IMPACT WEBINAR

A Fathers Love:
Lessons from a Suicide Loss Survivor

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Co-Presenters

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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

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.
The Churchill Family

www.impact-net.org

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
Childhood Favorite Memories
Trevor Loved The Outdoors

“Wild” Times with Dad
Trevor Also Liked the Cubs and Vikings

www.impact-net.org

Trevor had a Great Sense of Humor (and Style)

www.impact-net.org
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
The Churchill Family – Update

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

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
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.
6. Be the kind of friend who a friend in need can call at 2 am
7. If in doubt if someone is not ok, ask and ask again.
8. Periodically follow-up to check-in and check-up on those grieving

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
Suicide Prevention
Warning Signs & Resources

Suicide Prevention Crisis Support: USA

Text HELP or CONNECT
741-741

www.impact-net.org
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

www.impact-net.org

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.

• 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.
• 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).

www.impact-net.org
5 Action Steps to Help Person in Crisis

![5 Action Steps for Helping Someone in Emotional Pain](image)

- **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

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How to Talk With Loved Ones About Suicide

**Help Prevent Suicide - LEARN® SAVES LIVES**

**LOOK FOR SIGNS**
- Talking, joking or mentioning ways to die.
- Mean or hopeless, depressed, isolated, withdrawn, sad, or tearful.
- Sudden cluster of suicide statements or actions.
- New or increased use of alcohol or drugs.
- Increased agitation, restless behavior, call interrupted, going away, packed up.

**EMPATHIZE AND LISTEN**
- Talk about what you have heard.
- Listen with compassion, remain calm, avoid judgment and validate their feelings.
- Don't offer quick fixes, tell them what will be, or show that you are satisfied.
- Express concern that you care about them.

**ASK ABOUT SUICIDE**
- Ask in a way that shows an honest response. Use any signs you 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. Someone who is thinking about suicide may be surprised you are asking.

**REMOVE THE DANGER**
- If they say yes, ask them "Do you have a plan? Are you able to access those means?"
- Put things away and distance between a person at risk for suicide and lethal means on safe locks.
- Remove or limit access to firearms, medications, belts, ropes, knives, alcohol and chemicals.
- Report concerning posts on social media.

**NEXT STEPS**
- Readily 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
Selected Resources for Families with Children


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)

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
Webinar Archive on IMPACT Website


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