Empowerment Through Education
Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

Virginia Campus Safety and Violence Prevention Forum

From: Anne Moss Rogers MentalHealthAwarenessEducation.com, **Contact**
TEDx, Can a Blog Save Lives?
To: Proposal example for NCSU School of Engineering
For: Suicide Prevention and Mental Health Training for University Staff
Location: In person, NCSU Campus in Raleigh, NC
Topics ENGINEERING AN ENVIRONMENT OF WELLNESS: How to spot students in need of additional support- NCSU Faculty
Time: Two Hours

Topic Description

ENGINEERING AN ENVIRONMENT OF WELLNESS: How to spot students in need of additional support- NCSU Faculty

Time: 2 hours including questions
For: All university faculty. Many department heads and deans attended.

Topic Description:
This presentation includes AnneMoss's story plus practical steps on how to start tough conversations, what to say, what to do, how to listen and be present when you don't have all the answers. There will be lots of stories, comments from real students, professors, examples, case studies practice and videos that you can share to start the conversation.

Takeaways:

- How substance misuse, mental health and other factors all create a constellation of risk factors.
- Activities that can inspire conversation (Free quizzes, videos, conversation starters, and innovative ideas)
- Script practice on how a conversation might flow
- Empowering staff with what to say and how to support students and faculty after a suicide loss.
- Paying attention to your own mental health.
- How to protect against contagion and cohort suicide
- Turning grief into action to find a path to healing.

- Mental health, prevention, intervention, postvention and resources

AnneMoss follows safe messaging [reporting guidelines on suicide](#).

Testimonials

> *Thanks to your training, I was able to ask a student about suicide today. While I was nervous, it was strangely empowering.*"
> ***--Staff, NCSU School of Engineering, From 2023 Faculty Training***

> *I now have new techniques to employ in my class. This breaks the barriers I had. I wanted to engage with my class but didn't know how."*
> ***--Professor, NCSU School of Engineering, From 2024 Faculty Training***

> *I learned that it's OK to not know exactly what to do; that it's more important to stay present and explore a path forward together."*
> ***--Academic Advisor, NCSU School of Engineering, From 2024 Faculty Training***

Outline

1. **AnneMoss's STORY** of Losing a child to suicide as a result of many factors including addiction and depression.
2. **Mental Health OVERVIEW**.
    a. Why are so many students feeling anxious and depressed?
    b. Depression has many faces.
    c. Can you see behind a mask? What are the signs something is amiss? It's not always sadness.
    d. The four basics of mental health and the #1 most important strategy for managing adversity.
3. **A Closer Look at Suicide PREVENTION**
    a. Eliminating the "committed" phrase—it's origin and the alternatives.
    b. Talking about it doesn't "plant the idea in their head."
    c. A graph of what suicidal thinking could look like shared by a teenager. How long is average? What are patterns?
    d. Definition. What is suicide?
    e. When are young adults most at risk? What can we do knowing that these times are when most deaths occur?
    f. **PREVENTION.** ***What do they say? What do they do?***
        i. **Talk and phrases**

ii. **Online posts** (out of AnneMoss's library of students reaching out)
iii. **What might be signs including lesser known signs?**
iv. **A note from a faculty member that demonstrates suicide risk** (because co-workers suffer, too)

g. **PREVENTION.** ***Going Upstream. Preventing people from getting to crisis.***
   i. The three most important goals for universities
   ii. Different ideas and practical activities used in schools and universities by faculty to meet those 3 goals, to build coping skills, inspire conversation grief and loss, mental health and suicide (e.g., the coping card, plus other ideas)
   iii. Video 8 minutes with three students
   iv. Amplify Student voices with safe storytelling with examples
      1. Hardship, Help, Healing, Hope
   v. Video Resource Link: Talking OUTLOUD. Teens who've lost a loved one to suicide

4. A Closer Look at Suicide INTERVENTION

a. The absolute "must have" skill for suicide prevention
b. Real life story with comment to illustrate the point
c. Say this, not that (cheat sheet handout post cards printed for takeaways)
d. Mental health tips (cheat sheet handout post cards printed for takeaways)
e. Process of engagement with clear steps
f. Process of how to connect student with help
g. Overview
h. Script Practice (two volunteers to read the script about a conversation between faculty and student)
i. Message of hope from a student from AM's YT page

5. A Closer Look at Suicide POSTVENTION

a. Three most important points after a suicide death on campus
b. Steps to take to prevent contagion and cohort suicide
c. Video of Jim McCauley from Riverside Trauma on what is cohort suicide and an example of what it means. Demonstrates the vulnerability of the population and how it activates those already at risk.
d. Example of grief dos and don't's for educators (One page/2-sided resource for sharing with teachers and staff on how to have a conversation with student on the subject)
e. Examples of healthy coping strategies

6. **QR code for resources** or they can sign up in the back and I'll send them to the attendees

About AnneMoss Rogers

AnneMoss Rogers is a mental health and suicide prevention speaker, trainer, and consultant. After her 20-year-old son, Charles died by suicide in 2015, AnneMoss wrote her award-winning memoir, Diary of a Broken Mind and in 2020, she co-wrote the best seller, Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk with Dr. Kimberly O'Brien.

She has been a TEDx speaker, was featured in the New York Times, Variety Magazine, and was the first non-clinician invited to speak on youth suicide at the National Institute of Mental Health. She has been interviewed by CNN's Erin Burnette on teen mental health at the prestigious Billionaire's Summer Camp and is one of the editors of the American Academy of Pediatrics Blueprint for Youth Suicide Prevention. A UNC-Chapel Hill alumna, Anne Moss currently lives in Richmond, VA.

Certifications and Training

- Registered safeTALK trainer for LivingWorks (certified prevention trainer)
- ASIST Trained–Applied Suicide Intervention Skills Training (ASIST) is a 2-day interactive workshop
- ASK Workshop Trained: Training focused on identifying, assessing, and helping 5-12 -year-olds at risk for suicide find hope for life.
- Youth Mental Health First Aid, Mental Health First Aid
- Preventure: Personality-targeted life skills training that has been shown to reduce youth substance misuse.
- Brain Gym Neurocognitive Training for Addiction: with Hamed Ekhtiari, M.D., Ph.D.
- Bereavement Support Group Facilitator Training (Co-facilitator of suicide loss group)
- DBT Steps-A in Schools- SEL curriculum based on DBT and mindfulness.
- HC Peer Trained –Healing Conversations Survivor Outreach Program through the American Foundation of Suicide Prevention
- REVIVE! Training– Opioid Overdose and Naloxone Education training
- Trauma-Informed Care Basics
- Anne Moss follows safe messaging and reporting guidelines on suicide
- At least 15+ hours or more of ongoing training per calendar year