



Discussing Lethal Means Safety for Veterans

Course Information Document

Target Audience: Peers, friends, family, and clinical providers

Instructional Level: Introductory

Course Description:

Firearms are the most used means in veteran suicide. Lethal means safety, an evidence-based intervention, focuses on how to improve the voluntary secure storage of firearms and other lethal means to help reduce suicidal behavior. Increasing the time and space between when suicidal thoughts occur and accessing lethal means has the potential to be lifesaving.

This workshop is designed for **peers, friends, family, and clinical providers** to learn and enhance their knowledge about engaging in lethal means safety conversations. This course provides practical tools and tips for facilitating discussions that promote the voluntary secure storage of firearms.

Learning Objectives:

At the end of this course, participants will be able to:

1. Describe the importance of addressing lethal means safety
2. Identify potential strategies to improve secure storage of firearms

Duration: 2 hours

Where: Zoom

Cost: There is no additional cost to attending this course.

Meet the Presenter

David Rozek, PhD, ABPP
Director of Strategy and Evaluation



David Rozek, PhD, ABPP, is an Associate Professor and a clinical psychologist at the University of Texas Health Science Center at San Antonio. He received his PhD from the University of Notre Dame and completed his residency at the Orlando Veterans Affairs Medical Center. Prior to joining the University of Texas Health Science Center at San Antonio, Dr. Rozek held positions at the University of Central Florida as the Director of the National Center of Excellence for First Responder Behavioral Health at UCF RESTORES and at the University of Utah in the Department of Psychiatry with a secondary appointment as the Director of Training at the National Center for Veterans Studies.

Dr. Rozek's research and clinical expertise are in cognitive and behavioral therapies for suicide, depression, and PTSD. He regularly provides training to clinicians, medical professionals, peers support specialist, and mental health allies on best practices when working with individuals who are at risk for suicide and is an active researcher focusing on how to best improve clinical care.

David Rozek does not have conflicts of interest

Special Accommodations

If you require special accommodations due to a disability, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org one week prior to the workshop so that we may provide you with appropriate service.

Continuing Education

The STRONG STAR Training Initiative offers attendees 2 Continuing Education (CE) Credits for participating in the 2-hour training. To obtain CE Credits, attendees must sign in at the start of the course and sign out after its conclusion. Inquiries regarding CE may be directed via email to admin@strongstartraining.org.

Our continuing education credits have historically been recognized by most professional state licensing boards. However, this is not guaranteed. Please check with your licensing board for verification.

The University of Texas at San Antonio Health Science Center is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Texas Health Science Center at San Antonio maintains responsibility for this program and its content.

Cancellation

For cancellations or additional information, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org

Agenda

15 minutes before start time	Arrival & Sign In
	Background on Lethal Means Safety (LMS)
First hour	Making Conversations Easier
	Introduction to RA(M)P
30 minutes	Role Play: Skill Practice
	Review Role Play
30 minutes	Review RA(M)P
	Debrief
End of training	End of LMS Workshop