

Colorado Coalition for the Homeless

Creating Lasting Solutions

**Back to the
Basics:
Support for
Providers
Suicide
Prevention
learning lab!**

Disclosure Statement: Bridie does not have a financial arrangement related to the content of this activity.

Aanii, Boozhoo, niizhinoon manidoo ninjichaag, Keteguenseebee Aaniish ezhichigaanaad ini dewe'iganan, mikinaak indoodem

Hello, formally, I am Two-Spirit, Garden River First Nation, s Canadian Chippewas Ojibwe, Indigenous name is "The Drum Maker", and I am Turtle Clan)

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I use the pronouns: She, Her, they, them two-spirit

Gigishkan aki(I recognize that I live on) and benefit from the ancestral homelands of the Hinono'eino', Tsésthó'e, Núu-agma-tʷvʷ-pʷ, Očhéthi Šakówiŋ peoples. I acknowledge their sacred responsibility to this land, and the plants and animals that reside here. The Hinono'eino' biito'owu', Tsésthó'e, Núu-agma-tʷvʷ-pʷ, Očhéthi Šakówiŋ peoples have cared for this land since time immemorial and will continue to care and advocate for this land as they have always done. I write this acknowledgement to honor the original caretakers of this land, and to encourage others to educate themselves about the land they occupy and the Indigenous peoples that care for it. What are you doing for the NA community today we are still here so don't be performative at best.



A MEDICINE WOMAN'S PRAYER

I will Not rescue you,
For you are not powerless.

I will not fix you.
For you are not broken.

I will not heal you.

For I see you in your wholeness.

I will walk with you through the darkness,
as you remember your light.

Living Document Land Acknowledgement

Land Acknowledgment Living Document at JICS Lab School

Written by Grade 6 Students at the Dr. Eric Jackman Institute of Child Study Lab School, under the leadership of Teacher-Librarian Krista Spence and with help from Doug Anderson, author of Natural Curiosity

This [presentation] begins with the land acknowledgement, because we will be using the land and need to respect this place where Indigenous people have lived and continue to live.

We wrote this to share some of our learning, and to teach others. We thought about who would be hearing it, and we didn't want to make it too complicated, or too simple. We would like to thank the First Peoples of this land and all of Creation, including the animals, plants, land, water, air, rocks, trees and all that exists on this beautiful Earth.

We honour the Indigenous people whose traditional territories include the land on which we gather today: the Petun, the Wendat, Mississaugas, the Anishinaabe, the Haudenosaunee, and other Nations, whose names we no longer remember because of the impact of colonialism.

We want to honour the Treaties that were made with the Land and between First Nations and the Crown. Treaties should be honoured no matter what political party is in power.

The story of Canada that most of us know is not the whole story. We have been learning from Indigenous sources about losing language and culture through residential schools, and also about ceremony, celebration and strength of community.

When we are thinking about doing something to the land, like dams or pipelines, we should ask Indigenous people first, because they lived in balance with nature for thousands of years. We have lost our relationship to the earth by doing things like polluting and taking too much.

We need to ask ourselves: What is more important, what I get out of this, or what happens to the land? We need to think seven generations ahead: What we do today, how will that affect tomorrow? We invite you to do the same.



Disclaimer

The views expressed in this presentation are those of Bridie and do not necessarily represent the views, policies, and positions of the Colorado Coalition for the Homeless or any other Indigenous person's experience on this planet.

The Peace of Wild Things!

When despair for the world grows in me and I wake in the night at the least sound in fear of what my life and my children's lives may be, I go and lie down where the wood drake rests in his beauty on the water, and the great heron feeds.

I come into the peace of wild things who do not tax their lives with forethought of grief. I come into the presence of still water. And I feel above me the day-blind stars waiting with their light. For a time, I rest in the grace of the world, and I am free.

- by Wendell Berry

Objective 1: Learn wholistic ways for self-care as a service provider working with high at-risk populations and why it is important to remain grounded in the work that we do.

Objective 2: Learn wholistic ways for us to self-care within our organizations after completed suicide of our clients, staff or community.

Objective 3: Providers will come out with increased clinical knowledge base and tool kit to assist us to take better care of ourselves and our community at large.

