

The Best is Yet to Come

2025 TRAINING CATALOG

FREE WEBINARS & IN PERSON TRAININGS AVAILABLE

Veteran
Suicide
Prevention
is the goal of
2025.

MILITARY MENTAL HEALTH
TRAININGS

INSIDE

Staff Sergeant Parker
Gordon Fox

Offered trainings at
your fingertips



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WELCOME TO THE NCHP 2025 TRAINING CATALOG

At National Community Health Partners (NCHP), we are committed to improving public health and supporting vulnerable communities. For over 40 years, NCHP has delivered essential health, housing, and training programs to those who need them most. This catalog presents our comprehensive training offerings designed to equip professionals, community members, and Veterans with the knowledge and tools to create healthier, more resilient communities.

Our Impact

- 82+ multi-year, multi-million-dollar programs delivered nationwide.
- 40+ years of service in addressing critical public health challenges.
- Tens of thousands of individuals trained in Veteran mental health, suicide prevention, and community wellness.
- Housing for Heroes Program: Supporting homeless and at-risk Veterans since 2013.
- The Best is Yet to Come Program: Empowering suicide prevention efforts for Veterans and their families.

What You'll Find in This Catalog

- Comprehensive training courses on Veteran mental health, suicide prevention, crisis intervention, and more.
- Free webinars & in-person training options.
- Custom training opportunities tailored to your organization's needs.

Join us in making a difference. Explore our trainings and become part of the solution.

THE BEST IS YET TO
COME

BYTC- THE BEST IS YET TO COME

Through meeting the needs of individuals in our Housing for Heroes (HFH) program—and examining national data along with insights from our local communities—a clear need for targeted suicide prevention efforts emerged. The Best Is Yet to Come program was developed to address this growing need.

SUICIDE IS THE 12TH LEADING CAUSE
OF DEATH IN THE UNITED STATES

and the second leading cause of death among Veterans under the age of 45. In December 2024, the U.S. Department of Veterans Affairs (VA) released its most recent National Veteran Suicide Prevention Annual Report, the most comprehensive national analysis of Veteran suicide rates. According to this report, Veterans accounted for 13.4% of all adult suicides in 2022.

With Veteran suicide rates continuing to rise, particularly in Arizona, where rates consistently exceed national averages, there is a clear demand for more effective, evidence-based solutions. Veteran suicide must be addressed as a public health issue through clinical best practices, community-focused interventions, and increased public education.

In 2022, NCHP was awarded the Staff Sergeant Parker Gordon Fox Suicide Prevention Grant, which allowed us to bring our Best is Yet to Come program to fruition. This program is funded through the United States Department of Veterans Affairs (VA) Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program (SSG Fox SPGP). It is a community-based outreach and suicide prevention program designed to reduce suicide risk and improve the well-being of eligible Veterans and their families.

The Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program (SSG Fox SPGP) honors Veteran Parker Gordon Fox, who joined the Army in 2014 and was a sniper instructor at the U.S. Army Infantry School at Ft. Benning, GA. Known for a life of generosity and kindness to others in need, SSG Fox died by suicide on July 21, 2020, at the age of 25.



Through our Best is Yet to Come program, we can offer abundant resources to Veterans in the Yuma and Pima County communities. With our vast experience in service for Veterans and consistent presence in the Yuma Community thanks to our HFH program, our Best is Yet to Come program is eager and ready to meet the needs of the Veterans in our community.

continue on next page

THE BEST IS YET TO COME

Resources and services available through our Best is Yet to Come program include: outreach to identify those at risk of suicide, Case Management and Peer Support through fellow Veterans, personal and public education on suicide risk and prevention through our free self-study courses, live webinars and in-person trainings, VA benefits assistance, assistance with obtaining and coordinating other benefits provided by the federal government, state or local government, or an eligible entity, assistance with emergent needs relating to health care services, daily living services, personal financial planning and counseling, transportation

services, temporary income support services, fiduciary and representative payee services, legal services to assist the eligible individual with issues that may contribute to the risk of suicide, assistance with obtaining childcare services, other services necessary for improving the mental health status and well-being and reducing the suicide risk of eligible individuals and their families as VA determines appropriate.

Our BYTC Training Course Catalog is an extension of our Best is Yet to Come program. The trainings we offer support suicide prevention in many

Our BYTC Training Course Catalog is an extension of our Best is Yet to Come program. The trainings we offer support suicide prevention in many forms and is free to the public either through our online self-study system, through live webinars, and/or live and in-person events. Our catalog is continuously growing and evolving as we continue to identify and create resources necessary for suicide prevention. For more details about our custom training offerings, please refer to page 22.

IN-PERSON & ONLINE TRAININGS



For the most up-to-date list of our trainings
please visit our website:
www.nchponline.org or scan the QR Code
below.



SCAN TO ACCESS
TRAINING CONTENT

REDUCTION OF ACCESS TO LETHAL MEANS (RALM)



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Most suicide attempts occur less than one hour after the initial suicidal thought, while 24% of attempts occur within just five minutes. Data suggests that reducing access to lethal means and/or increasing the time between a person's moment of crisis and their access to a potential lethal mean can decrease their likelihood of attempting suicide and ultimately save their life.

This training discusses access to various lethal means and the ways in which we can reduce the access to those for suicidal individuals.

Included in this training is education on suicide risk factors as well as warning signs—how to recognize them and when to take action.

