



CLC cohort 2

Catholic LIFESAVER CORPS



About Us

Catholic Lifesaver Corps (CLC) is a team of high school students (Juniors) who will be trained as facilitators of the 4-hour LivingWorks safeTALK suicide prevention program. They will, in turn, offer regular trainings in their respective schools and nearby parishes to educate fellow students on the signs of suicidal ideation and the necessary steps to keep their peers safe.

Contact Us

-  Joe Cotton
(206) 382-4847
-  Archdiocese of Seattle
710 9th Ave
Seattle, WA 98104
-  <https://tinyurl.com/aosmentalhealthministry>



CLC commissioning Mass

Program History

Early 2019 - Jake Novack, a HS student from L.A., experiences a suicide at his school. Unimpressed with the school's response, he is referred to LivingWorks' safeTALK & ASIST workshops.

Late 2019 - Jake petitions to become the first youth safeTALK facilitator from LivingWorks. After many discussions, Jake eventually became a safeTALK facilitator and opened the door for what is now CLC.

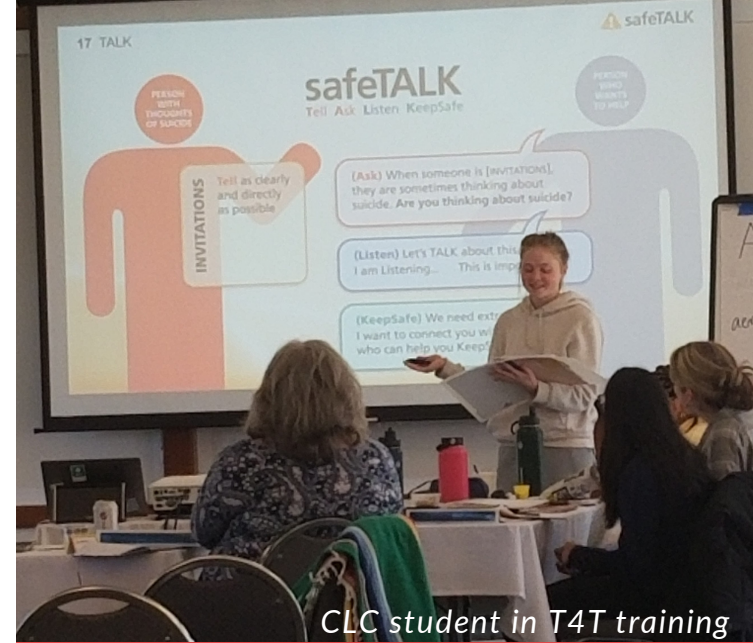
Oct 2021 - Local parishioners and LivingWorks trainers, Cassandra & David Pina, heard about Jake's work and had a

vision to replicate his efforts here in the Archdiocese of Seattle. They reached out to the Office of Pastoral Care & Outreach to collaborate.

Jan 2022 - The Office of Pastoral Care & Outreach launched the Catholic Lifesaver Corps after receiving a donation from a single donor & a gift from the Fulcrum foundation.

Mar 2022 - The Office of Pastoral Care & Outreach hosted its inaugural trainings for its very first cohort of 8 students.

Apr 2022 - Newly certified student trainers lead their first peer-to-peer safeTALK at their high school.



CLC student in T4T training

CLC Trainings

These are the trainings that a CLC student must complete in order to gain their safeTALK facilitator certification

1. **ASIST** (*Applied Suicide Intervention Skills Training*) - This LivingWorks training prepares our CLC participants to intervene with those contemplating suicide.
2. **safeTALK** - This LivingWorks workshop is a 4-hour training on recognizing and responding to the signs of suicidal ideation.
3. **safeTALK Training for Trainers (T4T)** - This LivingWorks training is a course on how to facilitate a safeTALK workshop.



CLC students meet Jake Novack