Objective 4: leaning into two-eyed seeing and why it increases our vision. As well as community approaches that say if one is not ok the community should remain unsettled.



In 2006, Abt Associates, Inc., prepared a report entitled Strengthening Professional Identity – The Challenges of suicide in the Mental Health and Addictions Treatment Workforce.

The report detailed a key issue facing the addiction's workforce:



- Burnout was cited as a principal driver of employee turnover by three-quarters of U.S. workers surveyed in 2006 by the online career site CareerBuilder.com (Source: Trend Watcher: Addressing Worker Burnout, Institute for Corporate Productivity)
- Impairment in and of itself does not imply unethical behavior. Such behavior may occur as a symptom of impairment or may occur in counselors who are not impaired.
- Counselors who are impaired are distinguished from stressed or distressed counselors who are experiencing significant stressors, but whose work is not significantly impacted.
- Similarly, it is assumed that an impaired counselor has at some point had a sufficient level of clinical competence, which has become diminished as described above

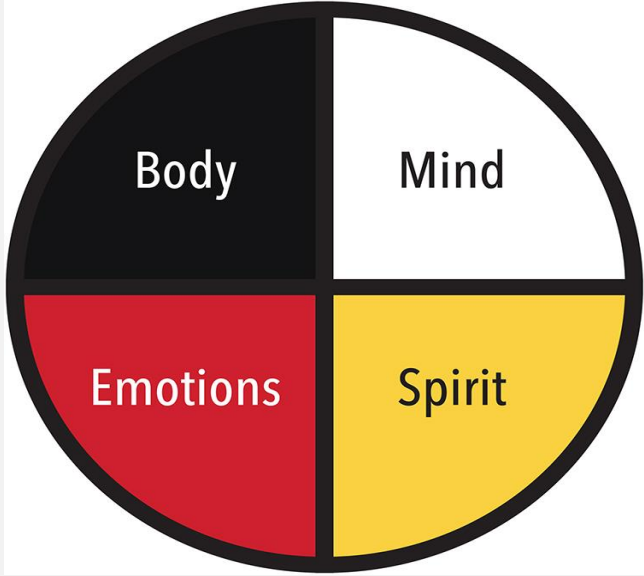


Quick Rural Facts:

- Rural areas have 20% fewer primary care providers than urban areas.
- 65% of rural counties do not have a psychiatrist.
- 81% of rural counties do not have a psychiatric Nurse Practitioner.do not have a psychiatric nurse practitioner.
- Rural residents are less likely than those living in suburban areas to report having home broadband internet access, and roughly 3 in 10 rural Americans (28%) say they do not have a broadband internet connection at home.
- In rural communities, the suicide rate is between 18.3 and 20.5 per 100,000 residents, as compared to large urban communities where the rate is between 10.9 and 12.5 per 100,000.



