons for safeTALK

1.2 Personal Reasons for safeTALK

1.3 Introduction of safeTALK

1.4 Tell step

1.5 Ask step

1.6 Listen step

1.7 KeepSafe step

1.8 Conclusion/Summary of Part 1

Short Break

Part 2 – approximately 90 minutes

2.1 Introduction of Part 2

2.2 Activate Your Willingness

2.3 The Importance of Being Nosey and Limits to the Suicide Alert Role

2.4 Preparing for Practice

2.5 Creating the Practice Scene

2.6 Practice

2.7 Close

Course Learning Objectives & Course Outcomes

Participants will be able to:

1. Challenge attitudes that inhibit open talk about suicide
2. Recognize a person who might be having thoughts of suicide
3. Engage persons with thoughts of suicide in direct and open talk about suicide
4. Listen to the person's feelings about suicide and show that they are taken seriously
5. Move quickly to connect them with someone trained in suicide first aid intervention.

Evaluation

Participants will:

1. Demonstrate that they can participate in a didactic role play between a suicide alert helper and person with thoughts of suicide using the *TALK* steps.
2. Complete a feedback evaluation that reveals information about their ability to be willing, ready, and able suicide alert helpers. Additionally, participants provide important quality assurance information.

Additionally:

3. Completed trainer report is read by designated quality assurance and development staff.
4. safeTALK uses on-going evaluation and program improvement. safeTALK was developed using the Rothman Research and Development framework (Rothman, 1980). The Rothman framework posits four stages of program development and dissemination, which form a continuing process of program improvement. Using Rothman's framework and based upon feedback from participants, trainers' evaluation reports, and research studies, the safeTALK program is under on-going development and revision (first disseminated in 2006, most recent update in 2011). The Rothman framework has also allowed for adaption of the safeTALK program to meet local needs, customizing certain aspects of dissemination and implementation to best fit those needs, while holding constant those components that make safeTALK effective.

Texts and Instructional Resources

safeTALK has been developed using the principles of adult-learning. Here is a list of the core training processes and activities used in safeTALK.

Mini-presentations or lectures are information pieces that take only a few minutes to present.

Socratic questioning Socratic questions are used to help the participants appreciate the value of their individual and collective understanding of suicide.

Practice Role-playing Participants have the opportunity to help a person with thoughts of suicide using the TALK steps using didactic role-playing

Commenting through restatements and summaries Comments can be helpful to add to the learning process. The purpose of the restatements and summaries is to help participants integrate learning.

Required Texts, Readings, and Instructional Resources

1. *64 slide PowerPoint with embedded video clips*
2. *24-page Participant Resource Book*
3. *TALK steps on quick reference card and sticker*

**Louisiana Department of Health, Bureau of Minority Health Access
 Project: Louisiana State Partnership to Address Minority Health Disparities (LPAHD)**

**Preliminary Approach for Mental Health and Wellness Initiative
 Target Population: First Responders**

LPAHD Proposal	Program Components	Services to be provided/ coordinated by LDH	Services to be provided/ coordinated by external partners
Mental health and wellness initiative	Behavioral health		Coordinate in collaboration with Louisiana LDH Office of Behavioral Health for use and training of safe TALK and ASIST
Mental health and wellness initiative	Site-specific data collection		Identify HIPAA compliant external vendor
Nutrition education		Nutrition Education	Coordinated in partnership to provide educational programs for disadvantaged youth, families and seniors in all 64 Louisiana parishes)
Crisis Management		Crisis Management: coordinated through Louisiana LDH Office of Behavioral Health	



ESSENTIAL INFORMATION FOR CANDIDATES

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Essential Information for safeTALK Candidates

Designed by LivingWorks Education, safeTALK is a half-day workshop that trains community members to recognize persons with thoughts of suicide and connect them to intervention resources. In this way, safeTALK is a complement to the skills of suicide intervention caregivers such as those who have attended the two-day ASIST workshop. LivingWorks developed safeTALK to meet a number of widely requested program features, including:

- Delivery to up to 30 participants in half a day or less
- Accessibility to all participants regardless of prior experience or training
- Customizable elements to suit the specific needs of different participant groups
- Integration with other community suicide intervention resources

By attending a safeTALK workshop, participants become alert helpers able to provide practical assistance to people at risk of suicide. An alert helper...

