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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 Compassion Fatigue
- Employee mental health and its role in a company’s success.
- Creating a mentally healthy workplace.
- Quality of Life: A guide to making everyday 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.
- Utilizing a Crisis Safety Plan.
- Understanding Non-Suicidal Self-Injury and coping strategies.
- Understanding Grief and Loss

Workshops

Quality of Life

- Quality of Life Triad: A guide to maintaining a healthy mental and physical lifestyle.
- The importance of support systems and professional care.
- Understanding how stress affects our health.

Active Listening Skills

- Components of Active Listening Skills (ALS)
- 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, Post Incident Mental Health

- Crisis negotiations. Specific interactions with suicidal individuals.
- The impact Post-Traumatic Stress Injury and Compassion fatigue can have on YOU.
- Administration's role in officer/staff well-being. Pre and post critical incident.
- Self-Care/Quality of life
- Courageous Conversations: Communicating with an officer/staff member 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 avoid.
- Self-Care and your own quality of life.
- Case studies of suicidal individuals on the Golden Gate Bridge.
- Understanding Compassion Fatigue and your quality of life