How to use the W/Holistic Model for a Balanced Life: An Inventory

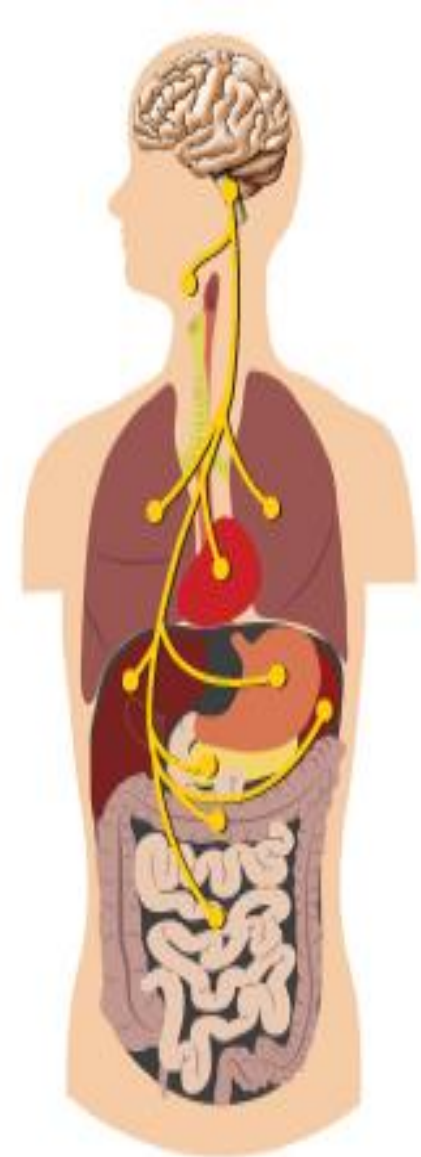


BODY, MIND, SPIRIT, COMMUNITY, ENVIRONMENT,
WISDOM, CREATIVITY, LOVE

SEVEN GRANDFATHER TEACHINGS: TRUTH,
COURAGE/BRAVERY, RESPECT, INTEGRITY, LOVE, WISDOM
AND HUMILITY.



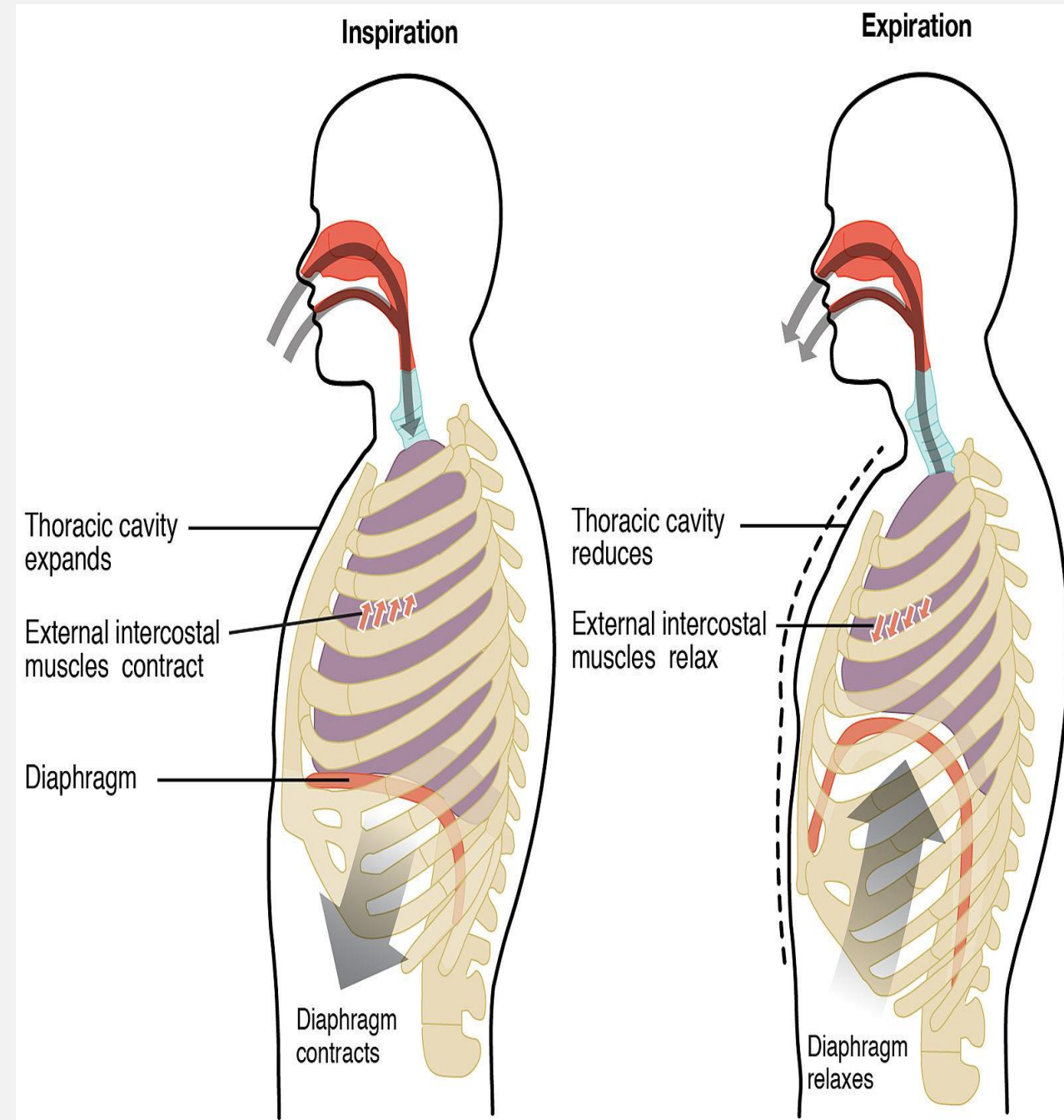
BODY INVENTORY: HOW WE
EXPERIENCE REALITY THROUGH OUR 5 SENSES
I.E. SMELL, TOUCH—OUR PHYSICAL BODY
THROUGH OUR MENTAL AND EMOTIONAL
EXPERIENCES I.E. ANGER, ANXIETY, LOVE



