

September 2023

FACILITATOR NOTES

1. The objective of AFMC Connect is to provide an opportunity for meaningful conversations to occur within our units. One month each quarter (Mar, June, Sep, Dec) we build in the required annual Suicide Prevention Training content into one of our discussion tools. This offers an additional opportunity for increased connection on an important topic to each of us. Connection is a critical protective factor associated with preventing suicide.
2. Facilitator training is offered on a regular basis to provide overall AFMC Connect intent and expanded knowledge in Suicide Prevention annual training requirements (see item #5 for how to access your local POC).
3. Facilitators have the flexibility in conducting these discussions in already existing forums. It is important to introduce the monthly discussion in your own words in a way that meets the needs of your personnel.
4. **Please provide the following disclaimer prior to beginning Suicide Prevention training content:** This topic may be difficult to discuss, and for those of you that have had a personal experience with suicide, feel free at any time to step away.
5. 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

Resilience is what gives people the strength and ability to withstand and recover quickly from the demands of daily work duties and life challenges. It is a learned and necessary skill for coping with life's unexpected moments and enables individuals to find a way to move forward. Building resilience is the key to turning everyday challenges into successes. An organizational culture that encourages and supports resilience can improve job satisfaction, increase engagement, improve communication, and support innovation. By prioritizing the resilience of your personnel, you will remind them they are not alone.

Ways to build Resilience:

- Build connections—with your community, with your organization, with strengthen necessary relationships with friends and family
- Foster wellness—prioritize physical and mental health equally to strengthen the body's ability to adapt to stress
- Find purpose—participate in activities that provides a sense of accomplishment and help you look toward the future with meaning
- Embrace healthy thoughts—keep things in perspective and learn from your past. Recognize when you need help developing appropriate resilience strategies

SUICIDE PREVENTION TRAINING

Required Discussion Items

1. Knowledge Share

- Suicide warning signs are specific behaviors that could indicate someone may be thinking about suicide. You may see signs through their words, behaviors, and/or mood. A common indicator that you can look for is *change*.

Discussion

- What are changes you might observe in someone's behaviors or mood that may indicate they are in distress?

2. Knowledge Share

- The **ACE** model is a great tool to utilize when you recognize the warning signs that someone may be considering suicide.
 - **A**-Ask the awkward question "Are you thinking of suicide?"
 - **C**-Care about the person; listen and acknowledge their feelings.
 - **E**-Escort the person to a helping agency. NEVER LEAVE THEM ALONE.

Discussion

- What helping agencies would be available if you need to escort a peer who is in distress?

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>.

