LifeSavers Training

Date: 2011 (For resources, this is the publication date. For programs, this is the date posted.)

Information

Type: Program/Practice, Education/Training Program
Organization: LifeSavers Training Corporation
Costs: The 3-day LifeSavers training costs approximately $230 per participant with a minimum of 45 student trainees. Schools are responsible for transportation. Application for reduced fees on a sliding scale is available. Contact Kelley Gardiner for more information.

Contact

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LifeSavers Training is a three-day suicide and crisis prevention program that trains high school students to listen to peers compassionately and confidentially using specialized techniques designed to help them make healthier decisions. Trained LifeSavers intervene, often quietly and behind the scenes, to help prevent difficult situations from developing into crises. With the help of the non-judgmental and confidential support provided by LifeSavers, troubled peers and friends are often able to find their own solutions to their problems.

LifeSavers also acquire the ability to discern when problems are more serious and then ensure that the troubled student connects with a responsible adult. The skills LifeSavers learn help them step out of their comfort zone, take the initiative to recognize and respond to others’ needs, value diversity, and value themselves. Students carry these skills and values on into their adult lives.

The original LifeSavers Training curriculum was developed at Belleville (Illinois) East High School in 1980, using some original materials and considerable adaptation from existing programs that were recognized as effective. LifeSavers Training Corp. was incorporated as a not-for-profit in 1998 following years of implementation of the training in additional schools by volunteers. The curriculum has been continually updated and enhanced with materials and activities that have proven effective for the current audience of young people (often with their input).

Program Objectives

Students who participate in the LifeSavers Training program will have:
1. Increased understanding of warning signs of suicide.
2. Greater ability to intervene with students who may be at risk for suicide.
3. Greater knowledge of referral points for students who may be a risk for suicide.
4. Enhanced listening skills.

Implementation Essentials

- If implemented in a school setting, a school-based crisis management plan, such as that found in the Maine Youth Suicide Prevention, Intervention, and Postvention Guidelines should be adopted prior to implementing the LifeSavers Training program.

2012 NSSP Objectives Addressed:

Objective 7.1: Provide training on suicide prevention to community groups that have a role in the prevention of suicide and related behaviors.

Links within this resource
[1] mailto:ExecutiveDirector@lifesaverstrainingcorp.org

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