BREATHing

Breath Work

- Do you breathe easily and deeply?
- When you exercise, do you feel your lungs expanding?
- Do you know what it feels like to be out of breath?
- Have you explored breathing practices, such as *Pranayama* or Holo-tropic Breathwork?



FOOD

Eating or Nourishing?

- How do you nourish yourself with food?
- Do you take the time to prepare food for yourself?
- Is feeding yourself an enjoyable activity?
- Do you eat junk food or sweets?
- Do you forget to eat sometimes?
- In what ways is your relationship with food a healthy one?
- In what ways is it problematic?



Exercise, Movement & Sleep

EXERCISE

- What do you do for exercise and movement?
- Do you exercise too little or too much?
- What physical practice do you want to explore?

SLEEP

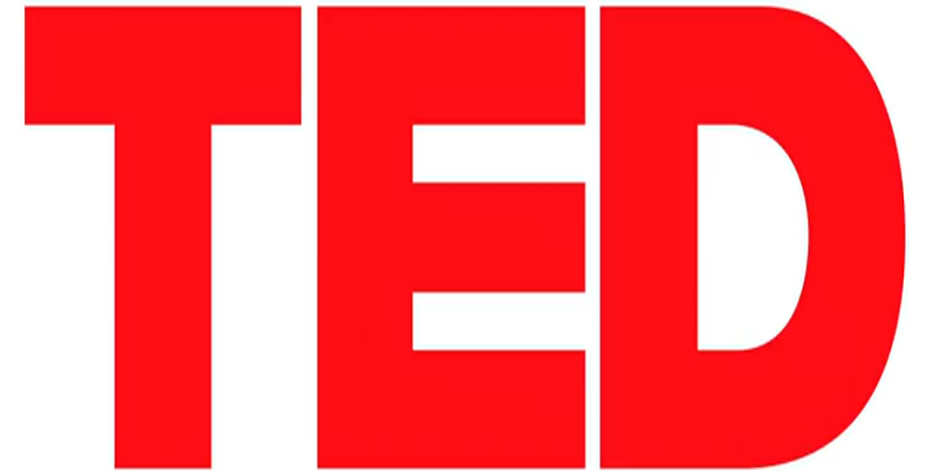
- How do you prepare for your sleep?
- Do you go to seep too early or stay up too late?
- How many hours do you sleep at night?
- Is your sleeping environment nourishing to you?
- Do you wake feeling rested?
- What do you dream about?



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The Brain-Changing Benefits of Exercise

The TED logo is displayed in a bold, red, sans-serif font. The letters are thick and blocky, with a slight shadow effect. The 'T' is the tallest, followed by the 'E' and 'D' which are shorter and wider. The 'E' has a distinct horizontal bar. The 'D' is rounded at the top and bottom.

Sensory and Pleasure

What Textures do you like?

How do you express your gender identity?

What beautiful things do you surround yourself with?

How do you express your sexuality?

How well do you relate to your personal sensuality and erotic flow?

Is it inhibited, uninhibited, expressive, happy, too little, or too much?

How is your erotic expression with others?

