



COMMITMENT

GOAL: *Create a team of individuals dedicated to supporting each other.*

September 2022

FACILITATOR NOTES

1. The objective of AFMC Connect is to provide an opportunity for meaningful conversations to occur within our units – resulting in stronger connections and increased unit cohesion. Social ties that accompany a sense of belonging as well as increased connectedness are identified as protective factors associated with preventing suicide.
2. Supervisors have the flexibility in facilitating these discussions in already existing forums (i.e. staff meeting, roll call, guard mount, shift change, PT, etc.).
3. It is important to introduce the monthly discussion in your own words in a way that meets the needs of your personnel.
4. Virtual Tip: Distance doesn't have to mean disconnected. Create an office team in MS Teams and encourage personnel to share in conversation between formal meetings (e.g. Start a chat about favorite restaurants, or activities).
5. Each month a theme and corresponding tool has been established to assist supervisors in the delivery of relevant content. Those monthly themes feed into a broader quarterly message – this quarter's message is "Commitment".
 - July - Motivated
 - August - Accountable
 - September - Commitment

FRAMING THE CONVERSATION

Commitment is showing dedication to oneself, an organization, cause or belief, and a willingness to be involved. We demonstrate commitment in multiple domains of our lives; from the teams we're on, to our professions we hold, and toward ourselves, family members and friends.

By making decisions together we are able to learn more about one another, understand what drives decisions, and ultimately become more attentive, productive and accountable members of the team. When a team accomplishes goals together there is a shared value in the results – leaving positive impacts on the team and overall organization.

Suggested Discussion Points:

1. What does commitment mean to you? As part of the Air Force? As part of your organization?
2. How can we build and/or sustain our commitment towards each other?
3. What are ways to develop commitment to self (i.e. physical health, education, hobbies, scheduling annual leave, etc.)? Why is this important?

TAKE ACTION:

- Have a team discussion about the ACE (i.e. Ask, Care, Escort) model – Page 2 of this document. Has anyone ever had to use the model? Talk about when you might need to use the ACE model.
- Have your team compile a list of helping agencies and discuss what each agency could offer members in a time of need.

KEEP IT SIMPLE:

- On a sticky note have each member write down a current challenge they are facing and one thing they can do in the next 24 hours to help alleviate current or potential stress surrounding it.

6. 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>

We welcome your feedback on how we can make these products more effective. Please utilize the following link at <https://www.surveymonkey.com/r/CY22CONNECT> or the QR Code.



ASK * CARE * ESCORT

If you have identified that someone may be considering suicide, it's important to **ASK** them directly about what's going on. This will help you determine what needs to be done next.

- Ask about issues early rather than waiting for things to escalate to the point of crisis.
- Take all comments about suicide seriously.
- Be an active listener and let your Wingman tell you about their challenges.
- Although it can be awkward, it's important to ask the tough questions about whether or not they are thinking about harming or killing themselves.
- If the answer is yes, or if you even suspect that the answer is yes, don't leave the person alone.

CARE for your Wingman by calmly listening and expressing concern. Don't be judgmental or promise secrecy. If your Wingman is having thoughts of suicide, you need to act. Remove anything they could use to hurt themselves and immediately seek help.

The final step is to **ESCORT** your Wingman immediately to the nearest emergency room, Mental Health Clinic, chaplain or primary care clinic, and contact the supervisor or chain of command. If a distressed individual refuses help or you're not sure what to do, call your supervisor or 911 for help. Never leave someone alone who is having thoughts of suicide.

24/7 RESOURCES AND INFORMATION



FOR MORE INFORMATION ON ADDITIONAL RESOURCES CHECK OUT THE FOLLOWING:

WWW.RESILIENCE.AF.MIL

WWW.AFMC.AF.MIL/CONNECT

DOWNLOAD THE USAF CONNECT APP

FOLLOW AIR FORCE MATERIEL COMMAND ON FACEBOOK