

***Celebrating Life  
Suicide Prevention  
Action Plan for solace  
Whanau Support Groups  
Providing an intervention  
prevention post-vention model***

On average there are 546 reported deaths by suicide per year

3699 attempted suicides

People aged 35–44 years had the highest suicide death rate

Males have a significantly higher rate of death by suicide than females by 3 times as many

Māori deaths from suicide, account for 20 percent of all suicide deaths

# Objectives:

- To provide a neutral place and a grassroots response for those affected without any interference from others.
- To provide a top down bottom up approach to reducing suicide.
- To comfort those who have lost loved ones, pairing them up with each other for the purpose of them comforting each other.
- To provide a one stop shop, crisis intervention safe place for groups affected by the links to suicide. For example, fathers and mothers, youth affected by drugs and alcohol.

# Objectives (continued):

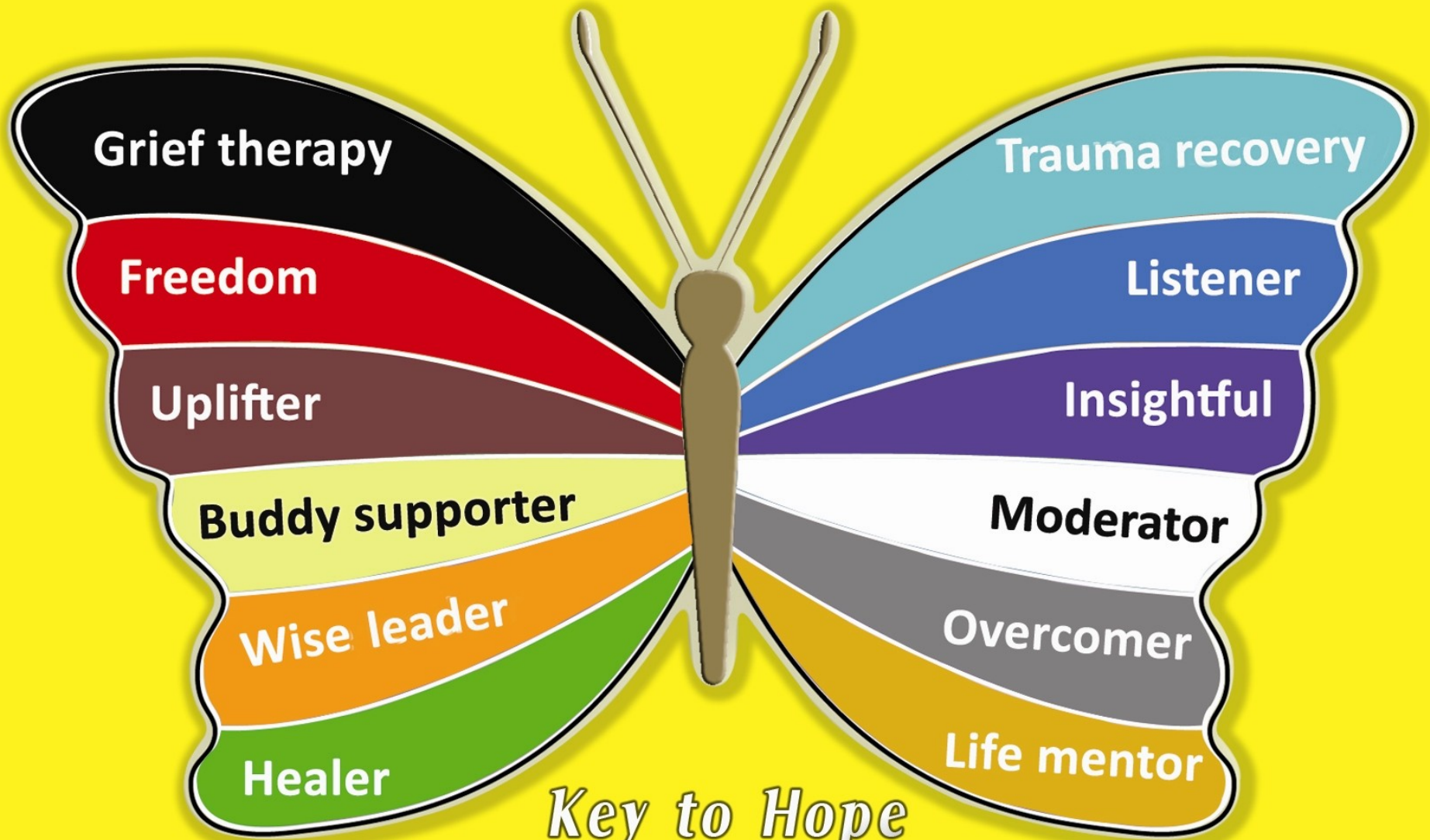
- To provide an alternative health and well-being model using ones higher universal power with a Te Whare Tapa Wha spiritual, mental, physical and social spheres model.
- To provide a forum for youth which includes, the community, Kaumatua, elders and whanau.
- To set up tangata wairua, expressing matakite using Maori rituals for spiritual cleansing.
- To train up leaders and help those affected.