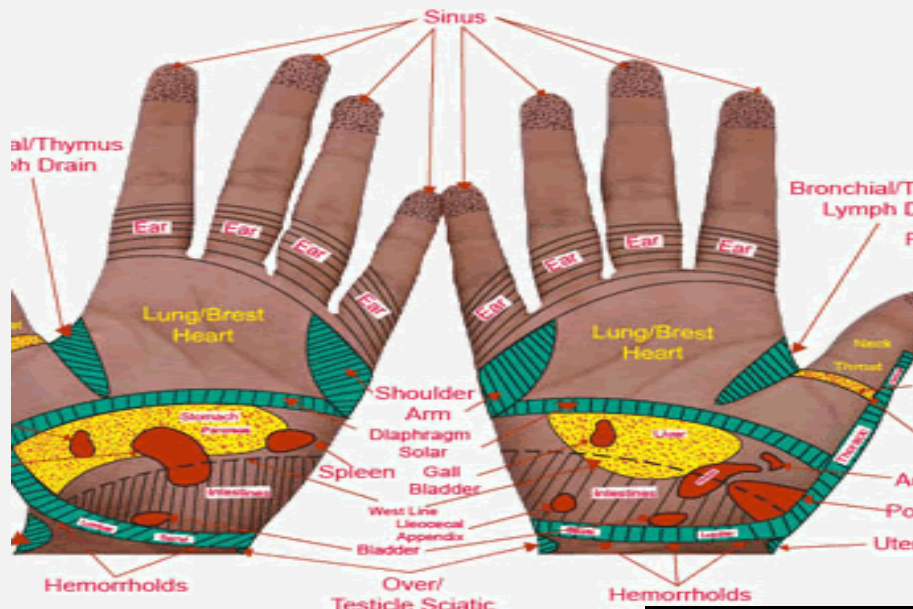
Is your sleeping environment nourishing to you?

Do you wake feeling rested?

What do you dream about?

What are you excited for?

Clothing, Sickness & Psychosomatic Awareness



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How do you like to feel in your clothes?

Do you dress for comfort or for beauty?

Is it important to you how others see you?

What are your favorite things to wear and why?

What do you do to maintain your sense of health and balance: chemically or hormonally?

How do you choose to take care of yourself when you don't feel well?

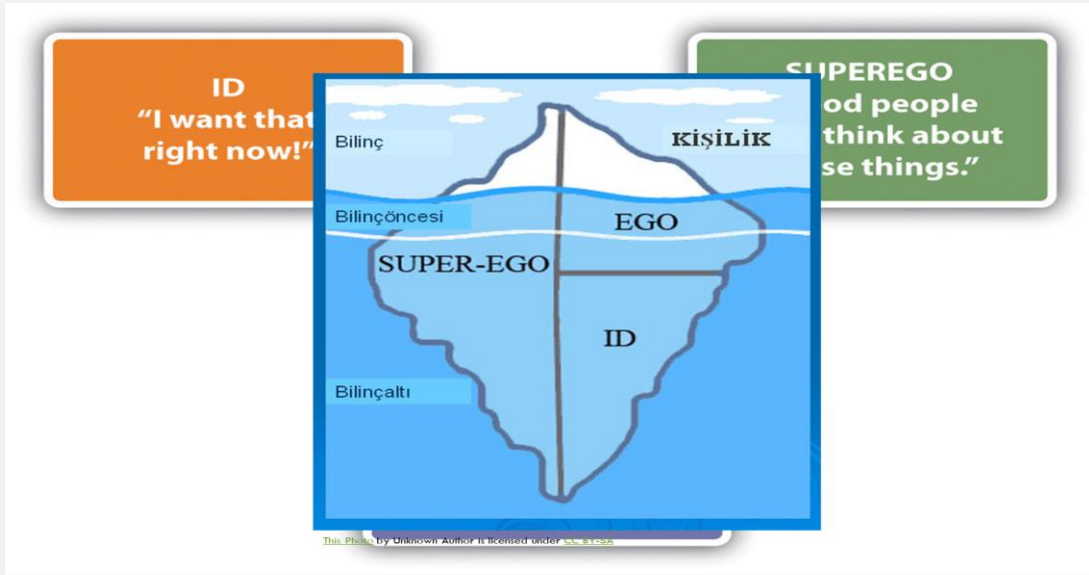
Are you able to ask for and receive support when you are sick?

Where or how do you hold fear, stress, or tension in your body?

How do you deal with stressful conversations?

Do you feel waves of depressive or anxious waves of energy? If so, how long do they stay in your body?

Do you tend to your physical body and appearance: your hair, your skin, your nails and your teeth?



