

Overview of Umatter® programs through AWARE grant

Umatter® Suicide Prevention Awareness and Skills Training

Format: 2-hour virtual or in-person (can be modified for Caregiver/Student nights and/or Community nights)

Intended Audience: General public, not clinical training as the goal is to provide awareness and build knowledge and skills

This is a Suicide Awareness training (formerly referred to as Gatekeeper training) that aims to enhance knowledge, comfort, and skills to identify those at risk for suicide in your organization or community, and resources to get help. Participants will learn about risk factors and warning signs of suicide and protective factors to build resilience. Participants will learn a 3-step process and gain confidence to respond to someone in crisis by practicing skills and gaining resources.

Umatter® for Schools

Format: Combination of live Zoom sessions (typically 4 sessions for 1.5 hours each) and asynchronous learning through Moodle platform

Intended Audience: Teams of at least 7 school professionals from each LEA (counselors, nurses, health educators, mental health providers, and administrators)

Umatter® for Schools aims to help teams build comprehensive suicide prevention awareness through thoughtful reflection and conversation. Teams will develop an understanding of roles and responsibilities, learn about suicide prevention curriculum, and protocols for prevention/intervention/postvention, and be positioned to teach and train other school employees awareness basics in the effort to fortify a solid suicide prevention foundation and culture within the school community.

Contact Deana Chase (deana@healthandlearning.org) when your LEA has your team of 7 ready. Deana will provide you with the link to register and the FREE CODE to use. Umatter® for Schools starts October 1, 2024.



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