

UNCLASSIFIED/

Subject: ALARACT 383/2011 - ARMY SUICIDE PREVENTION PROGRAM - SUICIDE INTERVENTION SKILLS TRAINING
Originator: /C=US/O=U.S. GOVERNMENT/OU=DOD/OU=ARMY/OU=ORGANIZATIONS/L=CONUS/L=WASHINGTON DC/OU=DA PENTAGON TELECOMMUNICATIONS(UC)/OU=ALARACT RELEASE AUTHORITY(UC)
DTG: 141629Z Oct 11 **Precedence:** ROUTINE **DAC:** General
To: /C=US/O=U.S. GOVERNMENT/OU=DOD/OU=ARMY/OU=ORGANIZATIONS/OU=ADDRESS LISTS/CN=AL ALARACT (UC)
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THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DAPE-HRPD-IRPD//

SUBJECT: ARMY SUICIDE PREVENTION PROGRAM - SUICIDE INTERVENTION SKILLS TRAINING

THIS MESSAGE IS BEING SENT ON BEHALF OF THE VCSA HEALTH PROMOTION AND RISK REDUCTION TASK FORCE.

1. REFERENCES:

1. A. AR 600-63, ARMY HEALTH PROMOTION DATED (RAR 002, 07 SEPTEMBER 2010, PARAGRAPH 4-4).

1. B. DA PAM 600-24, HEALTH PROMOTION, RISK REDUCTION, AND SUICIDE PREVENTION (RAR 002, 07 SEPTEMBER 2010), PARAGRAPH 3-7.

2. THE PURPOSE OF THIS MESSAGE IS TO REITERATE TO LEADERS THE TWO ARMY-APPROVED SUICIDE INTERVENTION TRAINING PROGRAMS: THE ASK, CARE, ESCORT (ACE) AND APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) FOR CY11-12.

2. A. THE ACE TARGETED POPULATIONS ARE PEER-TO-PEER/BATTLE BUDDY AND FIRST-LINE SUPERVISORS TO LEARN BASIC AWARENESS AND INTERVENTION SKILLS TO ASSIST WITH THE IDENTIFICATION OF PERSONNEL WHO MAY BE AT RISK OF SUICIDE. ACE TEACHES HOW TO RECOGNIZE SUICIDAL BEHAVIOR, RISK FACTORS, AND THE WARNING SIGNS THAT ACCOMPANY IT. ACE GOAL IS TO TARGET THOSE PERSONNEL MOST AT RISK FOR SUICIDE AND THE LEAST LIKELY TO SEEK HELP DUE TO STIGMA. ACE TRAINING MATERIALS ARE AT NO COST AND ARE DOWNLOADABLE FROM:

[HTTP://PHC.AMEDD.ARMY.MIL/PAGES/DEFAULT.ASPX.](http://phc.amedd.army.mil/pages/default.aspx)

2. B. THE ASIST TARGETED POPULATIONS INCLUDE GATEKEEPERS AS DEFINED IN AR 600-63, PARAGRAPH 4-4, J (4), AS THEY LEARN HOW TO PROVIDE SUICIDE FIRST AID INTERVENTIONS FOR INDIVIDUALS WITH THOUGHTS OF SUICIDE. ASIST TEACHES HOW TO IDENTIFY PEOPLE WHO HAVE THOUGHTS OF SUICIDE, ASSESS THE RISK, DEVELOP A SAFE PLAN TO AVERT SUICIDAL IDEATIONS, AND CONNECT INDIVIDUALS TO HELPING RESOURCES.

3. ACE AND ASIST ARE THE APPROVED TRAINING PROGRAMS FOR SUICIDE PREVENTION/INTERVENTION FOR THE ARMY. ASIST TRAINING AND KITS ARE OBTAINED VIA SOLE SOURCE FROM LIVING WORKS, EDUCATION. TRAINING REQUIREMENTS FOR ACE AND ASIST ARE AS FOLLOWS:

3. A. ACE CERTIFICATION IS OBTAINED THROUGH TWO DISCREET TRAINING VENUES:

3. A.1. COMPLETION OF THE ACE-SI, 4-HOUR WORKSHOP FOR TRAINERS IS FACILITATED BY ARMY G-1 AND PUBLIC HEALTH COMMAND.

3. A. 2. COMPLETION OF THE ACE-SI, 4-HOUR WORKSHOP IS CONDUCTED BY ACE-SI CERTIFIED TRAINERS.
3. B. ASIST CERTIFICATION IS OBTAINED THROUGH TWO DISCREET TRAINING VENUES:
 3. B. 1. COMPLETION OF ASIST 5- DAY ASIST WORKSHOP FOR TRAINERS (T4T) FACILITATED BY LIVING WORKS EDUCATION AND ARMY ASIST MASTER TRAINERS [HTTP://WWW.LIVINGWORKS.NET/](http://www.livingworks.net/).
 3. B. 2. COMPLETION OF THE ASIST 2- DAY WORKSHOP CONDUCTED BY ASIST CERTIFIED TRAINERS.
4. ASIST T4T TRAINER CERTIFICATION: PERSONNEL BECOME PROVISIONAL TRAINERS UPON COMPLETION OF THE ASIST 5-DAY T4T COURSE. PROVISIONAL TRAINERS BECOME REGISTERED TRAINERS UPON COMPLETION OF THREE 2-DAY WORKSHOPS WITHIN A YEAR OF THE TRAINING. REGISTERED STATUS IS MAINTAINED THEREAFTER BY FACILITATING AT LEAST ONE WORKSHOP PER YEAR.
5. TRAINERS (ACE AND ASIST) SKILLS AND QUALIFICATION. THE TRAINER CONDUCTING WORKSHOPS SUCCESSFULLY IS GREATLY ENHANCED BY THE DEGREE THAT HE/SHE POSSESSES THE FOLLOWING SKILLS AND QUALIFICATIONS:
 5. A. AN ACCEPTING ATTITUDE ABOUT BEHAVIORAL HEALTH ASSISTANCE.
 5. B. GOOD INTERPERSONAL COMMUNICATION AND HELPING SKILLS.
 5. C. SUICIDE INTERVENTION SKILLS.
 5. D. KNOWLEDGE ABOUT SUICIDE AND THE IMPACT ON PERSONAL AND UNIT READINESS.
 5. E. ESTABLISHED TEACHING AND SMALL GROUP LEADERSHIP SKILLS.
6. POC ARE MR. SPENCER MYERS, TRAINING ANALYST, (703) 601-9339, E-MAIL SPENCER.MYERS1@US.ARMY.MIL AND MS. JAN MORGAN, (703) 601-9343, E-MAIL JAN.MORGAN@US.ARMY.MIL
7. THIS MESSAGE HAS BEEN APPROVED BY THE DEPUTY DIRECTOR OF THE VCSA HEALTH PROMOTION AND RISK REDUCTION TASK FORCE.
8. EXPIRATION DATE IS 31 DECEMBER 2012.