

# Connecting with Hope

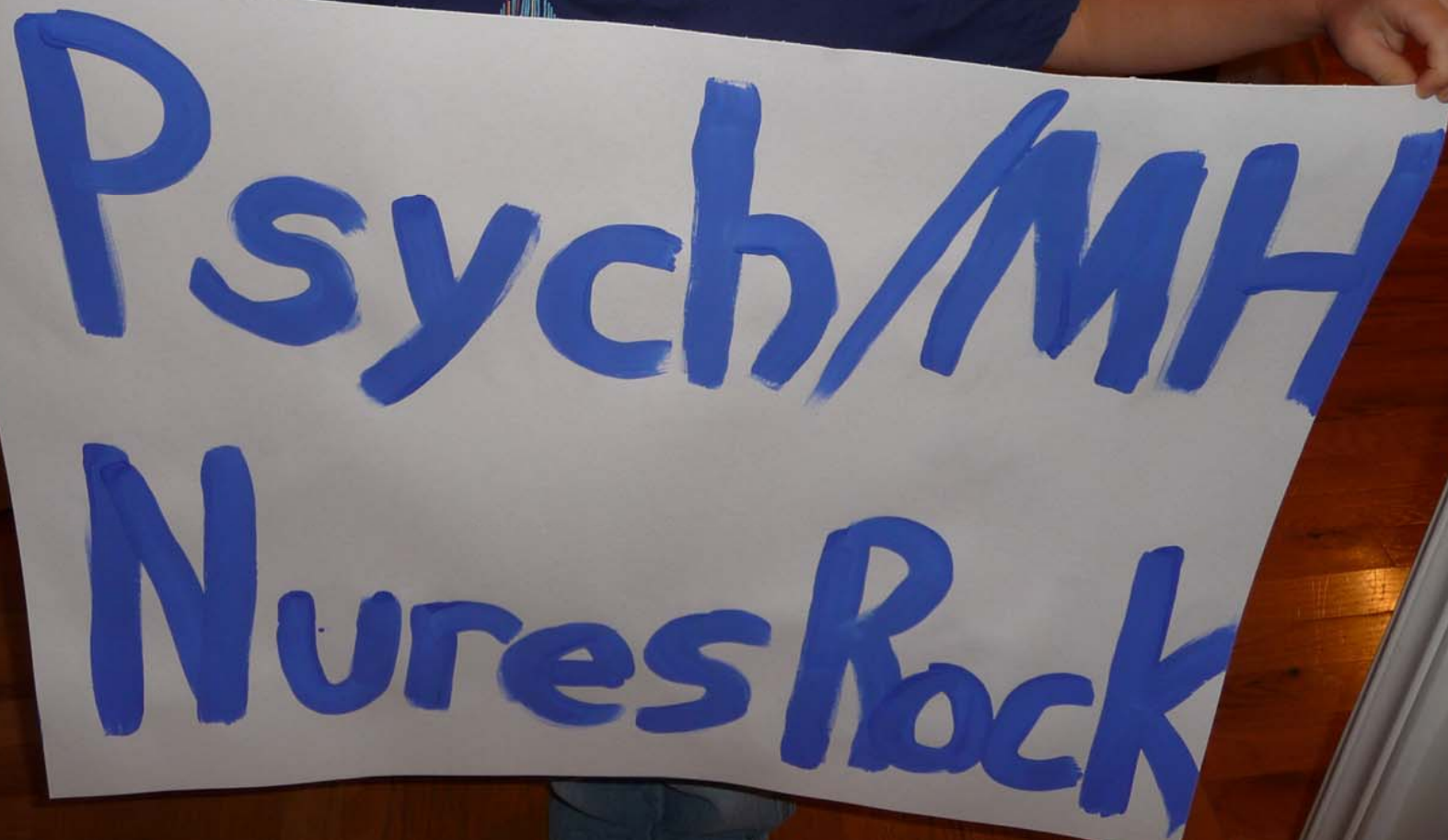
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## **A Care Plan for Suicidal Persons**

**Petrea Taylor, RN MN CPMHN (c)**



obsessive  
cookie disorder

A young child with brown hair, wearing a blue t-shirt, is holding a white sign with blue text. The sign reads "Psych/MH" on the top line and "Nures Rock" on the bottom line. The child is standing in a doorway with a wooden floor and a white door frame visible in the background.

