

Participant Workbook: Behavioral Health



MODULE 1: Introduction

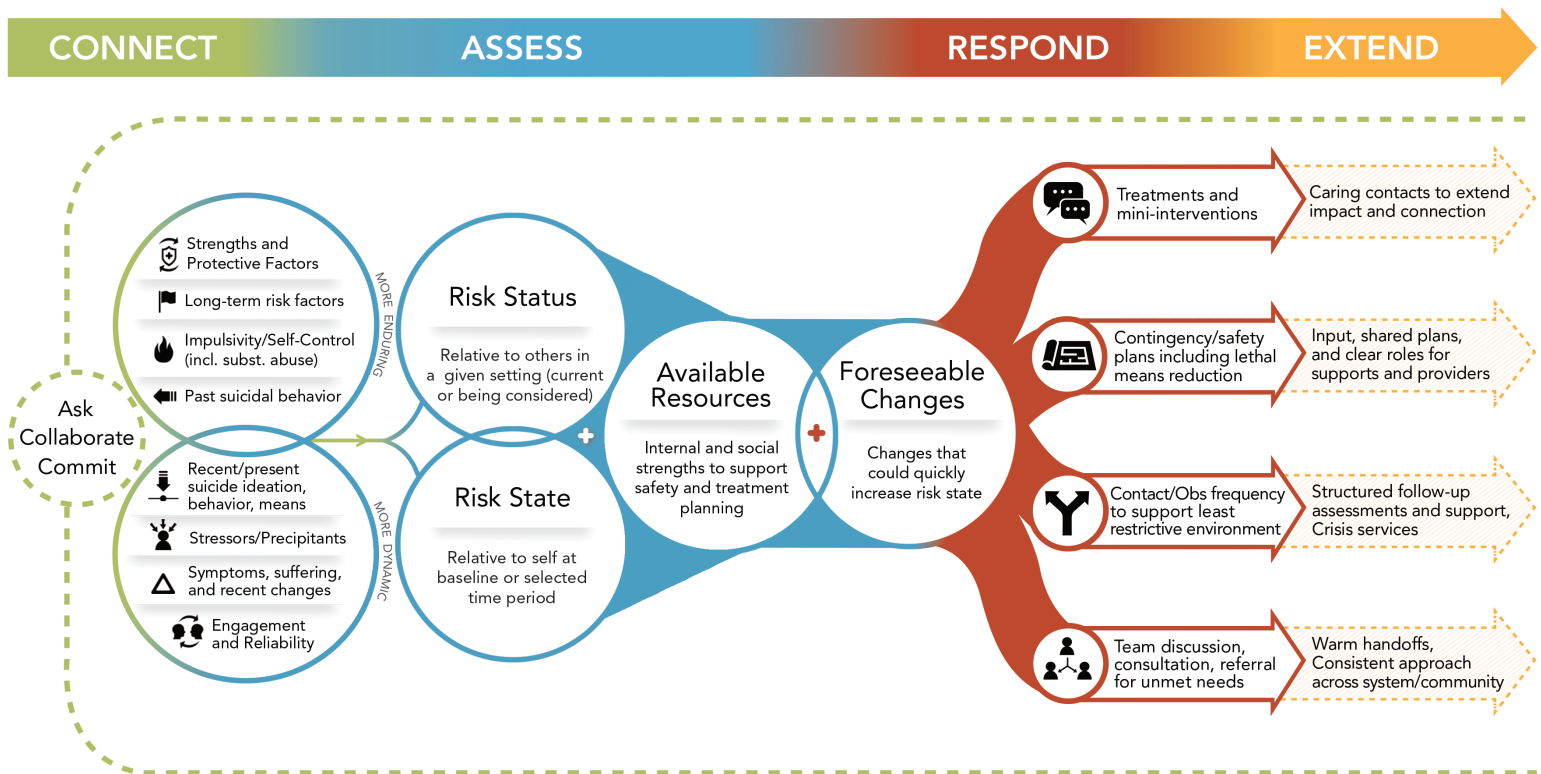
Introduction

Discussion: Groups of 3 or 4

Share one or two experiences that influence how you interact with people struggling with suicide concerns in your role.

Suicide is a heavy topic - if you find these videos bring up difficult emotions, please reach out to a colleague, supervisor, or friend. If you think a colleague may be having trouble, please check in with them.

Almost any problem becomes more manageable if you have a framework for understanding it.



Use the discussions and practice exercises to apply this learning to **your specific role** and interact with leadership and supervisors about different team members' responsibilities.

As long as suicide is a problem, we're all going to be learning.



Monthly Office Hours



Updates and Refreshers

You and your team are the experts in how best to apply what we share with the people you serve.

MODULE 2: Connect

Connecting is the foundation for all other steps that you'll take.

Connect

Discussion: Groups of 3 or 4

What challenges to **connection** have come up when helping someone with suicide concerns? What helps you and your team overcome these challenges?

Connect

Discussion: Pairs

What are some of the challenges for Laurel and Jason **connecting**?



Using a framework helps give us a common structure and approach to connecting in the midst of these challenges.

▶ **Ask**

- ...directly about suicide
- ...about their experience and suffering

Goal of an Assessment ▶ Understand what the person is going through



Connect

Discussion: Pairs

What did you notice about how Liz responded to Selena's disclosure?

Understanding the person's experience and suffering **and** understanding their suicidal thinking and plans are both equally important.

▶ **Collaborate**

- ...around the common goal of feeling better
- ...early and often with family, supports, and others

We all want the same thing: for the suicidal person to **FEEL BETTER**.

▶ **Commit**

- ...to full recovery

Even if you may not have an on-going relationship with the person, you can commit by speaking on behalf of your team and your organization.

"I'd like to work together with you to help you find other options."

"If you work with our team, you will feel better. That's what I'm committed to doing with you."

Connect

Practice Exercise: Pairs

Think of someone you've worked with who struggled with thoughts of suicide. Imagine your partner is that person. Role play using **ask**, **collaborate**, and **commit** to **connect** with them about their suicide concerns.

Focus on **connecting** in a way that reflects your style and cultural factors.

Connect Module Recap

