

***Returning from the Pandemic
into a Suicide Safer Community:
embracing growth and transformation in an uncertain world***

A workshop hosted by Family Service of Greater Baton Rouge and the National Suicidology Training Center, a program of the Baton Rouge Crisis Intervention Center.



As our community moves forward in a new environment post pandemic, many (if not most) of us may recognize we are changed. The impact of the Coronavirus disease and strategies to control it have created an increase in mental health issues among Americans and around the world. As

*reported in a May 4, 2022, Forbes article, the pandemic has been the most traumatic event that half (50%) of all Americans have lived through, according to new research. A study by McKinsey found that one of every three employees say their return to the workplace has had a negative impact on their mental health, and they're feeling anxious and depressed. A total of 59% of Americans are feeling isolated since the start of the pandemic despite the fact that 75% are living with someone and a third are more depressed. **Please join us for a 6-hour workshop on one of the following dates to explore how we can address the challenges for many of us individually, as well as providing care for others.***

Session Date: Thursday, September 29, 2022.

Time: 8:30 a.m.- 3:45 p.m. (Please arrive by 8:15, so as not to miss or distract from our initial experiential exercise, doors will be closed and we will start promptly at 8:30). Coffee and refreshments will be available.

Where: The Training will be held at the BRCIC's " Jody Howell III Traumatic Loss Center" located at 3013 Old Forge Drive, Baton Rouge, Louisiana 70808 the BRCIC office phone is 225-924-1431.

Due to generous funding from the 2022 Mayor-President's ReCAST grant, participants may attend free of charge. PRE-REGISTRATION IS REQUIRED! Deadlines will be Monday, July 18th and Friday, August 26th. There is limited seating of 20 participants for each workshop.

Please register at www.brcic.org under Training

We will provide a \$5 per person pizza/salad lunch or you may bring a Brown Bag lunch for yourself. Your lunch break will be from 11:30-12:00. With the short lunch break, we request you plan to stay on-site the entire day. The BRCIC will provide beverages and refreshments.

Training modules will focus on:

- ***A Values Clarification Exercise, Bayou Self:* To provide the opportunity for participants to:**
 - practice self-reflection and
 - assess their attitudes and beliefs regarding helping others.
- ***Active Listening:***
 - Understanding the difference between listening and hearing
 - Learning the difference of listening to understand and informational listening
- ***safeTALK (suicide alertness for everyone): Most people with thoughts of suicide don't want to die— instead, they are looking for a way to work through the pain in their lives.***
 - Notice and respond to situations where suicide thoughts may be present
 - Recognize that invitations for help are often overlooked
 - Move beyond the tendency to miss, dismiss, and avoid suicide.
 - Learn and apply the TALK steps: Tell, Ask, Listen and Keepsafe
 - Awareness of community resources and to connect someone with thoughts of suicide to resources for further suicide-safer help.

Family Service of Greater Baton Rouge

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