

## ONE TO TWO HOUR VITALCOG PROGRAMS

In this training, participants will engage in videos, group discussions, and practice to raise awareness and create a better understanding of their role in suicide prevention.

### Chapter 1

- Discuss prevalence and reason why it is important to have conversations
- Includes: video, group discussion

### Chapter 2

- Discuss risk factors and warning signs through the Interpersonal Theory Model
- Includes: video, group discussion

### Chapter 3

- Discuss the value (and necessity) in having direct conversations about suicide
- Includes: video, group discussion, practice

## TRAIN-THE-TRAINER CERTIFICATION PROGRAM

In this full day training, participants will learn the skills, tools, and knowledge to facilitate the training within their own organization. This training is designed for those who have an interest, commitment, and capacity to provide the 1-2 hour suicide prevention training.

The training includes opportunity to learn more about the statistics and facts on suicide along with the impact on individuals, families, and communities. Participants will be able to practice facilitation and learn from other trainers on best practices in delivering the program.

[www.vitalcog.com](http://www.vitalcog.com)

To learn more or schedule a training  
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**Suicide prevention** is personal, but it is also a public health issue, which affects work, communities, and families. By improving an employee's understanding of mental health and suicide prevention, they can be a key partner in the effort to prevent suicides by promoting mental health and encouraging early identification and intervention.

**VitalCog®** Programs train individuals in specific industries or populations on the critical need for suicide prevention while creating an opportunity for open conversations and resources. Our vision is to cultivate communities who are aspiring to eliminate the devastating impact of suicide.

### **VITALCOG SUICIDE PREVENTION HAS SPECIALIZED PROGRAMS FOR THE FOLLOWING**

- Construction (VC-C)
- Extraction (VC-E)
- The Workplace (VC-W)
- Athletic Staff (VC-AS)
- Student Athletes (VC-SA)

## **STRATEGY AND APPROACH**

1. Build a network of individuals to provide guidance on suicide prevention and intervention.
2. Provide evidence-based and relevant training to raise awareness, as well as capacity, confidence and competence in suicide prevention, mental health support and resiliency.
3. Promote a culture to aspire to a “zero-suicide” mindset through safe and effective communication and engagement.

## **GOALS**

- To reduce stigma and raise awareness around mental health and suicide prevention
- To promote open dialogue around mental health
- To encourage help-seeking and help-giving behaviors



### **THE PROBLEM**

Suicide rates **are increasing**



### **THE SOLUTION**

**You.** By understanding and engaging in suicide prevention

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### **AFTER THE TRAINING, PARTICIPANTS FEEL**

- Knowledgeable about suicide prevention
  - Confident talking about suicide and getting help
  - Likely to apply what they learned
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