Psych/MH  
Nures Rock

# Outline

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- Research Background
- Core concepts
- Healing Strategies
- Application Experience
- Questions



# Research Methodology

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- Grounded Theory (multiple realities)
- Suicide attempt (1 or + as teen)
- Both genders
- Acute and chronic suicidality
- Continued verification with new studies and service users

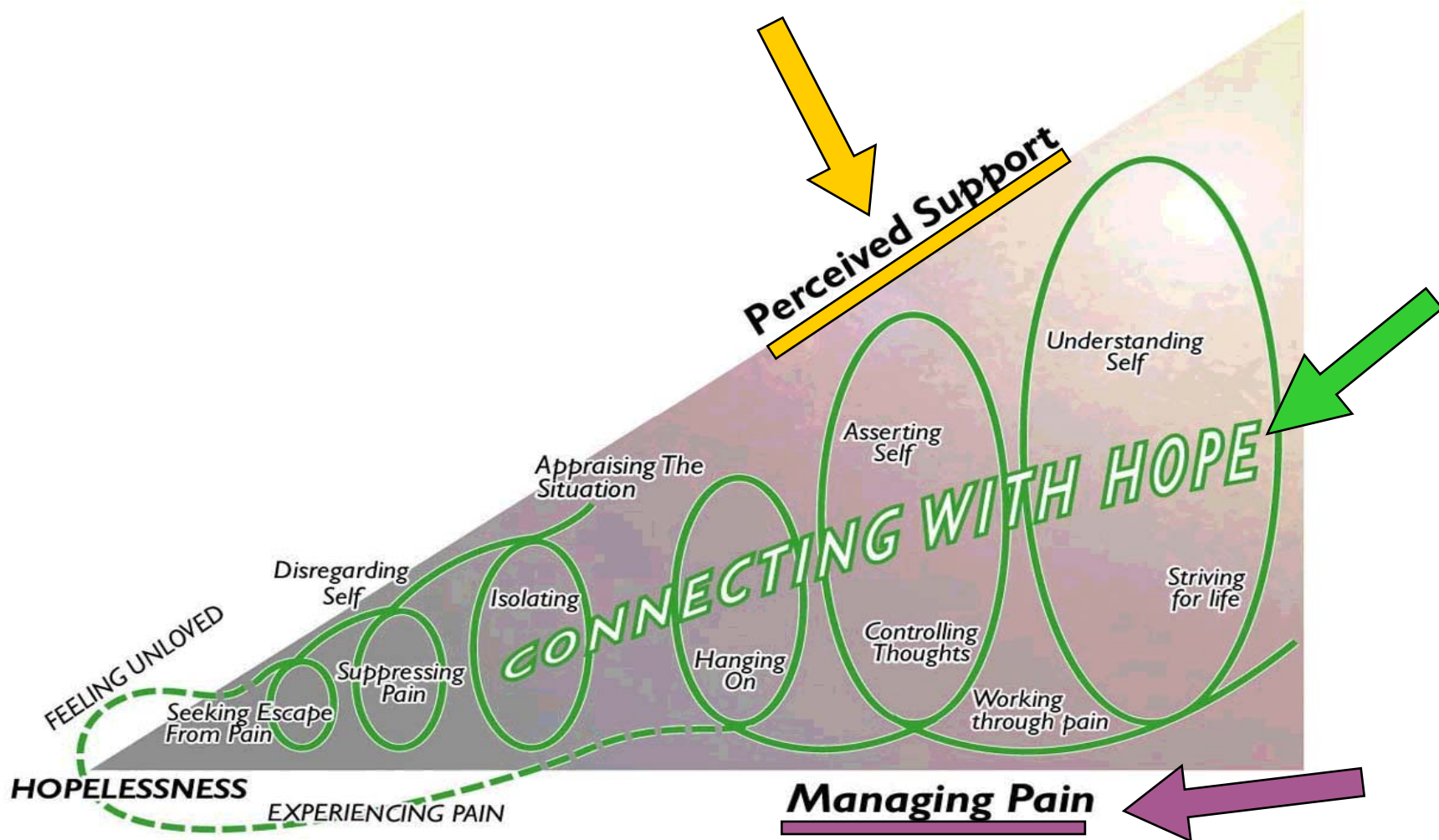
# Connecting with Hope

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A journey from an unbearable existence to having meaning in life.



# Healing Contexts



# Hope

...Person's perception of  
