

Learning to Share Your Story - First Step Add Turquoise and Purple to Your Hair

Learning Objective:

1. Develop an understanding why story telling is important in healing
2. How to use recommendations from AFSP, 988, and Toastmaster guidelines on best practices
3. Learn to use light humor during what can be a difficult discussion

Abstract: 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.

Sharing has the power to help others and change stigma along with myths about suicide. When we tell our story about our experience after the suicide death of our loved one, we can impact others around us, so they know they are not alone.

But first, we need to learn the recommended way to share. We want to encourage someone to share without causing harm to our audience. Deciding to share can feel scary. This session will help to ease the feelings by providing a suggested checklist for telling your story.

Using the American Foundation for Suicide Prevention Guidelines we will talk about best practices for sharing your story along with what to avoid and why. Following recommendations from 988 we will discuss how to prepare, information to share, and wrap up after telling your story. Finally, we discuss building your speech for it to be effective using Toastmasters guidelines.

The topic discussion adds light humor from a suicide loss survivor. She added the colors of turquoise and purple suicide prevention colors - to her hair. This helps get the conversation started, especially with our youth. But she quickly learned fast the accepted amount of color when living in a small German community.

Presenter: Janet Schnell, MSW, CareATC

Bio: Janet Schnell, MSW, LCSW completed her masters degree in Social Work in 2010 at the University of Southern Indiana. She is currently in practice with CareATC serving the needs of employees in a commercial furnishings company. Janet specializes in suicide prevention, intervention, and after a suicide occurs; depression; anxiety; and substance abuse. She has experience in Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Brief-Cognitive Behavioral Therapy (B-CBT), Motivational Interviewing, and Narrative Therapies. Janet is a suicide prevention instructor for Question, Persuade, Refer (QPR), She is a suicide prevention trainer for Applied Suicide Intervention Skills Training (ASIST). She helped to develop 1 of the first 2 Local Outreach to Suicide Survivors (LOSS) Teams in Indiana. Janet is a founding member of the Retrospective Fatality Analysis - Consultants (RFA-C). The protocol is an

investigative and research instrument with the goal of informing suicide prevention by using the stories of those who died by suicide. She was a certified Psychological Autopsy Investigator by the American Association of Suicidology. Janet is a public speaker sharing her experience as a suicide loss survivor and becoming a social worker after her brothers death.