

Suicide Awareness and Prevention

Proposed Training, per SDCL 13-42-71
Spring 2025

CALM Conversations on Access to Lethal Means

By: CALM Counseling on Access to Lethal Means

- *Quick Description:* CALM is a practical intervention to increase the time and distance between individuals at risk of suicide and the most common and lethal methods of suicide, particularly firearms. The oldest and most widely-used training on lethal means safety, CALM, teaches why means matter and equips individuals with tools to intervene effectively with those at risk for suicide both upstream – before a crisis hits – and as well as in times of crises.
- *Format:* In-Person or Online, Live Group Training
- *Duration:* 90 minutes
- *Evidence Base:*
 - Federal lists or registries of evidence-based interventions
 - Reported positively in peer reviewed journals
- *Includes Information on Youth Suicide Risk Indicators:* Provides details on multiple risk factors for suicide with changes in behavior, life circumstances, and easy access to lethal means.
- *Includes Appropriate Educator Responses and Referral Sources:* Provides detailed steps to help a distressed person, including how to ask about suicide and respond, and a list of resources to connect the person to support.
- *Cost:* \$300 per training that includes instructor costs and materials and additional cost of mileage for in-person workshops more than 20 miles outside of Sioux Falls.