

**Learning to Share Your Story**

First Step Add **Turquoise** and **Purple** to Your Hair



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**GOALS AND OBJECTIVES**

Telling Your Story Without Causing Harm to Your Audience

1. Develop an understanding of why storytelling is important in healing
2. How to use recommendations from National Organizations on best practices
3. Learn to use light humor during what can be a difficult discussion



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Janet's Story

Every year there are at least 135 people who have been exposed to a suicide death. We all have our stories to share. This is a way to connect with people and inspire others who may be struggling as a loss survivor to find hope and healing.



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<p>The Rosebud Indian Reservation had the world's highest suicide rate among males aged 15-24 around 2010. I was invited to help tackle this issue. Sharing stories of suicide prevention across cultures may enhance our efforts.</p>	<p>Anne's Story</p> 
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<p>Our Story Retrospective Fatality Analysis</p> 	<p>RFA is a comprehensive exploration of the biopsychosocial and environmental factors that precede an individual's death.</p> <p>Suicide, Equivocal Death Investigation, Public Health, Research and Meaning Making</p>
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<p>Story Telling</p>	
<p>Sharing has the power to help others and change stigma along with myths. When we tell our story about our experience we can impact others around us, so they know they are not alone.</p> 	

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## National Recommendations

But first, we need to learn the recommended way to share.

- Encourage someone to share
- Do not cause harm to our audience
- Feeling afraid
- Recommendations for sharing

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## Before you Tell Your Story

Are you ready?	18 to 24 months
Difference? others	Healing self / helping others
Your story! others	Your perspective / not others

National Action Alliance

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## Decide How to Share

1 minute / 3 minutes / 15 minutes

Goals

Benefits / risks

Know your audience

National Action Alliance

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## Decide What you Want to Share

Identify what you want to share

- Audience influence
- Avoid or be cautious / graphic stories
- Share resources

National Action Alliance

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## Safe Messaging

Prepare to tell story safely

- Avoid idolizing
- Know the wording
- Leave audience with hope and healing

National Action Alliance

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RETROSPECTIVE

## When You Tell Your Story

1. Who are you
  - a. Name
  - b. Relationship
  - c. Why are you sharing



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RETROSPECTIVE

## Organize Your Story

**Beginning:** Connected to the tribe

**Middle:** Collaborated with tribal members to develop programs

**End:** Modified and expanded work

**Support:** Sustainability



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RETROSPECTIVE

## After You Tell Your Story

Be ready

Know your limits

Know your qualifications

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## Resources

SPRC  
Suicide Prevention Resource Center

American Foundation for Suicide Prevention

988  
SUICIDE & CRISIS LIFELINE

RETROSPECTIVE  
ANALYZE. UNDERSTAND. PREVENT.

INDIANA SUICIDE PREVENTION NETWORK

SAMHSA  
Substance Abuse and Mental Health Services Administration

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## Training

ASIST  
Applied Suicide Intervention Skills Training

QPR  
INSTITUTE  
Question. Persuade. Refer.

TALK SAVES LIVES

CALM  
COUNSELING ON ACCESS TO LETHAL MEANS

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## Your Support

Family  
Friends  
Peers  
Self-Care

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## Take a Break

Rest up  
Down time  
Maintain balance

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## Contact Information

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