

{ PARTICIPANTS ARE 50% LESS LIKELY TO RECEIVE CORRECTIVE TRAINING OR A NEGATIVE COUNSELING STATEMENT. }

What is Connect?

The Connect Program builds cohesive and healthy military, police, and first responder teams. Tested with a gold standard randomized controlled trial* with military personnel, this upstream prevention program is proven to reduce depression, suicide risk, and work-related problems. Developed and tested in collaboration with the US Air Force (Wyman et al, 2020, 2022), the Connect Program is adaptable for other military and police units (Pisani et al, under review). Evaluations are underway for the healthcare workforce, religious communities, and youth sports teams.

How does it work?

1. **Group Learning:** Engage in six hours of interactive education that is personally meaningful, active, and with an emphasis on learning from each other.
2. **Video + Text Follow-Up Sustain Learning and Personal Application:** Participants also receive text messages and videos for six months to reinforce training concepts and encourage personal application through transitions.
3. **Quick Booster Activities Continue Group Growth:** We provide team boosters and activities that anyone can pull off the shelf and use to reinforce and refresh the concepts after the initial six-hour educational session.

What are the benefits?

Unlike traditional programs that react to crises, Connect takes a proactive stance on wellness promotion for all members, regardless of their risk level (Wyman et al. 2020, 2022).

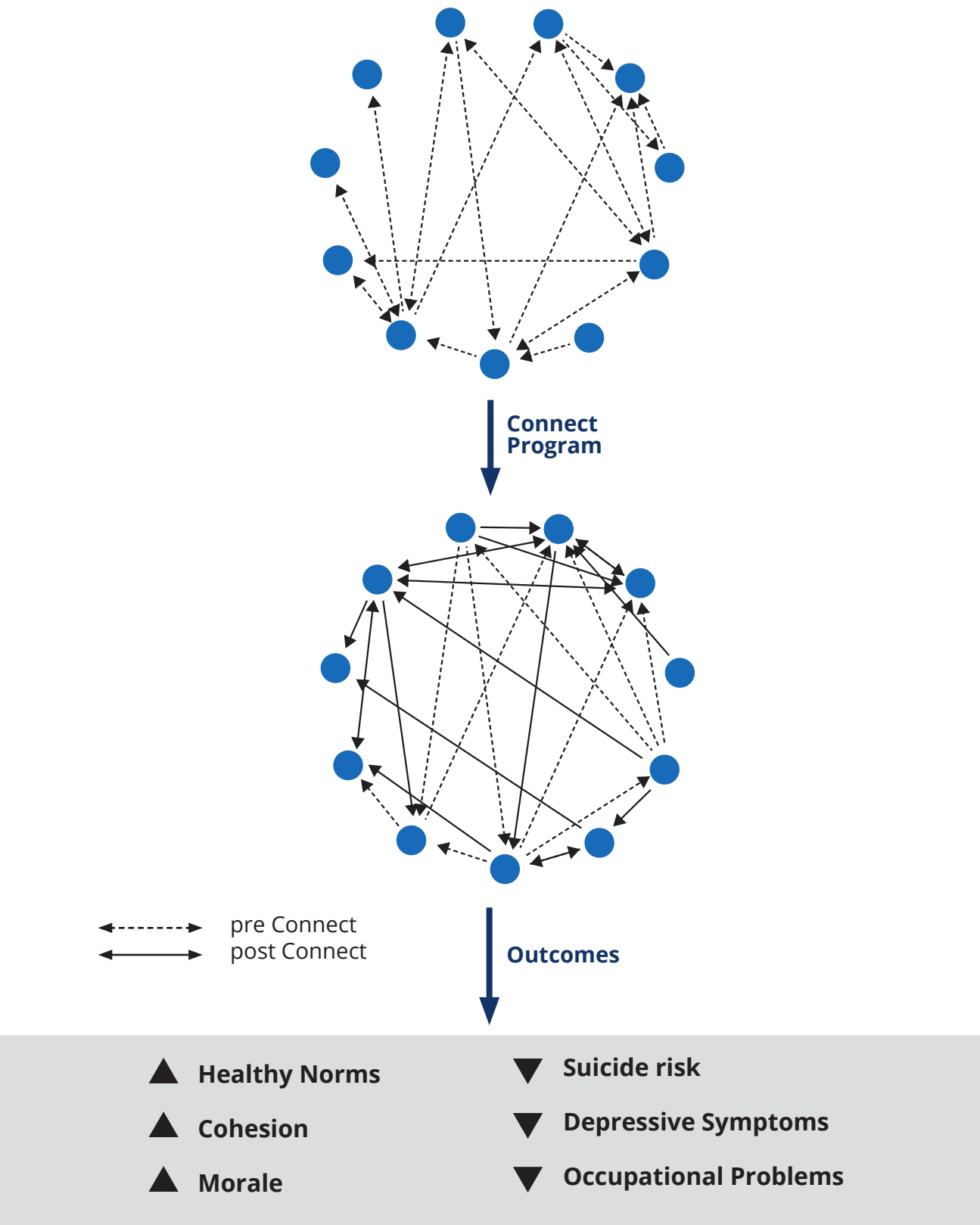
1. **Improved mental health - depression and suicide risk:** Connect promotes strength-based approaches for navigating stress and transitions which helps develop positive long-term mental health and professional success.
2. **Reduced occupational problems:** Participants in the program reported fewer occupational problems such as corrective training and problems due to anger.
3. **Increased social bonds and cohesion:** It strengthens group relationship bonds and creates mutual expectations of healthy behavior within teams, boosting team dynamics and individual well-being and fostering a culture of collective care and support.
4. **Shared healthy expectations:** Groups develop a common language and expectations for healthy coping using the Four Core Strengths - Kinship, Purpose, Guidance and Balance - to support health and normalize help-seeking and receiving.
5. **Less isolation for members with suicide risk:** Persons at risk for suicide typically become less connected over time, but the Connect program interrupts this harmful pattern and keeps vulnerable members closer.

Learn more and explore the evidence at:



* Wyman et al 2020, 2022

Outcomes of the Connect Program



Wyman, et al(2020), Effect of the Wingman-Connect Upstream Suicide Prevention Program for Air Force Personnel in Training: A Cluster Randomized Clinical Trial. JAMA network open