

Connect Youth Leader

Partnering with adults in Suicide Prevention



Friends of youth at risk are typically the ones who see suicidal warning signs before adults. Because youth may not know what to do about a friend at risk, it is important for youth to be trained in suicide prevention and intervention.

Research has consistently shown that teens training their peers is an effective method to educate youth. The Connect Youth Leader Program engages a core group of youth leaders to co-facilitate the three-hour Connect curriculum with a trained adult for a high school audience.

Enlisting youth as trainers reinforces community protective factors by promoting the importance of suicide prevention, increasing youth participation, and adding local capacity for sustainable, ongoing training.

The training emphasizes that the role of youth is to seek help from an adult when there is a concern, NOT take on the role of a counselor.

Day One (adults who will be co-leading with youth) - includes:

- An understanding of suicide as a public health issue and its impact on communities, families, and friends.
- Techniques to communicate with parents, guardians, family members, or others in crisis situations.
- Best practices on restricting access to lethal means, safe messaging, and communicating about suicide, and how these differ when working with youth.

Day Two (adults and youth together) - includes:

- Understanding suicide risk and protective factors and warning signs.
- Increased knowledge of resources and comfort level for connecting a person with help from a trusted adult.
- Decreased stigma about help-seeking and enhanced awareness of the benefits of treatment for mental health and substance abuse.

An optional third day “train-the-facilitator” can be added to enable the adults to train student facilitators over time.

Connect Youth Leader

Length:

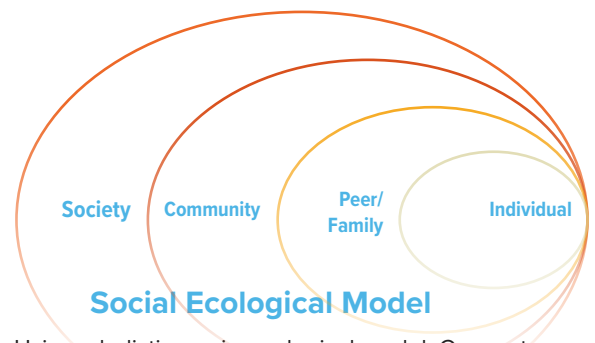
2 days, optional 3rd day

Audience:

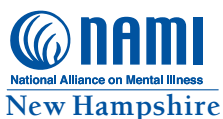
High school youth leaders who represent a cross-section of the youth culture.

Location:

Your community or live online training.



Using a holistic, socio-ecological model, Connect examines suicide in the context of the individual, family, community, and society.



For more information, contact The Connect Program
603-225-5359 or info@theconnectprogram.org

Connect is an internationally recognized program developed by NAMI NH