

# **Building Resilient Communities**

## **I. Myths around Suicide**

- a. Never talk about suicide
  - i. Asking someone if they are thinking about killing themselves will cause the suicide
  - ii. Talking about suicide prevention in public will cause people to commit suicide
- b. If you ask someone, they will lie.
- c. “Can’t Tell” particularly rooted in young people
- d. **Resource: [SD State Suicide Facts](#)**

## **II. Building community leadership teams**

- a. Clergy
- b. Educators
- c. Law enforcement
- d. Hospital
- e. Mental health providers
- f. Ag Business community
  - i. Implement Dealers
  - ii. Input providers
  - iii. Elevator operators
  - iv. Bankers/Farm Credit
- g. **Resource: [Crisis Team Members Sample](#)**

## **III. Crisis response team**

- a. Individuals from each of the groups
- b. Must be developed before the crisis
- c. Confidentiality must be addressed before crisis happens
- d. When the day comes
  - i. Facts must be shared within the group.
  - ii. Community response by each group
  - iii. Follow up meetings at 12 and 24 hours
  - iv. Debrief within a week
- e. **Resource: [Crisis Management Protocol](#)**

#### **IV. Critical Incident Stress Debriefing**

- a. Build a team
- b. First responders
- c. The team doing the debrief
- d. Don't forget secondary responders
  - i. Dispatch/hospital folks
  - ii. People who do site cleaning
- e. **Resource:** <https://icisf.org/>

#### **V. Response to completed suicide**

- a. Clergy
  - i. With family permission speak directly to the cause
  - ii. Bishop Andrea – “Choices”
  - iii. Checkup at 2 weeks, month and 3 & 6 months
  - iv. Every time you talk about suicide in any fashion you are causing individuals, that you are not aware of, intense emotional pain.
  - v. Locate and offer grief group support to surviving family members
- b. Educators
  - i. Make announcement in classrooms
  - ii. No school assembly
  - iii. Keep classes going
  - iv. Provide space for students to meet as needed with adults.
  - v. Monitor competing “mourning”
  - vi. Written permission to attend funeral
  - vii. No memorials at school
- c. **Resource:** [Crisis Intervention Protocol](#)

#### **VI. Building communities that raise resilient children – Search Institute**

- a. 1 parent or someone who knows the child and engages with them daily

- b. 2-3 grandparents/aunts, uncles or people who know them exceedingly well and interact with them regularly
- c. 3-5 neighbors who know them and interact on a regular basis in a positive manner
- d. **Resource:** <https://www.search-institute.org/>

**VII. When you suspect, how do you respond**

- a. Directly ask
- b. If the answer is Yes – Assessment
  - i. When
  - ii. Where
  - iii. How
- c. Do not let them leave or be alone
- d. Invite them to ask for additional help
- e. You ask for additional help if they will not
- f. What will help look like in your world. See II.

**Additional Resources:**

- [Knowing the Warning Signs](#)
- [Links, Training Resources, Agencies](#)
- [sdsynod.org/suicideprevention](https://sdsynod.org/suicideprevention)

## **Suicide Prevention Workshop Additional Resources**

### **South Dakota Suicide Prevention**

State website from the Helpline Center. Resources include facts, stats, prevention resources, trainings, and toolkits.

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

[sdsuicideprevention.org/data](http://sdsuicideprevention.org/data)

[sdsuicideprevention.org/professionals/suicide-prevention-trainers/](http://sdsuicideprevention.org/professionals/suicide-prevention-trainers/)

### **Helpline Center**

The Helpline Center is South Dakota's leader in suicide prevention and response. If you or someone you know is having suicidal thoughts please **call 1-800-273-8255** anytime, day or night, and we will provide you with the caring support you need. All South Dakotans have access to the crisis line all day, every day. The service is free and confidential. **The Helpline Center offers multiple trainings related to suicide prevention and mental health.**

[helplinecenter.org/suicide-and-crisis-support](http://helplinecenter.org/suicide-and-crisis-support)

**Community Based Resources:** [helplinecenter.org/suicide-and-crisis-support/community-based-resources/](http://helplinecenter.org/suicide-and-crisis-support/community-based-resources/)

### **NAMI – National Alliance on Mental Illness**

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Affiliates are located throughout the state in Aberdeen, Brookings, Huron, Pierre, Rapid City, Sioux Falls, Spearfish, Watertown, Yankton. There is also a statewide Consumer Council.

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

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

### **Front Porch Coalition – Rapid City**

Suicide Prevention Training, Crisis Intervention and Assistance, Suicide Support Groups, Suicide Prevention Resources, Mental Health First Aid Training.

### **Suicide Prevention Resource Center**

The Suicide Prevention Resource Center (SPRC) is the nation's only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention. SPRC is funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration. SPRC provides technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide.

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

**International Critical Incident Stress Foundation, Inc.**

Critical Incident Stress Management (CISM) is a method of helping first responders and others who have been involved in critical incidents that leave them emotionally and/or physically affected by those incidents. CISM is a process that enables peers to help their peers understand problems that might occur after an event. This process also helps people prepare to continue to perform their services or in some cases return to a normal lifestyle.

ICISF provides training for individuals interested in becoming a part of a crisis management team, or for an organization that is dedicated to helping individuals or groups recover from incidents.

**Courses:**

**Pastoral Crisis Intervention: [icisf.org/pastoral-crisis-intervention/](https://icisf.org/pastoral-crisis-intervention/)**

**Suicide Prevention, Intervention, and Postvention: [icisf.org/suicide-prevention-intervention-and-postvention/](https://icisf.org/suicide-prevention-intervention-and-postvention/)**