

Responding Effectively to Those Affected by the Trauma of Sudden Death and Suicide:

A six hour course designed for those persons who may be called upon to provide care and support for persons affected by the trauma of sudden death and suicide. This course explores: the impact of sudden death on individuals, families and communities; Postvention and the role it plays in suicide prevention; Suicidality; The dimensions of grief and loss and its impact/expression; Values/beliefs about sudden death and trauma and the impact of these when working with bereaved persons; Skills and strategies to assist those persons impacted upon by sudden death.

In addition to the courses outlined in the preceding pages, RICO can provide assistance in the design, implementation and evaluation of processes and strategies for:

- **Vision and Mission**
- **Strategic Planning**
- **Team development**
- **Mediation**
- **Coaching/Supervision of leaders**
- **Tailored training/education**

Youth Mental Health First Aid:

New from Orygen Research!

This 14 hour course which has been designed specifically to address Youth Mental Health Issues. The delivery format is flexible. In addition to increasing the mental health literacy of individuals and communities, the content covered focuses on helping young people in mental health crisis situations and/or in the early stages of mental health problems. Participants will learn the signs and symptoms of adolescent: Depression, Anxiety Disorders, Psychosis, Substance Use Disorders, Deliberate Self-Harm, Eating Disorders. They will also learn where and how to get help and what sort of help has been shown by research to be effective.

For further information regarding course content, cost and availability, please contact Gloria Claessen.

RICO Training, Processes & Strategies
PO Box 1328
Woden ACT 2606

Phone: 02 6286 9314
Fax: 0421159440
E-mail: g.claessen@rico.com.au
<http://www.rico.com.au>

Product/Service Information



***Training,
Processes &
Strategies***

Director: Gloria Claessen

- ♦ Applied Suicide Intervention Skills Training
- ♦ Conflict Resolution Education
- ♦ Group Facilitation
- ♦ Leadership Development
- ♦ Life Skills Education
- ♦ Myers Briggs Type Indicator
- ♦ Mental Health First-Aid Training
- ♦ Organisational Change & Development
- ♦ Postvention Training
- ♦ Resilience Education
- ♦ Strategic Planning
- ♦ Suicide Awareness & Prevention
- ♦ Supervision
- ♦ Team Development
- ♦ Team Management Index
- ♦ Management Team

Currently Available



RICO (Resilient Individuals, Communities & Organisations) has been established to research, develop and provide training (education), processes and strategies that will promote and enhance resilience in individuals, communities and organisations.

There are many different definitions of what resilience is. Some of the most consistent aspects of those definitions refer to the individual's capacity and ability to cope with changes and challenges, and to bounce back during difficult times. They identify an innate capacity to deal with adversity without becoming overwhelmed by it.

The literature tells us that there are three key characteristics that describe people who are considered to be resilient. These people have experience of:

1. Caring relationships;
2. High, positive and realistic expectations (made of them by others and themselves);
3. Meaningful and routine opportunities to participate and contribute, and;
4. A Sense of Meaning and Purpose

These characteristics appear consistent across contexts and across the age span.

Although resilience is innate, it can also be nurtured in an environment which fosters the above three characteristics. Specific programs, training, actions and interactions can be put in place to encourage resilience in individuals, communities and organisations.

The following outlines some of the training and processes available which have proven benefits to individuals, organisations and communities in the promotion and enhancement of resilience.

Applied Suicide Intervention Skills Training: A two day course which enables individuals to provide an appropriate intervention to someone who is thinking of completing suicide. This training is internationally recognised and is currently the most frequently taught and used framework for suicide intervention in the world. It's aim is to equip individuals with the skills and strategies necessary to prevent the immediate risk of death and self-harm.

suicideTALK: a 1.5—2 hour exploration which focuses on suicide awareness. It provides a structure in which participants can safely explore some of the most challenging attitudinal issues about suicide. It is organised around the question: "Should we talk about suicide?". Its goal is to help make direct, open and honest talk about suicide easier.

safeTALK: *safeTALK* is a 2.5–3.5 hour training for everyone in the community designed to ensure that persons with thoughts of suicide are connected to helpers who are prepared to provide first aid interventions. *safeTALK* is designed to be used in organisations and communities where there are already *ASIST*-trained caregivers.

Myers Briggs Type Indicator: The MBTI can enhance relationships and team performance, success in work and your ability to know and understand yourself. Typical applications of the MBTI include: Communication Skills, People Management; Change Facilitation; Team Building; Stress Management and Reduction; Leadership Development; Organisational Culture Development; Career Transition; Coaching and Supervision; Teaching and Learning Styles; Parenting skills. Workshops for each of these applications are available.

MTR-i (Management Team Roles Indicator): A six hour workshop which focuses on how individuals behave in a work or team situation as a result of cultural factors, employment expectations and job demands. This indicator provides a sound basis for: identification of potential strengths and weakness of a

team; reduction and resolution of team role conflicts; increased self-awareness and self-management; improved team interactions and team performance; identification of type vs role dynamics such as causes of stress.

Mental Health First Aid: An internationally recognised 12 hour course developed by the Centre for Mental Health Research. It is designed to improve Mental Health Literacy and provide skills and information to respond effectively to persons who may be developing mental illness or experiencing a mental health crisis. Participants will learn the signs and symptoms of: Depression, Anxiety Disorders, Schizophrenia and Bipolar Disorder. They will also learn where and how to get help and what sort of help has been shown by research to be effective.

Coaching: RICO's approach to coaching of individuals at various levels of an organisation is based on an individual's strengths and developmental needs in terms of five workplace competencies: Self Responsibility; Communication; Mindfulness; Productivity, and; Proactivity.

Developing these essential competencies will prepare individuals and teams for the unique and complex challenges of the rapidly changing workplaces of the twenty-first-century.

Supervision: Supervision is a process which provides and individual with the opportunity to clarify and resolve issues and dilemmas presented by their clients and workplaces. It is widely used by human services workers and teams. The supervision process has been found to reduce the risk of burn-out, enhance work performance and increase job satisfaction.

Conflict Resolution Education: A 5 x 2.5 hour course which focuses on: Effective skills to manage conflict; advanced techniques for interpersonal communication; basic negotiation skills; practical problem-solving skills for personal effectiveness. This course offers a practical approach to developing better relationships, both at work and at home.