Navigating the Tough Stuff

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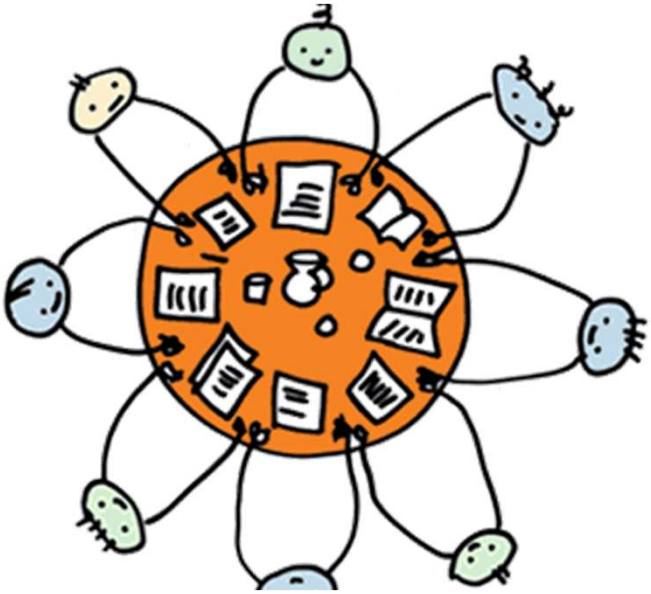
Class Overview:

This is the second module in the "Navigating the Tough Stuff" series. Other class modules: Awareness



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Class overview Class expectations

Today we will be looking at:

- Suicide Prevention from the family perspective
- Risk Factors Review
- Family Protective Factors as a strategy for suicide prevention
- Identifying and building your family's individual strengths and skills in these protective factor categories

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Creating a "safer" space together as we talk about suicide as a group today.

- Language we may use and/or hear
- Individual styles: We all learn and process differently.
- Activations: Knowing what areas may bring up strong feelings and how we can navigate that together to keep this a space that is comfortable for all

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Together we validate and stay mindful that even with the best prevention efforts by communities and families, deaths by suicide still happen.

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Knowledge of Youth Risk Factors is useful in family suicide prevention

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Some Important Risk Factors to Consider Around Youth Suicide

Having a friend, family member or hero die by suicide	School pressure	Relationship challenges	Trauma	Recent loss of someone
Bullying	Abuse	Prior Attempt	1st generation youth from families who originate outside of US	LGBTQ
Using/Abusing alcohol and/or drugs	Having a mental health challenge	Chronic health conditions and/or chronic pain	Access to means of dying by suicide and/or collecting means to die by suicide	Age

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Risk Factors LGBTQ Youth Experience

- Depression and anxiety
- Dual stigma of being LGBTQ and the stigma of suicide in general
- Homelessness
- Living in foster care
- Barriers to culturally appropriate mental and physical health care
- Discrimination manifesting as bullying, physical violence, rejection
- Lack of support
- Body image anxiety
- Laws and policies which create inequalities
- Isolation from conventional society

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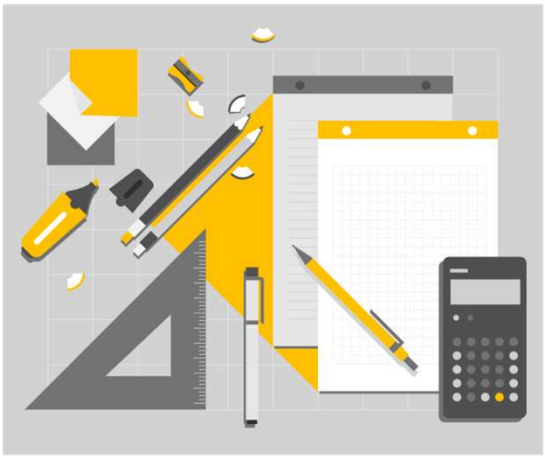
Building your Family Protective Factors IS Prevention Work!

Although Suicide is complex, research shows protective factors can be part of the solution.



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So, what are these Protective Factors?

Protective Factors are skills, strengths, and supports in individuals, families and communities that can help to reduce the risk of youth suicide. Protective Factors assist in balancing, or dealing more effectively with, areas that are of concern to your family around youth suicide.

