



# suicide to Hope

RECOVERY

## 1 day Suicide Recovery and Growth Support Training for Support Helpers

Learn a new kind of conversation that supports a person who has recently been at risk of suicide, towards recovery and growth.

### suicide to Hope: A Recovery and Growth Workshop

suicide to Hope: A Recovery and Growth Workshop is a one-day workshop primarily designed for clinicians and other professional caregivers who work with persons recently at risk of and currently safe from suicide. It provides tools to help these caregivers and persons with experiences of suicide work together to develop achievable and significant recovery and growth goals.

**Focus:** Recovery and growth for persons recently at risk of and currently safe from suicide

**Participants:** Clinicians and other professional caregivers who work with persons recently at risk of and currently safe from suicide

**Developers:** Livingworks [www.livingworks.net](http://www.livingworks.net)

**A-OK Facilitator:** Our trainers have been delivering these workshops across NZ for over 10 years

**Duration:** One day (8 hours)

#### Why recovery and growth?

Recovery and growth approaches have demonstrated significant positive impacts in mental health, substance abuse, and trauma but have not been developed for use with those recovering from suicide. To meet this need, LivingWorks has developed suicide to Hope: A Recovery and Growth Workshop that will provide clinicians and other professional caregivers with skills to help persons recently at risk identify opportunities for recovery and growth arising out of their experiences with suicide.

#### Overall Mission, Learning Goal and Participant Objectives

**Mission.** To strengthen hope by increasing the ability of helpers to hear, understand and work with the wants and needs of persons recovering from and growing through suicide.

**Goal.** To encourage and enable participants to apply a recovery and growth oriented approach to working with persons previously at risk and currently safe from suicide.

**Objectives.** As a result of participation in this workshop, participants will be able to:

1. Describe how suicide experiences provide an opportunity for recovery and growth work;

2. Recognize how their helping qualities might impact recovery and growth work;
3. Understand a schematic of common issues and related recovery and growth opportunities;
4. Apply a model for setting recovery and growth goals; and, a framework for monitoring and coordinating recovery and growth work.

#### Workshop process

During suicide to Hope, participants will reflect upon their qualities as a caregiver—the beliefs, values, and attitudes they bring to the relationship. They will also learn about various meanings of suicide experiences and discover the opportunities for recovery and growth they present. More specifically, suicide to Hope is structured around a three-phase “Pathway to Hope” model.

The first phase, understanding, focuses on exploring and describing barriers to recovery and growth. The second phase, planning, focuses on formulating recovery and growth goals and plans. The third phase, implementing, focuses on monitoring progress and reviewing the process. Clinicians and professional caregivers who attend a suicide to Hope workshop learn how to use this model collaboratively with those they serve. The workshop is highly interactive with a mix of large group and small group discussion and simulations.

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### Who should participate?

suicide to Hope is primarily designed for clinicians and other professional caregivers and assumes that participants already have some familiarity with suicide prevention and intervention techniques. The skills learned in the suicide to Hope workshop are designed to complement existing knowledge and experience, and are applicable to caregivers in a wide variety of professional disciplines. They are intended to support clinicians and other professional caregivers who provide help to persons recently at risk of and currently safe from suicide on a long-term basis beyond the first-aid emergency situation. LivingWorks' two-day ASIST workshop is not a prerequisite for attendance, but is recommended as one way to learn the suicide intervention skills that are necessary for using suicide to Hope's tools.

### Design and development

In designing and testing programs, LivingWorks uses the social research and development model created by Jack Rothman. Major features of this model include an analysis of relevant research to inform program creation, expert feedback, pilot studies, field trials, selection of diffusion method, development of user-ready materials, and dissemination. Each phase provides opportunities to evaluate and refine the program with information collected from a variety of stakeholders and end-users. While this process requires time and significant resources, its use ensures that LivingWorks' programs are well conceived, practical, and effective.

suicide to Hope went through the program creation to user materials phases in 2013-14. As of the beginning of 2015, the workshop is now available to the public. The diffusion method (Training for Facilitators—T4F) testing is underway with the plan to make the suicide to Hope T4F available to the public in late 2015 / early 2016.

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