The lethal means discussed include poison/medication, ligatures and sharps, bridges, and other means, with a heavy emphasis on firearms. This training specifically discussed the lethality of different means and, therefore, is intended for professionals and is not recommended for the average suicidal individual and/or their social support system. (For a patient/client-friendly version of RALM, please see our Reduction of Access to Lethal Means: Family and Friends version on the next page). This training includes discussion surrounding Safety Plans—how to create one, what specific things need to be considered and how to implement the Safety Plan.

Practice scenarios are given with opportunities to practice real-life situations and scenarios with pretend suicidal individuals. Resources for additional professional help and/or referrals are included for both.

National suicide prevention resources, along with local resources, are available. Downloadable materials such as Safety Plans, conversation starters, and more are included.

In addition to education surrounding the general public when it comes to RALM, this training also emphasizes how Veterans are at a higher risk for not only having access to lethal means but also utilizing the most lethal of them all—firearms. Special population considerations are discussed, and methods regarding best practices for reducing firearm use among Veterans are also covered.

This training is suitable for first responders and healthcare or social services professionals. It is not recommended for Veterans, their support systems, or individuals experiencing suicidal thoughts.

A certificate of completion is included. Please see the following page for more information on our Reduction of Access to Lethal Means: Family and Friends Version.

REDUCTION OF ACCESS TO LETHAL MEANS: FAMILY & FRIENDS VERSION



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Social support and connection play a large part in preventing suicide. Many suicidal individuals feel alone and hopeless, but social connection and support can help to combat that. Safety Plans involving family and friends of the suicidal individual not only help the suicidal individual to feel support but can give realistic tools to keep those individuals safe physically. In this training, basic suicide statistics and facts are discussed.

Participants are educated on suicide risk factors to help them identify who in their network might be at higher risk for suicide, as well as suicide warning signs so they can recognize when additional help needs to be given.

This training heavily emphasizes the need to reduce access to lethal means by limiting access or removing them from the home completely. Lethal means covered include poison/medication, ligatures & sharps, bridges, and other means, with a heavy emphasis on firearms. Specific ways to reduce access are discussed, including firearm locks, as well as best practice methods such as changing prescriptions or limiting access to pain medication.

This training discusses Safety Plans and how to implement a Safety Plan with a professional to protect the suicidal individual.

The specific role each person plays is heavily emphasized (professional vs. supporting loved ones), along with expectations and suggestions for responsibilities for each member of the supporting party.

Downloadable resources are included with this training—specifically conversation starters, a course "cheat sheet" for reminders, and firearm safety information. Specific considerations needed for Veterans and their support systems are also discussed. National Suicide Prevention resources and information for local Yuma/Pima resources are included.

This training is appropriate for Veterans, their loved ones/social support, first responders, and suicidal individuals in general. A certificate of completion is included.

GUILT, TRAUMA, & SUICIDE PREVENTION



40% of individuals with PTSD report some guilt related to trauma. Guilt following a traumatic event is common for the average person, but especially for our Veterans. In this training, we explore guilt trauma and the negative implications unaddressed guilt can have on an individual's life. Suicide statistics are discussed as well as risk factors and links between suicide and guilt trauma are indicated. We do a deep dive into common sources of guilt for Veterans and the many ways in which combat plays a role in a person's guilt. We briefly touch on Military Sexual Trauma (MST) and the guilt often associated with those events.

Misperceptions surrounding guilt are explored with indicators for why guilt is not a necessary emotion.

We discuss the things that get in the way of a person's path to recovery when suffering from guilt and the steps they can take to combat those feelings and ways of thinking. We discuss the relationship between guilt and grief—how they're similar and how they're different. We also discuss what to do if an individual does not feel guilt but thinks maybe they should. This training includes suggestions for the next steps, how to get additional professional help a person needs, and the resources available to them.

This training is appropriate for all adult audiences and is especially suitable for Veterans and their support systems who want and need to understand better the guilt their loved one may be experiencing. Participants enrolled in this course will have access to a handout summarizing the information from the lesson and a certificate of completion.



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SUPPORTING YOUR VETERAN LOVED ONE



When a Veteran is struggling with mental health and suicidal thoughts, those that can have the most significant impact on the struggling Veteran very often don't know what to say or do. This training directly discusses our Veterans' hardships as they transition out of the service and separate from the military.

The training touches on basic suicide statistics for Veterans, why Veterans are at such a higher risk, risk factors, warning signs, and protective factors against suicide.

This training breaks down three specific categories that have the power to increase or decrease a person's risk of suicide: lethal means, mental health, and social connection.

A heavy emphasis is placed on the social connection to identify how exactly support for your Veteran loved one can prove to be the most impactful thing in preventing suicide. Specific steps that support systems can take to protect their loved ones are discussed, as well as resources for when they feel there's nothing more they can do. National and local resources are provided, as well as suggestions for additional pieces of training that may be beneficial for supporting loved ones.

Downloadable resources include a handout that summarizes the training and a one-page Local Resources List for Veterans. This training is suitable for anyone interested in learning how to support Veterans. A certificate of completion will be provided.



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GRIEF & LOSS



The average person associates grief and loss with the death of someone close, and while that may be the case, loss and grief are still very much something people experience upon any perceived loss. In this training, we explore the various types of losses individuals—especially those who have served in the military—experience. We discuss ways people generally deal with grief, common losses, and the overall grief process.

We tie grief and loss to suicide prevention by indicating the link between suicide risk factors and the overwhelming theme of loss.

