



## ASK, CARE, ESCORT-SUICIDE INTERVENTION (ACE-SI)

### WHAT IS IT

As the Army's enhanced suicide prevention unit training program, ACE-SI empowers service members by providing comprehensive instruction on how to appropriately and deliberately intervene in crisis situations, and to recognize and assist at-risk individuals who are dealing with challenges.

The program teaches participants to remain calm, ask directly about suicidal ideation, express empathy and safely escort at-risk individuals to the appropriate response agency or to remain with them until help arrives. Under ACE-SI, Army members are taught their roles in postvention response after someone dies by suicide as well as their reintegration responsibilities for individuals returning from after receiving behavior-health support.

### TARGET AUDIENCE

All Army members should take this training, especially leaders, who hold positions of trust and can encourage subordinates to seek help. Examples include:

- Army first-line leaders
- Army Civilian supervisors
- Soldier and Family Readiness Group leaders



### TYPES OF LESSONS

Based on scientific literature concerning suicide and best practices for intervention, the program includes record training for suicide prevention: ACE Base +1 training, material to include *Reducing Stigma*, *Active Listening*, and *Practicing ACE*. The Base module is required annually and includes the steps of "Ask, Care, Escort" and then unit leadership elects one of the three +1 modules to train. In addition, the program covers risk factors for harmful behaviors and protective (resilience) factors. Certified ACE-SI instructors explain the far-reaching effects of suicide and Army members' prevention and intervention responsibilities. They arm students with conversation tools to promote active listening so that individuals in crisis feel heard and understood.

All Army units will have ACE-SI trainers to support commanders with prevention and intervention. It is recommended that they conduct the annual Personal Readiness Training, ACE Base +1, for their units. Instructors are supported by a behavioral health professional or on-call chaplain.



## ACE-SI CONVERSATION TOOLS

ACE-SI training uses the following conversation tools:

- **Open-ended questions:** These queries will elicit more than a yes/no response; they allow someone to tell you more of their story than a close-ended question.
- **Paraphrasing and clarifying:** Using this technique helps convey that you heard what was said and want to make sure you understand.
- **Affirmations:** These are statements that recognize the strengths of the individual and that highlight behaviors that can result in positive change.
- **Reflective listening:** This type of listening lets the at-risk person know that they have accurately told their story.
- **Summarizing:** By recapping key elements of the conversation and identifying the most important points, the listener demonstrates to the at-risk person that they have been understood.

## WHY ACE-SI TRAINING IS IMPORTANT

ACE-SI is the Army's only suicide intervention training program and teaches participants the warning signs of mental health challenges as well as how to appropriately intervene with individuals who exhibit them. The program shows service members at all levels how to promote help-seeking behavior and intervention, with the goal of ensuring the wellness, health and morale of everyone in the Army community. ACE-SI supports the Army's People First initiative by building cohesive and resilient teams through strategic suicide prevention and response planning.

## WHO CAN CONDUCT ACE-SI TRAINING

Every unit/organization will have a training-certified leader, Suicide Prevention Program Manager (SPPM), chaplain, Religious Affairs Specialist or behavioral health counselor to provide in-person training. ACE-SI Trainers (T-2, T-3, T-4) should be selected by their immediate Commanders, Civilian leaders, installation Suicide Prevention Program Coordinators (SPPCs), and COMPO SPPMs and are certified by attending training workshops conducted by National Guard Bureau (NGB) Ready and Resilient Schoolhouse or HQ U.S. Army Installation Management Command (IMCOM). The Army has found that small-group suicide prevention training sessions are more effective and encourage participation and discussion among Soldiers, Civilians and Circle of Support.

## HOW TO SCHEDULE ACE-SI TRAINING

To schedule ACE-SI training, follow this link:

<https://www.armyresilience.army.mil/ard/R2/I-Want-to-Schedule-Training.html>.

## WHERE TO FIND ACE-SI EDUCATIONAL MATERIALS

Materials on the program can be found at:

<https://www.armyresilience.army.mil/suicide-prevention/pages/about.html>.

## LEARN MORE

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