

All That We Are®

From Suicidal to Thriving (CEU 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**

Jenny Thrasher

Founder, All That We Are

jenny@allthatweare.com

(612) 940-6775



Visit us online at allthatweare.com

From Suicidal to Thriving (CEU Course)

This course was designed to meet Continuing Education Requirements (CEUs) for seven (7) contact hours of credit. Each participant is responsible for determining whether this activity meets the requirements.

Course Essentials

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: The Fundamentals of Suicide

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: The Human Health Connection

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

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

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

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