Within this training, we discuss statistics indicating how grief is felt and perceived by individuals and the ways in which it is expressed. All people grieve differently, and a single person can grieve different experiences in different ways. We indicate what type of grief is normal and when professional help might be needed. We discuss the complexities of grief—how we cope and adapt over time. We focus specifically on Veterans—the common losses they face, how they handle them, and the healthy ways they can grieve.

Self-care ideas and healing milestones are included, emphasizing the evolution of grief. Included in this training are resources for additional help when the grief is too much, as well as resources for suicide prevention. Each participant has access to a grief "cheat sheet" with a summary of the lesson.

This training is appropriate for all adult audiences and is an excellent resource for Veterans who may be grieving and their support systems who want to know how they can help. A certificate of completion is included.



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VETERAN SUICIDE PREVENTION



According to data released by the U.S. Department of Veteran Affairs (VA), Veterans are at a higher risk for suicide when compared to the average civilian. There are many theories and potential reasons behind why Veterans are at a higher risk, but the theory discussed and explored in this training is Thomas Joiner's Interpersonal-Psychological Theory of Suicide.

According to this theory, those who die by suicide do so because they not only have a desire to kill themselves but also have the ability to kill themselves.

Very often, Veterans fall into both categories, which puts them at a higher risk of actually dying by suicide.

Within the training, we discuss basic suicide statistics for both civilians and Veterans, as well as risk factors that can lead to suicide and potential warning signs that might indicate a person in crisis, with a special emphasis on risk factors for Veterans. A deep dive into the psychology behind Veteran suicide is explored with suggestions for impacting this population the most.

This training also offers specific resources for Veterans and their social support systems, including services from the VA, national resources, and local support options. It also addresses the transition from military service to civilian life, highlighting the emotional, mental, and physical stress that can arise from separation from the military.

The training emphasizes the potential impact of these challenges on suicidal thoughts and discusses strategies to prevent feelings of loss.



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MILITARY CULTURE & SUICIDE PREVENTION (HEALTHCARE PROVIDERS)



Nearly half of the patients who die by suicide, including Veterans, have been seen in primary care within the month prior to their death. However, many Veterans and active duty service members often avoid seeking healthcare altogether. For military personnel, this avoidance can stem from concerns about the potential impact on their careers, fears of being judged for seeking care, a perception that they may be deemed unfit for duty, and a tendency to prioritize everything else over their own health.

For Veterans, the reasons for avoiding healthcare may include

financial issues, complications with benefits, misunderstandings, and communication barriers related to military culture. This training focuses specifically on military culture—the ethos created throughout a person's time in the service. Statistics and data from service men and women are discussed as well as survey responses to overall perceptions surrounding healthcare.

We discuss the different stressors and strengths our Veterans gain from their time in the service and how their experiences can be negative, positive, or a combination of the two. A deep dive into healthcare for Veterans is explored with a discussion surrounding healthcare missteps, specifically regarding assumptions, customer service, attitude, and inflexibility. We also address providing healthcare the "right" way—at least in the eyes of service men & women and provide examples of missteps vs corrections.

Suicide prevention is linked to healthcare and the provisions of healthcare once a person separates from the military. By addressing the missteps and educating healthcare providers on military culture, we can hopefully bridge the gap between those receiving VA care, those receiving community-based care, and those receiving no care at all. Included in this training is a reference sheet discussing all the main points of the training, plus examples and scenarios identifying healthcare missteps and corrections.

This training is suitable for all adult audiences but is particularly designed for healthcare professionals who aim to understand aspects of military culture and its significance in their work. A certificate of completion will be provided.



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OPERATION S.A.V.E.



The person most likely to save your life is someone you already know. By educating the community and empowering individuals with the knowledge of how to prevent suicide, we cast a wider safety net over our community. Operation S.A.V.E. is a concept born from the U.S. Department of Veteran Affairs (VA) that gives individuals the tools to act with care and compassion when encountering a suicidal individual.

Each letter in the S.A.V.E. acronym stands for a step in the process of identifying when a person may be suicidal and how to support them while also seeking immediate help. This training covers basic suicide statistics for both the average civilian as well as Veterans. Discussed in this training is also awareness surrounding suicide risk factors as well as warning signs.

This training gives actionable step-by-step instructions on what they should do, how they should do it, when they should do it, and how to seek additional professional help when needed. Potential suicidal exercises are practiced to give the participant real-time practice and experience working with a pretend suicidal individual. Following this training, participants will feel confident in their ability to assist a suicidal individual.

This training is suitable for all adult audiences. Resources for National Suicide Prevention and local county services are available within this training. Included are downloadable resources, such as a S.A.V.E. "cheat sheet" for future reminders and a certificate of completion.



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SUICIDE AWARENESS & PREVENTION



In the United States, suicide is the 12th leading cause of death; however, suicide is the most preventable cause of death. Promoting awareness and encouraging education for anyone and everyone can help us save lives. This training is designed as a basic intro into the world of suicide prevention, it addresses all the essential needs for understanding suicide and the role we each play in preventing it.

Topics discussed include statistics, myths & misinformation, risk factors, warning signs, and actionable steps individuals can take when they encounter a suicidal individual.

The goal behind this training is to remove the discomfort and taboo-ness of suicide and open the doors to conversations around mental health. A heavy emphasis is placed on the responsibility each person in society plays to be aware of those around them and how we can plant a seed of hope for each person with whom we come in contact.

