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ICARE Suicide Awareness and Prevention Train-the-Trainer Program

Program Overview

ICARE is a culturally responsive, best practice-based and evidence-informed Train-the-Trainer program designed to equip international school communities with the skills to recognize suicide risk, respond compassionately, and build sustainable, school-wide prevention systems.

The Need

- Rising mental health concerns among youth globally
- Unique cultural, transitional, and systemic challenges in international schools
- Growing need for sustainable, community-based suicide prevention approaches

Program Snapshot

- Target Audience: Counselors, educators, leadership teams
- Format: Remote or on-site delivery
- Duration: Total 4 hours; Flexible (2–4 hours or multi-session options)
- Approach: Train-the-trainer, trauma-informed, culturally humble

Key Outcomes

Participants will be able to:

- Identify warning signs of suicide and severe distress
- Respond using clear, compassionate protocols (ICARE framework)
- Apply culturally responsive prevention strategies
- Strengthen referral pathways and crisis systems
- Support student and staff wellbeing while preventing burnout

Implementation & Evaluation

- Anonymous surveys and reflective feedback support continuous program development
- Scheduling and delivery customized in collaboration with each school

Investment

- During the initial data-gathering phase, the ICARE program is offered **pro bono**, with voluntary donations warmly welcomed. For on-site delivery, travel and accommodation expenses apply. The standard professional rate for this training is **€200 per hour**. Each ICARE Train-the-Trainer Program requires a **minimum of four hours** of training time. Additional paid follow-up meetings may be booked to support implementation, protocol development, and school-specific adaptation.

Next Steps

- To discuss availability, customization, and implementation for your school, please get in touch to schedule a call: lina.paumgarten.com / info@linapaumgarten.com.