

Lesson Plan: S.A.V.E - Suicide Prevention Gatekeeper Training

Instructor: Juliana Hallows, NCC, LCPC, Montana Veterans Affairs Health Care Services Suicide Prevention Coordinator

Juliana Hallows is a Nationally Certified and Professionally Licensed Counselor who is the Suicide Prevention Coordinator for Montana Veterans Affairs. She is a graduate of the 2018 Veteran Affairs Leadership Development Institute and has received awards recognizing her commitment and advocacy for Veterans care. Currently, she teaches individuals throughout Montana VA and the community how to respond to crisis related to suicide: including suicide prevention, postvention, lethal means safety, and assessment of suicidal risk. She works directly with Montana Veterans and their families to ensure they receive treatment and support for symptoms and issues related to suicide. Currently she is the Co-Chair for the Wellness Key Service Area for Montana Joining Community Forces; a United Way and 501c3 coalition, which brings together resources and organizations to improve Veterans health and care. Her professional history includes duties in leadership, teaching, supervision, policy development, and therapeutic care in various settings.

Seminar Description:

This is a 1-1.5 hour didactic seminar providing participants with an overview of suicide prevention and response

Seminar Objectives:

By participating in this training you will:

1. Have a general understanding of the scope of suicide within the United States
2. Know how to identify a Veteran that may be at risk for suicide
3. Know what to do when you identify a Veteran at risk

Key Points:

S.A.V.E. is a one- to two-hour gatekeeper training program provided by VA suicide prevention coordinators to veterans and those who serve veterans. Optional role-playing exercises are included (Kemp, 2010).

S.A.V.E consists of the following components:

1. Brief overview of suicide in the veteran population
2. Suicide myths and misinformation
3. Risk factors for suicide
4. Components of the S.A.V.E. model (Signs of suicide, Asking about suicide, Validating feelings, Encouraging help and Expediting treatment)

S.A.V.E. was developed by the Education Corps of the VA Center of Excellence and consists of a PowerPoint presentation, training script, instructors guide and toolkit, pre- and post-evaluation instructions, evaluation forms, tracking sheets, and S.A.V.E. brochures.

Recommended Resources/Readings:

1. Kemp, J. (2010), *Operation S.A.V.E.: VA Suicide Prevention*, Veterans Administration, retrieved from <http://www.sprc.org/resources-programs/operation-save-va-suicide-prevention-gatekeeper-training> 9/19/2016.
2. Bahraini, N. H., Devore, M. D., Monteith, L. L., Forster, J. E., Bensen, S. & Brenner, L. A. (2013) The role of value importance and success in understanding suicidal ideation among Veterans *Journal of Contextual Behavioral Science*, 2, 31–38.