Mind Inventory: Intellect, emotional processes and accessing the unconscious

Can you describe your intellectual strengths ?

Do you find yourself obsessing over the past or worrying about the future?

Is there a person or memory that you consistently think about or a reoccurring situation you are trying to figure out?

What practices do you have to calm your mind or manage your stress?

What are your emotional strengths? How do you Express them?

What emotions do you have a hard time feeling?

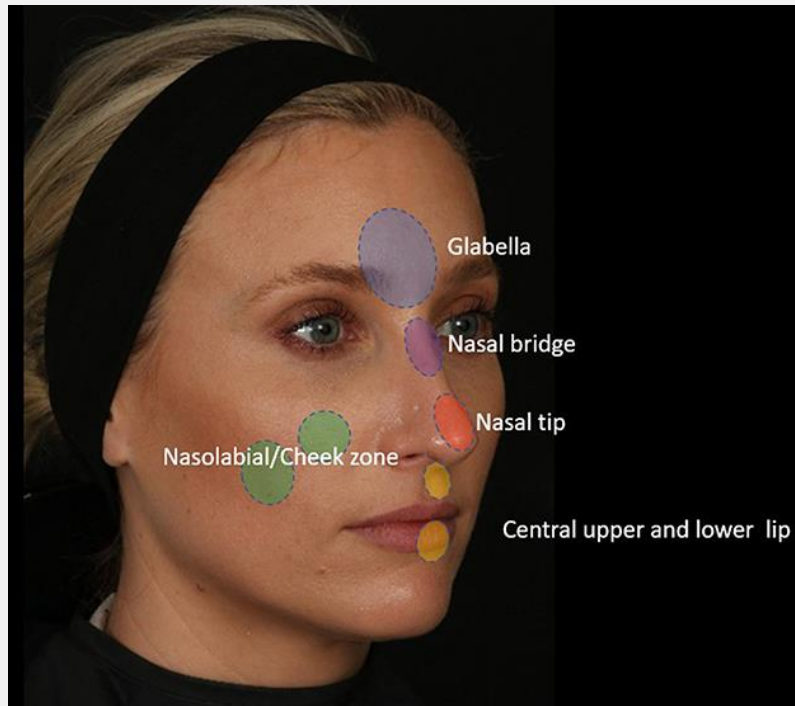
Could you be more honest with yourself? When do you feel joy or well-being?

Do you have a supportive environment for your emotional processing such as a therapist body or energy worker?

How do you relate with your unconscious?

Do you ever record your dreams when you wake up from them and work with them for clarity?

Are there maps you use to reflect on your life? Do you go to workshops to explore your own healing?



Spirit Inventory:

Spiritual background beliefs and practices

Do you consider yourself to be a spiritual person?

Did you have a religious upbringing and if so, is it still relevant currently?

If you are religious, does it impact your life negatively or positively?

If religion was not in your upbringings', how did you connect spiritually otherwise?

Do you believe in God or God's or a higher power? Do you believe that life is sacred?

What is your relationship with the elements, like the local rivers close to you or Mountains?

Do you believe that all life is sacred, or that at least your life is sacred?

How do you express gratitude? What do you value most in your own life?

Do you have a spiritual leader, teacher or mentor? Do you belong o a spiritual community?

Do you gather to meditate, spend time in nature, sing and/or pray or even complete acts of service?

Do you take time for personal or spiritual retreat? Do you include time for silence or quiet for you?

