



suicide to Hope: A Recovery and Growth Workshop

suicide to Hope: A Recovery and Growth Workshop is a one-day workshop primarily designed for clinicians and other professional helpers who work with persons previously at risk of and currently safe from suicide. It provides tools to help these professionals and persons with experiences of suicide work together to develop achievable and significant recovery and growth goals.

FOCUS: Recovery and growth for persons previously at risk of and currently safe from suicide

DURATION: One day (8 hours)

FACILITATOR: One registered facilitator per 24 participants

PARTICIPANTS: Clinicians and other professional helpers who work with persons previously at risk of and currently safe from suicide

LANGUAGES: English

Why recovery and growth?

Recovery and growth approaches have demonstrated significant positive impacts in mental health, substance abuse, and trauma but have not been developed for use with those recovering from suicide. To meet this need, LivingWorks has developed *suicide to Hope: A Recovery and Growth Workshop* that will provide clinicians and other professional helpers with skills to help persons previously at risk identify opportunities for recovery and growth arising out of their experiences with suicide.

Workshop process

During *suicide to Hope (s2H)*, participants reflect upon their qualities as helpers—the beliefs, values, and attitudes they bring to the relationship. They also learn about various meanings of suicide experiences and discover the opportunities for recovery and growth they present. More specifically, *suicide to Hope* is structured around a three-phase *Pathway to Hope (PaTH)* model. The Understanding Phase focuses on exploring and describing barriers to recovery and growth. This establishes a foundation for the Planning Phase involving the formulation of recovery and growth goals and plans. The Implementing Phase focuses on monitoring progress and reviewing the process. Clinicians and professional helpers who attend a s2H workshop learn how to use this model collaboratively with those they serve. The workshop is highly interactive with a mix of large group and small group discussion and simulations.

Goal and Objectives

The workshop's goal is to encourage and enable participants to apply a recovery and growth oriented approach to working with persons previously at risk and currently safe from suicide.

Participants will learn to:

- Describe how suicide experiences provide an opportunity for recovery and growth work
- Recognize how their Helper Qualities might impact recovery and growth work
- Understand a schematic of common issues and related recovery and growth opportunities
- Apply a model for setting recovery and growth goals as well as a framework for monitoring and coordinating recovery and growth work



suicide to Hope can not only empower our staff, but also empower the clients to manage suicidality.

— Barry McGale, Suicide Liaison Officer, Western Health and Social Care Trust, Northern Ireland





Who should participate?

suicide to Hope is primarily designed for clinicians and other professional helpers and assumes that participants already have some familiarity with suicide prevention and intervention work. The skills learned in the *suicide to Hope* workshop are designed to complement and enhance existing knowledge, experience, and helping approaches and are applicable to helpers in a wide variety of professional disciplines. They are intended to support clinicians and other professionals who provide help to persons previously at risk of and currently safe from suicide on a long-term basis beyond the first-aid emergency situation. LivingWorks' two-day *ASIST* workshop is not a prerequisite for attendance, but is recommended as one way to learn the suicide intervention skills that are necessary for using *suicide to Hope's* tools.

Design, development, and dissemination

In designing and testing programs, LivingWorks uses the social research and development model created by Jack Rothman. Major features of this model include an analysis of relevant research to inform program creation, expert feedback, pilot studies, field trials, selection of diffusion method, development of user-ready materials, and dissemination. Each phase provides opportunities to evaluate and refine the program with information collected from a variety of stakeholders and end-users. While this process requires time and significant resources, its use ensures that LivingWorks' programs are well conceived, practical, and effective.

suicide to Hope went through the program creation to user materials phases in 2013–14, accompanied by field trials in 2014–15, before launching in early 2015. The diffusion method (*Training for Facilitators—T4F*) launched in late 2015. In order to present *suicide to Hope*, all facilitators must have successfully completed the three-part *T4F* process, which includes preparation, three days of onsite learning and coaching, and continuing support (up to 16 hours in the first year).



suicide to Hope Testimonials

*“So much of our time has been spent on suicide risk assessment and management, which is obviously important—but when you’re through that, what’s the next thing? I think **suicide to Hope** is going to fill the gap for that. It gives people a roadmap for recovery and growth-oriented work with the people they’re trying to support.”*

—Sally Spencer-Thomas, CEO and Co-founder, Carson J Spencer Foundation, USA

*“Several of my clinical colleagues at The Canadian Mental Health Association at Waterloo Wellington Dufferin have been using the skills learned and tools provided from the **suicide to Hope** workshop and have found that it’s a post-intervention, collaborative, hopeful, and systematic approach to ensuring we are providing the right help, at the right time to help people move through their suicide experience.”*

—Kim Hewitt, Registered Occupational Therapist 1ST Step CMHAWWD & Chair, Waterloo Region Suicide Prevention Council, Ontario, Canada

*“**suicide to Hope** fills an important gap in finding ways to support people chronically struggling with suicide. So many clients I work with are “stuck” in their pain and can’t seem to find any path forward. The **suicide to Hope** program provides ways of supporting their growth and recovery through tangible goal setting. I highly recommend this workshop to those caring for someone trapped in an ongoing cycle of suicidality.”*

—Community Trainer, Centre for Suicide Prevention, Alberta, Canada



About LivingWorks: LivingWorks is dedicated to saving lives through the creation, development, and delivery of innovative training experiences that empower individuals, organizations, and communities to be safer from suicide. To learn more, visit www.livingworks.net.

