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Keynote Address

Interventions with Individuals in Crisis

- Understanding the importance of empathy and understanding in crisis communication
- How “Listening to understand” is critical in the communication process
- Specific interactions (case studies) with individuals contemplating suicide
- Enhancing communications skills

The High Price of Mental Illness in the Workplace

- Understanding stress, the good and the bad
- Compassion fatigue/vicarious trauma/moral injury
- Employee mental health and its role in a company’s success
- Creating a mentally healthy workplace
- Quality of Life: A guide to making every day count
- Living and thriving with a mental illness

Crisis Communication

- Signs presented by an individual in crisis/contemplating suicide
- Familiarization of effective communication tools
- Interacting with adolescents in crisis/regarding suicide of peer
- RELEASE Model for working with individuals in distress or a crisis
- Developing a Crisis Safety Plan

Workshops

Quality of Life

- Quality of Life Triad: A guide to maintaining a healthy mental and physical life style
- Understanding stress hormones and the impact they have on you
- The importance of support systems
- Good vs bad stress

Active Listening Skills

- Components of Active Listening Skills (ALS) – Techniques used by law enforcement to the highest levels of corporate negotiations to parents struggling with children to do their homework
- Gain confidence in your ability to communicate effectively
- Role play utilizing components of ALS

Suicide Prevention and Postvention

- Understanding factors that play a role in the development of mental illness
- Specific case studies from encounters on the Golden Gate Bridge
- Mental illness: Facts, myths, and how YOUR life may be affected
- Understanding how to approach and communicate with someone who may be in crisis
- Determine a course of action utilizing empathy, understanding, and active listening skills
- Provide insight to suicide loss survivors on coping, their emotions, and acceptance of loss

Law Enforcement/First Responders

Mental Illness Contacts, Moral Injury/Vicarious Trauma and Post Incident Mental Health

- Crisis negotiations: Specific interactions with suicidal individuals
- Post-traumatic stress disorder
- Administration's role in officer well-being: Pre and post critical incident
- Understanding compassion fatigue, moral injury and vicarious trauma: The impact they can have on your life
- Self-Care/Quality of Life
- Courageous Conversations: Communicating with an officer in crisis

Mental Health Professionals

- How "Listening to understand" is vital to successful interactions
- Specific interactions with an individual contemplating suicide
- Enhancing communications skills: What to say and what not to say
- Self-Care/Quality of Life/Compassion Fatigue
- Case studies of suicidal individuals on the Golden Gate Bridge
- Understanding compassion fatigue, moral injury, and vicarious trauma