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Protective Factors

Certain factors can help people build resiliency and protect them from thinking about suicide. Here are some protective factors specific to the LGBTQ+ population

- Strong relationships with family and friends
- Community and school supports
- Membership in Gay-Straight Alliance (GSA) or LGB community organization
- Accessible and non-discriminatory mental and physical healthcare
- Schools that have integrated policies and programs to ensure LGBTQ students feel safe
- Cultural beliefs that discourage suicide
- Positive role models
- Having basic needs such as food, housing, clothing, etc met

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Protective Factors for families fall into 5 categories. They are:

- Resiliency
- Social Connection
- Knowledge
- Concrete Supports
- Emotional Health

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Discussion: Protective Factor 1

Resiliency

- What is it?
- How does someone work on being resilient?
- How is it connected to suicide prevention?

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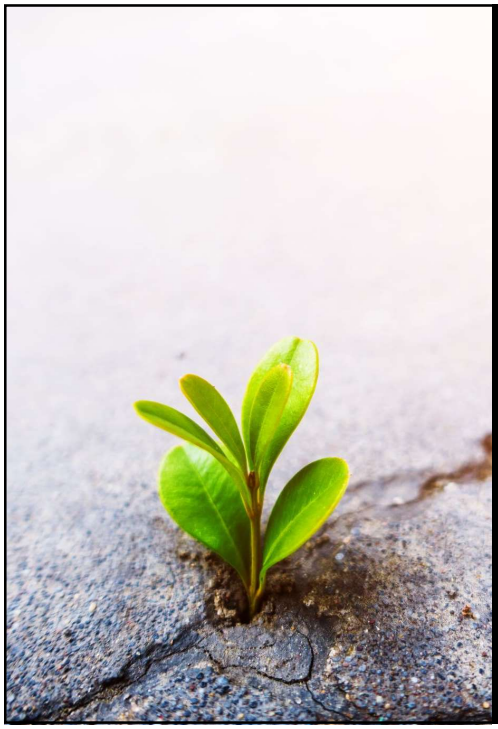

Resiliency

"Resiliency is the capability of individuals to cope successfully in the face of significant change, adversity, or risk. The capacity changes over time and is *enhanced by protective factors* in the individual and environment."

(Stewart et al.,1991 as cited by Greene and Conrad, 2002)

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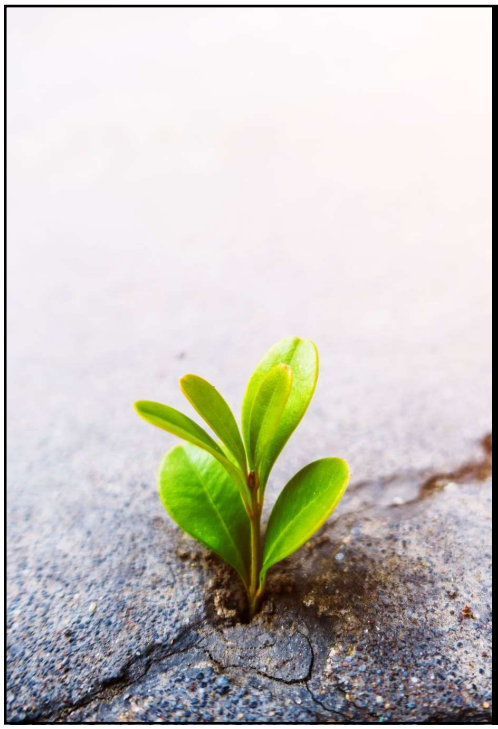

Resiliency

It is the LEARNED process of getting back up again and to keep going even when facing difficulty or challenges

Strengthening of relationships and a sense of connection

Increased sense of personal strengths

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Discussion: Protective Factor 2

Social Connections

- What are they?
- How many can we name?
- How are they connected to suicide prevention?
- How can social connections be built?

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Discussion
Protective Factor 3

Knowledge

- What is it?
- How many ways can we gain knowledge? (brainstorm and name)
- How is it connected to suicide prevention?
- How can knowledge be built?