a more bearable future.



# Perceived Support

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...belief that the person is loved and has access to sources that will result in positive outcomes

As **perceived support** increases, **hope** increases.

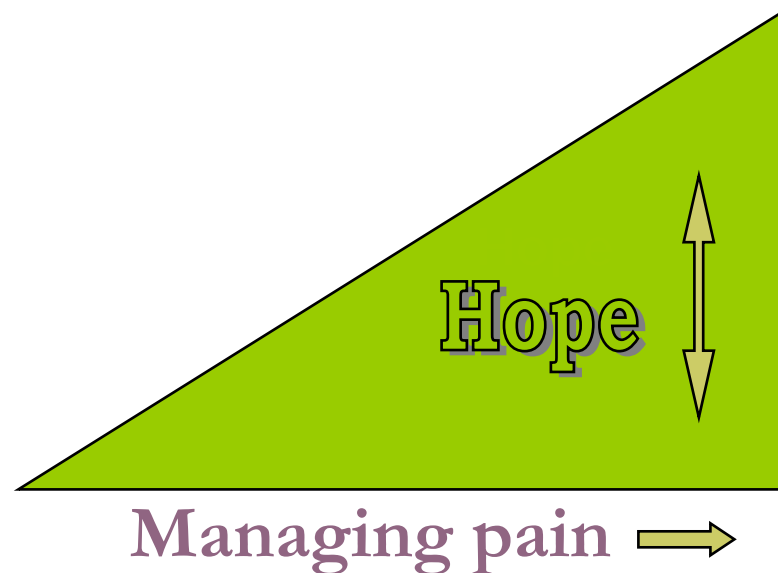


# Managing Pain

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...ability to control the person's experience of psychological pain.

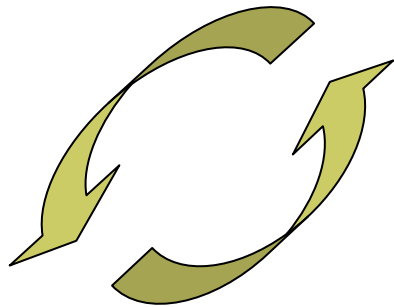
As managing pain increases, hope increases.



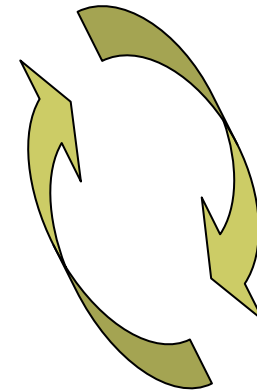
# Healing Contexts

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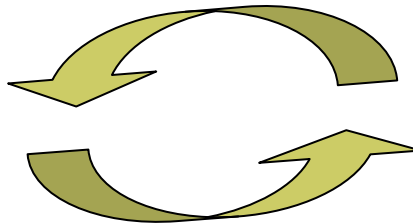
**Hope**



