

Our standard procedures are designed to maintain the integrity of *safeTALK* as well as to create safety for its participants while they are learning to become suicide alert.

A willing, ready and able *safeTALK* trainer appreciates, understands and works on the expectations listed on page 25 of the manual. In addition to the *safeTALK Trainer Manual*, a *safeTALK* trainer is expected to be aware of the practical aspects of organizing and delivering a *safeTALK* training, which can be found in the *safeTALK Trainer Organizing Guide* available in the Members area at www.livingworks.net (login required). This guide includes links to a public guide and printable handouts for organizers who are not trainers.

IMPORTANT: *safeTALK* is limited and contained. While the exploration of attitudes is a central feature of *safeTALK*, this exploration is done in a way that avoids public disclosure and keeps the process safe. Practice wisdom suggests a room set up in theater style with rows of chairs or in traditional classroom style with rows of tables and chairs best keeps the process safe for more *safeTALK* participants.

You might be wondering...

How long?

When you follow *safeTALK* standard procedures or options, do not add things and do not leave things out. *safeTALK* is expected to be minimally three hours and optimally three and one-half hours long.

The length of *safeTALK* can be expanded to fit time frames as long as a day. There are several clearly identified supplementary slides and activities. Notes 28 and 36 provide guidance on how to build in more practice opportunities in *safeTALK*.

safeTALK is meant to be presented in one block of time with at least one break. If a meal is to be served, it should be before or after *safeTALK*. (See *safeTALK Organizer Guide* on the LivingWorks public website and the trainer website.) Depending upon the expectations your group normally has for breaks, you may wish to allow longer breaks or more of them. *safeTALK* can be presented in three and one-half hours but it is best to block off a normal half-day, even if that is longer or shorter than three and one-half hours. The extra time allows for individual contact at the end of the presentation or during breaks. If not needed, the participants can go to lunch early or go home early.

How many trainers?

No more than two trainers can deliver *safeTALK*. Provisional trainers should use the Chapter 4 Standard Procedures using all co-trainer video segments.

NOTE: trainers will not receive credit for reports submitted 12 or more months after the date of the workshop.

What about the Community Support Resource Person?

A Community Support Resource Person is required at *safeTALK*. We recognize that situations may arise when this is not possible, and we expect this to be clearly indicated in your report. Your Community Support Resource Person is willing and able to do a suicide intervention and/or to provide initial help to a person who might uncover loss issues.

Since all *safeTALK* trainers are also trained in *ASIST*, there exists the option to use another *safeTALK* trainer as your resource. Because *safeTALK* is almost always implemented on a large scale, there are very likely to be other *safeTALK* trainers in your community. In learning *safeTALK*, it is advantageous to share the presentation of it and, in effect, to share the Community Support Resource role. But, in doing so, it is essential to keep in mind that both trainers must be familiar enough with all parts of the presentation that if one happens to be out of the room providing support the other trainer can continue and complete the training if necessary. If this is not the case, and it seldom is for provisional trainers, it is much better to have a designated community support person present for the duration of the training.

How do I find the KeepSafe Connections?

Prepare a list of resources that are known to be skilled in suicide first aid help—such as is taught in *ASIST*—and gather any information about local policy about suicide in advance of any *safeTALK* training. Your host can help you find out what types of suicide intervention resources are available in the community and how they are accessed—including any limitations on access. Your host can also help estimate the adequacy of these resources to provide interventions to the number of *safeTALK* referrals that might be made.

How many participants?

safeTALK allows for a minimum of 10 and up to 30 participants. We recommend a minimum of 15 participants to create a balance between challenge and safety. It is possible to train up to 40 people with two trainers. If you have more than 40 participants, consider providing two sessions or making a waiting list for your next *safeTALK*.

If you deliver *safeTALK* in a situation or community where you believe your numbers may be consistently fewer than 10, please contact our *safeTALK Trainer Consultant* for support and to discuss your particular situation.

What about youth participants?

safeTALK is suitable for youths aged 15 and older.

We highly recommend having mixed groups of parents, teachers and students when presenting *safeTALK* to high school youths. This results in conversation across age groups, and a greater appreciation of persons in each group.

Practice wisdom suggests that a group of 15-24 participants will increase the safety in all-youth groups.

When invited to deliver *safeTALK* to an all-youth group, refer to the *safeTALK for Youth* document in the earliest stage of your planning. You can find this document in the All Programs Documents Center of the website's Members area.