In addition to addressing basic suicide prevention tactics, we also discuss Veteran suicide specifically. We must also identify the fact that Veterans are all around us in the form of friends, coworkers, neighbors, and teammates. Knowing this and being part of the social support network for those individuals can seem like the most minor thing, but it can have the most significant impact. Exercises to give participants ideas of what conversations might sound like and how they can engage with an individual they believe to be suicidal are done. Opportunities to see several examples of what it looks like from start to finish when a person discovers someone they know (coworker, neighbor, etc.) shows signs of suicidal behavior.

Resources are provided and include a handout reminding participants of what they learned, a handout with conversation starters & tips for discussing mental health, as well as local and national resources for suicide prevention and professional help.

This training is encouraged and suggested for all social settings to encourage suicide prevention overall: work environments, social clubs and organizations, and private groups. A certificate of completion is included



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WOMEN VETERANS & SUICIDE PREVENTION



Throughout their lifespan, women Veterans, on average, experience more challenges when compared to their male counterparts. These things contribute to a woman Veteran's experience throughout her time in the service as well as her time once she's separated from the service. Data and statistics suggest specific experiences have a higher negative outcome for women compared to men.

This training explores the unique struggles women Veterans face throughout their lifespans.

We cover basic statistics about women's mental health and their presence in the military. Discussed in this training includes statistics and data that indicate the discrepancy between the two genders and how females are at a higher risk for a variety of things such as mental health issues, substance abuse/misuse, Military Sexual Trauma, and suicidal ideation.

We compare data between men and women in the armed forces and the mental health stressors they face. The topic of lethal means is also discussed, including how to reduce a person's access to lethal means. Methods and tactics specifically targeting women Veterans are identified to address this discrepancy and make a significant impact on their mental health and overall protection against death by suicide.

Resources available with this training include a training handout summarizing the information presented. This training is appropriate for all adult audiences, including first responders, Veterans, service men & women, as well as care providers and mental health professionals. A certificate of completion is included.



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COMMUNITY MOBILIZATION



Community mobilization is a process of reaching out to different community sectors and creating partnerships to focus on and ultimately address a pressing issue. This training specifically focuses on community mobilization in the prevention of suicide—specifically among Veterans. Education and awareness must be the first task when a public health issue needs to be addressed. If a community is unaware that a problem exists, a solution is not always possible.

By creating awareness and mobilizing the community in the effort to address the public health issue, which in this case is suicide, we gain momentum and support, which allows for actionable steps that lead to positive results. In this training, we discuss basic suicide statistics for Veterans & military personnel, plus suicide risk factors and warning signs. In addition to that, we explore exactly how we move forward with community mobilization by securing strong leadership, engaging diverse organizations, developing a shared vision, and effective communication. We deeply dive into community needs assessments: what they entail, how they are done, and why they are important.

Discussed in this training includes partnership development: how that's done, why it's necessary and what that looks like. This training also includes discussion surrounding mobilization plans: how to create one, the different outreach strategies that can be used, who will carry out the plan, when the tasks are expected to be completed, and what resources will be used. We also discuss the importance of reviewing mobilization plans after a period of time to determine what is working, what is not working, and what needs to be altered or updated for maximum efficiency and overall success of the program.

This training is appropriate for all adult audiences and would benefit individuals working in a public health setting. Upon completion, participants will receive a handout summarizing the lesson for review and a certificate of completion.



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OVERCOMING COMMUNICATION BARRIERS



The ability to communicate effectively is what allows a culture to not only exist but thrive. There are many ways in which living things communicate, including verbal, nonverbal, written, visual, and listening. All these communication methods allow individuals to communicate effectively and correctly or ineffectively, causing miscommunication and potential conflict. Understanding the concept of communication at its core will enable us to quickly and effectively accomplish tasks. In this training, we discuss different types of communication,

including passive, aggressive, passive-aggressive, and assertive.

Behaviors common with each kind of communication style are discussed, as well as verbal examples. Another component of communication that is often overlooked is the fact that barriers to communication avenues exist, and part of effective communication is identifying those barriers as they are revealed and pivoting one's communication in response. Communication barriers can lead to missed opportunities, miscommunication, and even conflict.

Discussed in this training are the different categories in which we tend to find communication barriers and the many strategies that exist to overcome those barriers. Also discussed is the concept of 'Group Formation' by psychologist Bruce Tuckman, which describes the path most teams take when working towards a common goal. We tie the concept of proper communication to suicide by identifying how proper and effective communication plays a role in suicide prevention. We recognize the importance of taking notice of communication pathways to support suicidal individuals effectively, provide a clear path of recovery for them and their support system, avoid missteps and miscommunication among team members, and successfully communicate the need for suicide prevention to our community.

This training is appropriate for all adult audiences but can be especially helpful for professionals who regularly work with individuals suffering from mental health struggles and/or suicidal ideation. Participants will receive a handout summarizing the training for their review and a certificate of completion.



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MOTIVATIONAL INTERVIEWING



No one person is entirely unmotivated. Most significant behavioral changes are going to be made by the motivations a person finds within themselves rather than by the motivations presented by an outside entity. Motivational Interviewing (MI) is a tool used to draw out the desires and reasons within an individual to help them along the road to behavior change.

In this training, we give you an overall understanding of what MI entails and how to use it with your clients.

We discuss self-efficacy, the Transtheoretical Model, and the underlying spirit of MI: Partnership, Acceptance, Compassion, and Evocation. MI is a technique used to help clients reach their full potential. We discuss non-MI approaches to behavior change and how they compare to MI approaches. We highlight MI traps to avoid, ways to target behavior, and discussion of foundational skills like OARS, ARMS, and DARN-CAT.

