

December 2021



# Hope ∫ AFMC Connect

**GOAL:** Believing in positive outcomes for self and others.

## FACILITATOR NOTES

1. The objective of AFMC Connect is to reinforce the importance of connection and how it can encourage early help seeking behaviors. This directly contributes to our suicide prevention efforts by lessening the chance of occurrence for high risk behaviors. Hopelessness is identified as one of several risk factors associated with suicide. Leaders can help by supporting a workplace culture where checking in with others and seeking help when needed is common, encouraged and normalized.
2. You have been provided the flexibility in facilitating these discussions in already existing forums (i.e. staff meeting, roll call, guard mount, shift change, PT etc.).
3. Virtual delivery may be utilized due to COVID-19 operating restrictions – examples of available platforms include Zoomgov, Webex, AF CHES, or Telecon.
4. 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 theme is "Hope".
  - October - Outlook
  - November - Thoughtful
  - December - Hope
5. Please reference the full implementation guidance for additional information on facilitating discussions and local points of contact:  
<https://www.afmc.af.mil/connect>

## FRAMING THE CONVERSATION

The end of the year is the time to reflect back on past months and to look forward to the things we want to accomplish in the coming year. Having a positive outlook for the future can be hard in the best of times, and the stressors of the holidays can make this month more challenging for many.

It is important to take time to check in on one another and provide support when needed. Whether it's working through a physical health issue, financial hardship or emotional struggle, knowing who we can turn to and what resources are available can provide a sense of hope to meet any challenge head on. We all have a role to play in providing support, examples include:

- Discuss personal coping strategies.
- Establish plans for the future and steps to achieve them.
- Promote an environment seeking help when needed is common.
- Simply being there for a person who is struggling can help them feel less alone.

### SUGGESTED DISCUSSION POINTS:

1. What does having hope mean to you and how does it help?
2. What can you do to help foster hope within your organization?

### TAKE ACTION:

- In times of personal or professional crisis, what self-care practices have you found that work best in overcoming specific challenges or obstacles?
- Create a list of strategies for how the team can support individuals when they face challenges and discuss the benefits of seeking help.

### KEEP IT SIMPLE:

- Ask your team to identify helping agencies and share where they can find their contact information.

We welcome your feedback on how we can make these products more effective. Please utilize the following link at <https://www.surveymoneky.com/r/2021Connect> or the QR Code.

