

# Suicide Prevention Training Phase III Annual Sustainment

USAASC



# “ACE”

“A” = “Ask”

“C” = “Care”

“E” = “Escort”

**“ACE” Refer to your “ACE” card and review the responsibilities you have in suicide prevention and intervention.**



# What Does “ACE” Training Offer?

- ▶ **“ACE”** teaches us how to recognize the warning signs of suicidal behavior in fellow teammates.
- ▶ **“ACE”** targets those teammates most at risk for suicide and the least likely to seek help due to stigma.
- ▶ **“ACE”** increases a teammate’s confidence to ask if a fellow teammate is thinking of suicide.



# Ask

Kevin Hines -  
Mental Health  
Advocate Suicide  
Survivor

Instructions : Click on Blue  
Area to the Right or  
Hit the "TAB" key then  
"ENTER" to view the Video

For text, "TAB" twice then  
"ENTER" or [CLICK HERE](#)

If you have concerns,  
Ask...





# Care

Kevin Hines –  
Continued

Instructions : Click on Blue  
Area to the Right or  
Hit the "TAB" key then  
"ENTER" to view the Video

For text, "TAB" twice then  
"ENTER" or [CLICK HERE](#)

Care .....  
[CLICK HERE](#)



# Escort – Get Help / Give Help

Kevin Hines –  
Continued

Instructions : Click on Blue  
Area to the Right or  
Hit the "TAB" key then  
"ENTER" to view the Video

For text, "TAB" twice then  
"ENTER" or [CLICK HERE](#)

If you are thinking  
About hurting  
Yourself, get help...

There's help...and  
there's  
Hope



# Protective Factors

Protective factors “enhance resilience and may serve to counter balance risk factors.”

## Individual Protective Factors ...

- ☐ Cultural and religious beliefs that discourage suicide and support self-preservation
- ☐ Coping/problem solving capabilities
- ☐ Support through ongoing health and mental health care relationships



## Some More Individual Protective Factors ...

- ❑ You have a reason for living
- ❑ Family supports (spouse & extended family)
- ❑ Skills to recognize and respond to signs of risk
- ❑ Resiliency, self esteem, direction, purpose, determination, dedication, and optimism
- ❑ Support through the Chaplain, Employee Assistance Center, fellow teammates, family and friends



# Organizational Protective Factors

- ❑ Sense of purpose and dedication to mission of supporting the “Warfighter”
- ❑ Sense of social support and belonging in the organization
- ❑ Staying connected with friends
- ❑ Cultural values affirming life
- ❑ Caring Leaders



# Stay Positive

Drew Carey  
Actor,  
Comedian &  
Game Show  
Host

Instructions : Click on Blue  
Area to the Right or  
Hit the "TAB" key then  
"ENTER" to view the Video

For text, "TAB" twice then  
"ENTER" or [CLICK HERE](#)

You are never  
alone...  
There are always  
other Options...

**Ask –**

**Speaker - Kevin Hines**

One of the best things you can do if you think someone is suicidal in your family, instead of ignoring the issue, ignoring the thoughts you have that maybe that person wants to hurt themselves. You walk up to that person, you sit them down and you say “Are you thinking of hurting yourself? Are you thinking of suicide?”

One of the common misconceptions we have in this society is that you say the word suicide and someone will go do it. That’s not how it works.

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## Care –

Kevin Hines continued (soft music playing in background): In 2000, the year 2000. I became so depressed within every week, that I was spinning out of control. I decided that I had to die. And so that was the decision I made, I was going to go to the Golden Gate Bridge and jump off.

I walked upon that bridge for, I would say probably was 30-40 minutes, crying my eyes out. You know, I was hoping that someone would come up to me and say “Are you O.K.? Is something wrong? Can I help you?” and I had made a pack with myself, that if anybody said that, I would tell them everything.

I was so shameful that I couldn’t speak out to anyone (about) the pain I was in... Thus, I ended up leaping off that bridge. And at the moment of freefall, I said “God, please save me. I don’t want to die.”

My Dad always used to say to me “Kevin, you’re in 2 feet of water and you’re drowning, stand up.” If you’re in 2 feet of water right now, stand up, walk forward. It’s O.K. to ask for help. Nobody can do it all by themselves. Nobody. (Music Fades)

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## **Escort –Kevin Hines continued**

And even, sometimes I still have those inklings of suicidal thought. It still comes in my mind sometimes and I have to step on it and walk forward. I have too much responsibility, not only to myself but to my faith and to my family.

If you are thinking, even if you have an inkling of suicidal thought, or ideation if you're thinking of hurting yourself, please understand that there is great help out there and there is great hope out there.

You can overcome these suicidal thoughts because suicide is a permanent solution to a temporary problem.

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## **Stay Positive - Speaker Drew Carey**

(Upbeat music playing) I'm the way I am now because of actions I've taken and advice I got and surrounding myself with positive thinking people and positive environments, and honestly I do see a therapist. Now, I'm glad I do. If you think it's weak to have somebody see a counselor or somebody get help for a problem, you're living in the fifties. Seriously, check your watch.

(Audience cheering) It's a great day to be alive Isn't it! Isn't it great to be alive!!

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