Each foundational skill dives deeper into the theory and uses those techniques to support the client's journey toward behavior change and adherence. Open-ended questions, sustain talk, and change talk are just a few topics explored within this training. Using Ask-tell-Ask methods for sharing information is examined with an emphasis on letting your patient/client lead and avoiding the Righting Reflex to avoid Dancing with Discord. Suicide prevention is highlighted with information indicating suicide statistics, risk factors, and warning signs. This training includes an informational page with reminders of the many acronyms used in this therapeutic technique.

This training is appropriate for the average professional who regularly works with individuals who either NEED to make a change (due to illness, safety concerns, or other reasons) and individuals who want to make a change and need social support to get there.

This training gives participants the understanding behind behavior change, motivation for those changes, and the tools to support their client/patient along the way that is not invasive and provides ample opportunity for the client/patient to lead with professional support and guidance. Resource page and certificate of completion included.



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AVOIDING BURNOUT



Throughout a person's life, and especially during very physically, emotionally, or mentally challenging periods, individuals may begin to feel what is referred to as "burnt out." Burnout is when an individual feels mentally exhausted and drained, uninspired, unmotivated, and full of apathy, to name a few. Burnout can happen in any period of life and a variety of capacities. A mother can feel burnt out through her parental duties, a caregiver can feel burnt out due to their caregiving duties, and many professionals can feel burnt out following a period

of unyielding and challenging work. Some professional settings are more likely to be burned out than others.

This training discusses burnout, specifically in the behavioral health field. We discuss what exactly burnout is, examples of burnout, symptoms of burnout, and actionable steps to avoid burnout and/or recovery when it is realized that burnout is being experienced. We discuss what happens when burnout goes unresolved and how that can lead to additional health issues such as suicidal ideation. Basic information on suicide prevention and getting help for suicidal individuals is included. We also touch on burnout's role among our military personnel, Veterans, and their families.

This training is appropriate for all adult audiences but can be especially helpful for mental or behavioral health professionals. Participants will receive a handout summarizing the training for their review and a certificate of completion.



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DEPLOYMENT & THE MILITARY FAMILY



The mental, physical, and emotional stress surrounding deployment is not just during the act of deployment itself but also during the time leading up to the deployment. It also includes a period of time following the return from their time away. Deployment experiences are multileveled and multi-faceted.

Deployment does not just impact the military member but also affects their immediate family, close relatives, neighbors, friends, and even the community. This training discusses the many challenges military families face as they prepare and experience deployment. We discuss the stages of deployment, the stressors and challenges often faced during and after deployment, and the preparations that can be made to help offset the stress. We discuss how the deployment experience ties to trauma and how unresolved and unaddressed trauma has the most significant impact on military families who experience deployment. We explore the relationship between trauma and suicide and give a brief overview of what you can do to encourage suicide prevention in your community.

This training is recommended for audiences over the age of 18 and encouraged for individuals who may either experience a deployment or have close family and friends who may experience deployment. After completion of the training, participants will receive a handout summarizing the training as well as a certificate of completion.



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TRAINING CONTENT

MORAL INJURY



Have you ever watched something awful happen, stood there frozen without stepping in, and later wished you had stepped in as you reflect on the experience? Or maybe there was a time when you were forced to make a choice that went against your deeply held beliefs? These experiences can often result in what is referred to as Moral Injury.

These experiences are common among groups like military personnel, first responders, and even field journalists.

Many people are familiar with PTSD, but not as many know about the concept of moral injury. This training explores the concept of moral injury and how it relates to suicide. We discuss exactly what moral injury is, how to identify it, common sources of moral injury, and common populations affected by this mental health issue. We look at examples of moral injury and what we can do for recovery. Comparisons between moral injury and PTSD are drawn with explicit examples of how they are similar but also how they differ.

This training looks explicitly at how moral injury can relate to suicidal thoughts and what we can do to help treat those suffering from moral injury and protect them from suicidal ideation. This training identifies suicide risk factors and warning signs, how they might compare to symptoms of moral injury, and what a person can do when they discover someone suffering from moral injury may also be struggling with suicidal ideation.

This training is appropriate for all adult audiences over 18 and may be especially helpful for family and friends of those struggling with moral injury to give them an idea of what their loved one is experiencing. It may also be beneficial for individuals who are not sure if they're struggling with PTSD, moral injury, or both. This training includes a handout that summarizes the information throughout the training and a certificate of completion.



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MILITARY CHILDREN & SUICIDE



Losing a child to suicide increases a parent's chances of having suicidal thoughts, and losing a parent to suicide increases a child's chances of having suicidal thoughts. Therefore, it can be presumed that suicide prevention for military children can be considered suicide prevention for military adults, and suicide prevention for our active duty men and women and Veterans can be considered suicide prevention for military children.

It is estimated that military children experience suicidal ideation at a rate 10% higher than their civilian counterparts.

This training explores the challenges military children face and how those challenges can increase their potential for suicidal thoughts. We also discuss the resiliency that military families have that can be considered a protective factor that can help ward against suicidal thoughts and behaviors. A heavy emphasis is placed on the main stressors that most military children/families experience. We draw connections to suicide prevention among military children and how that directly relates to suicide prevention among members of our armed forces and Veterans.

This training also focuses on suicide education and prevention for our Veterans and service members. We discuss risk factors, warning signs, and ways to get help, including additional military family resources both on and off base.

