

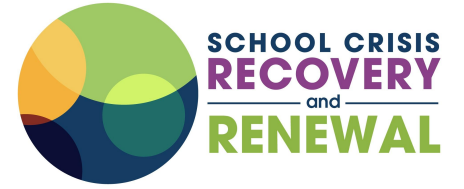
SUMMER INSTITUTE

Suicide Postvention Policy from a Liberated Lens: A Look At Critical Reflexivity

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August 3, 2023



Just A Note



Self-care
when
activated

Ask for help

Lean into
discomfort

Critical
reflexivity

Open-mindedness

Resources



Helplines

- Call or Text 988 Lifeline
- Trans Lifeline
 - 877-330-6366
- Crisis Text Line
 - Text "Steve" to 741741 to text with a BIPOC identified crisis counselor
- National Alliance on Mental Illness (NAMI) HelpLine
 - 1-800-950-NAMI
 - Text "HELPLINE" to 62640
- LGBTQ Hotline
 - 1-888-843-4564
- Veterans Crisis Line

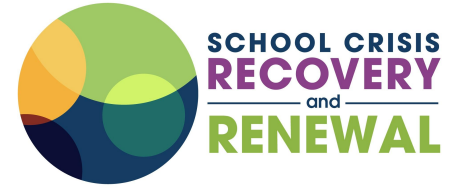
Collectives

- Asian Mental Health Collective
- Black Emotional and Mental Health Collective
- The Steve Fund
- South Asian Mental Health Alliance
- Silence the Shame

Therapist Directories

- National Queer & Trans Therapists of Color Network
- The Association of Black Psychologists
- Therapy for Latinx
- South Asian Therapists
- Inclusive Therapists

