



Talk Saves Lives: Supporting Our Veterans Course Information Document

Target Audience: Veteran connected individuals

Instructional Level: Introductory

Course Description:

Talk Saves Lives: Supporting Our Veterans presented by the American Foundation for Suicide Prevention is a one-hour presentation, available in-person or virtually, designed to help audiences learn about the impact of suicide among veterans, along with practical ways to recognize warning signs for suicide, navigate tough conversations, and connect veterans to support in ways that respect their autonomy.

Learning Objectives:

1. At the end of this course, participants will be able to:
2. Learn the impact of suicide on the veteran population
3. Identify contributors to veteran suicide and protective factors
4. Learn how to recognize warning signs in veterans
5. Gain confidence in starting a conversation with a veteran who may be in distress
6. Understand ways to seek and offer support and resources for veterans.

Date: Monday, February 22, 2027

Time: 12:00 PM – 1:00 PM CT
1:00 PM – 2:00 PM ET
11:00 AM – 12:00 PM MT
10:00 AM – 11:00 AM PT

Duration: 1 hour

Where: Zoom

Training Cost: No Fee

Meet the Presenter

Alexander Silva



Alexander Silva serves as the Manager of Military Programs for the American Foundation for Suicide Prevention (AFSP). With Chapters across all 50 states, D.C., and Puerto Rico, AFSP gives those affected by suicide a nationwide volunteer force empowered by research, education and advocacy.

Alexander joined the United States Air Force in 2011 in the Mental Health career field, where he provided clinical care, crisis intervention, and outreach across base communities. He also oversaw addiction treatment as a certified alcohol and drug abuse counselor and broader operations as Mental Health Flight Chief.

After the loss of a friend in 2018, Alexander began volunteering with AFSP, piloting a Military and Veteran Engagement position on the Board of Directors for the National Capital Area Chapter. This role synergized with his experience as Mental Health Flight Chief and enabled his Chapter to host programs across multiple installations to military units that have been affected by suicide.

After 12 years and five assignments, Alexander separated from the Air Force in 2023 to join AFSP's National team as their first Manager of Military Programs, where he currently works to bring his organization's mission to service members, veterans, and their families across the nation.

Alexander Silva has no conflicts of interest to disclose.

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 **1 Continuing Education (CE) Credit** for participating in this training. To obtain CE Credit, 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 Long School of Medicine and the STRONG STAR Training Initiative (SSTI) are approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Texas at San Antonio maintains responsibility for this program and its content.

Cancellations

There is no fee for this training, so no refund applies. Cancellation is not required.

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

Agenda

Please note this agenda is in the **Central Time Zone**

Time	Session
12:00 PM – 1:00 PM	Talk Saves Lives: Supporting Our Veterans
