

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, 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

A thoughtful organization, is a group or team where high levels of trust, effective communication, respect for differences, and compassion exist. Creating a culture where caring for each other by engaging with your employees and investing time in one another and the community is a priority. As we head into the holiday season, provide opportunities for employees to engage in actions that support your organization or the local community.

- Plan volunteer opportunities in your unit or local community (i.e. adopt a family, food drive, raise awareness for local need)

SUGGESTED DISCUSSION POINTS:

1. What does giving back mean to you?
2. Why is giving your time good for your health and wellbeing?
3. Share the last time someone made you feel cared about in the workplace. What did that look like?

TAKE ACTION:

- Reach out to your MRT/RTA to take time this month to focus on resiliency and relationship building within your team. This can be combined with a Unite Fund event/activity with your FSS Community Cohesion Coordinator (C3).
- Provide an opportunity for the unit to take care of your installation or local community.

KEEP IT SIMPLE:

- Encourage your members to complete a random act of kindness and share what they did at your next meeting.

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.