This training is appropriate for all audiences over the age of 18, but some military parents may find the facts and statistics regarding suicide and military children to be disturbing. Participant discretion is advised. Included with this training is a handout that summarizes the main points of the training as well as a certificate of completion.



SCAN FOR THIS
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ONLINE RESOURCES & APPS



Protective factors for suicide prevention include physical and mental healthcare, a sense of connectedness, a sense of spirituality, employment, and financial security, as well as social and emotional well-being. It can be argued that online resources and apps, while at times problematic, can actually help increase protective factors that ward against suicidal thoughts. Numerous free apps promote community, personal development, social connections, and access to physical and mental healthcare.

This training discusses available applications and online resources for members of our armed forces, Veterans, and their families. Apps present a unique opportunity to provide easy access to social support and communication, access to healthcare, and self-improvement opportunities focusing on behavioral changes and/or mental health care. In theory, access to specific applications can play a role in the reduction of suicidal ideation in special populations. This training explores the relationship between the two and provides information on apps encouraged for use among those affiliated with our military.

This training is appropriate for all adult audiences but can be especially helpful for Veterans, active-duty men, and women or their families, as well as professionals who regularly work with military or Veteran individuals who may be seeking resources. This training arms the professional with additional knowledge and resources to provide to their clients and patients.

Upon completion of the course, participants will receive access to downloadable PDFs with clickable links (for both Apple and Android) for immediate application downloads, as well as a certificate of completion.



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PATHWAYS TO SUICIDE



Over the course of a person's lifetime, they will experience many trials and tribulations that require their effort to overcome either a physical, mental, emotional, or spiritual barrier. These experiences can help a person to become more resilient, confident, and self-sufficient. But what happens when a person's negative life experiences do not lead to a positive outcome? What experiences and situations in an individual's life lead them instead to seek out suicide as a solution to their problem?

This training explores the various challenges people experience throughout their lives that can have the potential to lead them down the pathway to choosing suicide. These challenges include health problems, financial stress, and relationship problems, among other issues. We explore potential solutions and resources for individuals struggling with those specific problems and provide pathways that do not have to include suicide. Specific emphasis is placed on military men and women as well as Veterans and the specific challenges they face as well as solutions to avoid the pathway ending in suicide. We also provide basic information on what to do if you or someone you know finds themselves already on the path to suicide.

This training gives participants the chance to put themselves in others' shoes and think through life events, the challenges they face, and potential solutions to those problems. It is appropriate for all audiences over the age of 18. Completion of the training includes a handout summarizing the lesson and a certificate of completion.



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TRAINING CONTENT

PTSD & SUICIDE



Trauma exposure is common; in fact, over 83% of Veterans have experienced a traumatic event. However, PTSD as a result of that trauma exposure is actually less common. Only 7% of individuals will develop PTSD in their lifetime. Being diagnosed with PTSD requires very specific requirements regarding exposure to traumatic events as well as symptom clusters and length of symptoms. Research indicates that untreated and unresolved PTSD has the potential to lead to suicidal ideation.

This training explores PTSD and how it relates to suicide. We discuss basic facts and figures surrounding PTSD, symptoms often associated with PTSD, and the things required for a diagnosis. We discuss what type of traumas can result in PTSD, what factors either increase or decrease a person's chances of developing PTSD following a traumatic event and why Veterans are at a higher risk for developing PTSD compared to the average civilian. Additional mental health problems are also addressed, as well as what can happen when PTSD is left untreated. Information on suicide risk factors & warning signs are included, as well as resources for getting help when you encounter a suicidal individual.

This training is appropriate for all adult audiences over the age of 18. At the conclusion of the training, participants will gain access to a resource page that summarizes the training and a certificate of completion.



SCAN FOR THIS
TRAINING CONTENT

SUICIDE & THE WORKPLACE



A third of your life is spent at work, so, understandably, a person would spend most of their time surrounded by their coworkers. If this is the case, then it makes sense for coworkers to be among the individuals who would be able to recognize the first signs of mental health distress in those around them. Training staff at all levels in an organization to be able to identify suicide risk factors and warning signs, as well as to know the appropriate steps to take when they think someone is suicidal, is a vital step in creating more safety nets for struggling individuals in our society.

How do we go about providing these types of trainings, and what can organizations do to help prevent suicide in the workplace? All of this and more is discussed and addressed in this training. We discuss the economic impact suicides have on the country, suicide rates as they relate to specific careers, as well as Veterans in the workforce, and how that impacts suicide rates.

We discuss risk factors, protective factors, and warning signs while also discussing action steps organizations and companies can take to improve the mental health of their employees and reduce the risk of suicide for this population. Basic 101 suicide prevention and additional resources and suggestions for continued training are covered.

This training is appropriate for all audiences over the age of 18. Upon completion, participants will receive a handout summarizing the training and a certificate of completion.



SCAN FOR THIS
TRAINING CONTENT

HOW TO IDENTIFY A SUICIDAL CRISIS



Want to help prevent suicide in your community but don't have much time to commit to it? This training is meant for you! This training is created with the super busy in mind. Mental illness does not discriminate, and even those with a full schedule have the potential to encounter a suicidal individual.

This brief (15-minute) training covers all the basics you need to know about identifying a suicidal crisis and getting help. We discuss realistic expectations for suicidal ideation, risk factors, and warning signs, as well as what getting help for that person looks like. This is a great intro training for those with very little time. Supplementing with additional training that goes into more detail would be encouraged.