# Introduction:

- Introductions by Jack Gielen, Secretary of the New Zealand Prevention Trust.
  - Stating who we are
  - The history of the trust
  - Acknowledging Kaumatua, Elders, Helpers and Volunteers present.
  - Karakia for remembering those who have gone before us, lost love ones, and acknowledging the universal life force and bond connecting all people.

# Introduction (continued):

- Ice breaker: get everybody to introduce themselves to the group explaining
  - who they are
  - where they are from
  - why they are present.
- Operate the speakeasy theatre with an open mike, where people can share a story, poem or song. To this end, people can express themselves.



*Key to Hope*  
**Rainbow Ribbons**

**NZ Suicide Prevention Trust**

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# 1. Yellow: Buddy Supporter

- The Buddy Supporter depends on higher power and the universal spirit to empower them to do the work.
- Provides friendship and support, befriends the troubled by helping them access specific assistance.
- Puts Buddy Support system in place for persons at risk.
- There are 3 persons involved in the Buddy Support process: the Helper, the Helpee and the Wise Leader or Supervisor who uses a debriefing model for accountability.
- As the ambassador for Key To Hope, the Buddy Supporter must be able to function in all the 12 coloured modules.



## 2. Black: Grief Facilitator

- They help people deal with real issues in relation to grief, taking them through the various stages of shock, denial, depression, acceptance and hope.
- This is practiced through talking therapy.
- Think, feel process deal therapy. Helping the person journey through their issues resolving and coming to terms with their grief and loss.
- Helps person transform physical bonds of attachment to spiritual bonds journeying their lost love ones on establishing new links with them.
- Put in place a crisis intervention safe place where first response frontline life force workers help those in distress. This could also be achieved by sending out crisis intervention teams into homes.

# 3. Red: Freedom Fighter

- Challenges social injustice, protects peoples rights and supports victims who have had their rights abused.
- Helps the person find freedom from oppression and persecution, fear and depression. Creating a total freedom for the individual to move on with their life.
- This is achieved by being peace and justice activists, who defend the cause and rights of the individual.
- As a Christian the freedom fighter prays and intercedes for the individual, binding and loosing, bring healing and deliverance to the slaved individual.

# 4. Wine: Spiritual Uplifter

- Assists, comforts, encouragers, reassures people in despair and in depression.
- Promotes hope and facilitates meaning in life.
- Practices joyology in which he imparts joy into the Helpee and adopts the philosophy, that a merry heart doeth good like a medicine.
- Practices light-heart life skills by celebrating life through smiling, dancing, touching, laughing, art, music, drama and sports therapy.
- He changes the Helpee's mood, making them feel better by taking them out of themselves. This is achieved by walking and talking together.

# 5. Amber: Wise Leader

- Generates decision making processes, developing Action Plans to attain a goal.
- Leads by example, applies knowledge, making practical down to earth suggestions by rationalizing common sense.
- Takes responsibility, is a peoples person and practices life skills, i.e gardening, cooking, cleaning and doing what is best for the other person.
- Empowers others to fulfill their purpose, vision and dreams.
- Practices creative thinking, goal setting, operating a think-tank, coming up with new catalysts, essences, powers and intelligence.
- In terms of suicide prevention he oversees and adheres to the guidelines and procedures of the program.