**Perceived  
Support**

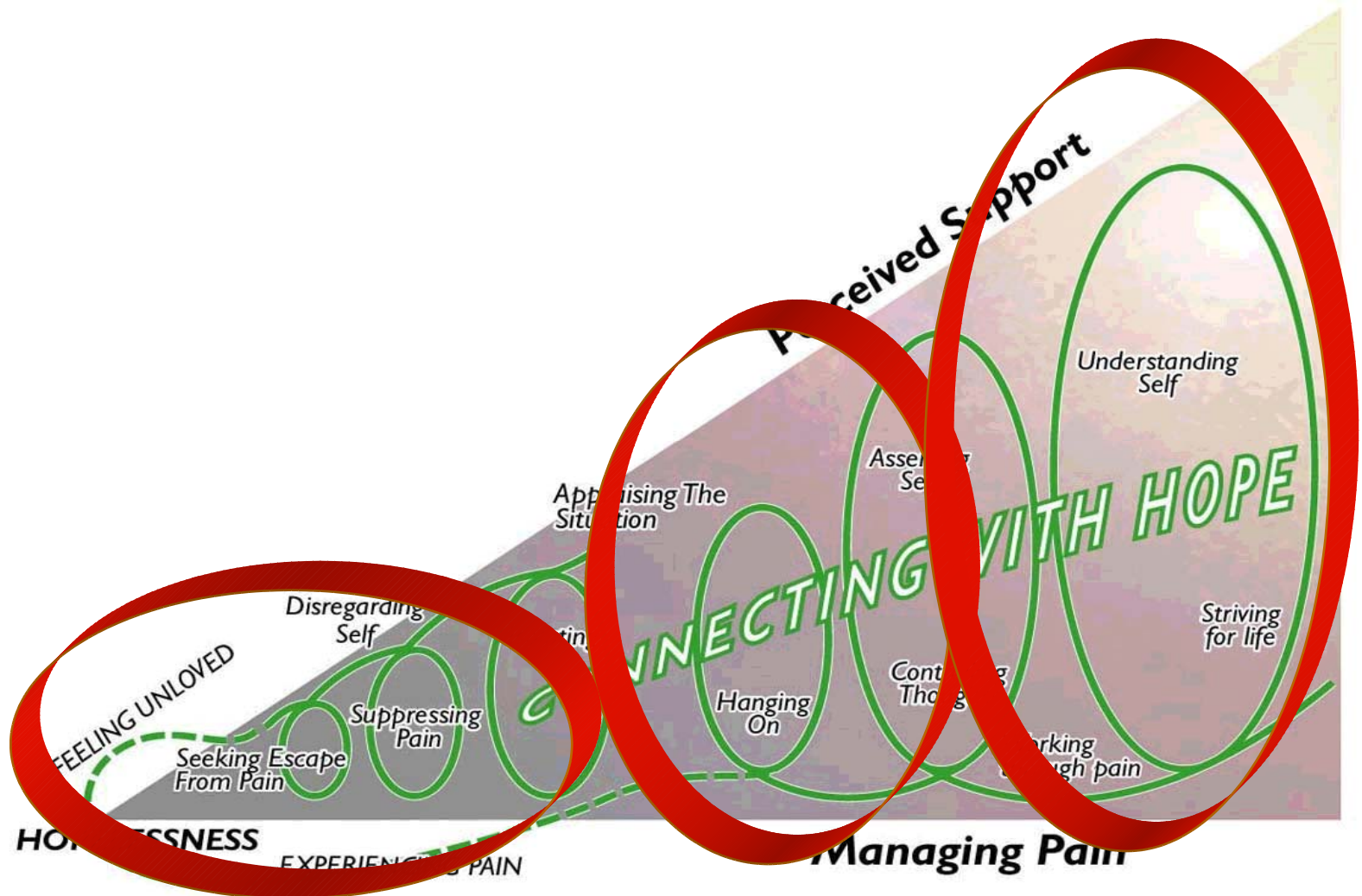


**Managing  
Pain**



# *“Connecting with Hope”*

## 3 ways...



# Interventions

(*all* “Connecting with Hope” stages)

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1. Helping Relationship (Perceived Support)
2. Coping Skills (Managing Pain)



## Goal

...increase hope by enhancing person's perception of support and ability to manage his/her pain.

