

Strategies for supporting people in crisis



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**STANDBY ACKNOWLEDGES
THE TRADITIONAL CUSTODIANS
OF THE LAND ON WHICH WE WORK AND LIVE.**

OUR STAFF RECOGNISE THE ABORIGINAL AND TORRES STRAIT
ISLANDER COMMUNITY AND THEIR CONTINUING
CONNECTION TO LAND AND WATER. WE PAY RESPECTS TO
ELDERS, PAST, PRESENT AND FUTURE.

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Recognition of Lived Experience



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This Workshop Will Cover



- Crisis, trauma and grief
- What makes suicide different from other sudden deaths?
- Support approaches and best practice
- Self Care



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- I often compare the act of suicide to that of a stone tossed in a pond. The splash may be large or small, however it always sends ripples in every direction, in a concentric washing of every floating leaf, twig and water bug. The stone sinks out of sight but its impact is felt by the widening ripples.
- - Iris Boulton “Beyond Surviving”



Each grief has its own course or journey (Harvey 2000:60)



Why?

ME YOU





WHO

WHAT

WHERE

WHEN

WHY

HOW

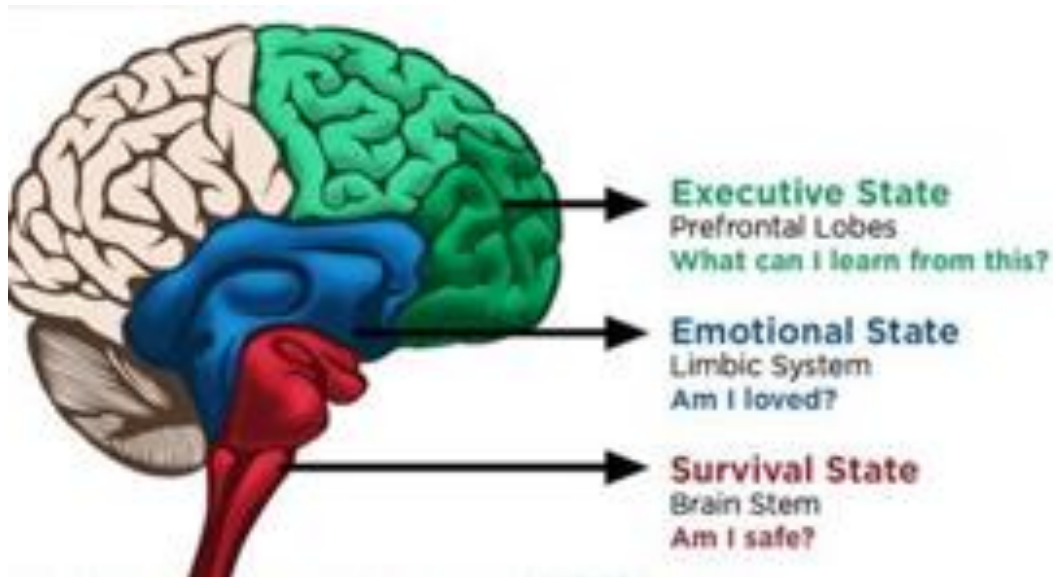
QUESTIONS

ANSWERS

Our Brains Response to Distress/Trauma

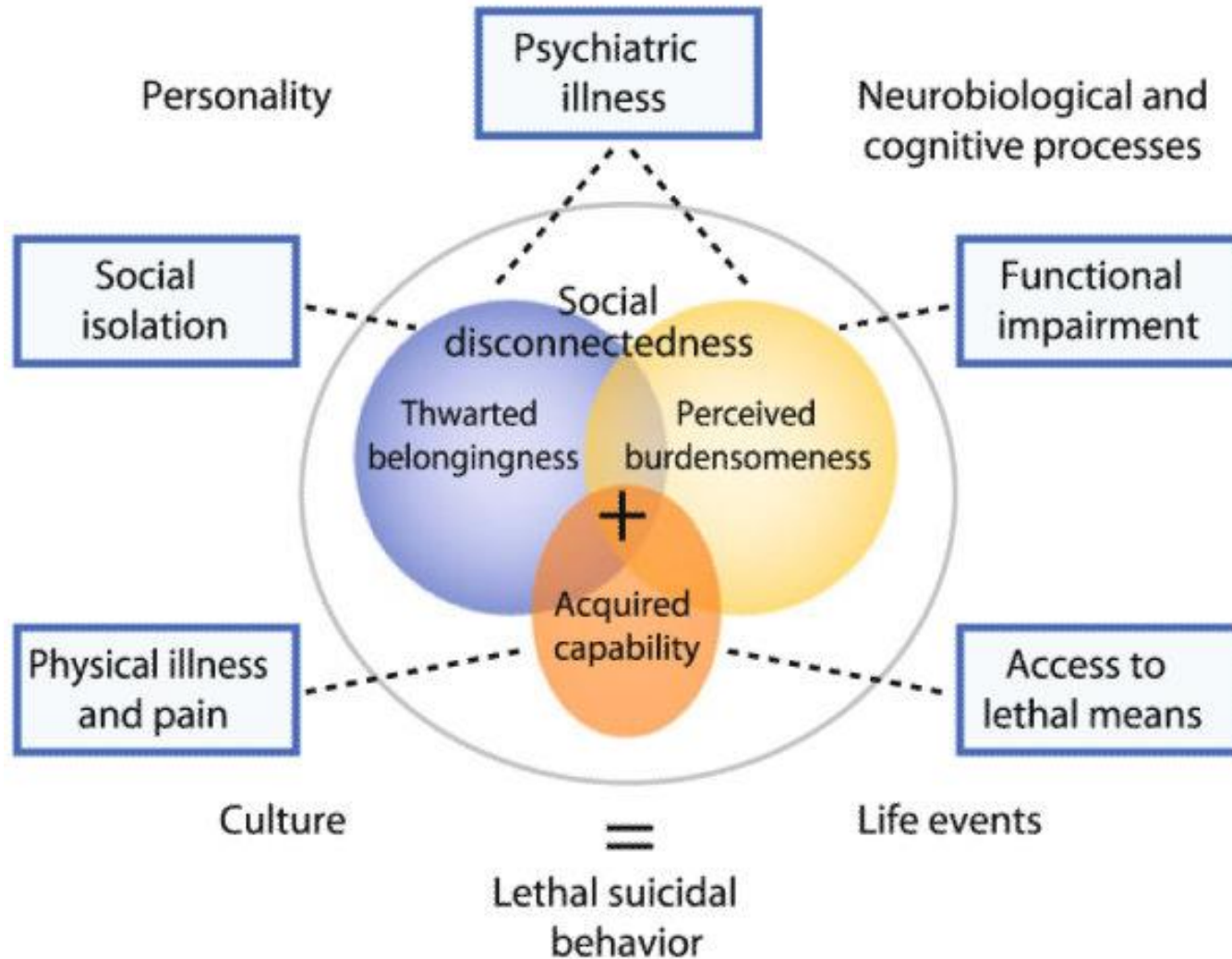


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- **Brainstem:** ancient brain. Regulates basic processes, states of arousal, fight-flight-freeze.
- **Limbic System:** emotions, evaluation of good vs bad, forming relationships and emotional attachment, memory
- **Cerebral cortex:** think, imagine, combine facts and experiences, create

Theory



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Nervous System Response



In Dr Stephen Porges' Polyvagal Theory, 3 systems evolved sequentially:

1

The **parasympathetic nervous system:** shutdown, 'freeze', feign death

Survival mechanism of primitive passive feeders

Immobilization
(Freeze/Faint)



2

The **sympathetic nervous system:** fight or flight

Supported more active survival responses of early mammals

Mobilization
(Fight/Flight)