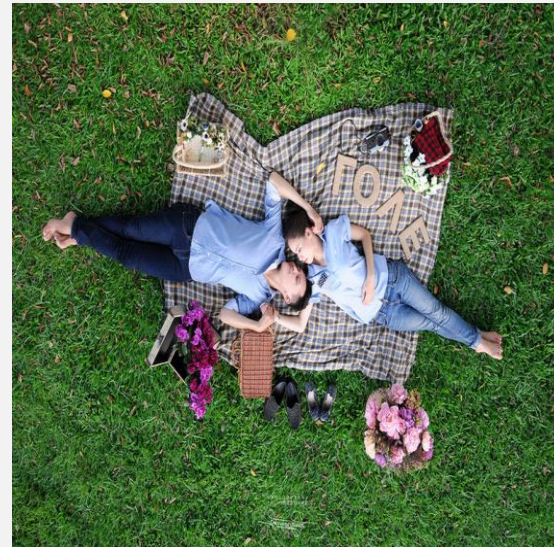
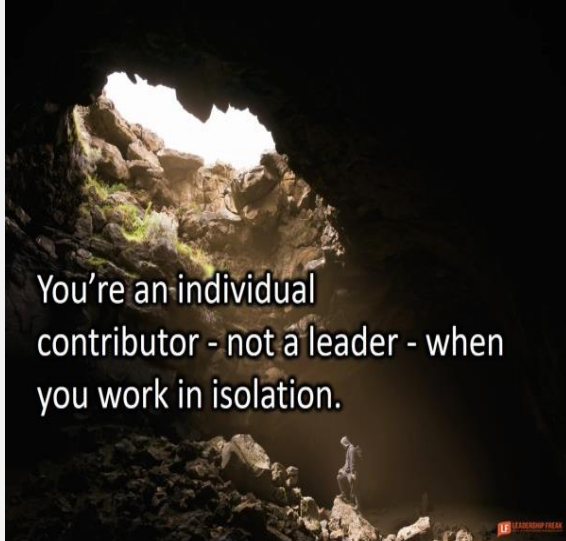
How do you celebrate births, anniversaries and to honor death?



Community Inventory: If one in community isn't whole we should all be unsettled. Personal relationships, group belonging, giving and receiving....



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How is your relationship with your family of origin? If you need a friend, who do you call?

Are you more withdrawn and introverted or are you more outspoken or extroverted?

Do you have people you can trust and depend on? Are you able to cultivate lasting friendships?

How and with who do you share your own vulnerability?

Do you get your needs met in your relationships or just attend to others? Or vice versus?

What does it mean to you to belong to a community? Have you ever?

Which work, sports, spiritual or artistic communities do you belong too if any?

If you go to a workshop or ceremony or travel with others how well do you relate?

How do you connect with new people, and what qualities or attributes do you represent in communities?

Do you feel nourished or exhausted by your social commitments?

How well do you balance time for self and time for community or others? How could you balance the ways you relate better?

In what ways do you give back to your communities through service?

Environment Inventory: Relating to the natural world and home and work environments



How much time do you spend in nature or with mother earth?

How do you connect with the mountains, plants, trees and rivers around you?

What local flora or fauna are you even familiar with? How do you show up for it?

What elements do you connect with most?
Fire water, earth, air or space?

In what ways if any do you feel the natural earth is alive?

Do you recycle and reuse and are you adding biodegradable and sustainable products for EARTH?

Do you keep your home and office messy or tidy?

How does your home reflect your sense of beauty and the things that you love?

Do you have plants or a garden in your living space?

How do you relate to or treat the street you live on or neighborhood you live in?

How relaxed or energized do you feel at work or in your home?



No one can change
your mind against
your will

You must do that
for yourself

the Science PT
@erikMeira

Wisdom Inventory:

Wisdom is the compacity to combine
knowledge with concrete life experience....

How do you recognize wisdom in others ?

In what ways do you consider your own self as wise?

What are your personal sources of wisdom? People, teachings ,
living or elder traditions?

Do you lean more toward gathering knowledge or having direct
experiences?

Do you encounter the same issues or patterns in your life, over
and over?

Are you able to assimilate any current knowledge about these
patterns?

Do you have the wisdom needed of how to transform them, or
not?

How do you express gratitude? What do you value most in your
own life?

Do you trust yourself to make necessary changes in your life?

Can you reach out for support if you feel unable to change difficult
patterns?

How do you integrate your experiences? How do you keep
yourself learning and growing?

How might you introduce new wisdom into your current fold?

Creativity Inventory:

Creativity is the energy that propels peoples lives toward change and evolution ...

In what ways do you consider yourself to be creative?

How are you creative in the ways that you dress, how you eat, or how you express yourself through words and actions?

What are curious about?

Do you practice any expressive art forms?

What beliefs do you have about your Capacity to be creative?

Do you feel blocked in your creativity?

What blocks you or your ability to be creative?

