

## Liberated School Suicide Postvention - Collective Terminology

From our Jamboard exercise from the October 2022 Community of Practice session, we collaborated to add clarity to terms to distinguish what they are, versus what they are not. Here is a summary of that conversation.

### Liberation

#### *Liberation is...*

- Freedom from stigma
- Freedom to feel and have validation
- Unapologetic Existence and Experience of Feeling
- Agency
- existence to "be", just be.
- freedom to be without explanation or ask
- Tend to/adapt postvention policies and processes to address cultural/identity/language/equity lenses.
- Let people grieve in their own way, give permission can help
- Culture needs to be acknowledged in a broad term anytime we are helping anyone
- Giving permission for unique grieving processes
- Moving from protocol and check box responses, to be lead by heart and healing
- focus on what we HAVE available for supports
- Uniquely designed responses designed to the school culture, staff and students
- Shared power
- Creative and adaptable
- Abundance focused
- self realization
- an ongoing and dynamic process

#### *Liberation is not...*

- Procedural
- Liberating the individual of traumas over time = liberating the whole
- Oppressive
- Where your past defines your future
- Controlled
- Colonial or whiteness-centered
- Restricted
- Having to explain why we feel a certain way
- Pushing the uncomfortable feelings aside to "look at the bright-side" and denying our true experience
- don't dwell on the resources we don't have
- Liberation is not confined by agency bandwidth
- Not power over but power WITH
- Forced
- don't control the grief process
- programs/people being scared to discuss suicide loss

## Suicide Postvention

<i>Postvention is...</i>	<i>Postvention is not...</i>
<ul style="list-style-type: none"><li>● Community care</li><li>● Honest</li><li>● Hard work</li><li>● Support</li><li>● Strengths-based</li><li>● Restoring a sense of healing while honoring the loss</li><li>● Traditionally, I think of postvention as a protocol versus a process that is adaptable</li><li>● acceptance, openness, and honesty</li><li>● Integration of the experience</li><li>● Developing a shared narrative</li><li>● community-based healing</li><li>● Room to breathe</li><li>● Restorative focused</li><li>● a process to keep some control through chaos</li><li>● Planned, but adaptable</li></ul>	<ul style="list-style-type: none"><li>● Blaming</li><li>● Feeling ashamed or at fault</li><li>● Pathologizing the human condition</li><li>● Time-limited grief</li><li>● Punitive</li><li>● The same every time</li><li>● just data collection or safe messaging</li><li>● solely triage or crisis manage</li></ul>

## Liberated School Suicide Postvention

<i>Liberated Postvention is...</i>	<i>Liberated Postvention is not...</i>
<ul style="list-style-type: none"><li>● Honoring indigenous/cultural community practices of grief</li><li>● Person-centered, bottom-up approach that centers around unique individuals and their healing; expands protocols to include culture/identity/language/equity.</li><li>● Not being judgmental of different generations and ways of expression</li><li>● Wholistic and encompasses the spirit/soul, meaning and purpose</li><li>● Witnessing and holding space for individualized grief</li><li>● representation/language</li></ul>	<ul style="list-style-type: none"><li>● Is not a one size fits all approach</li><li>● Going with what is "trendy"</li><li>● A cookie cutter approach</li><li>● time bound</li><li>● fitting into white supremacist ideas of healing</li><li>● Needing to feel "okay" all the time</li><li>● Endorsing "victimhood" or acting as a "savior"</li><li>● restricted by "best practices"</li><li>● Rushed</li><li>● Only for certain people</li></ul>

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accessibility/healing within your own community

- Each one Teach one!
- Self-exploration of what truly works for you
- Having compassion
- Adaptability
- training in how to be a compassionate presence for impacted individuals and communities
- everyone checking in on one another (all levels)
- holding space for grief in all forms and expressions
- requires some capacity building/planning ahead of the event
- policies and procedures are helpful but should allow space for individual care/grief
- culture change
- adaptable as needed
- Co-created
- Long term
- healing-centered and restorative
- rooted in community, moving against stigma