- Recognizes when someone might be having thoughts of suicide
- Knows that opportunities to help a person at risk are sometimes missed, dismissed, or avoided
- Wants people with thoughts of suicide to invite them to help
- Engages a person at risk in direct and open talk about suicide
- Listens to a person at risk of suicide to show recognition that the thoughts are serious
- Knows the name and contact information of local suicide intervention resources
- Moves quickly to connect a person at risk with someone who can initiate a suicide intervention

By carrying out the TALK steps taught in safeTALK (Tell, Ask, Listen, and KeepSafe), a suicide alert helper offers potentially life-saving assistance to someone at risk.

The role of safeTALK in a suicide-safer community

SafeTALK teaches suicide alertness skills that complement caregivers with intervention skills like those learned in LivingWorks' ASIST program. These caregivers could include a mental health professional, counselor, safety officer, crisis line operator, or many others—but they can't be everywhere at once. People with thoughts of suicide may not know about resources, or may be reluctant to approach them because of the stigma that often surrounds suicide. This is where safeTALK-trained alert helpers come in: they make early recognition and referral possible on a far larger scale than communities can afford through intervention skills training alone. With more safeTALK-trained helpers, suicide intervention caregivers will be used more often.

safeTALK trainers need to identify and determine the availability of ASIST-trained and other suicide intervention resources in their community. This information enables safeTALK participants to make a KeepSafe connection when they recognize someone at risk. When it appears that there are few resources in a community or that access to these suicide intervention caregivers is restricted, this must be highlighted within safeTALK. It is likely that communities with limited helping resources have few suicide alert helpers either, with access to telephone help—such a crisis line—often being the only resource. In a community like this, safeTALK can still be used to train suicide alert helpers and to help make the community aware that they also need readily available suicide intervention resources.

Before participating in a safeTALK T4T, develop a list of suicide intervention resources in your community, organization, or region. Talk to them about what you will be learning and teaching, and find out how they can help. They may be able to act as community support resources during your safeTALK workshops and provide a KeepSafe connection for the participants you train.

Selection criteria for safeTALK T4T participants

What will you get out of participating in a two-day safeTALK T4T? While safeTALK's curriculum is sufficiently structured and detailed to guarantee high levels of participant satisfaction, an aspiring trainer's existing skills are a key factor. A good attitude—including dedication to suicide prevention and a strong will to succeed—is even more important. The following information on selection criteria may help you determine whether you want to become a safeTALK trainer.

Here are some of the factors that tend to increase the likelihood of becoming a successful safeTALK trainer:

- You have completed an ASIST workshop
- You are a skilled presenter
- You have good group facilitation skills
- You are committed to promoting suicide safety through open and direct discussion
- You are proficient with PowerPoint (if you want to customize the safeTALK experience)

The importance of a trainer's presentation skills varies with the style used to lead the workshop. Most of safeTALK is a lecture presentation but a taped co-trainer, whom the trainer can use in whole or in part, can present much of that material. When using the taped co-trainer extensively, the trainer's facilitation skills can be more fully utilized, although care must be taken to make sure all of the content can be covered in three hours. When using the co-trainer sparingly or not at all, presentation skills become more important.

It is strongly encouraged that you attend an ASIST workshop before becoming a safeTALK trainer. As an ASIST caregiver or trainer, you will know something about suicide intervention—the more, the better. Be aware that only a very limited and tightly structured subset of intervention knowledge can be taught in safeTALK. You must understand what safeTALK can and cannot do. Learning to adapt one's knowledge of intervention to safeTALK's goals is one of the challenges for those with extensive knowledge of suicide intervention.

