



IMPACT WEBINAR

***A Fathers Love:
Lessons from a Suicide Loss Survivor***

May 13, 2021

www.impact-net.org

1



Co-Presenters



Cal Beyer
VP; Workforce Risk &
Worker Wellbeing
CSDZ / Holmes Murphy

Brad Churchill
CEO
US Erectors
Pleasant Hill, IA

www.impact-net.org

2



Learning Objectives

1. How sharing stories of “lived experience” promotes hope, help and recovery
2. Bereavement and grief support resources for survivors
3. How to support survivors of suicide as neighbors, coworkers or crewmates, friends, and family members
4. Learn warning signs of suicide
5. How to talk with loved ones about suicide

www.impact-net.org

3



Warning: Content May Be Upsetting

This presentation discusses the reality of suicide. This is a real father sharing his very real story of his (and his family’s) grief journey after the suicide of his son.

Based on personal experiences, some people may find this upsetting. *The intent of this presentation is to convey a message of hope, help and recovery.*

If you or someone you know is suicidal, please, contact your physician, go to your local ER, or contact the National Suicide Prevention Lifeline at 800-273-TALK (8255) or text message the Crisis Text Line at 741741. Both crisis services provide free, confidential support 24/7.

www.impact-net.org

4



The Churchill Family



www.impact-net.org

5



Honoring Trevor Churchill

- Born in Des Moines, Iowa
- Son of Brad & Tammy
- Brother of Ellie & Madie
- Died by suicide at age 16
May 8, 2017
- Sophomore in high school



www.impact-net.org

6



7



8



Trevor Loved The Outdoors





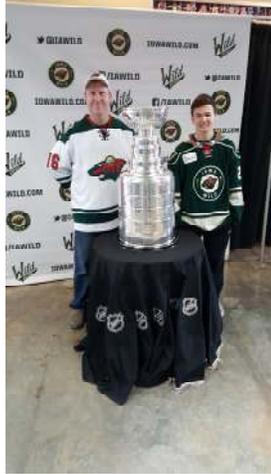
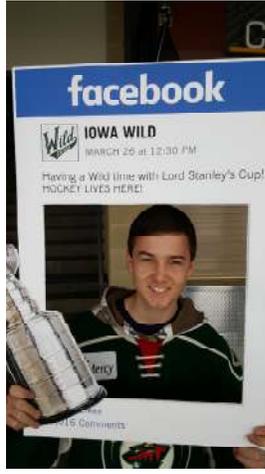


www.impact-net.org

9



“Wild” Times with Dad


www.impact-net.org

10


Trevor Also Liked the Cubs and Vikings



www.impact-net.org

11


Trevor had a Great Sense of Humor (and Style)




www.impact-net.org

12



Excerpts from Trevor's Obituary

Tragically, he saw only mountains, where we saw pebbles in the walk of life. We would give anything to hold him by the hand one more time and guide him down God's path.

We loved him so very, very much. He was great teammate, friend, peer, nephew, cousin, grandson, and brother, but most importantly, he was the best son we could ever ask for.

Written by Trevor's Father, Brad Churchill

www.impact-net.org

13



Trevor Loved His Family







www.impact-net.org

14



The Churchill Family – Update

- Brad (father & husband)
- Tammy (wife)
- Ellie (daughter)
- Madie (daughter)
- Family



www.impact-net.org

15



Grieving & Bereavement Support



www.impact-net.org

16





Bereavement Support Resources for Survivors

Help is Available for Those Grieving:

- Clergy/Pastor/Chaplain
- Counselor/Therapist/Doctor
- Employee Assistance Program (EAP)
- Health & Welfare Program
- National Suicide Prevention Lifeline (*800/273-8255*)
- Crisis Text Line (*Text HELP to 741741*)



www.impact-net.org

17





American Foundation for Suicide Prevention

(www.AFSP.org)

- <https://afsp.org/find-a-local-chapter/>
- Bereavement Package
- Healing Conversations Program Coordinators
- Support Groups for Survivors
- Out of the Darkness Walks



