

VR Headsets

Virtual Reality Head Sets (45 min per session)

This is a Virtual Reality Session for Suicide Prevention Training. 20 People can be done simultaneously.



ByStander Intervention Training for Alcohol Servers

This is mandatory for anyone serving alcohol on base a job or volunteer. This can be done in person or online be done
Contact us to request a class.

Commanders call/ Tabling Events

Please contact our office to set up an event. IPRO will assist in the coordination of having Helping Agencies at your event. One month notice is preferred.

We are happy to help the well-being of our Total Force Military, Civilians and Dependents!

-JB MDL IPRO Team

Integrated Prevention and Resilience Website



Integrated Prevention and Resilience Facebook



2504 POW/MIA Blvd
Joint Base McGuire-Dix-Lakehurst, NJ
08641

Phone: 609-754-5718
Org Box: 87ABW.CVB.IPRO@us.af.mil

WE CARE! We are here to help you !



**Professional &
Personal
Development
Opportunities**

**Integrated Prevention
and Resilience
Office**

Prevention

ASIST (2 Day)

Applied Suicide Intervention Skills Training is a two-day workshop that teaches

participants to use a suicide intervention model to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safe plan based upon a review of risk, be prepared to do follow-up, and become involved in suicide-safer community networks.



SafeTALK (3 hrs)

Suicide Alertness For Everyone; Tell, Ask, Listen and KeepSafe is a suicide prevention

program designed to teach members how to recognize people who might be having thoughts of suicide. They also learn how to connect the individual at risk to suicide first aid and intervention caregivers for assistance.

BECOME SUICIDE-ALERT



Resilience

Module 1: Values and Strengths

Gratitude (30 min.) - Help build positive emotion and cope with daily hassles/stress.



RESILIENCE

Values Based Goals (1 hr) - Provide a sense of purpose and prioritize what's important.

Bring Your Strengths (1 hr) - energize and boost performance. ****advanced work required****

Module 2: Resilient Thinking

Reframe (1 hr) - Become more aware that how you think about an event drives your reactions and understand the difference between your thoughts, emotional reactions and physical reactions.

Balance Your Thinking (1 hr) - See situations accurately and respond in ways that align with your values.

Celebrate Good News (1 hr) - Strengthen and maintain relationships but improving how you react.

Module 3: Focus and Attention

Mindfulness (1 hr) - Stay present and engaged while improving your focus and the ability to focus on what is important.

Physical Resilience (45 min) - Improve productivity and energy while enhancing your mood.

Stress Management (1 hr or 4 15 mins segments)

Diaphragmatic Breathing

Mindfulness in the Moment

Progressive Relaxation

Visualization



Team Building

True Colors (2-3 hrs)

Improve your team's communication by learning about each individual's personality type. It helps us see and use different ways of rewarding and supporting people's natural behaviors and values. Learn together how we all have the full spectrum of colors and how to work better with your team.



Emotional Intelligence (4hr or 8 hrs)

****advanced work required****

Emotional Intelligence (EQ) is how you handle yourself and others on the job. This program has one purpose, to increase your EQ. Broaden your awareness of the role of your emotions in your job, your professions and in your unit.

Your EQ consists of 4 core skills.

Self-Awareness - Ability to accurately perceive your own emotions and stay aware of them as they happen

Self-Management - Ability to use awareness of your emotions to stay flexible and positively direct your behavior.

Social Awareness - Ability to accurately pick up on emotions in other people and get what is really going on.

Relationship Management - Ability to use your awareness of your emotions and the emotions of others to manage interactions successfully.