

FACILITATOR NOTES

1. The objective of AFMC Connect is to provide opportunities for meaningful conversations to occur within our organizations – 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. Twelve tools have been developed for CY24, and leaders are able to choose which tool is utilized each month to best meet the needs of their organization – eleven traditional AFMC Connect topics plus one Suicide Prevention training tool.
3. Attend an AFMC Connect facilitator training offered by your Integrated Resilience Office to help navigate the best way to deliver small group sessions and clarify questions you may have on the Suicide Prevention (SP) content.
4. Supervisors have the flexibility in facilitating these discussions in already existing forums (i.e., staff meeting, roll call, guard mount, shift change, PT etc.).
5. It is important to introduce the monthly discussion in your own words in a way that meets the needs of your personnel.
6. Please reference the full implementation guidance for additional information on facilitating discussions and local points of contact at: <https://www.afmc.af.mil/connect>

FRAMING THE CONVERSATION

Connection is perhaps the most crucial component in building a productive and supportive workplace. When individuals feel accepted and valued, their sense of self is strengthened, and they are more likely to remain engaged. Being connected to others provides a healthy way to share the burden, avoid burnout, stay grounded, and meet mission requirements more efficiently.

Consider how connected your team is and how you regularly connect to them. It is crucial to establish opportunities for the growth of positive relationships which can facilitate an environment for trust.

Encourage connection through various opportunities:

- Get to know your people through frequent interaction
- Emphasize the importance of giving everyone a voice
- Promote early help-seeking as a sign of strength
- Highlight individual values and how they contribute to the team's success

Suggested Discussion Points:

1. How do you like to connect to people?
2. What can you bring to the table to help strengthen relationships in the workplace?

Take Action:

- Have your team create a list of house rules of their ideal workplace. Post these rules someplace that can be shared with your work center and commit to following them.
- Reach out to your Integrated Resilience and Prevention Office for ideas on personal development and team building classes.
- Contact the Community Cohesion Coordinator (C3) and plan an opportunity for a team recreational activity utilizing the UNITE program.
- Have your unit MRT/RTA facilitate a resilience skills class (e.g., Celebrate Good News, Bring Your Strengths, Balance Your Thinking).
- Watch the following video together and discuss what connectedness is to them and how it impacts the mission: <https://www.dvidshub.net/video/619375/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/CY24Connect>

