

Maine American Legion Be the One Training (per the Leadership Ledger Feb. 2024, page 4)

Be The One Training

TRAINING - 2024

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2024 Training Dates (all Saturdays)

- January 27
- March 30
- May 25
- July 27
- Sept 28
- Nov. 30

Training Location

Department of Maine Training Room, 5 Verti Drive, Winslow, ME 04901.

For more details on the **Be The One** campaign visit: betheone.org
American Legion Be the One Campaign

To Reserve Your Spot Email:
jason@mainelegion.org

Today, the #1 issue facing those who served is veteran suicide. According to the National Veteran Suicide Prevention Annual Report. 17 veterans still die by suicide each day, or more than 6,000 each year. The rate of suicide for veterans is more than 50% higher than that of non-veteran adults.

The American Legion is activating a national platform to end veteran suicide. The **Be the One campaign** will: Destigmatize asking for mental health support, creating opportunities for those with mental health issues to speak freely and get the support they need; Provide peer-to-peer support and resources in local communities; Deploy FDA-approved therapeutics for veterans to identify issues and find resources for support.

The article then went on to discuss the first training put on on Jan. 27. Some excerpts:

That led Rumery to collaborate with Maine Legion Family leadership for a free Be the One training session on Jan. 27 at department headquarters. **The session also included VA S.A.V.E. Training**, which Rumery already had taken.

Rumery provided the training alongside Maine Legionnaires Julie Flynn (Post 86) and Jennifer Kimble (Roderick-Crosby Post 28 in Farmington).

The trio delivered the S.A.V.E. Training, but Rumery said they wanted to offer more to those who braved the weather to attend the session. “We didn’t want our members to travel all the way to department headquarters, which is a long way for a lot of people, for just 17 minutes (of training),” she said. “So, we elaborated on the VA S.A.V.E. We talked about the mission of Dan, Lisa and Don, and how The American Legion is going to have this mission to help destigmatize our veterans asking for mental health support.

“We also added empathetic listening. I really believe that that was a huge part of this training: giving our members the tools to actually listen to a veteran when they’re in mental health crisis. Not to dismiss them. The right things to say to them. Make sure that the empathetic listening feels like (the veteran) is being listened to, which I think, a lot of times, veterans don’t feel that way.”

Rumery said 18 Legion Family members attended the training. “It was the perfect amount of people because I felt like they felt comfortable being able to share their own experiences and feel safe in that environment,” she said. “I’m not quite sure if they were in a larger environment ... if they would have been as transparent as they were. It worked out really, really great.”

Three **similar training sessions at department headquarters are planned**, while Rumery said **requests are being taken to travel to posts and deliver the training in person.** She added that as Be the One has continued to grow since its inception in 2022, “People really started wanting more information. ‘What can we do to help?’ ‘How can we learn more?’ At the end of the training, we gave out resource packets to every single person that came, so they can go back to their post/unit/squadron/Riders chapter, whatever the case may be, so they can share the information. “We didn’t want this to just be the 18 people that were there. We wanted them to share this mission as well.”