This training is appropriate for all adult audiences. Upon completion, participants will receive a handout summarizing the lesson for review and a certificate of completion.



SCAN FOR THIS
TRAINING CONTENT

SUICIDE PREVENTION PRACTICE SCENARIOS



If you encountered a person in a mental health crisis, would you know what to do? Many individuals who have gone through basic training for suicide prevention still struggle with knowing exactly how to respond or how they might react in those situations. Some individuals may even feel anxious or fearful about a potential suicidal scenario that they have to handle.

As with most things, repetition and practice can help an individual feel prepared for a likely or unlikely scenario.

Overall, preparation can help remove fear and anxiety surrounding the unknown. This training gives participants experience in mental health crisis scenarios and allows them to practice identifying risk factors as well as warning signs in real-time situations. We discuss suicide statistics, risk factors, and warning signs, as well as ways to provide comfort and validation while also encouraging and expediting getting help. Participants are then guided through scenarios with the opportunity to brainstorm best practices each step of the way.

This training highlights the VA Operation S.A.V.E. approach to address and support a person experiencing a mental health crisis. This training promotes and encourages the ability of the helper to respond with understanding and compassion. Five different practice scenarios are presented with opportunities to think through responses and ways to provide support and help for the fictional character.

This training is ideal for behavioral, social, or mental health providers looking for additional practice or for any person looking for practice opportunities to prepare for a suicidal crisis. Upon completion of the training, participants will gain access to a handout summarizing the lesson for review and a certificate of completion.



SCAN FOR THIS
TRAINING CONTENT

SOCIAL MEDIA & SUICIDE RISK



Over the last 20 years, social media has seen a drastic increase in users and use. Social media is used by individuals from various backgrounds across their lifespans. Social media has significantly increased our ability as a society to keep in touch with others even across distances and stay updated on relevant popular culture. The uses of social media range from staying informed and up-to-date on world news to entertainment and social connection and engagement.

Social media is a relatively new addition to society's vocabulary, and the pros and cons of long-term, consistent use are only now beginning to present themselves. In this training, we explore the ways in which social media has the power to help or harm an individual's mental health and the implications that may have for suicide rates. We define social media, explore common uses of social media, and address the many positive and negative attributes associated with social media. Mental health as it relates to social media use is explored, as well as the connection between social media and suicide risk.

We also touch on social media use among Veterans and how Veterans are at a higher risk for suicide compared to the general population. We dive into suicide awareness, focusing on risk factors associated with an increase in suicide risk, as well as warning signs that may indicate a person is struggling with their mental health. Steps for assisting a person who may be suicidal are also included with resources for mental health help. Does long-term and consistent use of social media harm our mental health and cause suicidal ideation, or can social media provide a pathway for mental health help and acceptance and introduce protective factors against suicidal ideation? We explore all of this and more in this training.

This training is appropriate for all adult audiences. Upon completion, participants will receive a handout summarizing the lesson for review and a certificate of completion.



SCAN FOR THIS
TRAINING CONTENT

SUICIDE PREVENTION & SPECIAL POPULATIONS: CULTURE



This is the first training in a series of trainings focused on targeted suicide prevention approaches for special populations. Culture can be our race, beliefs, values, experiences, and identity. Culture can be rooted in one specific thing or a variety of things. Culture impacts how we behave, what we believe, how we speak, the way we dress, what we eat, the rituals we partake in, and even the perceptions and responses we have and give towards others. Culture can impact us in ways we don't even realize.

So, how is culture impacted when it comes to suicide, and how can we use culture as a way to target specific cultural groups in our suicide prevention methods? We explore all of this and more in this training. We define culture, explore the ways in which we identify within our culture, how culture impacts our actions and everyday lives, and how culture impacts our perception of suicide.

In this training, we discuss the main cultural groups: Whites, Blacks, Hispanics, and Native Americans. We explore the understood generalizations for each group and how we can use those to help us combat mental health stigma and prevent suicide in these groups. We also shed light on the importance of understanding how generalizations can be harmful and that each individual will have unique experiences and beliefs even within their culture group.

Targeted suicide approaches are discussed, as well as general education on suicide risk factors, warning signs, and steps to get a person's help. We touch on military culture, how cultural differences impact this subgroup, and how Veterans specifically are at a higher risk for suicide. Resources are provided for those looking for mental health help.

This training is appropriate for all adult audiences but may be particularly helpful for those in the medical, behavioral, or mental health field who want to better understand how culture impacts our patients. Upon completion of the training, participants will gain access to a handout that summarizes the lesson for review and a certificate of completion.



SCAN FOR THIS
TRAINING CONTENT

SUICIDE PREVENTION & SPECIAL POPULATIONS: AGE GROUPS



The human race experiences a variety of stressors and challenges across the lifespan. When we reflect on these stressors, it's easy to see a pattern between the biggest issues that tend to plague us the most--regardless of age. These issues include finances, social relationships, and mental health. In this training, we cover several age groups, including young adults, adults, middle-aged adults, older adults, and senior adults.

We explore the differences and the similarities between the stressors we experience throughout every stage of life. We discuss the aging process, the typical experiences within each age group, and how those experiences shape the variety of stressors each group experiences. We explore the ways in which each group accepts mental health help and how we might target each group differently when it comes to marketing for mental health awareness and even suicide prevention. Age limits within the military are also discussed, and the stressors within each age group are altered when a person is affiliated with the military.

