



## 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

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

**FACILITATOR:** One registered facilitator per 24 participants

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

**LANGUAGES:** English

### 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.

### 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.

### 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, and
4. Apply a model for setting recovery and growth goals and implement a framework for monitoring and coordinating recovery and growth work.



*suicide to Hope can not only empower our staff, but also empower the clients to manage suicidality.*

— Barry McGale, Suicide Liaison Officer, Western Health and Social Care Trust, Northern Ireland





## 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, development, and dissemination

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 before launching in early 2015. The diffusion method (Training for Facilitators—T4F) launched in late 2015. In order to present *suicide to Hope*, all facilitators must have successfully completed the three-part T4F process, which includes preparation and quiz, three days of onsite learning and coaching, and continuing support (up to 16 hours in the first year).



## suicide to Hope Testimonials

*"So much of our time has been spent on suicide risk assessment and management, which is obviously important—but when you're through that, what's the next thing? I think **suicide to Hope** is going to fill the gap for that. It gives people a roadmap for recovery and growth-oriented work with the people they're trying to support."*

—Sally Spencer-Thomas, CEO and Co-founder, Carson J Spencer Foundation, USA

*"Several of my clinical colleagues at The Canadian Mental Health Association at Waterloo Wellington Dufferin have been using the skills learned and tools provided from the **suicide to Hope** workshop and have found that it's a post-intervention, collaborative, hopeful, and systematic approach to ensuring we are providing the right help, at the right time to help people move through their suicide experience."*

—Kim Hewitt, Registered Occupational Therapist 1<sup>ST</sup> Step CMHAWWD & Chair, Waterloo Region Suicide Prevention Council, Ontario, Canada

*"**suicide to Hope** fills an important gap in finding ways to support people chronically struggling with suicide. So many clients I work with are "stuck" in their pain and can't seem to find any path forward. The **suicide to Hope** program provides ways of supporting their growth and recovery through tangible goal setting. I highly recommend this workshop to those caring for someone trapped in an ongoing cycle of suicidality."*

—Community Trainer, Centre for Suicide Prevention, Alberta, Canada

