



## PA American Legion “Be The One” training at September Department Executive Meeting

As part of The American Legion Be the One mission to end veteran suicide, we have joined forces with Columbia University to develop training for those who want to learn more about interacting and responding with veterans who may be in crisis.

After the training, participants will be able to:

- Use the Columbia Suicide Severity Rating Scale to determine at-risk individuals.
- Identify risk factors and warning signs
- Outline the types of suicidal ideation and four behaviors that indicate imminent risk.
- Communicate effectively with an individual who may be at risk of hurting themselves.

The PA American Legion will host an in person “Be The One” training, which is aimed at reducing the number of veterans lost to suicide. The American Legion is leading a nationwide effort — Be the One— to eliminate the stigma related to mental health treatment, and in turn, lower the number of veterans who die by suicide every day.

The number of veterans who die by suicide every day is estimated at between 17 and 22. The American Legion has elevated Be the One to be its primary mission, empowering veterans, servicemembers, their family members and civilians to act appropriately when a veteran may be at risk. This event intends to bring more awareness to the problem while providing resources to those who may be able to help save the life of a veteran.

**Time: 10:30 a.m. Date: 09/22/24**  
**Red Lion Hotel, 4751 Lindle Road, Hbg, PA 17111**  
**For more information: Contact Department Adjutant Hogan at**  
**717.730.9100 Ext 111 or at [jwoodyhogan@pa-legion.com](mailto:jwoodyhogan@pa-legion.com)**

For more details on the Be the One mission, please visit [betheone.org](http://betheone.org).

**This event is open to all Legion Family members**  
(Registration not required)

All Department Executive members are highly encouraged to stay for the training after the Sunday DEC ends.

Training schedule is approx. 1.5 to 2 hours

You are welcome to bring along Legion Family members as well. This is a great opportunity to help in the community and amongst other Veterans like yourself.

We hope to see you there!

