

## Alliance Webinar

November 15, 2021 10:30 AM – 12:00 PM

“How do we support survivors of suicide loss?”

*Hear from two national organizations on supports and resources for loss survivors and what postvention efforts look like on a state level. We'll also have conversations with Coalitions on how they engage and support loss survivors in their communities.*

Agenda:

Time	Topic	Who
10:30 – 10:35	Welcome, Agenda Overview	Name, pronouns, and agency in the chat
10:35 – 10:50	Resources through The Everytown Survivor Network	Brandy, Moms Demand Action
10:50 – 10:55	Q&A for Brandy	
10:55 – 11:15	Postvention in Oregon: How we can support and learn from loss survivors Question to ask in chat: Are you aware of your local postvention plans?	Kris, AOCMHP
11:15 – 11:20	Q&A for Kris	
11:20 – 11:35	Life After Loss: How the American Foundation for Suicide Prevention engages and supports loss survivors	Taylor, AFSP
11:35 – 11:40	Q&A for AFSP	
11:40 – 11:55	Group Discussion: What role do suicide loss survivors play in your local coalitions? Do you have something specific that you've done with loss survivors that you want to share? Use <a href="#">Jamboards</a> for this portion of agenda. Questions to ask: What are you currently doing to support loss survivors? What ideas have you gained to implement in your coalitions?	Coalitions
11:55 – 12:00	Closing, Grounding Exercise	



**Please enter your name, pronouns,  
title, organization, email and  
coalition in the chat box.**

**Regional Coalitions and  
Friends Webinar**

**November 15, 2021**

# How do we support survivors of suicide loss?

- ▶ Welcome, Agenda Overview
- ▶ Resources through The Everytown Survivor Network
- ▶ Postvention in Oregon: How we can support and learn from loss survivors
- ▶ Life After Loss: How the American Foundation for Suicide Prevention engages and supports loss survivors
- ▶ Group Discussion: What role do suicide loss survivors play in your local coalitions? Do you have something specific that you've done with loss survivors that you want to share?





# Oregon Alliance to Prevent Suicide: Our Vision

In Oregon all young people have hope, feel safe asking for help, can find access to the right help at the right time to prevent suicide, and live in communities that foster healing, connection, and wellness.

# Safety

- ▶ Please take care of yourself during today's webinar
- ▶ We'll be hearing about loss survivors today and resources available
- ▶ If you need to talk with someone, please feel free to message either Annette or myself through GoTo
- ▶ You can also use the following crisis lines:
  - ▶ Lines for Life 800-273-8255
  - ▶ Crisis Text Line 741741, text Oregon
  - ▶ Oregon Behavioral Health Support Line 800-923-4357