**American
Foundation
for Suicide
Prevention**



www.impact-net.org

18



Grief Lessons Learned

1. Grief is a personal response. We all grieve differently.
2. Take time to grieve.
3. Stay connected to friends and family.
4. Do not shut-out support.
5. Lean into whatever support is offered or available.
5. Be the kind of friend who a friend in need can call at 2 am
6. If in doubt if someone is not ok, ask and ask again.
7. Periodically follow-up to check-in and check-up on those grieving

www.impact-net.org

19



How to Support Survivors of Suicide

- Don't ignore us or wait for a better time. *There won't be a better time.* Get the awkward moment behind us so we can go forward together
- Don't worry about what you say --*just be present (with us)*
- Call our loved one by his/her name
- Share your favorite memories of our loved one
- Please come to the Wake/Memorial Service and celebrate the life of our loved one
- Please ask how we're doing when you bump into us
- It's ok to mail or drop-off a card
- Your kinds acts of service demonstrate your love and provide hope and promote healing

www.impact-net.org

20



Suicide Prevention Warning Signs & Resources



www.impact-net.org

21



Suicide Prevention Crisis Support: USA



**NATIONAL
SUICIDE
PREVENTION
LIFELINE**
1-800-273-TALK (8255)
suicidepreventionlifeline.org



CRISIS TEXT LINE |

Text HELP or CONNECT
741-741



**Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**

www.impact-net.org

22



Suicide Prevention Crisis Support: Canada



Crisis Services Canada | Services de crises du Canada

24/7-365
1-833-456-4566

Chat not functional during covid-19 pandemic

CRISIS TEXT LINE |

Text HELP or CONNECT
741-741

www.impact-net.org

23



Learn Warning Signs of Suicide

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

<ul style="list-style-type: none"> ◆ Talking about wanting to die or to kill oneself. ◆ Looking for a way to kill oneself, such as searching online or buying a gun. ◆ Talking about feeling hopeless or having no reason to live. ◆ Talking about feeling trapped or in unbearable pain. ◆ Talking about being a burden to others. 	<ul style="list-style-type: none"> ◆ Increasing the use of alcohol or drugs. ◆ Acting anxious or agitated; behaving recklessly. ◆ Sleeping too little or too much. ◆ Withdrawing or feeling isolated. ◆ Showing rage or talking about seeking revenge. ◆ Displaying extreme mood swings.
--	--

Suicide Is Preventable.

Call the Lifeline at **1-800-273-TALK (8255)**.

With Help Comes Hope

www.impact-net.org

24



5 Action Steps to Help Person in Crisis

5 Action Steps for Helping Someone in Emotional Pain

 ASK "Are you thinking about killing yourself?"	 KEEP THEM SAFE Reduce access to lethal items or places.	 BE THERE Listen carefully and acknowledge their feelings.	 HELP THEM CONNECT Save the National Suicide Prevention Lifeline number 1-800-273-8255.	 STAY CONNECTED Follow up and stay in touch after a crisis.
---	--	--	--	---


www.nimh.nih.gov/suicideprevention

www.impact-net.org

25



How to Talk With Loved Ones About Suicide

LEARN® SAVES LIVES Suicide Prevention Tips

- LOOK FOR SIGNS
- EMPATHIZE & LISTEN
- ASK DIRECTLY ABOUT SUICIDE
- REMOVE THE DANGERS
- NEXT STEPS



Help Prevent Suicide – LEARN® SAVES LIVES

Most people can relate to a time when they felt alone. We may have just needed a reminder, / see you. / care. To help those in crisis and considering suicide, we recommend using LEARN®. We need everyone to play a role in suicide prevention. Most suicides are preventable. Together, we can save lives. **To learn more, go to www.intheforefront.org.**

LOOK FOR SIGNS

- Talking, joking or researching ways to die.
- Feeling hopeless, depressed, trapped, burdensome, anxious, ashamed, or humiliated.
- Changes in personality, academic/work performance, sleep, withdrawing from friends/activities.
- Increasing use of alcohol/drugs, reckless behavior, self-harm/cutting, giving away possessions.

EMPATHIZE AND LISTEN

- People who have survived suicide attempts report what was most helpful to them—**just listen.**
- Listen with compassion, remain calm, avoid judgement and validate their feelings.
- Don't offer quick fixes, tell them everything will be OK, show anger, panic, or ask "why" questions.
- Let them know that you care about them.