Could you relate to someone you know in a more creative way?

What new thing or area of creativity could you explore?

In what aspects of your life would you like to bring innovation to?



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LOVE Inventory:

Love is a force that compels us to know ourselves more deeply and to connect with more fully with others...



Do you feel love? If so with who or where and when?

Where in your body do you feel it?

Do you love yourself?

How do you express love for yourself toward yourself?

When have you felt the most loved?

What does it mean to you to love someone or something?

What and whom do you love the most? How do you nurture these relationships?

Who have you accepted or declined love from and why?

Are you comfortable expressing love? How do you nurture what you love?

What are you here to learn about love in this lifetime?



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Pure Being Inventory:

The five aspects mentioned, and the three qualities all exist within the realm of Pure Being....”it is beyond words and can only be defined by our compacity to perceive it”

How do you connect with your essence or your core?

Who are you when you are not doing anything?

What are curious about?

Are you comfortable simply being with yourself?

Are you comfortable simply being with someone else?

What do you think happens when your body dies?

How transparent are you with others?

Do you even relate to the terms Pure Being, God, source, awareness, emptiness, open presence, transcendence, Creator, the great mystery, or the divine?

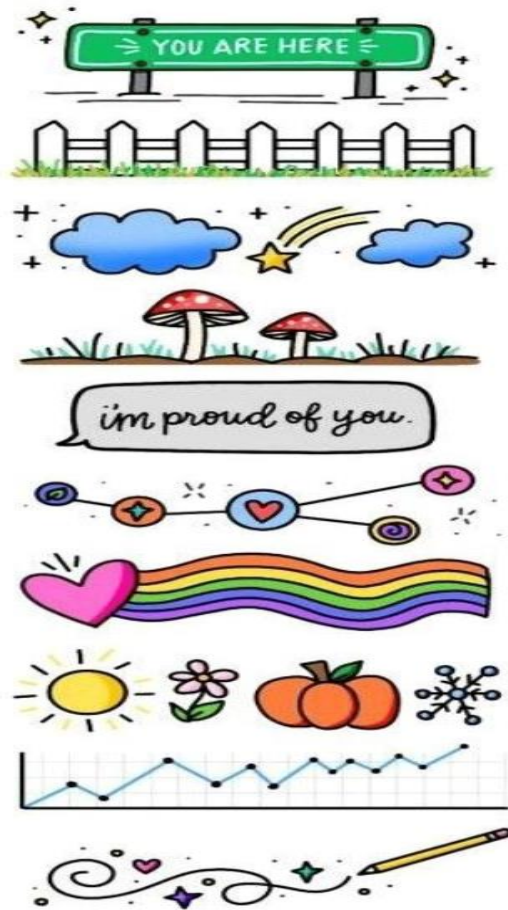
Do you even make space for the power of the pure being to be felt?

In what ways does this pure presence inform you life?



THINGS THAT ARE *ACTUALLY* PRODUCTIVE

@POSITIVELYPRESENT



PRACTICING THE ART OF BEING PRESENT
RESPECTING (AND SETTING) BOUNDARIES
OPENING YOUR MIND TO POSSIBILITIES
DELIGHTING IN LIFE'S LITTLE PLEASURES
UPLIFTING SOMEONE ELSE (OR YOURSELF!)
CONNECTING WITH WHAT MATTERS MOST
TREATING PEOPLE WITH LOVE & KINDNESS
IDENTIFYING REASONS TO BE THANKFUL
VALUING ANY PROGRESS YOU'VE MADE
ENGAGING IN AN ACTIVITY YOU ENJOY



Suicide Prevention Toolkits for Providers

[Crisis Prevention & Intervention Training in Human Services | Relias](#)

[Crisis Prevention and Intervention Training Report | 2022 \(relias.com\)](#)

Suicide Prevention Toolkit for Providers: Forefront of Care

[Suicide Prevention Toolkit | Forefront Suicide Prevention - University of Washington \(intheforefront.org\)](#)

[suicide-fact-sheet.pdf \(nhchc.org\)](#)

Social Media Campaigns for youth prevention:

<https://www.aap.org/en/news-room/campaigns-and-toolkits/suicide-prevention/>

AAP

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