My Positionality



Black, Queer,
Hard of Hearing,
Cis Woman

NY & TN

UTK

Doctoral
Student

Epidemiologist

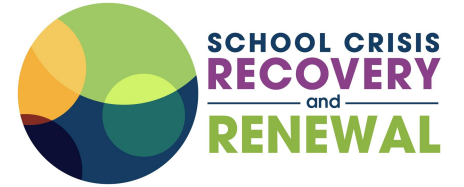
Psychiatric
Hospital Work

Familia
Suicidality

Suicide Ideation

Humanization

SCRR's Postvention Journey



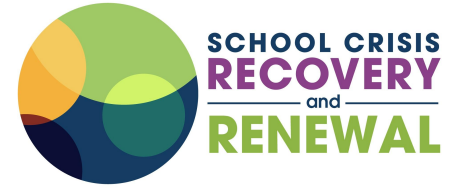
Suicide Prevention
Epidemiologist

Embracing &
Expanding
Postvention in/for
Our
Schools Community
of Practice

School-Based
Suicide Postvention
from a Liberated
Lens: A Community
of Practice

TBA

Establishing **Language Norms**



Say This



Instead of
This

Died by Suicide



Committed
Suicide

Fatal Suicide



Completed
Suicide

Non-Fatal Suicide



Attempted
Suicide

They're Experiencing
Suicidal Behavior*



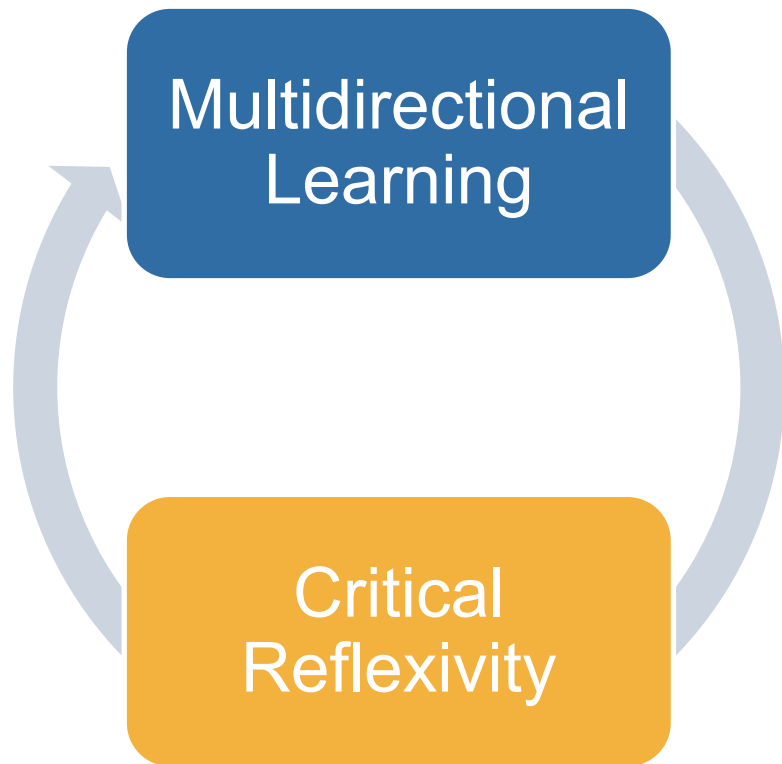
They're Suicidal

