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Suicide Is Preventable.org

# Pathways to Purpose and Hope

May 21, 2013

All County Webinar



# Welcome!

- Please mute your line
- If you have a question, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel



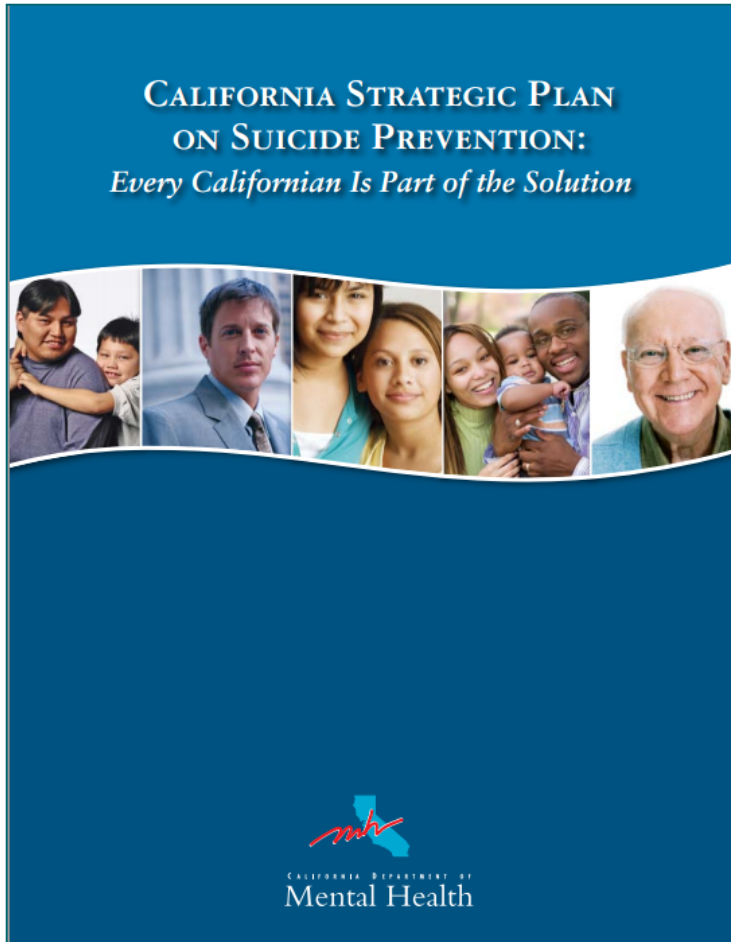
The screenshot displays the GoToWebinar interface. On the left, a chat window shows a message titled "conference" with a red box around it and a red arrow pointing to it. The main window is titled "Attendee List (2 | Max 101)" and shows a list of attendees under the heading "Attendees (1)". The list is sorted by "NAMES - ALPHABETICALLY" and contains one entry: "you know who (Me)". Below the list is a search bar. The "Audio" section shows "Telephone" and "Mic & Speakers" options, with "Mic & Speakers" selected and a "Settings" link. A "MUTED" indicator and a volume slider are also present. The "Questions" section has a text input field containing "[Enter a question for staff]" and a "Send" button, with a red arrow pointing to the button. At the bottom, the webinar title "practice" and ID "Webinar ID: 158-173-683" are displayed, along with the "GoToWebinar" logo.

# POLL

Do you have a survivor support program or group in your county?

- Yes
- No
- Not sure

# California Strategic Plan on Suicide Prevention



“Incorporate peer support and peer-operated service models”

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## Desired Outcome

**More individuals with thoughts of suicide  
know of resources and are helped by others**

# Tool Kits

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## MAKING HEADLINES

GUIDE TO ENGAGING THE  
MEDIA IN SUICIDE PREVENTION  
IN CALIFORNIA



[suicideispreventable.org](http://suicideispreventable.org)

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## CAMPAIGN TOOLKIT *Catalog*

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## How to Use Social Media for Suicide Prevention *User Guide*



[suicideispreventable.org](http://suicideispreventable.org)

# Today's presenter

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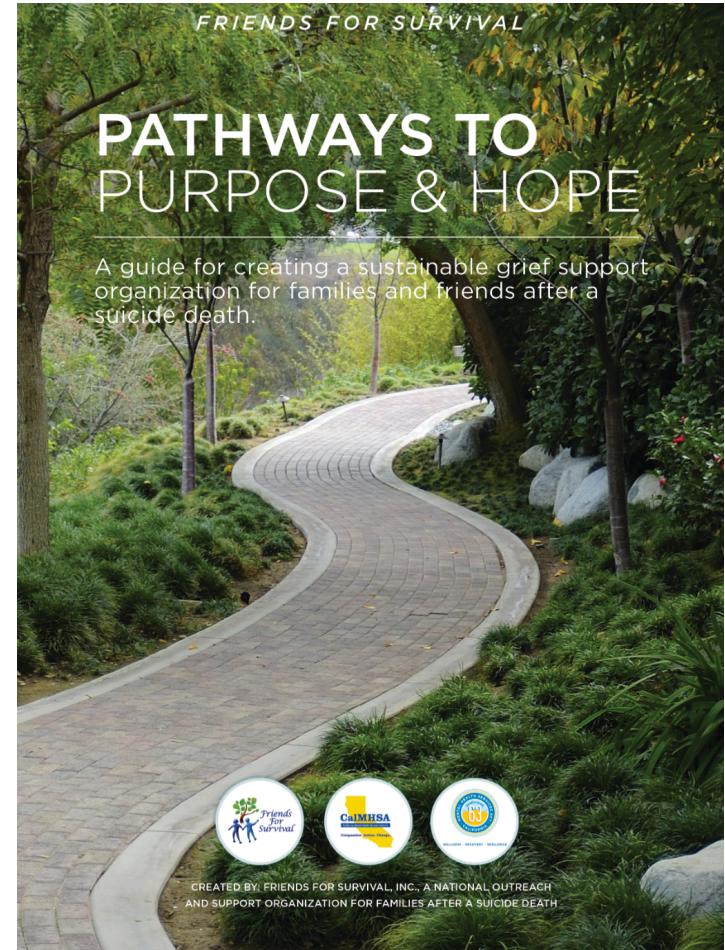
Marilyn Koenig



