



# suicide to Hope



## s2H: A Recovery and Growth Workshop

***A one-day workshop designed for professional helpers who work with persons who are struggling with suicide on a long term basis.***

Suicide to Hope is not a crisis intervention workshop. It is for professional helpers working with people who have been previously at risk, continue to struggle with thoughts of suicide, and are currently safe from acting upon those thoughts.

This training provides tools to help professional helpers and persons with experience of suicide and who are ready to move forward with living to work together to develop achievable and significant recovery and growth goals.

**Thurs. March 22, 2018 ~ Waterloo**

**Thurs. May 24, 2018 ~ Waterloo**

(street address will be provided upon registration)

**Duration:** One-day (8 hours)

**Facilitator:** Rob Martin

**Participants:** Professional helpers who work with persons previously at risk of and currently safe from suicide

**Cost:** \$150 (including all materials)

**Register online:** [www.cmhaww.ca/events](http://www.cmhaww.ca/events)

**Questions?** Email [workshops@cmhaww.ca](mailto:workshops@cmhaww.ca)

### Why Recovery and Growth?

Recovery and growth approaches have demonstrated significant positive impacts in mental health, substance abuse and trauma. LivingWorks has developed suicide to Hope providing professional helpers with skills to help persons previously at risk identify opportunities for recovery and growth arising out of their experiences with suicide.

### Workshop Process:

suicide to Hope is primarily designed for professional helpers and assumes that participants already have some familiarity with suicide prevention and intervention work. The skills learned in suicide to Hope are designed to complement and enhance existing knowledge, experience and helping approaches and are applicable to helpers in a wide variety of professional disciplines.

Participants reflect upon their qualities as helpers—beliefs, values and attitudes they bring to the helping relationship. They also learn about the various meanings of suicide experiences and discover the opportunities for recovery and growth they present.

### suicide to Hope is structured around a three-phase Pathway to Hope (PaTH) model:

- The Understanding Phase focuses on exploring and describing barriers to recovery and growth.
- The Planning Phase involves the formulation of suicide specific recovery and growth goals.
- The implementing Phase focuses on monitoring progress and reviewing the process.

The workshop is highly interactive with a mix of large and small group discussions and simulations.

*"Suicide to Hope can not only empower our staff, but also empower the clients to manage suicidality" - Barry McGale, Suicide Liaison Officer, Western Health and Social Care Trust, Northern Ireland*



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
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