# 6. Green: Holistic Healer

- Understands, the importance of spirit, mind, body and social integration when providing any form of healing.
- Promotes holistic health and well-being, teaching how it is to be conduits for the universal spirit trusting in there higher power what ever it may be.
- Practices emotional wounding recovery, helps people think about their issues, feel their emotions and process their feelings, dealing with their issues in a positive effective manner.
- Holistic healers have compassionate hearts with their healing hands.
- Adopts healing therapies and alternative medicines.

# 7. Turquoise: Trauma Recovery Practitioner

- He practices crisis intervention and initiates support services to start the recovery process as quick as possible.
- Puts together a wellness crisis response plan based on healthy eating, exercise, listening to positive music, watches for triggers that causes negative reactions.
- Encourages staying calm using self talk to the issue to realign the idea of normal.
- Applies the trauma recovery 12 step process with a focus, on the healing of memories looking at root causes for problems, not symptoms.
- Taking Jesus by the hand and facing the traumatic event, with him binding the wounds into the cross, letting Him carry the burden of the event.

# 8. Blue: Spiritual Counselor

- Listens, reflects, empathises and counsels the person keeping their spiritual needs in mind.
- Personal growth enhances spiritual growth, tied into yourself, reflecting who you are, and where you are going. Identity crisis is what leads to suicide.
- Helps bereaved through stages of grief, shock, denial, anger, depression, acceptance and hope. Supportive behavior required, be there for the person, allow them to talk, do not judge them, and be a passive listener.
- Practices listening skills. Introduction, open and closed questions, minimal encouragers, paraphrasing, identifying and disclosing feelings, perception check, reflecting feelings, confrontation on the real issues, and summarizing.
- Practices suicide first-aid, which is connecting, understanding why they want to die, affirm reasons for living, assist in developing a safety plan and then put in place a buddy support system.

# 9. Purple: Insightful Seer

- Educates and enlightens practices intuitive perception seeing into a persons heart and life imparting meaningful direction.
- Is a visionary prophet using revelation knowledge to understand a persons life leading to informed proactive action. The power of dreams, visions, and open heavens.
- The Insightful Seer uses Art Therapy and Psycho Drama to identify trauma and grief issues in a persons life, refocusing a persons mind and energies on solutions and answers.



# 10. White: Humanitarian Moderator

- Practices reconciliatory justice dealing with conflict between opposite perspectives building a new bridge of understanding.
- Makes the perpetrator answerable to the victim of oppression and subjugation.
- Practices family mediation counseling restoring the balance of unity between couples honoring the sanctity of marriage.
- Lives for higher ideals and works on redeeming mankind defending the rights of collective humanity.

# 11. Silver: Messenger of Hope

- Practical problem solver finding practical options to problems focusing on solutions.
- Messenger of Hope walking in white light as manifest sonized overcomers.
- They have the capacity of a joyologist spreading, peace, love, and hope.
- The Messenger of Hope is an ambassador of The Key To Hope, opening doors to recovery program, linking people up with Life, Love, Light, Laughter and Liberty.
- The Messenger of Hope is a Trainer, educator, entertainer, using sunshine sing-along, promoting health and well-being, speak easy theatre, where you sing, dance, act, and tell stories and share experiences.

# 12. Gold: The Life Mentor (Supervisor)

- Why have Coach Mentoring or Supervision? Because The Coach Mentor or Supervisor understands, duplicates and promotes the different processes and ideals, while being a mature exemplary model.
- There are 3 people involved in the recovery process, the Helper, the Helpee, and the Supervisor. The Helper needs someone to debrief with, someone who can act as an anchor knowing what to do. Jesus had 12 disciples and the NZSPT needs 12 supervisors who can model the program.
- The Gold Life Mentor's and Supervisors are Mediator Transformers with hearts of Gold being self sacrificial, Community Warriors, who are idealistic dreamers, free spirited and adventurous. They shine forth the inner spiritual sun while walking in Gold redeeming light.