A safeTALK trainer's attitude toward suicide is another important consideration. safeTALK teaches certain fundamental assumptions about suicide that safeTALK trainers need to endorse:

- Suicide is not a mental illness, and the reasons for suicide thoughts can be understood
- Most people with thoughts of suicide want to live
- Directly or indirectly, most people with suicide thoughts express they want help to stay alive
- It would be easier for people at risk to ask for help directly if fewer people were judgmental or frightened about suicide
- Open, comfortable, and direct talk about suicide is the key to making more people open, comfortable, and direct in dealing with it

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- Most people with thoughts of suicide do not injure or kill themselves, and with help even fewer would
 - The best way to identify people with thoughts of suicide is to ask them directly about their thoughts
 - Asking about thoughts of suicide does not “put the idea in someone’s head” if they aren’t already thinking about it
 - Talking about thoughts of suicide with someone else will not cause you to be at risk of suicide
 - All people with thoughts of suicide should be taken seriously

Your belief in these assumptions can be severely tested in presenting safeTALK. Simply endorsing them is not enough—you need to have confidence in the wisdom supporting them. You also need to have confidence that the participants will recognize that wisdom. Calm, patient assuredness is crucial to participants learning safeTALK’s key messages.

Overview of safeTALK Training for Trainers (T4T)

You can expect safeTALK to have a similar feel to any other LivingWorks program you have experienced. There will be a focus on a positive learning environment, encouragement of open and honest discussion, respect for differences, support of each other, and plenty of opportunities for active participation. You can also expect it to be hard work, with an emphasis on the seriousness of suicide and the part you can play in helping communities become safer.

The safeTALK T4T schedule is as follows:

- Day 1 morning: Observation and participation in an actual safeTALK training.
- Day 1 afternoon: Study and preparation to present an assigned part of safeTALK.
- Day 2 morning: Annotated demonstration of safeTALK, integrating what participants have learned about the training process.
- Day 2 afternoon: Participants present the part of safeTALK that they prepared for on Day 1. The T4T ends with a look forward to a new trainer's first safeTALK workshop, including some tips on implementation, use of technology, policies, and procedures that all safeTALK trainers are expected to follow.
- Post-T4T: Additional reading and planning in preparation for the first safeTALK workshop.

Upon completing the T4T, you will receive a series of materials for use in presenting safeTALK. These include:

- A safeTALK Trainer Manual and study guide
- A USB drive with the safeTALK presentation slides
- A DVD with two versions of safeTALK—one with the video co-trainer and one without
- safeTALK video vignettes to select based on your audience's needs
- safeTALK sticker, brochure, wallet card, lanyard, and badge

The audiovisual materials enable you to use all, none, or select parts of the prerecorded co-trainer presentation according to your preference. You can also replace the standard non-alert/alert vignettes with alternatives from a growing video library. Another option is editing the safeTALK PowerPoint slides; doing so requires proficiency with PowerPoint and having access to a data projector for trainings.

To host your own subsequent safeTALK workshops after completing your T4T, you can order safeTALK participant kits from LivingWorks.

Obligations after safeTALK Training for Trainers (T4T)

Provisional Trainer

After completing your T4T, you are considered a provisional safeTALK trainer. The provisional nature of your trainer status applies only internally within the LivingWorks documentation system, and to external audiences you are considered a full Registered Trainer. New trainers need approximately two and half days of initial training plus another two days for preparation and review for their first three safeTALKs workshops.

As a Provisional Trainer, you will need to successfully complete three safeTALK trainings, each with a minimum of ten participants—15 is the recommended minimum—within one year of your T4T to receive your safeTALK Registered Trainer certificate. If you do your training with another safeTALK trainer, each of you must have done all parts of the training at least once.

Trainer listing

Upon becoming a Registered safeTALK Trainer, you will need to complete at least two safeTALK trainings every year to maintain your status. If this requirement is not met, your safeTALK trainer status will lapse in LivingWorks' database automatically, and you will need to undergo a re-listing process in order to continue training.