# Interventions- every 'stage'

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## Helping Relationship

- Therapeutic communication (validation, acceptance, etc)
- Presencing
- Engaging verses observing
- Helper self-awareness

**Re-Connecting  
with Humanity**  
Cutcliffe & Stevenson  
'07



# Interventions- every 'stage'

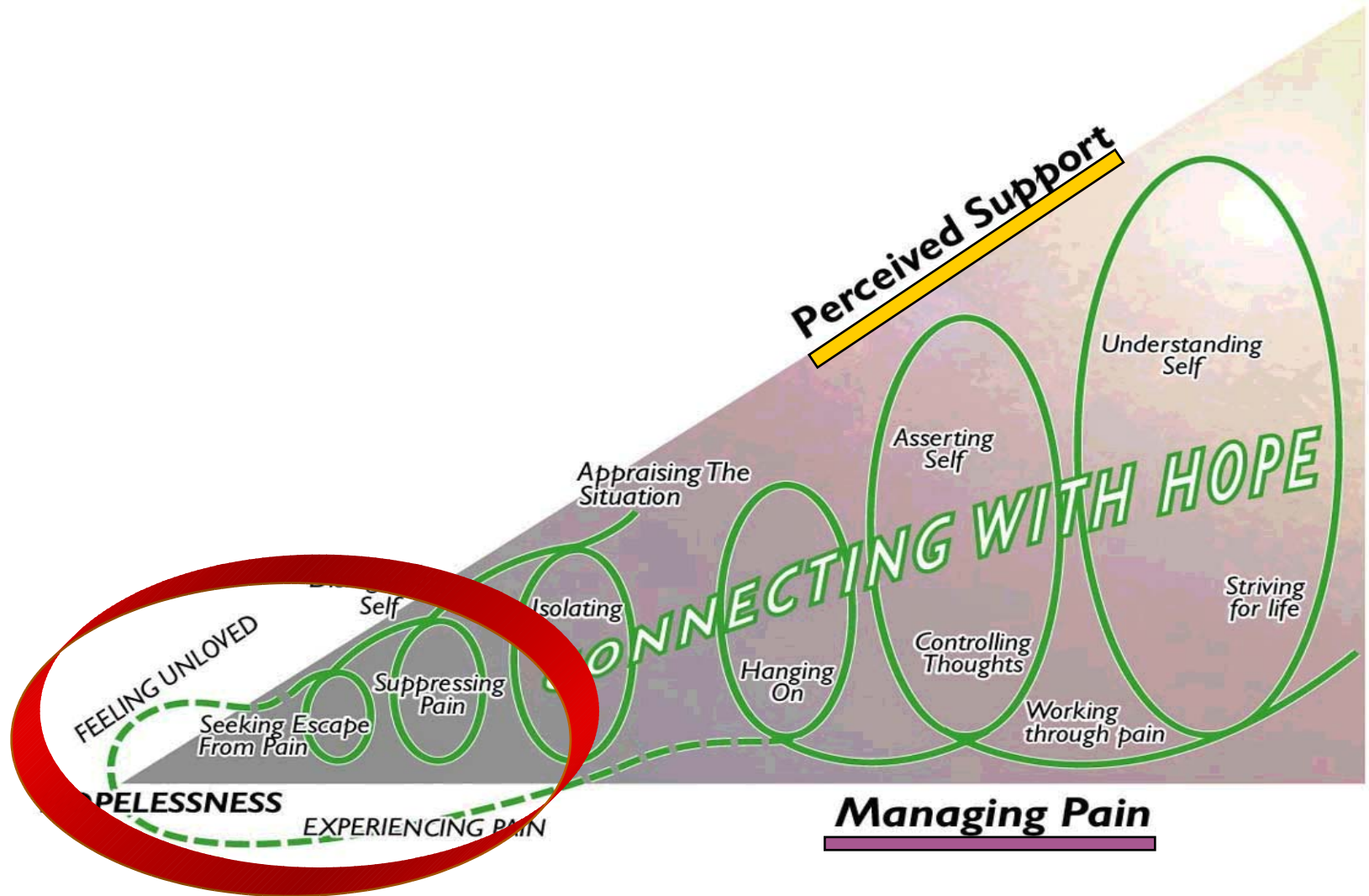
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## Coping Skills

