
Executive Summary

Prepared by BOA, LLC

Postvention Alliance

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Introduction

Postvention Alliance provides education & support for suicide loss survivors, suicide attempt survivors, and those who have been affected by the suicidal crisis of another and collaborates with other local, regional, state, and national postvention efforts. We encourage trauma-informed provider and peer care, and we closely follow research that supports the voices of those with lived experience. We invite community members to explore the resources on our website @ postvention.org to learn more.

Our work

Postvention Alliance meets quarterly to plan community trainings, events, and outreach opportunities to benefit suicide survivors in our community. Current projects include the Youth Vision PSA project with CyberStrong Mesa County, scheduling two first & last responder trainings, suicide loss survivor support group leader training, organizing a multi-gen resiliency building dinner club project with D51 professional staff, and preparing for Survivor Day.

We welcome input and collaboration

Postvention work can be both emotionally difficult and very rewarding and it is not for everyone; we understand that. Additionally, because of the nature of our work, each project includes consideration of personal ethics and professional competence in ourselves and our collaborators. We value the lived experiences of survivors across the suicide spectrum and we have a special heart for youth voices.

Community members can become involved. We welcome help with setting up event tables, grant writing, helping out with youth projects, taking free training to use in our community, committee service, moderating training days, fundraising, leading a support group, providing food for an alliance activity, volunteering as first responders, serving on our board, or creating new postvention opportunities for our community. * Some projects and duties require a CBI background check and a 1-hr suicide intervention training.

PROJECTS

2021 Details

Postvention Alliance work is conducted via the input of survivor voices combined with the generosity of individuals, other postvention organizations, businesses, and grant funders.

Funded projects | \$37,800

Youth Vision film PSA project with CyberStrong Mesa County

LOSSteam | June

Pathways to Purpose & Hope Training | August

Survivor Day | Nov

Projects in planning | \$32,325

A Voice at The Table support group - 12 wk

Didi Hirsch attempt survivor support group - 12 wk

Gizmo dinner club with Cooking Matters - 8 week multi-gen resilience group - 8 wk

Pathways bereavement support group leader training for 12 (6 teams)

Western Slope rural youth postvention advocacy project w/ WCA youth interns - all counties

Future Goals

Repeat A & B in every county on the Western Slope

Conclusion

Postvention Alliance focuses on education & support for suicide loss survivors, suicide attempt survivors, and those who have been affected by the suicidal crisis of another. We prioritize and lift up survivor perspectives and create opportunities for our community to hear survivors' voices. Postvention.org is our online point of presence and we engage closely with the ideals found therein. While we work for the public, we do so largely in quiet settings with as little fanfare as possible. The populations we serve require a great deal of consideration which guides us in defining the specific competencies required for each project. Community members are integral to our work and we are fortunate to enjoy strong alliances with other postvention minded individuals, businesses, organizations, and grant funders. We are halfway to our project funding goals with the Youth Vision PSA project underway and responder training organizing in process. Please join us on our journey.

FUNDED PROJECTS | Expanded

Youth Vision film PSA project with CyberStrong Mesa County

Mesa County youth conceived, directed, and produced videos PSAs featuring youth centered resilience practices. The PSAs will be housed on the CyberStrong Mesa County website, making them available for educators and advocates to view with youngsters in their charge.

Connect Postvention training for 30 first and last responders

Connect Postvention is a practical, interactive training curriculum which facilitates the creation of a comprehensive postvention plan for a community. By training trainers, we will be able to offer two more trainings for responders on the Western Slope over the next two years.

LOSSteam Postvention training for 100 community responders

LOSSteam primary goal is to teach volunteer responders how best to let suicide survivors know that resources exist as soon as possible following the death.

* Connect and LOSSteam training modalities are useful for families and friends on the scene of a suicide death, and also during follow up care as peer responders or peer providers.

Survivor Day GJ

Survivor Day is an annual event in November in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience.

PROJECTS IN PLANNING | Expanded

A Voice at The Table support group

12 week recovery focused support group for the family and friends of suicide attempt survivors, those who self-injure, and those who struggle with suicidal thinking.

Didi Hirsch attempt survivor support group

12 week support group for those who have survived a suicide attempt. Each support session is led by a clinical provider and a peer support specialist. The Didi Hirsch support group has become a model for other suicide prevention centers around the nation and world. The curriculum was placed on a national registry of best practices and has been downloaded by more than 1,500 mental health providers in every state and 35 countries.

Pathways to Purpose & Hope

Pathways to Purpose & Hope bereavement organizational and support group leader training for 12 (6 teams). Pathways training involves creating a sustainable grief support organization for families and friends after a suicide death. Pathways to Purpose and Hope was created to give communities the tools to mount an effective and sustainable family, friend, peer, and faith community .

12 week support group to offer comfort, compassion, encouragement and education to suicide loss survivors. Pathways peer leaders helps people learn to cope with grief after a suicide death. Leaders take this journey together as equal members of the group, helping each other cope. Pathways meetings are peer support, not therapy.

Gizmo dinner club with Cooking Matters

8 week multi-generational wellbeing skills dinner group led by a certified K12 educator, a licensed counselor, with a cooking demonstration and meal during each session. The Gizmo curriculum strives to help youth, their trusted adults, and the settings in which they live support their mental health and social emotional learning, and create a greater sense of individual and community connectedness thereby strengthening their mental wellness and reducing their risk of many negative health outcomes, but most importantly poor mental health and suicide.

Western Slope K12 Postvention advocacy project

Multimedia project conceived, designed, and executed by Western Slope youth with organizer mentors. The project will encourage schools, city councils, and county commissions to support community wide postvention systems of support.