# What is the Pathways to Purpose and Hope?

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- 132 page guide for how to create and sustain a suicide bereavement support organization
- Comprehensive and practical steps
- Available for free download





**Comfort**

**Encourage**

**Educate**

# Why a suicide bereavement support PROGRAM?

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“Support”  
means more  
than holding  
meetings



# Getting started

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## Self assessment

**Are YOU ready?**

# This is a community effort!

## Community assessment

- **What is the need in your community?**
- **Do you need to start a new program or can you work with something already there?**
- **Who will be your partners?**

# Getting others involved

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## Build a core team of volunteers

- Finding others who are interested and ready
- Beginnings of your Board

# Getting a plan together

- The Basics – name, purpose, structure
- Brochure
- Web site
- Database
- Dedicated phone line and email accounts and a process for responding
- New family packet
- **PLAN FOR A VARIETY OF SERVICES. Why?....**





# What are the **critical** services?

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- Leadership team
- Well-Written Brochure
- Dedicated phone number
- Packets for new contacts
- Database of contacts
- Monthly Newsletter
- Monthly Meetings with trained facilitators
- Collaboration with community professionals

# Reaching out

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## Professional community

Cross referring

Potential speakers

## Survivors

Members and users of your service

Potential volunteers

## **Brochure and Web site**

- People can find you, and you can reach them wherever they are

## **Newsletter**

- “Support meeting in print”

## **Database**

- Keeping in touch
- Evaluation
- Grant applications

# Optional services

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Library

Quilts

One-on-one support and mentoring

Birthday & anniversary notes

Community resource list

Retreats and conferences

Events and activities

Speakers bureaus

LOSS teams

Outreach to third party survivors

# Where to find it

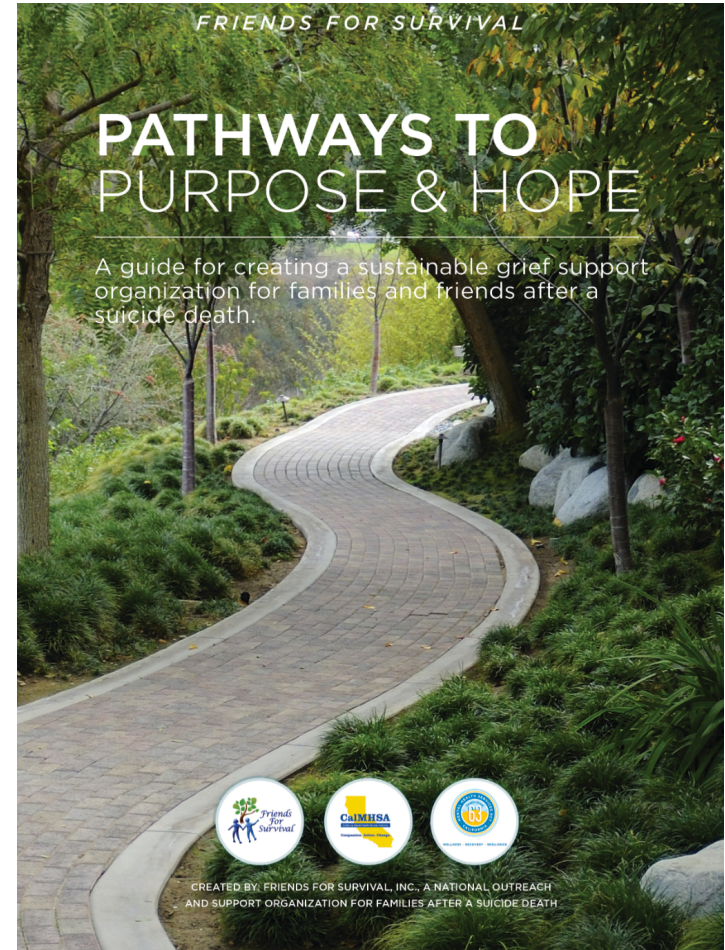
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## Your Voice Counts Resource Center

[www.YourVoiceCounts.org](http://www.YourVoiceCounts.org)

## Friends for Survival web site

[FriendsForSurvival.org](http://FriendsForSurvival.org)



# Postvention is Prevention

# Questions & Discussion

If you have a question, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel



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