



Family Connections™ MANAGING SUICIDALITY & TRAUMA RECOVERY

ABOUT THE PROGRAM

Family Connections™ – Managing Suicidality & Trauma Recovery (FC-MSTR) is a free program to assist parents currently experiencing significant stress, fear, or trauma-related issues, partially in response to their child's previous suicide attempt, non-suicidal self-harm, or other dangerous behaviors. This evidence-based, free course provides education, skills and support for parents and is offered in two formats, once a week for 8 weeks or as a 2-day weekend intensive.

If you are experiencing increased distress, worry or anxiety, grief, family conflict, or if you are unsure how to respond to your child's crisis behavior, the course can help.

WHAT WILL YOU GAIN?

This course is a skills based education program that creates a supportive environment where parents can obtain information and acquire skills to manage their distress more effectively and improve family relationships. After completing the course, parents often experience decreased feelings of depression, burden, and grief and more feelings of empowerment.

FAMILY CONNECTIONS™ OR FC-MSTR?

FC-MSTR is designed for *parents* who struggle with trauma or stress-related symptoms from having experienced, witnessed or learned about their child's suicide attempts, non-suicidal self-injury, and/or other dangerous behaviors.

Family Connections™ is for any family member, NOT struggling with trauma or stress related symptoms, of individuals with BPD and/or Emotion Dysregulation.

INCLUDES:

- Education on treatments and the latest research findings on trauma and suicide.
- Education on the transactional model for emotion dysregulation.
- Skills for emotion management and addressing fear.
- Relationship skills based on Dialectical Behavior Therapy (DBT) to help support your child with compassion and empathy.
- Skills for accurate expression and validation.
- Support from course leaders and other participants who also have a child who has self-harmed or attempted suicide.
- Suggestions for self-care and managing parental stress.

WHY OFFER FC-MSTR?

Research shows that 45% of parents of youth who engaged in medically serious NSSI and suicide attempts met the post-traumatic stress disorder (PTSD) criteria, and another 50% met the criteria for Acute Stress Disorder. Initial FC-MSTR research results show a reduction in the participants' grief and burden. By learning skills, the participants have shown mastery and empowerment that, in turn, improve the family environment and reduce the rates of PTSD in the parents enabling the parents to reduce their emotional reactions and parent more effectively.

SCAN TO
ENROLL

