

December 2023

FACILITATOR NOTES

1. The objective of AFMC Connect is to provide an opportunity for meaningful conversations to occur within our units. One month each quarter (Mar, June, Sep, and Dec), we build in the required annual Suicide Prevention Training content into one of our discussion tools. This offers an additional opportunity for increased connection on an important topic to each of us. Connection is a critical protective factor associated with preventing suicide.
2. Facilitator training is offered on a regular basis to provide overall AFMC Connect intent and expanded knowledge in Suicide Prevention annual training requirements (see item #5 for how to access your local POC).
3. Facilitators have the flexibility in conducting these discussions in already existing forums. It is important to introduce the monthly discussion in your own words in a way that meets the needs of your personnel.
4. **Please provide the following disclaimer prior to beginning Suicide Prevention training content:** This topic may be difficult to discuss; those of you with a personal experience with suicide may feel free to step away at any time.
5. For additional information on facilitating discussions and local points of contact, you can find the full implementation guidance here:

<https://www.afmc.af.mil/connect>

FRAMING THE CONVERSATION

A caring workplace is an inclusive environment where everyone feels they belong and contribute to something meaningful. It is essential to understand our every day actions do make a difference. Creating a culture of caring starts at the top with leaders showing consistent and genuine words and actions in support of their teams. By fostering a caring environment, you can build trust between employees. When employees feel valued, it fosters a culture of mutual respect, enhanced productivity, high morale, and increased job satisfaction.

Ways to express care include:

- Practicing active listening
- Showing appreciation
- Providing opportunities for growth
- Offering support and understanding
-

SUICIDE PREVENTION TRAINING

Required Discussion Items

1. Knowledge Share

- Protective factors are characteristics that reduce the likelihood someone will consider, attempt or die by suicide. They include behaviors, environments, and relationships that support or enhance our resilience.
- We can build protective factors through simple actions focused on increasing connectedness, belonging, and promoting positive norms in our work centers where early help seeking is supported and encouraged.

Discussion

- What are some things you could do to support a positive culture or create healthier norms in your work center? (Ex. Encourage work/life balance and selfcare, make sure everyone feels included, share local resources regularly)

2. Knowledge Share

- Protective factors also include utilizing coping strategies that increase our own resilience. It is important for us to take care of ourselves in order to take care of those around us.

Discussion

- How can we encourage and support early help seeking in our work centers?

3. Knowledge Share

- Connectedness helps us recognize signs of stress and distress earlier in others as well as ourselves.

Discussion

- What are some activities we can do to build connectedness?

We welcome your feedback on how we can make these products more effective. Please utilize the following link or QR Code:

<https://www.surveymonkey.com/r/CY23CONNECT>.

