LifeSavers® is a peer-support, crisis and suicide-prevention program which trains students to be caring listeners in their interactions with their peers. LifeSavers are trained in the following areas:

- Active listening skills
- Confidentiality
- Valuing diversity
- Recognizing signs of suicide, depression, chemical dependency, etc.
- Safely helping friends and peers who are struggling
- How to seek help from trained professionals for peers in trouble
- Making healthy lifestyle choices free of illegal and harmful substances

The training will take place the weekend of March 4th-6th, 2011. If chosen, prospective applicants will attend the entire retreat, at the conclusion of which they will become official members of LifeSavers.

**Application Steps:**

1. Read and discuss the Question and Answer page and the Trainee Criteria page.
2. Complete the application page, writing in 200 words or LESS why you wish to be a LifeSaver.
3. To become eligible for LifeSavers, read and sign the Trainee Pledge after considering all the duties.
4. Submit $75 payment for meals to Jennifer Rose. Checks should be made to LifeSaver Training Corporation, or LSTC. ONLY after payment has been received are you considered a confirmed trainee for this retreat.
Q. What is LifeSavers?
A. LifeSavers is a peer-support, suicide and crisis-prevention training program to help young people cope healthfully with the challenges of drugs and alcohol, peer and family relationships, sexual issues, academic problems, aggression, anxiety, depression, and suicide. LifeSavers is a recognized student organization in twenty seven Illinois and four Louisiana high schools which have chosen to be pro-active in caring for their student population. Now LifeSavers is establishing chapters in colleges and universities.

Q. What does the LifeSavers Program do?
A. LifeSavers trains selected students to be skilled listeners who can responsibly help other students deal with the emotional and situational crises of young adulthood.

Q. How can an untrained student deal with serious emotional problems?
A. Students are not trained to be professional counselors but to be listeners. Young adults will more often turn to one of their peers for help before they ask a professional. By listening, a LifeSaver can assist others in working out personal and emotional problems before they become life-risking. By listening with care, a LifeSaver can provide direction toward professional help when needed.

Q. What characteristics should a LifeSaver have?
A. Both LifeSavers trainees and LifeSavers advisors should be emotionally mature and be good communicators. They should have an interest in helping others and should have taken a leadership role in reaching out to other students.

Q. What type of training do LifeSavers receive?
A. Training stresses the twelve “flavors” of LifeSavers:
   * education about dysfunctional youth
   * listening skills
   * self-esteem development skills
   * positive peer relationships
   * coping skills
   * leadership techniques
   * self-awareness
   * group participation skills
   * decision-making skills
   * sharing with and feeling concern for others
   * breaking communication barriers
   * knowing one’s own limits & when to refer to a professional

   The keys to LifeSavers training are deep listening skills and mutual respect. These caring students, our LifeSavers, develop their capabilities to listen carefully to their peers, make healthy decisions, cope with stress, promote loving communication with their families and others, and enhance their own self-esteem in order to live happier, healthier, and more productive and satisfying lives. The training weekend is a deeply moving and potentially life-changing experience for students and adult facilitators. Mature friendships are made, and broken ones are mended. Barriers of differences in age, gender, ethnicity, economic status, roles, and interests, all crumble as students learn how much they share of pain, dreams, confusion, fears, love, and fun!

   And the growth and commitment continue through the school year in scheduled meetings at which LifeSavers organize activities to enhance their school and their peers and to share their concerns within a responsible and supportive group.

Additional information can be found at: www.lifesaverstraining.org
LIFE Savers Trainee Criteria

While the criteria listed below may seem to describe the ideal student, we seek Trainees who come as close to this as possible and/or have the potential for acquiring these characteristics.

1. Students who are trustworthy, open-minded, and caring and considerate of others.

2. Students who tend to be the shoulder that others lean on, the listener who is there for their troubled peers and friends, and who understand confidentiality.

3. Students who are willing to reach out to and relate to others in spite of differences.

4. Students who are respected and trusted by their peers.

5. Students who tend to be leaders because they are respected, not because they dominate or intimidate others.

6. Students who have demonstrated maturity and responsibility and who exhibit good behavior in the classroom and on our college campus.

7. Students who make healthy choices and are striving to maintain a drug and alcohol free lifestyle.

8. Students who are or have the potential to be good role models for others.

9. Students who want to make a positive difference.

Think about it......

If these nine points describe you,
OR if many of these nine points describe you,
OR if you sincerely strive to be the kind of person these nine points describe,
Then you may be just the person to become a true LifeSaver!
APPLICATION
for
LIFE SAVERS TRAINING RETREAT

NAME: ____________________________ Age: ____ Year in college ____
PHONE __________________________
EMAIL __________________________
LOCAL ADDRESS ______________________________________________________

The purpose of this application is to get to know you better. Your answers to the following questions should reflect the depth of your commitment to LifeSavers philosophy and Pledge if you are selected to attend the Training Retreat. Please consider your answers carefully.
Your application will be considered based on your answers, not on your writing skills.

1) What made you want to be a LifeSaver?

2) Why do you think you would be a good LifeSaver?

3) What are the biggest problems you and your peers face, and how do you think LifeSavers could help?
LifeSavers Applicant Agreement

If selected as a LifeSavers Trainee………

1. I agree to participate actively in LifeSavers activities, trainings, and meetings.

2. I agree to help my peers discover the priorities and options which they feel are right for them in difficult situations. However, I recognize my role is that of a listener, not a counselor or an advisor.

3. I agree to use my listening skills to offer my peers non-judgmental and caring support.

4. I agree to seek help from a teacher or a professional counselor when a peer may be physically dangerous either to himself or herself or to others or when a peer may be in danger.

5. I agree to allow myself to talk with other LifeSavers or counselors when I am having difficulties because I recognize there may be times when personal problems or stress may become too much for me to handle on my own.

6. I agree to intervene or seek help when I recognize a peer is in danger of abusing drugs and alcohol. I fully acknowledge and understand the seriousness and destructiveness of substance abuse in our culture.

7. I agree to personally strive toward a positive and healthy lifestyle.

8. I agree to maintain confidentiality when listening to my peers and supporting them through their decision-making process. I recognize that failure to maintain confidentiality, except when a person is in physical danger (i.e., suicide, drug abuse, physical abuse, etc.), seriously hurts the credibility and effectiveness of LifeSavers and creates unnecessary risks for the person with whom I am talking.

________________________________________

(Applicant Signature)  (Date)

Return this Signed Agreement and application by March 1, 2011 to:

Jennifer Rose
John A. Logan College
Student Success Center
700 Logan College Rd
Carterville, IL 62918