Impacted Family & Friends of Suicide: The Movement

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Introductions - Rick’s Story

https://vimeo.com/260801359
INTRODUCTION - MY STORY
Presentation Objectives

- Identify impacted family and friends and the magnitude of this population in the United States.

- Describe suicidal experience, and its relationship to impacted family and friends.

- Understand the use of the wellness check workshops, including the exercises that promote healing, and the desire to live life fully.
Suicide and Lived Experience

- Individuals who have experienced a suicide attempt, suicidal thoughts and feelings, or a suicide loss (SPRC).
  - Attempt survivors
  - Loss survivors

- Impacted family & friends
  - Individuals emotionally impacted by the suicidal crisis of a loved one
Who are Impacted Family & Friends of Suicidal Experiences?

- Friends and family of loved ones with suicidal experiences
- Suicidal experiences is not further defined (self-injury, eating disorders)
- Similar issues for domestic violence and substance use family and friends
Mission Statement of AAS Impacted Family & Friends Committee/Division

- To help support family and friends emotionally impacted by a loved one’s suicidal experiences (in the interest of inclusivity, “suicidal experiences” are not further defined).
Inclusive of blood relatives, Julie Cerel at the University of Kentucky has reported the following additional impacts from a single death by suicide:

- 115 are exposed
- 53 have short term disruption in life
- 25 have a major life disruption
- 11 have devastating effects on their life
If roughly 47,000+ Americans die by suicide each year over ONE MILLION people suffer devastating effects on their life and/or suffer a major life disruption.
Who are Impacted Family & Friends?
Estimates of attempted suicide

25 attempts for each documented death

(Note: 47,000 suicides translates into 1,200,000 attempts annually) How many impacted?
GOAL 10. Provide care and support to individuals affected by suicide deaths and attempts to promote healing and implement community strategies to help prevent further suicides.
The Way Forward: Pathways to hope, recovery, and wellness with insights from lived experience

- Published in 2014
- Page 35 dedicated to family and friends
The Way Forward: Recommendations

- **2.3 - Program**: Develop, evaluate, and promote programs specifically intended to help the family and friends of attempt survivors.

- **2.4 - Practice**: Expand programs and projects that provide support for families coping with mental health concerns to explicitly address issues related to suicidal crises.
New & Innovative Support Programs

- A Voice at the Table
  - Annemarie Matulis

- Started in MA in 2013
  - MO NAMI/BHR in 2017
  - MO Train-the-trainer in 2018
  - MO pilots in 2018 & 2019
Wellness Workshops for Psychoeducation

- Re-Energize and Re-Connect
  - Further along the healing path
- Is This the Night?
  - More recent suicidal crisis

- Workshops are not counseling or clinical therapy
Psychoeducation is a form of education that is specifically offered to individuals who are suffering from any one of several distinct mental health conditions impairing their ability to lead their lives.

The ideal aim of the psychoeducational approach is to give both the individuals who suffer from psychological conditions and their families a stronger base of knowledge for knowing on ways to cope and thrive in spite of the condition.
Facilitators

- Ideally
  - 1 loss survivor
  - 1 attempt survivor
- Must have lived experience
- Must take facilitator training
  - Preferably as a team
  - Must work through the process themselves
Participants

- Loss survivors
- Attempt survivors
- Impacted family and friends

*Help them find hope and purpose*
Finding Participants

- Word of mouth
- Social media
- Post & advertise in the community
- Invite people
Group Safety

- Sharing is optional (self-determined & self directed)
- No cross talk
- Confidentiality
- Respect
Re-energize and Re-connect (R&R) (for those further along the healing path)

- By the end of the workshop series, participants will:
  - Recognize the need for continued self-care to maintain wellness;
  - Revitalize their commitment to living life fully;
  - Develop new connections with other suicide attempt and loss survivors;
  - Recognize the supportive value they can be to others who have similar experiences.
Re-energize and Re-connect Exercises

- Coloring for calm
- Dreams matter aka the emotional cost of unfinished symphonies
- Filling the canvas and filling the canvas of life
- Journaling
- The 3 R’s and the 3 F’s
- 3 S’s
- Happiness: one size does not fit all
Exercise - Journaling