Humanization
& Liberation

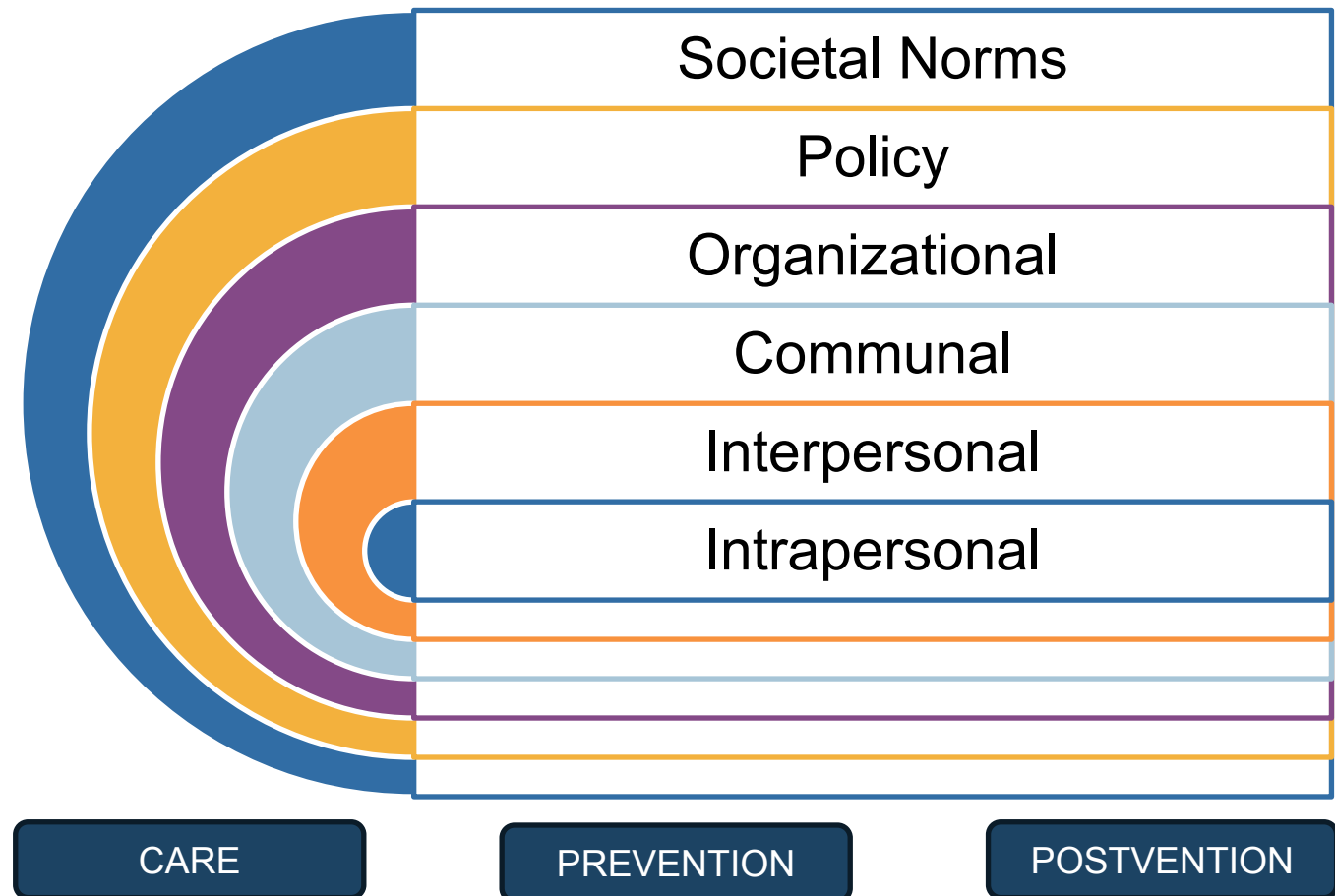
Reflexivity



Introspective Reflection



Extrospective Reflection



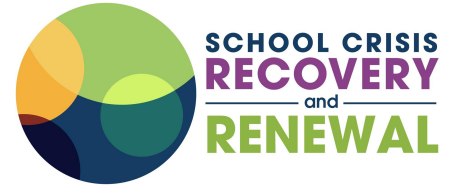
Introspective Reflection



Questions I sit with cyclically...

- Have I practiced rest as resistance?
- Why is this important to me?
- What makes me uncomfortable? Why? How might I make space to process this?
- What do I not understand? How might I seek to understand?
- How am I breathing through imposter syndrome?
- Where are my biases? How might I work on them?
- How am I letting go of my power and shifting it toward voices often ignored?

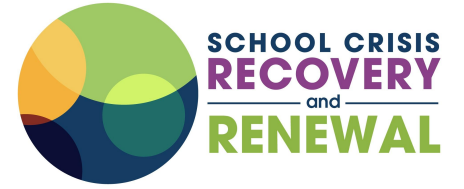
Introspective Reflection



Jamboard Activity (3 min)

- What might you ask yourself during introspective reflection?