We touch on the issue of suicidal ideation as well as actual suicide rates for each age group, how they differ, and which ones have a higher risk compared to others. Suicide education is also discussed, which includes discussion of risk factors, warning signs, steps for getting a person help, and resources for those who are actively suicidal. There are many factors that can impact a person's mental health, but the commonalities found within each age group give us a roadmap for targeting each age group for suicide prevention. We explore all of this and more throughout this training.

This training is appropriate for all adult audiences. Upon completion, participants will receive a handout summarizing the lesson for review and a certificate of completion.



SCAN FOR THIS
TRAINING CONTENT

SUICIDE PREVENTION & SPECIAL POPULATIONS: SEX & GENDER



In this training we explore the history of LGBTQ+ in the military and how their challenges shape their experience within the military. We discuss the differences in mental health between males and females as well as the suicide ideation rates among non-Veterans, Veterans of either sex, and Veterans who fall into the LGBTQ+ category. We also discuss mental health issues and how those issues relate to suicidal ideation. We discuss steps to getting a person help when it comes to suicidal ideation and resources for suicide prevention.

This training is appropriate for all adult audiences but may be particularly helpful for those in the medical, behavioral, or mental health field to have a better understanding of how sex and gender impact our patients. Participants will gain access to a handout that summarizes the lesson for review upon completion of the training as well as a certificate of completion.

Our differing backgrounds and experiences help to shape the person we become, this includes our sex and gender. There are variety of differences found between males and females, but in this training we discuss specifically their experiences and challenges they may face during their time in the armed forces. Not only do individuals of the opposite sex have different experiences, but those who identify as LGBTQ+ also will have different experiences based on their gender identity.



SCAN FOR THIS
TRAINING CONTENT

COMPASSION & EMPATHY WHEN WORKING WITH VETERANS



some serve in combat supporting roles, while others experience combat-heavy deployments. Regardless of their backgrounds and experiences in the service, Veterans require a specific approach to care that ensures we anticipate their social, emotional, and mental needs. Serviced-focused programs and organizations need to be cognizant of the special and unique backgrounds, experiences and needs that many Veterans have when providing their specialized services. This training focuses on providing compassion and empathy to the Veterans with whom we work. We cover statistics regarding Veterans and the time frame they served, as well as the impact homelessness has on the Veteran population.

An exercise is conducted where we practice providing services to a fictional Vietnam Veteran and then review our interaction for improvements. We explore the variety of ways in which Veterans might experience challenges and discuss the many ways we can support them through those challenges. We also touch on why providing services in a compassionate and empathetic way is so important. We discuss how not providing the best care can potentially lead to mental health issues, including, but not limited to, suicidal ideation. Suicide prevention awareness and techniques are also discussed.

This training is appropriate for all adult audiences but may be especially helpful for individuals who regularly work with Veterans.

Upon completion of the training, participants will receive a handout summarizing the lesson for review and a certificate of completion.



SCAN FOR THIS
TRAINING CONTENT

The Veteran population is unique in many ways. The Veteran category encompasses individuals from across their life spans who have had a variety of life experiences. All Veterans share the same experience of serving their country, but their similarities might end there. Some Veterans come from an educated background with opportunity and family support, while others may come from a background of trauma and struggle with no means of support. All Veterans service our country, but some serve during peacetime, and others serve during the war;

QPR GATEKEEPER TRAINING



The person most likely to save your life is someone you already know, but not everyone is trained in the prevention of suicide. QPR Gatekeeper Training is a training that gives the average person the tools necessary to save a life. QPR is the mental health equivalent to CPR. QPR is not a therapeutic method and will not turn participants into trained professionals; instead, it gives the average civilian the tools they need to keep someone alive until professional help can be administered. Anyone can become a Gatekeeper for suicide prevention, and our goal is to make an army of Gatekeepers

who will work together to create a safety net for those most vulnerable in our society.

This training discusses the story of Kevin Hines—who survived his suicide attempt and received hope in the most unique way. We discuss myths and facts surrounding suicide, verbal clues, non-verbal clues, behavioral clues, and situational clues that indicate a person may be in crisis. We emphasize the core belief of QPR: ask a question, save a life. We discuss ways to persuade someone to stay alive and get help and the best ways to refer an individual for professional help.

Live role plays are conducted to give participants a feel for how a conversation might go with real-time practice opportunities. This training includes resources that summarize the lessons and access to national and local resources for immediate and professional help. This training is not pre-recorded. It is available periodically through live events and webinars or upon request by organizations or companies.

This training is appropriate for all adult audiences, including those who may feel suicidal. Upon completion of the training, participants will receive a certificate indicating that they are now a QPR Gatekeeper.

If you would like to request this training or are interested in learning more about what this training entails, please get in touch with us.



SCAN FOR THIS
TRAINING CONTENT

CUSTOM TRAINING OPPORTUNITIES



Are you interested in hosting a training session but unable to find an appropriate option in our catalog?

We invite you to connect with us! We are continually developing new training programs in response to emerging research and findings related to suicide prevention.

Our team can collaborate with you to design a custom training tailored to your organization's specific needs. Please send us a message for further information.

The Best is Yet To Come Program

"The Best is Yet to Come (BYTC) Program" is proud to be supported by the Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program (SSG Fox SPGP). This grant program, in alignment with VA's National Strategy for Preventing Veteran Suicide (2018), empowers VA to allocate resources to community-based suicide prevention efforts, addressing the unique needs of Veterans and their families.

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