# Safe Messaging


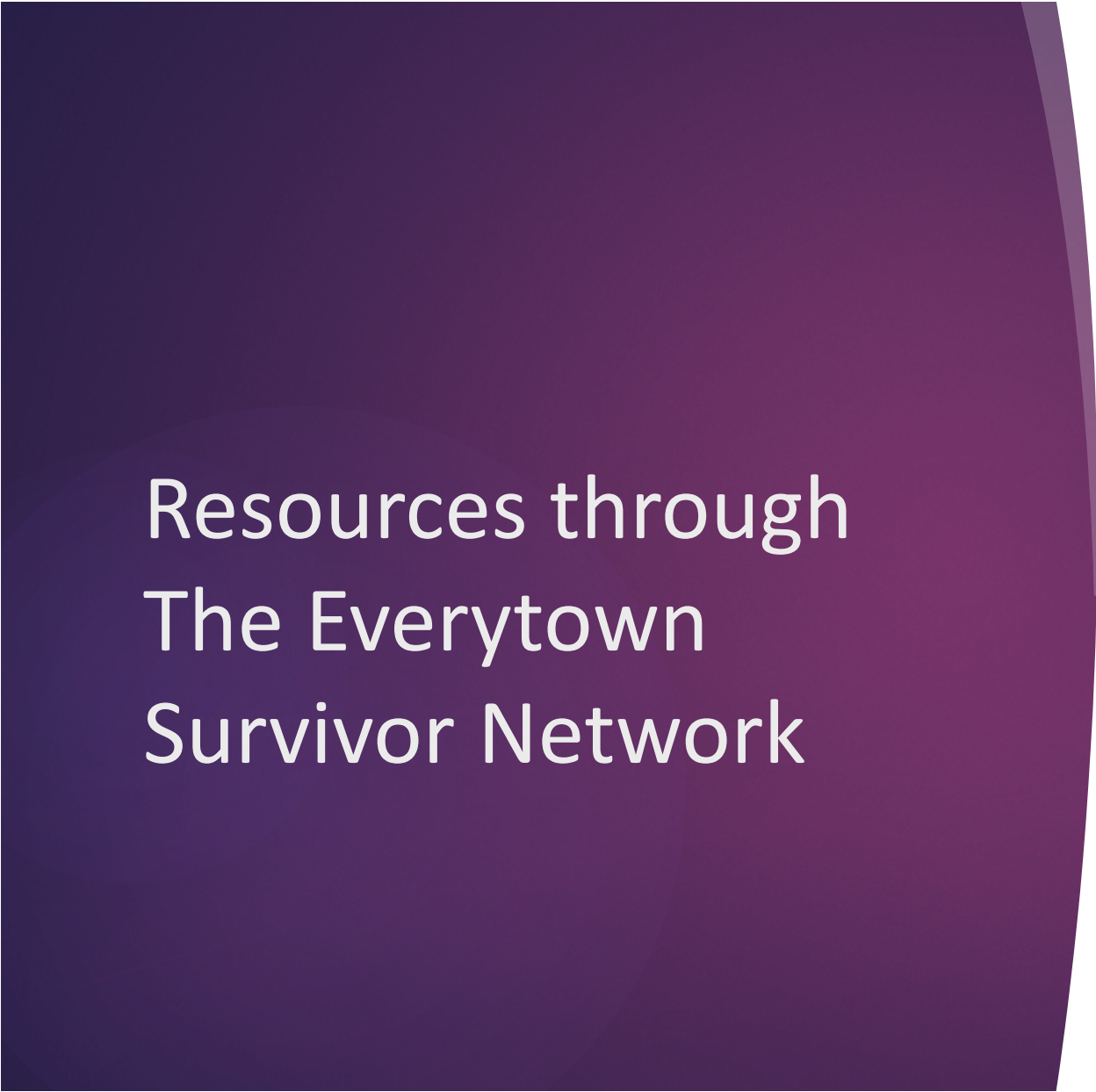
Quick reminders about safely sharing our stories and lived experiences from [AFSP](#):

## Do

- ▶ Be at a safe place in your recovery
- ▶ Define key messages
- ▶ Emphasize the journey
- ▶ Consider your audience
- ▶ Practice
- ▶ Send the message that help is always available

## Don't

- ▶ Don't use the phrase "commit suicide"
- ▶ Don't refer to a suicide attempt as "successful," "unsuccessful" or as a "failed attempt"
- ▶ Don't refer to lethal means or method used in an attempt
- ▶ Don't simplify suicide
- ▶ Don't glorify suicide
- ▶ Avoid portraying suicide as an option



# Resources through The Everytown Survivor Network

BRANDY WITH MOM'S DEMAND  
ACTION

# EVERYTOWN FOR GUN SAFETY

- Largest gun violence prevention organization in America
- Firearm suicide is gun violence
- Programs of Everytown include
  - **Moms Demand Action**
  - **Students Demand Action**
  - **Everytown Survivor Network**
  - **Everytown Research & Policy**
    - [Everytownresearch.org](http://Everytownresearch.org)
    - [Everystat.org](http://Everystat.org)