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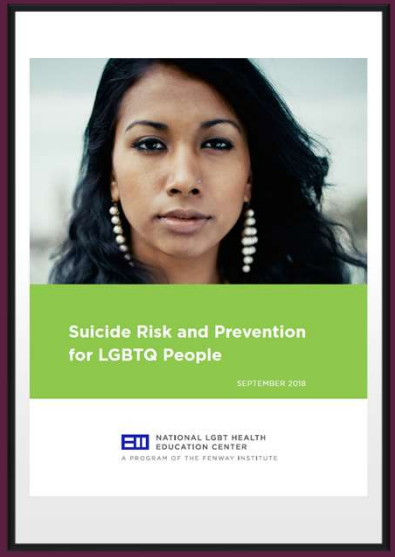

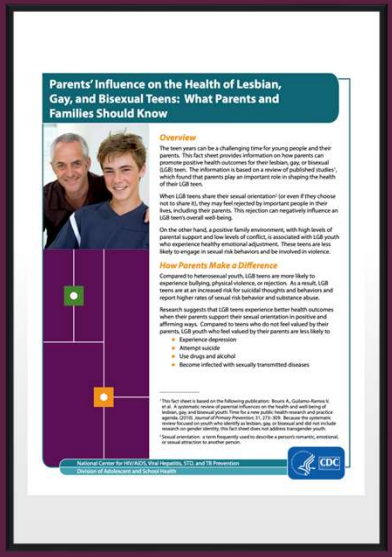

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Discussion: Protective Factor 4

Concrete Supports

- What are they?
- How many can we name?
- How are they connected to suicide prevention?
- How can they be built?

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Discussion Protective Factor 5

Emotional Health

- What is it?
- How many emotional heath strengths can we identify?
- How are they connected to suicide prevention?
- How can emotional health be built?

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These talks can be challenging…

Good daily practices that help keep us in balance is key to being comfortable in crisis situations that may come up.

Self-care is key!

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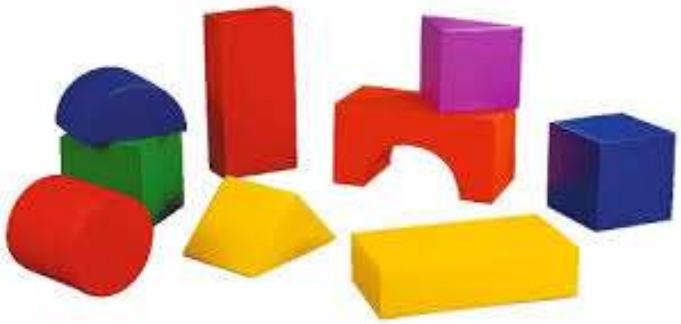

What protective factors do you feel your family has as a strength in now, and which you would like to build

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Activity: "Putting it all together"

- Provider supports to add/use in a prevention plan
- Natural supports to add/use in a prevention plan
- Communication strategies to use in a prevention plan
- Concrete supports to build
- Knowledge to build
- Social connections I want to build or use in a prevention plan
- Emotional Heath and Wellness areas to build
- Resources I can use for more education

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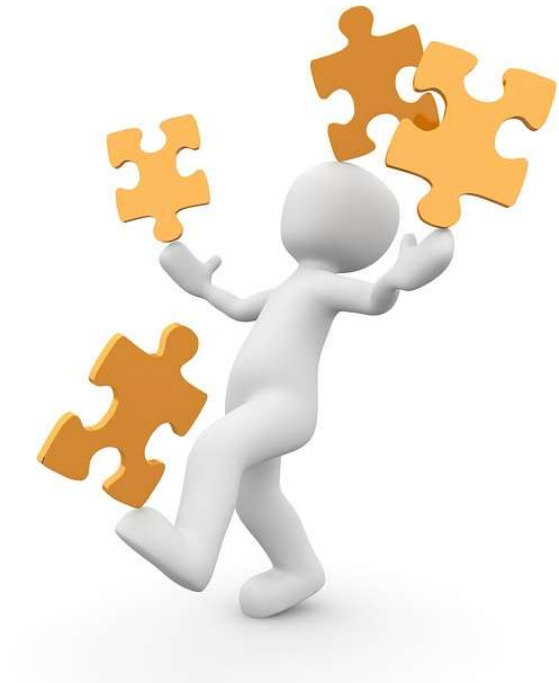

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