- Concerns
- Journey
- Memories
- Turning Points
Is This the Night (TTN): Finding Inner Peace (for a more recent suicidal crisis)

- For family and friends of those in a recent suicidal crisis
- Addresses debilitating fear
- Helps participants have freedom from fear, blame, judgement, anger & controlling behavior
- Helps participants find some peace within
Is This the Night (ITTN) (for those impacted by a more recent suicidal experience of a loved one)

By the end of the workshop series, participants will:

- Recognize the need for continued self-care to maintain wellness;
- Revitalize their commitment to living life fully and free from fear;
- Develop new connections with other impacted family and friends;
- Recognize the supportive value they can be to others who have similar experiences.
Is This the Night Exercises

- Frozen in time
- Is it OK to be angry?
- The sandbox
- Forgiveness - the most difficult part of the journey
- Fear plus control does not = love
- Bear Hugs Kettle
Exercise - Bear Hugs Kettle
Exercise - Bear Hugs Kettle

- Can you think of an example in your life?
- Jot it down.
Exercise - Discrimination & prejudice = stigma

- A suicidal crisis can often shatter a family’s beliefs, sense of balance and wellness due to:
  - Prejudice
  - Discrimination
  - Irrational guilt and shame
  - Concerns about judgment from others
  - Isolation
Wellness Workshops

Exercises and coaching videos have been audited by an independent evaluation and approved as "evidence informed and evidence based psychoeducation."
Wellness Workshops

“The ultimate goal is to be free, to have freedom from fear, blame, judgment, anger and controlling behavior.”

----Annemarie Matulis, Founder
A Voice at the Table
Missouri Workshops 2018 Pilots

- Jackson
- Troy
- Joplin
## Missouri Facilitators

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<th>SOUTHEAST</th>
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<td>Joplin</td>
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<td>Jacque Christmas</td>
<td>Monica Sigmund</td>
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<td>Brenda Saxe</td>
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<tr>
<td>573-450-7156</td>
<td>417-629-3581 (Joplin)</td>
<td><a href="mailto:Familytieslc2@gmail.com">Familytieslc2@gmail.com</a></td>
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<tr>
<td><a href="mailto:impactedbysuicide@gmail.com">impactedbysuicide@gmail.com</a></td>
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## Resources for Impacted Family & Friends

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Text “Start” to 741-741 |
| National Suicide Prevention Lifeline | www.SuicidePreventionLifeline.org  
800-273-8255 (TALK) |
| Trans Lifeline | By & for trans and gender nonconforming people  
www.TransLifeline.org  
877-565-8860 |
| The Trevor Project | for LGBTQ+ teen and young adults  
www.TheTrevorProject.org  
866-488-7386  
Chat & text options included on the website |
| Veterans Crisis Line | www.VeteransCrisisLine.net  
800-273-8255 Option 1  
Plus peer-to-peer support, such as:  
7 Cups of Tea, www.7cups.com  
Koko, https://itskoko.com |
| For Family Members and Caregivers, information | https://www.nami.org/Find-Support/Family-Members-and-Caregivers  
NAMI Family-To-Family, educational program  
https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-to-Family  
NAMI Family Support Groups  
https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Family-Support-Group |
### Resources for Impacted Family & Friends

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<th><strong>Live Through This</strong></th>
<th><strong>A Voice at the Table</strong></th>
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**Stopping Suicide With Story - Sally Spencer-Thomas**
[https://www.youtube.com/watch?v=BE428HoKoLk](https://www.youtube.com/watch?v=BE428HoKoLk)

**Mental Health on The Mighty**
[https://themighty.com/mental-health/](https://themighty.com/mental-health/)

**Family and Friends on Speaking of Suicide**
[https://www.speakingofsuicide.com/category/friends-family/](https://www.speakingofsuicide.com/category/friends-family/)

**Suicide Prevention on Social Media Twitter chat**
#SPSM
#SPSMChat
Videos

- A Voice at the Table
  - https://vimeo.com/92330799

- Voices Still Unheard
  - https://vimeo.com/170810220

- Voices from the Shadows
  - https://vimeo.com/260801359
Questions?