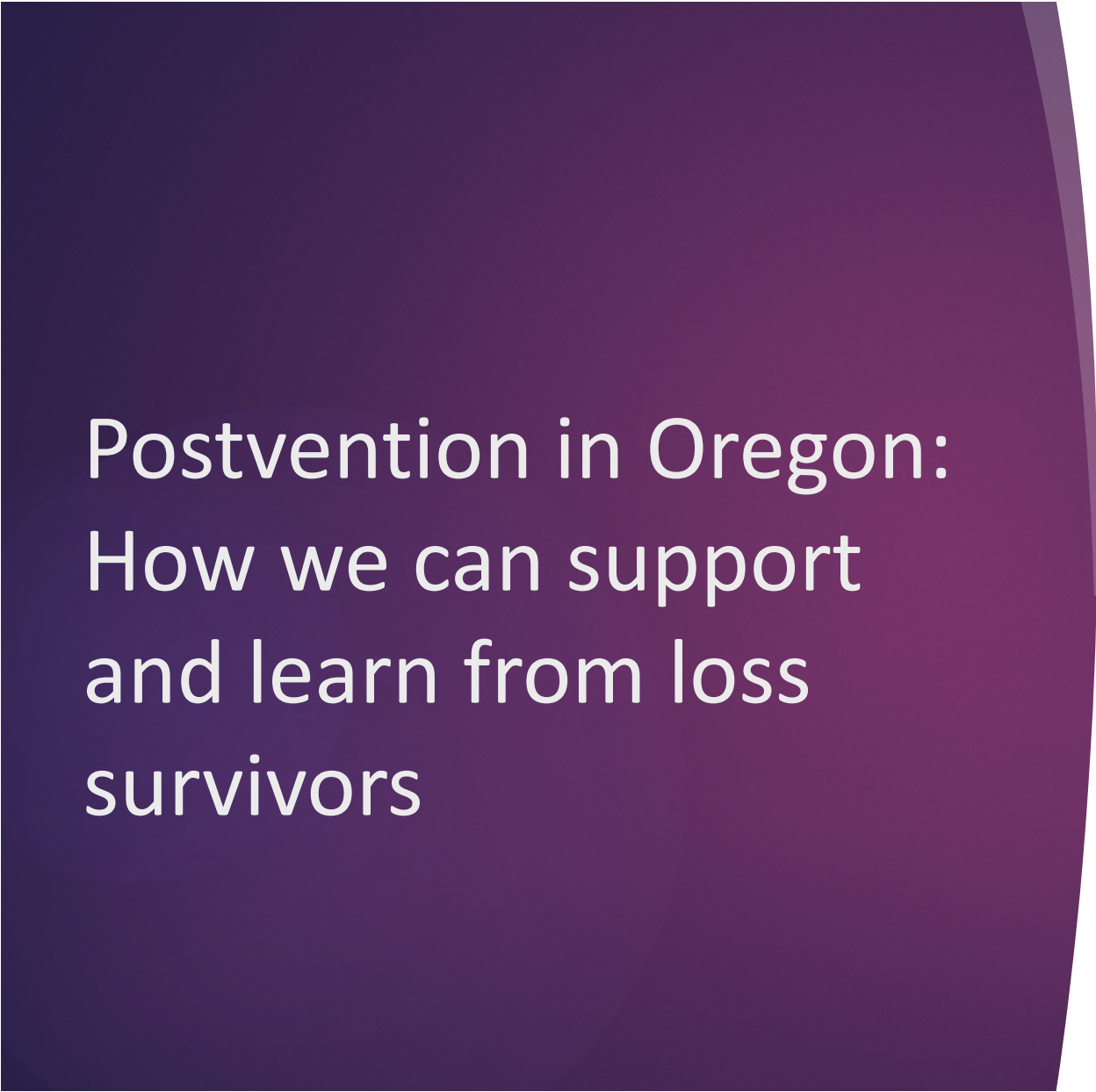
# EVERYTOWN SURVIVOR NETWORK

- **Free resources**
  - **Newsletter**
  - **Support groups**
  - **Survivors Connect + Learn**
  - **Access to online counseling**
  - **Text SURVIVOR to 644-33**
  
- **Moments that Survive**
  - **Share your story**
  - **[momentsthat survive.org](https://momentsthat survive.org)**





# Q&A for Brandy




# Postvention in Oregon: How we can support and learn from loss survivors

KRIS WITH AOCMHP (ASSOCIATION  
OF OREGON COMMUNITY HEALTH  
PROGRAMS)



# Q&A for Kris



Life After Loss: How the  
American Foundation for  
Suicide Prevention  
engages and supports loss  
survivors



TAYLOR WITH AFSP (AMERICAN  
FOUNDATION FOR SUICIDE PREVENTION)



# Life After Loss

HOW THE AMERICAN FOUNDATION FOR SUICIDE  
PREVENTION ENGAGES AND SUPPORTS LOSS SURVIVORS

**Our Mission**

**Save Lives and Bring Hope to  
Those Affected by Suicide**



# Our Work



Research



Advocacy



Prevention Education



Interactive Screening  
Program



Loss & Healing



Chapters





# Short Term Support

# Loss & Healing



## **International Survivors of Suicide Loss Day**

People in over 360 locations worldwide gather to gain insight and share stories of hope and healing.

