

STRIVING FOR ZERO EXCELLENCE AWARDS

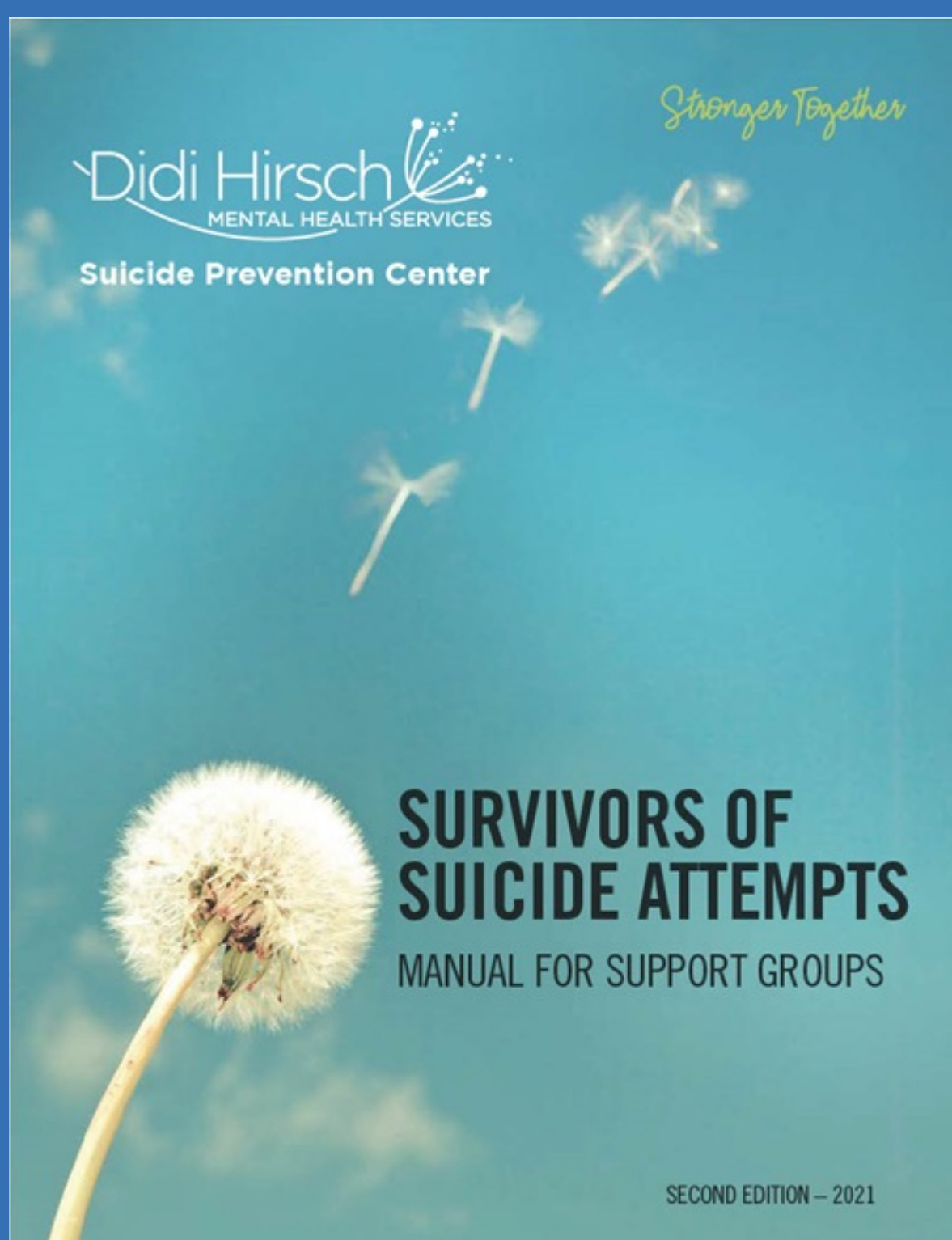
Striving
for
Zero

INTERVENTIONS AFTER A SUICIDE ATTEMPT

Survivor of Suicide Attempt Support Groups

Los Angeles County

Didi Hirsch's Survivor of Suicide Attempts support groups offer a safe, non-judgmental place for people to talk about what led them to attempt suicide and the impact it had on their lives. Participants also learn how to create safety plans to help them cope with suicidal thoughts. The groups are held in Los Angeles and Orange Counties. Participants meet in groups of six to 10 once a week for 90-minute sessions over eight consecutive weeks. They are co-facilitated by a therapist and a suicide attempt survivor who has successfully completed a group. Our support group model for those who have survived a suicide attempt 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.



Clinical : Provide Structure to the group, share ground rules, discuss and present psychoeducational strategies and tools

Peer : Develop Rapport with clients, share personal insights, model healing, and provide emotional connection and support

8 Week Group Outline

Week One:	GROUP OVERVIEW/INTRODUCTIONS.
Week Two:	TALKING ABOUT SUICIDE
Week Three:	GIVING AND RECEIVING SUPPORT
Week Four:	WHAT CAUSES MY THOUGHTS?
Week Five:	COPING WITH THE THOUGHTS --SAFETY PLANNING
Week Six:	RESOURCES
Week Seven:	CREATING HOPE
Week Eight:	CLOSURE



For more information or to schedule an intake, please contact our Suicide Prevention Counseling Center at spccounseling@didihirsch.org or (424) 362-2911. To learn more about our Survivors of a Suicide Attempt groups and/or schedule a 2-day facilitator training, contact Clinical Director Sandra Yi-Lopez, LMFT at syilopez@didihirsch.org or (424) 362-2935.