

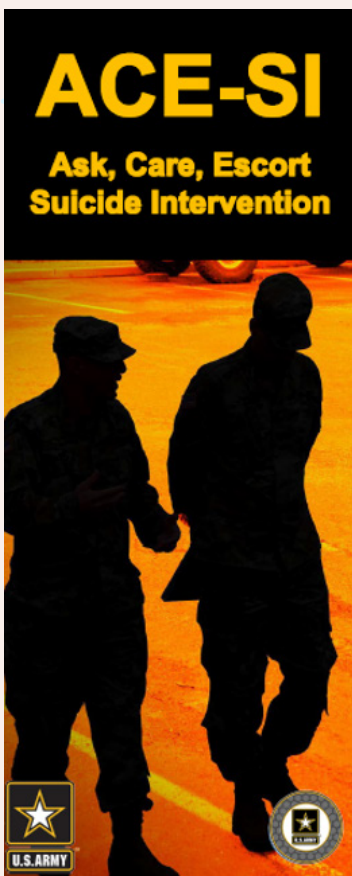


# JBLM DPFR - Risk Reduction Suicide Prevention Program

# ACE-SI Training

Learn the skills to intervene in a suicide situation

Ask, Care, Escort Suicide-Intervention (ACE-SI) is a two-day, 16 hour T4T course available to SSG and above. Content includes communication skills, risk and protective factors, stigma, warning signs, intervention skills, and the ACE method of suicide prevention. Please contact Ms. Jennifer Grasty to get scheduled.



## 1 ASK

### Conversation Tools

**Open-ended:** How are you feeling right now?  
**Affirm:** It takes courage to recognize when you need help  
**Reflect:** So, you are saying you feel...  
**Summarize:** Let's make sure I understand what you're saying...

Be DIRECT

“Are you thinking about killing yourself?”

\*\*\*Asking does NOT increase the risk that someone will kill themselves\*\*\*

Soldier Comment	Reflect	Open Question
"I can't go on this way."	"You realize it's time to change something."	"Where do you think we should begin?"

Self-screening tool: [https://screening.mentalhealthscreening.org/Military\\_NDSD](https://screening.mentalhealthscreening.org/Military_NDSD)

## 2 CARE

### Empathy

ADP 6-22  
 2-23. Army leaders show empathy when they genuinely relate to another person's situation, motives, or feelings. Empathy does not mean sympathy for another, but a realization that leads to a deeper understanding.

Conveying Empathy

- Evaluate from another's perspective
- Identify & encourage common goals
- Recognize emotions
- You don't need all the answers
- You don't need to provide a fix

“I've been there too, I'm glad you told me.”

## 3 ESCORT

### Know your resources to escort someone to help

- Remain calm
- Stay with the person
- Get assistance
- Call ahead
- Know what to expect
- Offer honest reassurance



It is your duty to escort a Soldier if you believe they may be at risk.



Joint Base Lewis-McChord  
 Directorate of Personnel & Family Readiness

**JBLM DPFR**  
 Your Community Navigator

Suicide Prevention Program Manager  
 (253) 477-3810 | [jblmdpfr.com](http://jblmdpfr.com)  
 Follow us on Social Media: @jblmdpfr

DPFR Risk Reduction is located in Waller Hall on JBLM Lewis-Main, and provides education & early intervention to help commanders and service members reduce lifestyle risk factors to increase healthy outcomes. For information on additional services and/or resources, call 253-967-4530



← SCAN/CLICK TO EMAIL

Ms. Jennifer Grasty

Suicide Prevention Program Manager

(253) 477-3810 | [jennifer.j.grasty.civ@mail.mil](mailto:jennifer.j.grasty.civ@mail.mil)