*The Journey* is a series of documentary films, released in conjunction with Survivor Day events, that explore the suicide loss experience over time.



## **Healing Conversations**

Personal support for suicide loss

Fellow loss survivors, trained by AFSP, meet in person, by phone or through video chat with the newly bereaved.



# 2021 Survivor Day Events



## International Survivors of Suicide Loss Day

**Bend Survivor Day**  
Saturday, November 20th  
11am - 1pm

Aspen Hall - Shevlin Park  
18920 NW Shevlin Park Rd.  
Bend, OR 97701

[isosld.afsp.org/bend-oregon/](https://isosld.afsp.org/bend-oregon/)



## International Survivors of Suicide Loss Day

**Coos Bay Survivor Day**  
Saturday, November 20th  
1pm - 3pm

Starfish Youth Therapy Center  
465 Elrod Avenue  
Suite 101  
Coos Bay, Oregon 97420

[isosld.afsp.org/coos-bay-oregon/](https://isosld.afsp.org/coos-bay-oregon/)



## International Survivors of Suicide Loss Day

**Hood River Survivor Day**  
Saturday, November 20th  
10am - 12pm

Columbia Gorge Community College  
Hood River Campus  
1730 College Way  
Hood River, Oregon 97031

[isosld.afsp.org/hood-river-oregon/](https://isosld.afsp.org/hood-river-oregon/)



## International Survivors of Suicide Loss Day

**Portland Survivor Day**  
Saturday, November 20th  
10am - 12pm

West Portland United Methodist Church  
4729 SW Taylors Ferry Rd  
Portland, OR 97219

[isosld.afsp.org/portland-oregon/](https://isosld.afsp.org/portland-oregon/)



## International Survivors of Suicide Loss Day

**American Sign Language Survivor Day Event**  
November 20, 2021

1 p.m. to 3 p.m. CST  
Registration is required.

This is a virtual event hosted by the Minnesota Chapter - open to all deaf and ASL community members (regardless of location) who have experienced a suicide loss. Please note - this program will be in ASL only and will not be interpreted into English.

For more information and to register, please visit:  
<https://isosld.afsp.org/american-sign-language-event/>



# Virtual!



## International Survivors of Suicide Loss Day

**Oregon Statewide Survivor Day**  
Saturday, November 20th  
2:00-3:00pm PST  
Virtual Event via Zoom

[isosld.afsp.org/oregon-virtual/](https://isosld.afsp.org/oregon-virtual/)



# Other Survivor Support Events

## Día de Esperanza

4 p.m. ET • 19 de noviembre  
Facebook @afspnational



American  
Foundation  
for Suicide  
Prevention



International  
Survivors of  
Suicide Loss Day

## Eastern Oregon Survivor Day

Saturday, December 4th  
11am - 1pm

Pendleton Convention Center  
1601 Westgate  
Pendleton, OR 97801

[isosld.afsp.org/pendleton-oregon/](https://isosld.afsp.org/pendleton-oregon/)



American  
Foundation  
for Suicide  
Prevention

Oregon

# Long-Term Support



## Long-Term Survivors of Suicide Loss Summit

# WALK TO FIGHT SUICIDE

[afsp.org/walk](https://afsp.org/walk)



# “

**I look forward to it every year**, put aside that time for me. It helps me get through the holidays with kindred spirits.

– Survivor Day Participant



International Survivors of Suicide Loss Day



American Foundation for Suicide Prevention

[afsp.org/SurvivorDay](https://afsp.org/SurvivorDay)

PROUD TO BE AN

*AFSP*

*Volunteer*



American Foundation for Suicide Prevention



# Q&A for Taylor



<https://jamboard.google.com/d/1Zp7aAWG8W9MxT-oVWDJjty0to8OWx7IpuU7dFZ-A8-Q/edit?usp=sharing>



# 5 Senses

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

# Thank you!

Annette Marcus, Suicide Prevention Policy Manager

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Jenn Fraga, Suicide Prevention Project Specialist

[jfraga@aocmhp.org](mailto:jfraga@aocmhp.org)