

May 2023

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:** Create a space to share, establish a “TEAM” in MS Teams and encourage personnel to collaborate, share information, and recognize contributions of each others.
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 “Attentive”.
 - April - Present
 - May - Engaged
 - June - Attentive
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>

FRAMING THE CONVERSATION

Communicating the importance of individual roles within a team and the impact each contribution has in the overall success of an organization, establishes a more productive work environment. Individuals who feel valued, supported, and have connections within the workplace are more engaged overall. Those connections establish trust and open communication which create opportunities for each of us to recognize when something is wrong and provide the necessary support. Taking the time to engage in team building activities will foster a positive work environment and add the overall health of your team both in the workplace and at home.

Some ideas to promote engagement are:

- Have lunch with one or several of your coworkers
- Attend a squadron/base-wide event together
- Celebrate events in each other’s lives (ex. birthdays, milestones or holidays)
- Incorporate "get-to-know-you" opportunities in team meetings (make it fun)

Suggested Discussion Points:

1. What can you do to engage with those around you?
2. What could help others get to know you?
3. What can your team do to promote open communication and continuous dialogue?

Take Action:

- Take time out of an upcoming meeting to reinforce the importance of a support network. Regardless of rank or position, people have/or will face a challenge but they don’t need to face them alone. Have a discussion using the following framework.
 - 1) Who is your person? (parent, sibling, friend, peer, wife, etc.)
 - 2) Why is that your person?
 - 3) Have you ever told them they are your person?

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/CY23CONNECT>.

