



## OVERVIEW

Listen-Learn-Lead© (L3) Suicide Intervention is a one-day workshop in suicide intervention. L3 principles will benefit individuals from all walks of life and offers applications in various life situations. 5 CE credits are available for mental health professionals and POST credit for law enforcement agencies in states that reciprocate with the state of Georgia. AFM is the exclusive provider of L3 Training and is facilitated by AFM certified instructors. L3 is the premier workshop in AFM's *I WILL INTERVENE CHALLENGE*. Nearly 7,000 individuals have participated in the Challenge across the USA since 2013.

## DISCLAIMER

L3 is intended to provide general information for educational purposes only. The L3 presentation is not a substitute for medical or other professional care, and you should not use the information in place of a visit, call consultation or the advice of your physician or other healthcare provider. The L3 presentation is not intended to create or establish ministerial duty for law enforcement, teachers, counselors, administrators, or other individuals who must implement a given policy.

## SYLLABUS

### Workshop Objective

- Increased Personal Awareness
- Understanding of ways beliefs and attitudes help and hinder ability to intervene
- Examination of the various components of the L3 Model
- Demonstration of participant's skills to utilize the model in simulation exercises
- Recognition of the various community resources for further assistance as needed

### Anonymous Survey of Workshop Community

- Personal motivation for participation
- Degree of experience with the subject

### Community Impact of Suicide

- Discussion of suicide stats within the community
- Focus on the law enforcement, veteran and teen population

### Understanding the L3 Model

- Origin of the model
- Components of the model
- Questions raised within each component
- Transitions through the model

### Practice

- Practice listening - 6-minute audio simulations
- Practice doing – 2 participant interactive simulations

### Understanding the Difference Between Signs and Risk

- When signs are present
- When there are no signs

### The Vortex of Suicide

- Instructional learning on the various circumstances that can lead to suicidal thought

### Meet Rusty

- Small group learning exercise addressing the signs, risk and resilience factors

### Building Rapport

- Discussion of the importance and means of establishing a helping relationship
- Facing our own fears
- Every “Why” is Unique
- What MUST you learn?

### Complete the Leading Component

- Transition to safety
- Engaging a network of care

### Building Resilience for Both Caregiver and Person at Risk

- Detailed discussion of resilience building
- Benefits of exercise
- Care for the Caregiver

### Final Simulation Exercise

- Case study of a 2008 suicide by law enforcement member
- A better outcome

### The Paradox of Suicide

- The Appearance Paradox
- The Caregiver Paradox
- The Faith Paradox

### The Next Step

- Building a Culture of Health – the network of community care
- Overview of LOSS Teams (Local Outreach to Suicide Survivors)

**Call us today to discuss your training needs. We look forward to hearing from you**

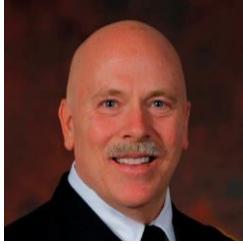
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**ken@AFMfamily.com**

**Visit our Website at**

**www.Intervention.Institute**

## Meet your facilitator



Chaplain Kenneth Koon commissioned into the US Army Reserve in 1991 and returned in 2010 with primary responsibility of suicide intervention and training. He currently serves more than 7500 Soldiers and their families as the family life chaplain with the 80th Training Command, USAR. As the Primary Suicide Intervention Officer in his previous unit he led the team that sustained a Zero Suicide Rate for five years in a unit covering soldiers in 13 states.

In his role as AFM Executive Director, Chaplain Koon has shared his personal story of bouncing back with various commands including Military Intelligence Command, Army MEDCOM and various military leadership conferences throughout the nation and in our nation's capital. He has worked with more than 32,000 Soldiers to build personal and spiritual resilience and has personally conducted more than 500 successful suicide interventions.

Chaplain Koon is the developer of the Listen-Learn-Lead Suicide Intervention Training Model (L3) now used by school districts and other organizations. L3 began as a model to assist Commanders in addressing the issues of toxic leadership. AFM staff quickly recognized the L3 model to have efficacy in suicide intervention training and thus a movement was born - the *NO MORE SUICIDE* Campaign. No More Suicide has become the rally cry of Armed Forces Mission to calling individuals from all walks of life to participate in AFM's *I Will Intervene Challenge* training workshops.

Chaplain Koon is a graduate of North Georgia College (the Senior Military College of Georgia) and was trained in ethics at West Point's Center of Army of Professional Ethic (CAPE). He is an Army certified master trainer of suicide intervention; in 2014 he led the largest training of soldiers in the USAR. Chaplain Koon serves as a CIT (Crisis Intervention Team) Chaplain for the Peachtree City Police Department and is a member of the Georgia Chiefs of Police Association. He is the developer of the first LOSS (Local Outreach to Suicide Survivors) Team for the state of Georgia and hosted Georgia's first LOSS Conference in August of 2016 with participants from five states attending the event. He and his wife, Sherry reside in Sharpsburg, GA and have four grown sons.

### Clients Served

International Law Enforcement Educators and Trainers Assoc.  
Carroll County Sheriff's Office  
Carrollton Police Department  
Fayette County Sheriff's Office  
Lithonia Police Department  
Peachtree City Police Department  
Pike County Sheriff's Office  
Upson County Sheriff's Office  
Winder Police Department  
Military Intelligence Command USAR  
American Foundation for Suicide Prevention  
Army Medical Command  
Sergeant Majors Conference  
Piedmont Fayette Hospital  
Atlanta VA Peer Support Specialist  
American Heroes Network Radio  
Legacy Leaders Network Radio  
Corporations, faith and civic organizations

### Education and Awards

- Master of Divinity
- Doctorate in Counseling
- Clinical Pastoral Education
- Command General Staff College
- Crisis Intervention Team (CIT)
- Community Emergency Response Team (CERT)
- Trinity Awards 2016  
Emergency Responder of the Year