ASK ABOUT SUICIDE

- Ask in a way that invites an honest response. Use any signs you've noticed as part of "the ask."
- Be direct. Use the word "suicide" and be prepared to hear a "yes."
- Asking about suicide will NOT put the idea in someone's head.
"Sometimes when people feel hopeless they are thinking about suicide. Are you thinking about suicide?"

REMOVE THE DANGER

- If they say yes, ask them **"Do you have a plan?"** **"Do you have access to those means?"**
- Putting time and distance between a person at risk for suicide and lethal means can save lives.
- Remove or limit access to firearms, medications, belts, ropes, knives, alcohol and chemicals.
- Report concerning posts on social media.

NEXT STEPS

- Ideally with the person at risk, call the National Suicide Prevention Lifeline (see number below).
- If the person will not agree to stay safe, do not leave them alone. **CALL 911.**

www.impact-net.org

26



Selected Resources for Families with Children

Young adults hardest hit by loneliness during pandemic. *Harvard Business Review*. (February 17, 2021) [harvard.edu/gazette/story/2021/02/young-adults-teens-loneliness-mental-health-coronavirus-covid-pandemic/](https://www.harvard.edu/gazette/story/2021/02/young-adults-teens-loneliness-mental-health-coronavirus-covid-pandemic/)

Teens and Suicide: What Parents Should Know (American Foundation for Suicide Prevention) <https://afsp.org/teens-and-suicide-what-parents-should-know>

A Parents' Guide to Suicide Prevention (Accredited Schools Online – Nov 2020) <https://www.accreditedschoolsonline.org/resources/suicide-prevention/>

JED Foundation (<https://www.jedfoundation.org/>)
 High School Program: <https://www.jedfoundation.org/jed-high-school/>
 College Program: <https://www.jedfoundation.org/what-we-do/colleges/>

Suicide Prevention, Intervention, Postvention: Step by Step: Creating a Comprehensive Approach in Your School (Lines for Life & Willamette Education Service District (Portland, OR)
<https://szj5116h0mn2ruw333ci1zz5-wpengine.netdna-ssl.com/wp-content/uploads/2021/01/2020-YL-Step-By-Step-Guide-interactive-final.pdf>

www.impact-net.org

27



Ironworkers/IMPACT Wallet Cards (Trifolds) Crisis Strategy Plan for Suicide

A. Local Unions

https://www.impact-net.org/docs/default-source/default-document-library/66430_impact_revised_v1_guide_local_unions.pdf?sfvrsn=5e17a73f_0

B. Impact Signatory Contractors

https://www.impact-net.org/docs/default-source/default-document-library/66430_impact_revised_v2_guide_contractors.pdf?sfvrsn=c37b9e95_0

www.impact-net.org

28

Slide 27

CB5 Cal Beyer, 4/15/2021

CB9 Cal Beyer, 4/18/2021



Webinar Archive on IMPACT Website

**NO PRAYER CARDS ON THE WALL:
RECOVERY WORKS**



FRIDAY, OCTOBER 30, 2020 @ 2:00 P.M.

LEADING THE SUICIDE EPIDEMIC

**CREATING A CULTURE OF CARING:
SUICIDE PREVENTION IN CONSTRUCTION**

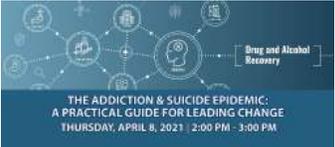


THURSDAY, NOVEMBER 19, 2020 @ 2:00 P.M. ET

PREVENTING & HEALING STRESS
SUICIDE & ADDICTION



THURSDAY, JANUARY 14, 2021 @ 2:00 PM ET



THE ADDICTION & SUICIDE EPIDEMIC.
A PRACTICAL GUIDE FOR LEADING CHANGE

THURSDAY, APRIL 8, 2021 | 2:00 PM - 3:00 PM

<https://www.impact-net.org/publications-resources/webinars/cares-act-webinar-archive>

www.impact-net.org

29



Contact Information

Brad Churchill

bchurchill@us-erectors.com

Cell: (515) 208-1354

Cal Beyer

cbeyer@csdz.com

Cell: 651/307-7883

www.impact-net.org

30