**AGPA Connect 2023 Presenter Information**

**Course Code:** 12

**Course Title:** “Every Brilliant Thing:” Theatre and Community Engagement as Suicide Prevention

**Course Times:** 10:00 AM - 12:30 PM

**Course Dates:** Thursday, March 9

**Instructors:** Caroline Hogan

Jake Miller

Craig Stevens

**Course Description:** Can communities help prevent suicide by talking about it? This Workshop will explore one community’s multi-disciplinary attempt to do so. The nucleus was an experiential presentation of “Every Brilliant Thing,” a jarring yet joyful exploration of the effects of a completed suicide, accompanied by forums with suicide experts and a school-wide “gratitude project.” This Workshop will present current learnings on suicide prevention, provide a participatory experience of the play, and explore the applicability of the approach to BIPOC and LGBTQ+ communities.

**Learning Objectives**

The attendee will be able to:‎

1. Identify and describe a model of community engagement to proactively support mental wellness ‎‎(schools in particular).‎
2. Demonstrate use of evidenced-based language for discussing the topic of suicide with adolescents ‎and families with a focus on diverse communities.‎
3. Describe the use of immersive theatre to create a sense of connectedness and a space to explore ‎mental health.‎

**Significant Articles:**

1. DeSteno, D. (2020). Emotional success: The motivational power of gratitude, compassion, and pride. ‎Bluebird.‎
2. Erbacher, T. A., Singer, J. B., & Poland, S. (2015). Suicide in schools: A practitioner's guide to multi-level ‎prevention, assessment, intervention, and postvention. Routledge.‎
3. Roth, J. C., & Erbacher, T. A. (2022). Developing comprehensive school safety and mental health ‎programs: An integrated approach. Routledge.‎

**Agenda:**

Brief Immersive Experience of “Every Brilliant Thing” - 20 minutes (Objective #3)

Introduction of Faculty and Overview of Workshop - 10 minutes

Debrief of Immersive Experience - 10 minutes (Objective #3)

Project History and the Model - 35 minutes (Objective #1)

Connection to Current Theory and Research 30 minutes (Objective #2)

Discussion - 25 minutes

Learnings and Applications – 15 minutes

Evaluations – 5 minutes

**Assessment Questions:**

Question 1 (include possible answers)

The presenters make the case that suicide prevention starts a) through a strong connection to the community at an early age; b) by creating safe spaces for adolescents to learn about and discuss mental wellness, or c) by creating a school community that includes families, or d) all of the above.

Correct Answer 1

d) all of the above

Question 2 (include possible answers)

According to the CDC, between 2011 and 2018, the incidence of suicide among adolescents has gone up nearly a) 20%, b) 30%, c) 60%, d) 80%.

Correct Answer 2

c) 60%

Question 3 (include possible answers)

A group that is especially vulnerable to the rising rates of suicide is a) BIPOC youth, b) LGBTQ youth, c) youth with access to firearms, d) all of the above.

Correct Answer 3

d) all of the above

Question 4 (include possible answers)

Which of the following is a research-based mental wellness practice: a) sleep hygiene, b) scrolling TikTok c) limiting screen time to 12 hours a day, d) decompressing with a cocktail?

Correct Answer 4

a) sleep hygiene

Question 5 (include possible answers)

The American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry, and the Children’s Hospital Association declared a national state of emergency in child and adolescent mental health in a) 1975, b) 1990, c) 2001, or d) 2021.

Correct Answer 5

d) 2021

Question 6 (include possible answers)

The Society for the Prevention of Teen Suicide lists contributors to virus-induced chronic stress as a) concern over increased child abuse, b) decreasing domestic violence, c) social isolation, or d) both a and c.

Correct Answer 6

d) both a and c

Question 7 (include possible answers)

Trauma-informed care includes a) reinforcing interpersonal connections, b) avoiding checking in with a student who seems down or has trouble engaging with others, c) ignoring behavior atypical of a particular student, d) being careful to never inquire directly about suicidal ideation.

Correct Answer 7

a) reinforcing interpersonal connections

Question 8 (include possible answers)

Common youth suicide warning signs include a) talking about or making plans for suicide, b) expressing hopelessness about the future, c) displaying severe/overwhelming emotional pain or distress, d) all of the above.

Correct Answer 8

d) all of the above

Question 9 (include possible answers)

Research indicates that expressing gratitude can (a) improve your mood, (b) lower rates of stress and depression, c) increase optimism, d) all of the above.

Correct Answer 9

d) all of the above

Question 10 (include possible answers)

True or False: Research supports that gratitude correlates with increased social affiliation and facilitates socially inclusive behaviors.

Correct Answer 10

True