Benefits of listing: As a safeTALK trainer, your name or trainer ID number (your preference) will be listed on LivingWorks' website along with information about what participants can expect from a safeTALK workshop. This will help participants in your area find, learn more about, and register for your safeTALK trainings. In addition, you'll receive support from LivingWorks including FAQs, a workshop posting board, a quality control system that assures your participants a global standard of excellence, and materials to advertise and advocate for your workshops.

Re-listing: If your trainer status lapses after you become a Registered Trainer, you can request a reinstatement within six months of your lapsed status with the expectation that you will complete three safeTALK trainings within a year. You will have to purchase any updated trainer materials at cost and pay a re-listing fee. Your safeTALK trainer status will be cancelled if the re-listing requirements are not met.

Materials

You must order and use safeTALK Resource Kits for every safeTALK training. Each safeTALK participant receives a wallet card reminder of the TALK steps, two reusable stickers identifying the participant's willingness and ability to help, a 24-page resource book, and a certificate.

Financial returns to LivingWorks are mostly used to offset the initial and ongoing development costs of safeTALK, as well as the costs of the materials and the provision of trainer support. All of these costs were paid for and financed by LivingWorks without subsidies, grants, or tax benefits.

Posting trainings

Whether your safeTALK training is open and available to community members or closed and already filled, you must post the date of your training on the LivingWorks website as soon as a date is set.

Reporting requirements

You must submit a trainer report through the LivingWorks website for each training you conduct. This is an important part of the quality assurance process and is essential in maintaining a standard of excellence. Please keep the participant feedback forms and a copy of your trainer report from your last five trainings. LivingWorks may request to see them or you may need to submit them should you want to become a safeTALK Instructor and provide T4T training to others.

Presentation standards

safeTALK is standardized and customizable. It must be presented in a manner consistent with the Trainer Manual, the T4T course, and approved standards for customized materials. However, some elements of your own style can fit within that standard. You must always use current safeTALK materials. From time to time, there will be improvements to safeTALK. As a listed trainer, you will either be able to download these improvements at no cost or purchase them at cost plus shipping and handling. If there is a change to safeTALK participant materials and you still have some supplies of the older version in stock, you may use the remaining stock.

Presentation length: safeTALK is presented in about three hours unless approved safeTALK supplementary materials are used. All trainings must be completed over the course of a single day.

Participant numbers: The number of participants should not be less than ten or more than 30. The preferred minimum is 15.

Community support resource: A community support resource should be present at all of your trainings to serve as your backup resource for those who might be having thoughts of suicide or who might uncover unresolved grief issues.

Self-selection: is a safeTALK T4T right for you?

Reading this document and agreeing to the commitments in the accompanying application is one of the key steps to participating in a safeTALK T4T. Where applicable, your employer's signature is also required. Your signature and your employer's signature on your application form indicate acceptance of the time and resource commitments involved in becoming a safeTALK trainer. You will also sign an agreement with similar content at the end of the T4T. LivingWorks takes quality, individual commitment, and employer support very seriously. We want you to fully understand what will be required of you as a LivingWorks safeTALK trainer.

Making the right decision: If possible, it is highly recommended that you attend a safeTALK training or serve as the community support resource at a safeTALK training before applying. Once you know the date of your T4T, schedule your first safeTALK workshop to occur within one month of completing the training. Having your first training scheduled in advance correlates so strongly with eventual success that we recommend you not attend a T4T until you have your first safeTALK scheduled. When a candidate decides that they do not want to become a trainer, only the cost of the materials can be refunded and these materials must be returned to LivingWorks. Consider your decision carefully. Do not let yourself be talked into attending the T4T if you do not feel that being a safeTALK trainer is right for you—but know that if it is, the rewards are well worth it.

As a safeTALK trainer, you can have a very positive impact upon participants' learning, and at times can also contribute to participants getting in touch with emotions and experiences that they may have not fully integrated. Most importantly, you can provide suicide alertness skills that will enable participants to save lives in your organization or community.