

GOAL: Foster a culture that promotes growth

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.
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, Microsoft Teams, or Telecom.
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 “Resilience”.
 - July – Character
 - August – Wellness
 - September – Resilience
5. Please reference the full implementation guidance for additional information on facilitating discussions and local points of contact:
<https://www.afmc.af.mil/connect>
6. We welcome your feedback:
<https://www.surveymonkey.com/r/2021Connect>

FRAMING THE CONVERSATION

CMSAF Wright said it best: “I used to think resilience was the ability to bounce back, but I now see it as the ability to move through the hardships, the pain, the fear and the suffering. No one escapes pain, escapes fear, escapes suffering,” he said. “Yet from pain can come wisdom, from fear can come courage and from suffering can come strength – if we have the virtue of resilience.”

Resilience is a necessary resource that can equip our personnel with the tools required to assess and adjust to their environment. With practice, resilience can be learned and become a natural part of our behavior. As leaders, motivate and inspire your Airmen to take responsibility for their own resilience and encourage them to support others.

SUGGESTED DISCUSSION POINTS:

1. How do you handle stress? Change? Challenges?
2. Do you feel barriers exist for seeking help?
3. What does resilience mean to you?
 - How do you practice resilience?
 - How does your organization?

TAKE ACTION:

1. Reach out to your MRT/RTA to provide resilience skills that target your unit’s needs.
NOTE: Refer to Appendix C in your AFMC Connect Implementation guide for a list of CSCs who can help identify MRTs/RTAs.
2. Watch CMSgt Wright’s video on Resiliency and discuss with your group.
Link: [AFMC Connect SharePoint](#)
NOTE: To copy URL, select “Enable All Features” at top of document.
3. Talk through the “ACE” model on the back of this document to assist with providing effective ways to support each other.

KEEP IT SIMPLE:

Our support network is essential to who we are! Take the time to get to know each other’s families (Children, spouse, siblings, significant others, parents, furry friends, best friends, etc.). Introduce virtually or in person!

A

ASK YOUR
WINGMAN

C

CARE FOR YOUR
WINGMAN

E

ESCORT YOUR
WINGMAN

If you have identified an Airmen that may be considering suicide, it's important to ASK your Wingman directly about what is going on.

- **Although it can be awkward, it is important to ask the tough questions.**
 - **Ask the question directly: Are you thinking about harming or killing yourself?**
 - **And, do you have access to a firearm?**

- **Calmly listen and express concern; let your Wingman tell you about their challenges.**
 - **Don't be judgmental or promise secrecy.**
- **Remove any means that could be used for self-injury.**

- **Escort your Wingman immediately to the nearest emergency room, Mental Health clinic, Chaplain, or primary care doctor.**
 - **If a distressed Airmen refuses help or you're not sure what to do, call your supervisor or 911 for help.**
- **Never leave your buddy alone.**

FOR MORE INFORMATION CHECK OUT THE FOLLOWING RESOURCES:

WWW.RESILIENCE.AF.MIL

WWW.AFMC.AF.MIL/CONNECT

DOWNLOAD THE USAF CONNECT APP

FOLLOW AIR FORCE MATERIEL COMMAND ON FACEBOOK