SCRR's CoP Learnings



Language

Cyclic
Process

Lived
Experience

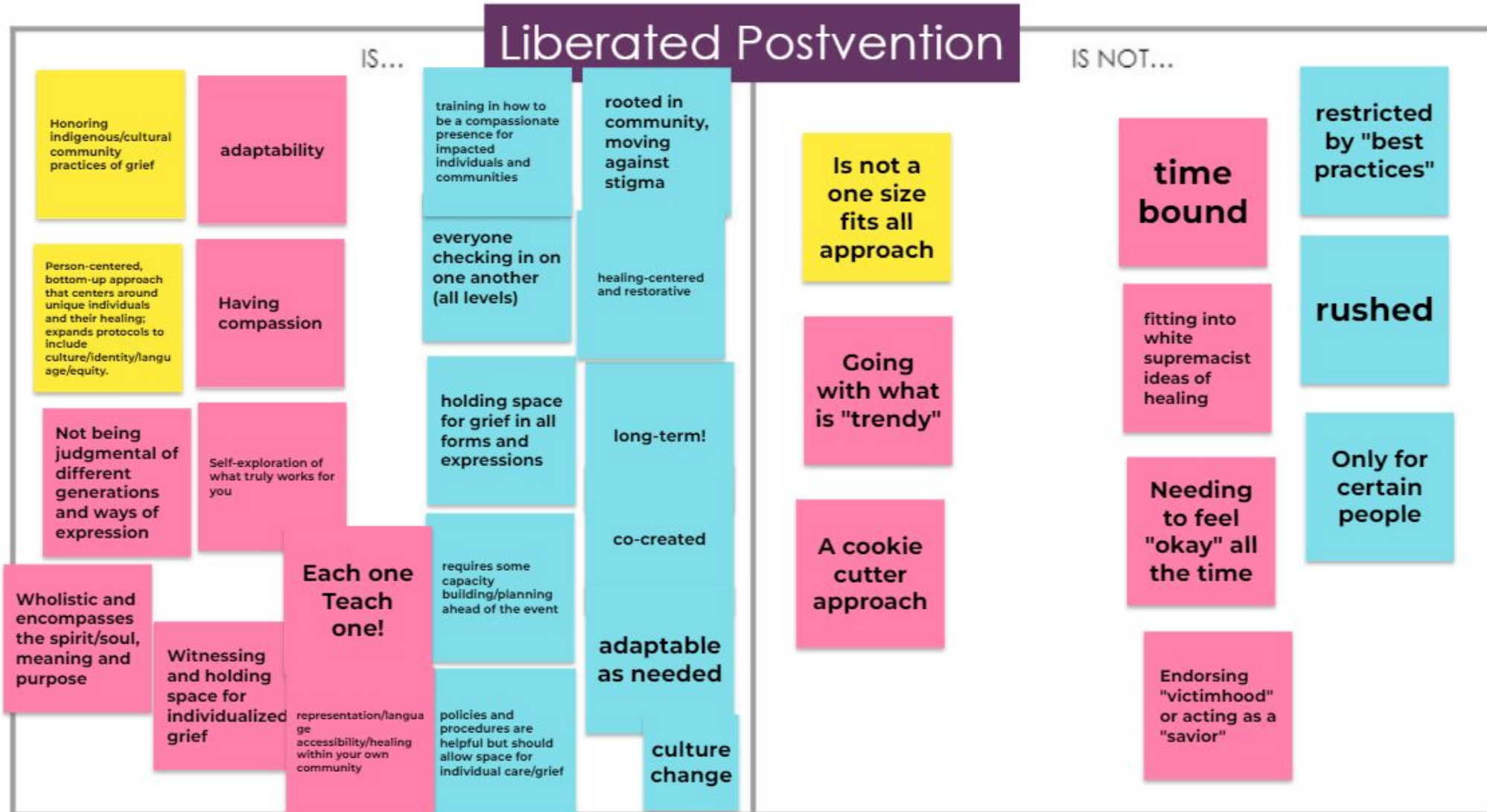
Grief

Stigma

Restorative
Practices

Cultural
Humility

SCRR's CoP Learnings



Collaborative Learnings



Suicidism: A new theoretical framework to conceptualize suicide from an anti-oppressive perspective 1

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Keywords:

suicidal people, suicide, suicidism, models to theorize suicide, stigmatisation, ableism/sanism, anti-oppressive perspective, epistemic injustice, critical suicidology

Abstract

Anchored in queer and crip perspectives, this essay proposes the neologism "suicidism" as a new theoretical framework to conceptualize the oppressive system in which suicidal people experience forms of injustice and violence. The thesis proposed here is that suicidal people suffer both individually and collectively from suicidist violence, an oppression that remains unproblematized in all current interpretations of suicide, including those taken up by anti-oppressive scholars and activists. I pursue three interrelated objectives: 1) interrogate dominant ideas and perspectives on suicidality; 2) make visible and denounce the power relations between suicidal and non-suicidal people; 3) enrich



Extrospective Reflection



Questions I sit with cyclically...

- **Big Picture**

- Who is being left out of the suicidology discourse?
- How am I combating suicidism and other intersecting power relations (e.g., racism, ableism, sexism, heterosexism, etc.)?
- In prevention and postvention work, where is the conversation about care?
- Where can I create sustainability?

- **Zoomed In**

- Am I sitting in discomfort with people?
- How do we create a safe space for people to grieve in the aftermath of a suicide?
- Have we paused for a deep listen?
- Am I meeting people where they are?

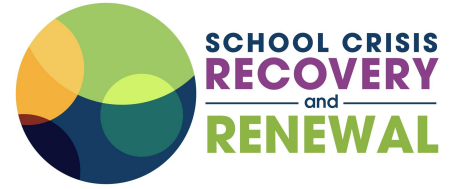
Extrospective Reflection



Jamboard Activity (3min)

- What might you ask yourself during extrospective reflection?

Reflection



How might I create a world worth living in for myself, my family, and my people?



THANK YOU.

For joining. For trusting us. For building with us.

