

*All That We Are*®

# From Suicidal to Thriving (Full Course)

An online learning experience for anyone whose job requires compassion, intervention & coaching.

Despite increasing awareness and conversations around mental health, stats prove the primary approach isn't working.

If we truly want to prevent suicide, it's not enough to focus on stopping it in the moment of crisis. Instead, our goal should be helping people live a life they love.

That's real prevention.

## A new **perspective**

- Eliminate fear-based reactions
- Shift the narrative from a crisis mentality to one of wellness & empowerment
- Address all facets of mental, physical & emotional health
- Teach individuals to improve their quality of life

## For more **information**

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Founder, Course Creator

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# From Suicidal to Thriving (Full Course)

This course was designed to meet Continuing Education Requirements for eight (8) contact hours of credit. Participants must determine if the activity meets requirements.



## Course Essentials (1.75 hrs)

Learn to establish a safe space by prioritizing self-care, using safe language, and challenging the stigma attached to mental health and suicide.

### Objectives:

- Understand how to achieve & maintain personal wellness through self-care
- Safely and effectively discuss mental health & suicide
- Identify and eliminate stigma

## Pt 1: Fundamentals of Suicide (1 hr)

Despite all the talk around mental health, many aren't prepared to support someone in crisis. This module will prepare you for difficult conversations.

### Objectives:

- Recognize and address common misconceptions associated with suicide
- Identify the 3 risk factors that cause suicide and the 3 factors that reduce risk
- Confidently apply the SIT method

## Pt 2: Human Health Connection (1.75 hrs)

The Human Health Connection provides a holistic view of health that makes it possible for everyone to live a life they love.

### Objectives:

- Understand how physical, mental, and emotional health are connected
- Learn how each system impacts health
- Understand the importance of identifying root causes
- Learn how the unconscious, conscious, and subconscious mind impact wellness

## Pt 3: Understanding Physical Health (1.25 hrs)

Physical health is intricately connected to overall well-being. Discover the less-than-obvious aspects of that influence how we think, feel, and behave.

### Objectives:

- Recognize how physical health impacts mental health
- Overcome genetics to achieve wellness
- Understand the connection between gut, physical, mental, and emotional health
- Learn how TBIs impact brain health

## Pt 4: Understanding Mental Health (1 hr)

Challenge the notion that mental health is simply a matter of illness versus wellness by embracing a dynamic spectrum.

### Objectives:

- Recognize elements of mental health
- Understand the mental health spectrum
- Identify the six types of suicide, what they have in common & how they differ
- Approach mental health with compassion

## Pt 5: Understanding Emotional Health (1.25 hrs)

Delve into what it means to thrive and learn practical techniques to connect and leverage the healing power of love and gratitude.

### Objectives:

- Recognize elements of emotional health
- Align actions w/core values to achieve & maintain wellness
- Apply The 5 Love Languages to crises
- Identify why self-love is critical to health

Each module includes a Course Assessment.  
Participants must score 80% or higher to earn a Certificate of Completion.

# Content Advisory Board

All content has been peer-reviewed and verified to be safe and relevant by the All That We Are© Content Advisory Board.



## Kim Stumne, MBA, RN BSN, PHN

[LinkedIn](#)

Kim is a RN and a Health & Fitness Coach with 21+ years of experience. She focuses on simplifying health, nutrition, and fitness to optimize wellness and shedding light on common misconceptions that prevent people from living their best lives.

- Mental Health/Crisis Intervention Nurse
- Ambulatory Clinical Services Supervisor
- De-Escalation Certified
- Advisory Council for Mental Health & Suicide Programs in Healthcare Systems

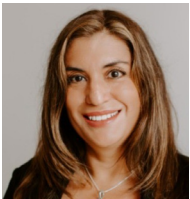


## Kevin Briggs, Author & Speaker

[LinkedIn](#)

Utilizing skills developed over a 23-year career with the CA Highway Patrol, Kevin educates communities, corporations, the military, mental health professionals, and law enforcement on crisis management, mental health, and self-care.

- Mental Health Course Development for CA Peace Officer Standards & Training
- Survivor of Suicide Loss
- Crisis Negotiation Training
- Mindfulness/meditation Training



## Dr. Katherine Ortega Courtney, PhD, MS

[LinkedIn](#)

As a Ph.D. in psychology and a Certified Life Coach, Katherine understands human behavior, why people and organizations resist change, and why cycles of trauma exist. She is dedicated to improving systems so that everyone has access to the services they need to thrive and have the opportunity to live their unlimited potential.

- Institutional Research Director
- Juvenile Justice Epidemiologist
- Bureau Chief, Research Assessment & Data Protective Services
- Director of Research and Policy in Early Childhood Development



## Hema Patel, BS Management Science

[LinkedIn](#)

Hema's 25-year career includes working in corporate, with charities and private clients, as a human performance consultant, in learning and development, and as a career coach for people with depression, anxiety, and ADHD. She excels at helping clients face their fears, discover their purpose, and live a fully expressed life.

- Certified Hypnotherapist & Rapid Transformational Therapy Practitioner
- Trauma-informed and strengths-based Practices for Professionals
- Bereaved by Suicide
- Suicide Attempt Survivor