3

The **'social nervous system':** get help from others

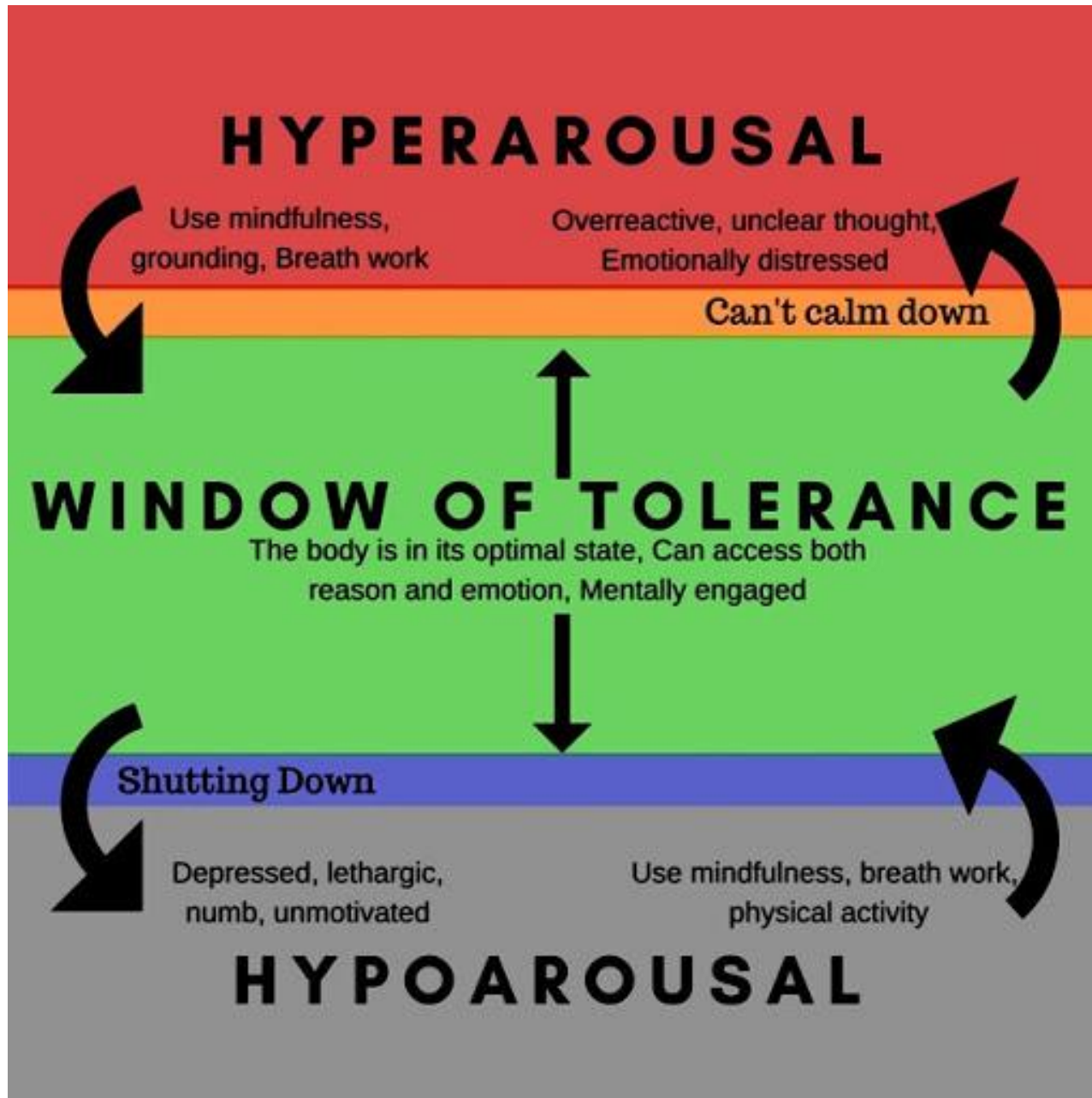
Secures dependent care and bonds newborn to mother

