

CVN'S LETHAL MEANS SAFETY (LMS) TRAINING

Additional Resources



Cohen Veterans
Network

The CVN LMS Training is focused on preparing clinicians to speak about Lethal Means Safety with clients at risk of suicide. There is a specific focus on how to speak with firearm owners about increasing time and distance between them and the firearm during times of suicidal crisis. Because the focus of the training is on a clinical conversation, the following resources provide expanded information for research, data, statistics, local resources, state-specific information, additional educational assets, suicide prevention organizations, government initiatives, and other elements that inform the broad spectrum of LMS topics.

Annual Statistics

The following resources provide a wealth of data and helpful infographics regarding broad statistical rates and trends, as well as suicide-specific data broken down by suicide method, sex, gender, age, and other demographic variables:

- **Suicide Awareness Voices of Education (SAVE):**
<https://www.save.org/learn/suicide-statistics/>
- **National Veteran Suicide Prevention Annual Report**
https://www.mentalhealth.va.gov/suicide_prevention/data.asp
- **Annual Report on Suicide in the Military**
<https://www.dspo.mil/>

Suicide Prevention Non-Profit Organizations

The following websites offer detailed information, research, training, and support related to suicide prevention for professionals, survivors of loss, those with lived experience, and the general public:

- **The American Association of Suicidology**
www.suicidology.org
- **American Foundation for Suicide Prevention**
www.afsp.org

Additional Educational Resources

The following resources provide additional education and training programs for Lethal Means Safety:

- **The Harvard “Means Matter” website** was one of the first resources specific to lethal means safety. It remains an outstanding website for quick access to comprehensive, detailed information on data and research, as well as state-by-state LMS/firearm public health and educational efforts.
<https://means-matter.hsph.harvard.edu/>
- **The Counseling on Access to Lethal Means (CALM) course** is highly regarded, well-known, and an exceptional tool for clinicians. The CALM course provides LMS strategies for all methods of suicide, and is available at no cost. It is available through several connected organizations, including the Education Development Center, Zero Suicide Institute, and the Suicide Prevention Resource Center:
<https://sprc.org/online-library/calm-counseling-on-access-to-lethal-means/>
- **PsychArmor** provides several hundred education courses focused on serving military, Veterans, and their families. While they have several courses on Lethal Means Safety for professionals, they also have a very good LMS course intended for any audience: “Suicide Prevention and the Secure Storage of Firearms: Conversations for Everyone”
<https://learn.psycharmor.org/courses/suicide-prevention-and-the-safe-storage-of-firearms-conversations-for-everyone>



Academic Institution Resources

Several academic institutions have devoted significant resources to research and public health efforts to reduce firearm injury and preventing suicide. These two areas of focus overlap in the specific sector of Lethal Means Safety. While not all efforts by these institutions are specific to LMS, LMS is imbued throughout their efforts. A wide variety of research, infographics, state-wide efforts, national initiatives, general education courses, detailed information about Extreme Risk Protection Orders, and other community-level resources can be found at these sites:

- **University of Michigan Institute for Firearm Injury Prevention:**
<https://firearminjury.umich.edu/>
- **University of Colorado Anschutz Medical Campus, Firearm Injury Prevention Initiative:**
<https://medschool.cuanschutz.edu/emergency-medicine/major-programs/firearm-injury-prevention-initiative>
- **New Jersey Gun Violence Research Center:**
<https://gunviolenceresearchcenter.rutgers.edu/>

Federal Government Resources

The federal government has been a leader and collaborative partner to almost all LMS efforts. Military and Veteran suicide are traditionally well-tracked, with annual reports available from both the Department of Veterans Affairs (VA) and the Department of Defense (DoD) via the Defense Suicide Prevention Office (DSPO). There are also several websites that offer basic tips, educational tools, and additional resources:

- **U.S. Veterans Administration:**
<https://www.va.gov/reach/lethal-means/>
- **Defense Suicide Prevention Office (DSPO): Lethal Means Safety Suite of Tools:**
<https://www.dspo.mil/Home/Tools/Resource-Library/Lethal-Means-Safety/>

Non-Profits focused on Safe Firearm Storage

Several non-profit/educational organizations provide grass-roots, community led messaging and resources specific to lethal means safety and firearms. These organizations provide culturally-informed and -focused messaging from firearm owners regarding feasible lethal means safety tips, strategies, education, and local resources:

- **Hold My Guns:** <https://holdmyguns.org/>
- **Walk the Talk America:** <https://walkthetalkamerica.org/>
- **Pause to Protect:** <https://pausetoprotect.org/>
- **Project ChildSafe:** <https://projectchildsafe.org/>

Resources on Firearm Laws & State Requirements

The below websites provide state-by-state information on firearm laws related to firearm possession, transfer, reporting requirements, mental health policies, and ERPOs:

- **Giffords Law Center:** <https://giffords.org/lawcenter/gun-laws/browse-gun-laws-by-state/>
- **University of Michigan Center for Firearm Injury Prevention:** <https://firearminjury.umich.edu/erpo-by-state/>

Foundational Literature

- Joiner, T.E. (2005). Why people die by suicide. Cambridge, MA: Harvard University Press.
- Anestis, M.D. (2018). Guns and Suicide: An American Epidemic. Oxford University Press, New York.
- Education Development Center & The National Action Alliance for Suicide Prevention. (2019). Lethal Means & Suicide Prevention: A Guide for Community & Industry Leaders: <https://theactionalliance.org/resource/lethal-means-suicide-prevention-guide-community-industry-leaders>