Social Engagement

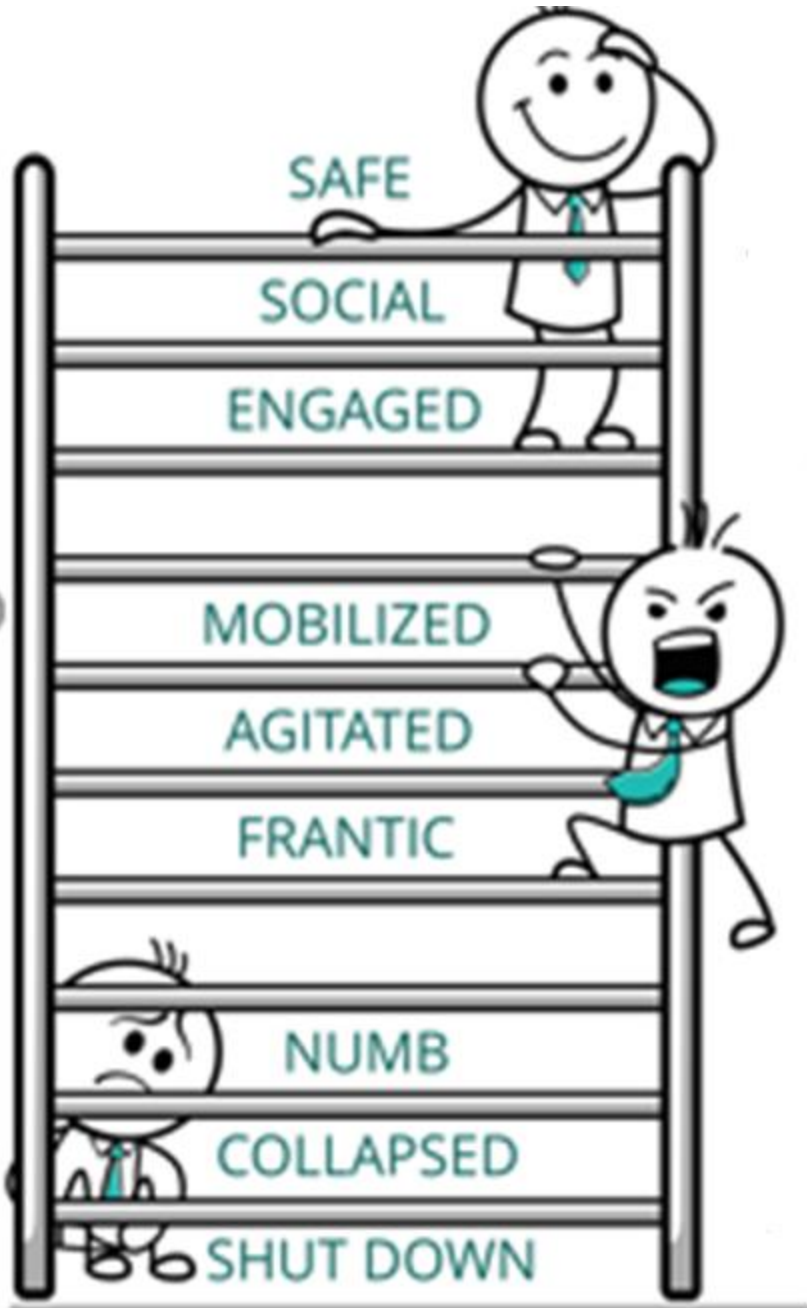


Under stress, the human mobilises these systems in reverse order





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IDEAS for Your 8 senses

1. Visual; Sunglasses/tints to dampen intense visual stimuli/baseball hat to block harsh or intense stimuli/meditation methods that use calming imagery
2. Auditory; Music to produce a sense of calm or more intense for stimulation/headphones to block out background noise/turning off noise as much as possible when auditory overload.
3. Olfactory; Essential oils, certain scents assist evoke calming feelings/
4. Gustatory; strong tastes like sour sweets can provide organisation of oral input/crunch or textured food that appeal/swipes that provide input to interior of mouth/water bottle with straw or resistive spout that can be chewed
5. Tactile; wipes for people who need that tactile response/bandana or scarf when body parts carry sensitivity/silly putty or similar items for input and resistance for reduction of tactile sensitivity/brushing or bean bag tapping to provide ability for deep pressure touch.
6. Vestibular (Sense of head movement in space); cold packs; chair reaches/infinity movemen/neck turns
7. Proprioceptive (Sensations from muscles and joints of body); therabands/stretchy elastic
8. Interoception (a sense of what our internal organs are feeling); body scan

Other additional are postural stretches/ if someone seated a disco sit or a stadium cushion to receive that sensory input/Fidget devices/note pad (with tactile pieces) and pencil for those that can assist with memory inputs – sometimes the act of writing can support memory and organisation issues

Prosody & whole body listening

Prosody in linguistics is defined as the patterns of stress and intonation in a language. It refers to the curves and patterns of speech – its rhythm and pitch, its tone and pace.

Whole body listening – is explaining how each body part other than the ears is involved. The brain thinks about what's being said, the eyes looking at or toward the speaker, the mouth quiet the body facing towards speaker and hands and feet quiet and kept to oneself.

The most critical part of whole body listening takes place in the brain. “when we are asking someone to think about what we are saying, we are in essence asking for the listener’s brain to be connected and tuned-in. Trusedale (2013)

Six Step Model



1. Story telling



2. Safety



3. Support



6. Agree on Plan



5. Make a Plan



4. Other supports



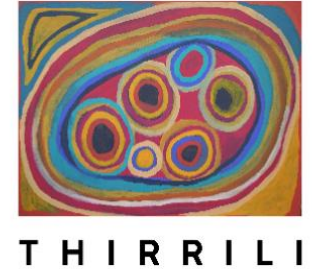




Further Support



- Life Line 13 11 14
- Suicide Call Back Service 1300 659 467
- NT Standby 0418575680
- Thirrili Postvention program 1800 805 801





STANDBY[®]
SUPPORT AFTER SUICIDE



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For more information about **StandBy**
and the services provided by our local regions, visit
www.standbysupport.com.au

Contact:

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T: 0429 147 491

StandBy – *an initiative funded by the Australian Government*

Thank you



you could stop, or begin to reverse heart disease following lifestyle changes in nutrition, exercise, and stress management. Even severe coronary heart disease often begins to reverse when making these lifestyle changes, without drugs or surgery!

Very interestingly, after twenty years of research and practice as a cardiologist, Ornish wrote in his book, *Love and Survival*, that no other factor in medicine, "not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery", affects our health, quality and length of life more than feeling loved and cared for. He



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