- Collaborative goal setting: (cognition)
- Teach interpersonal skills
- Facilitate insight, suicidal meanings
- Dialectical Behavioural Therapy



# Suicide Attempt Context : Hopelessness



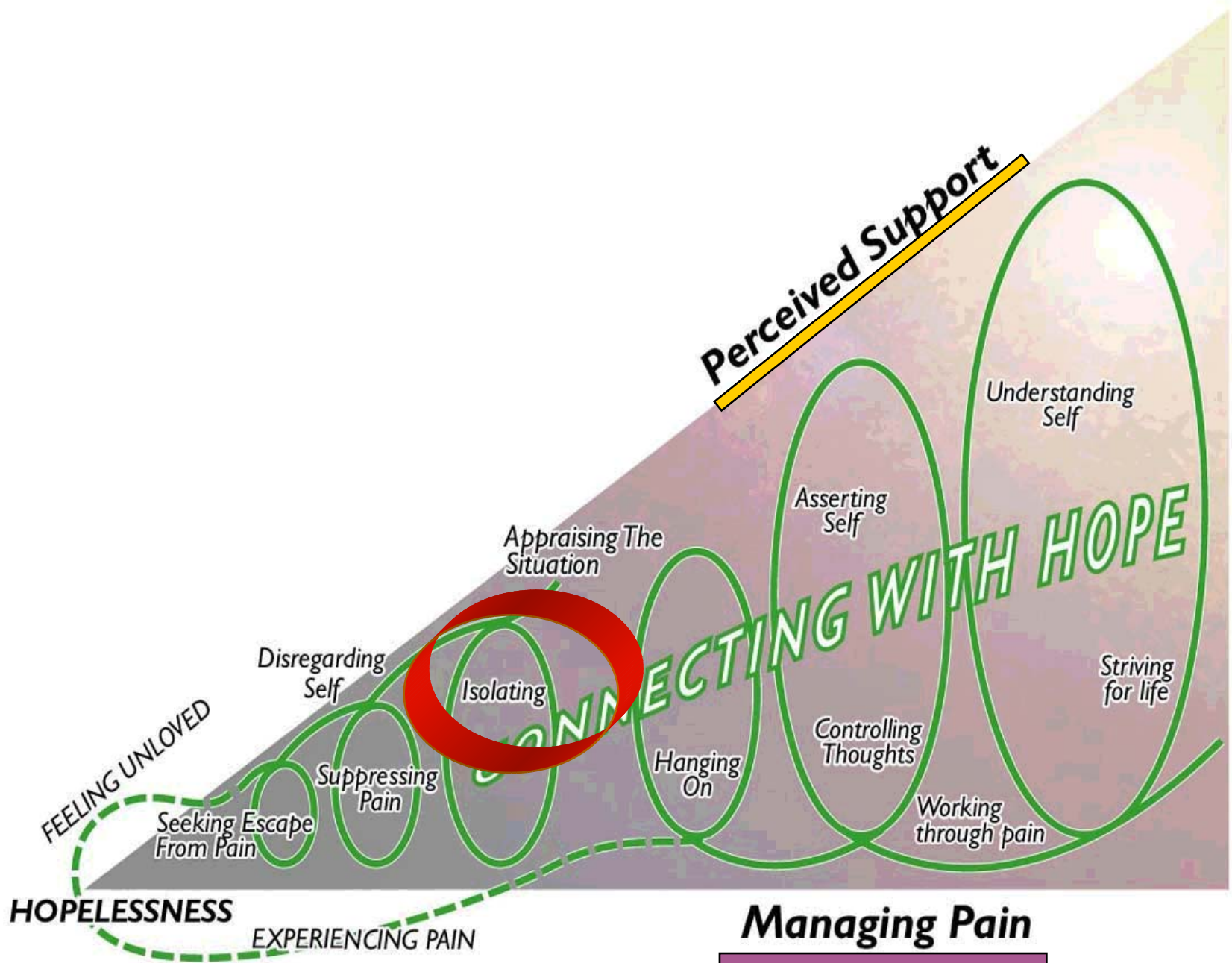
# Hopelessness

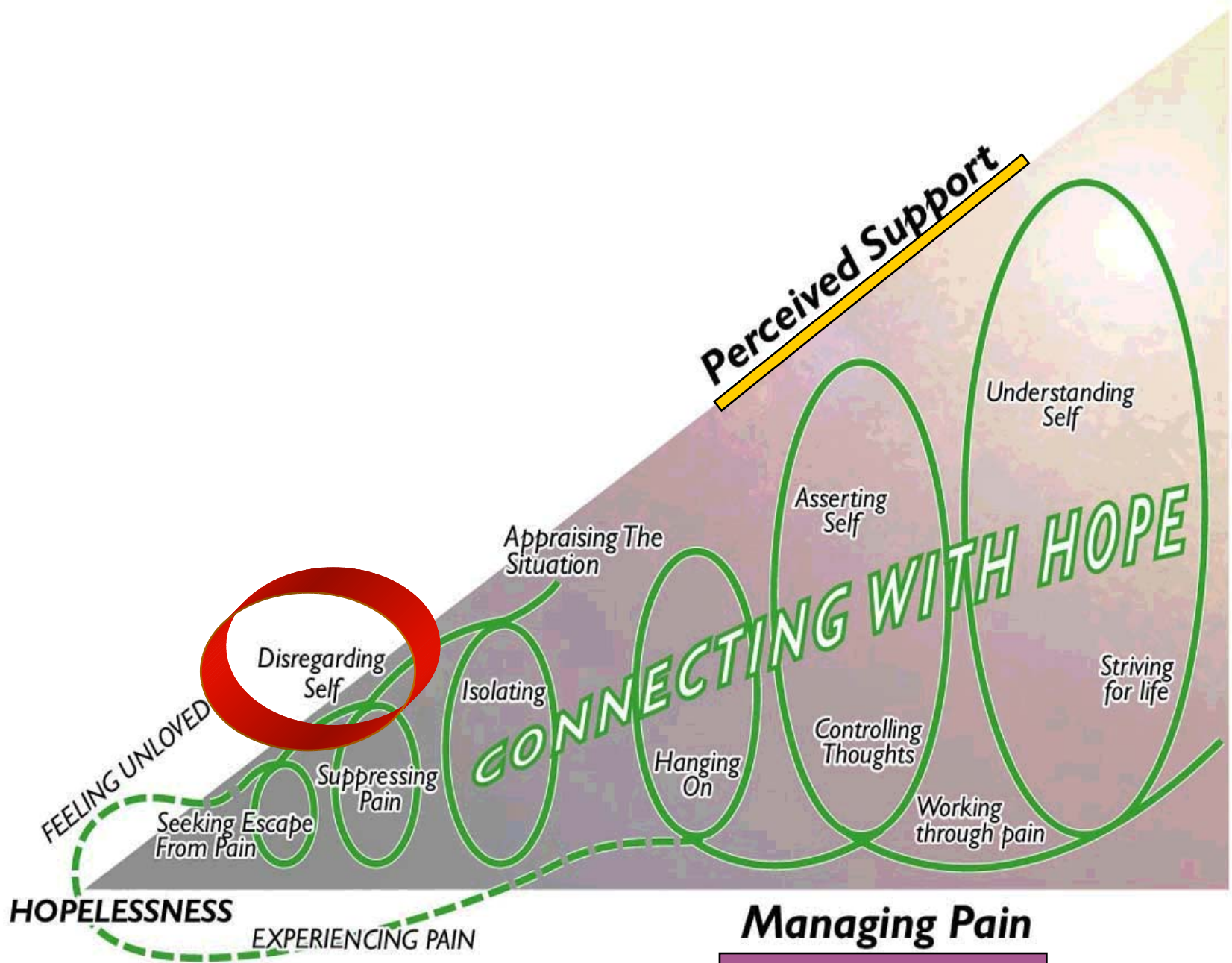
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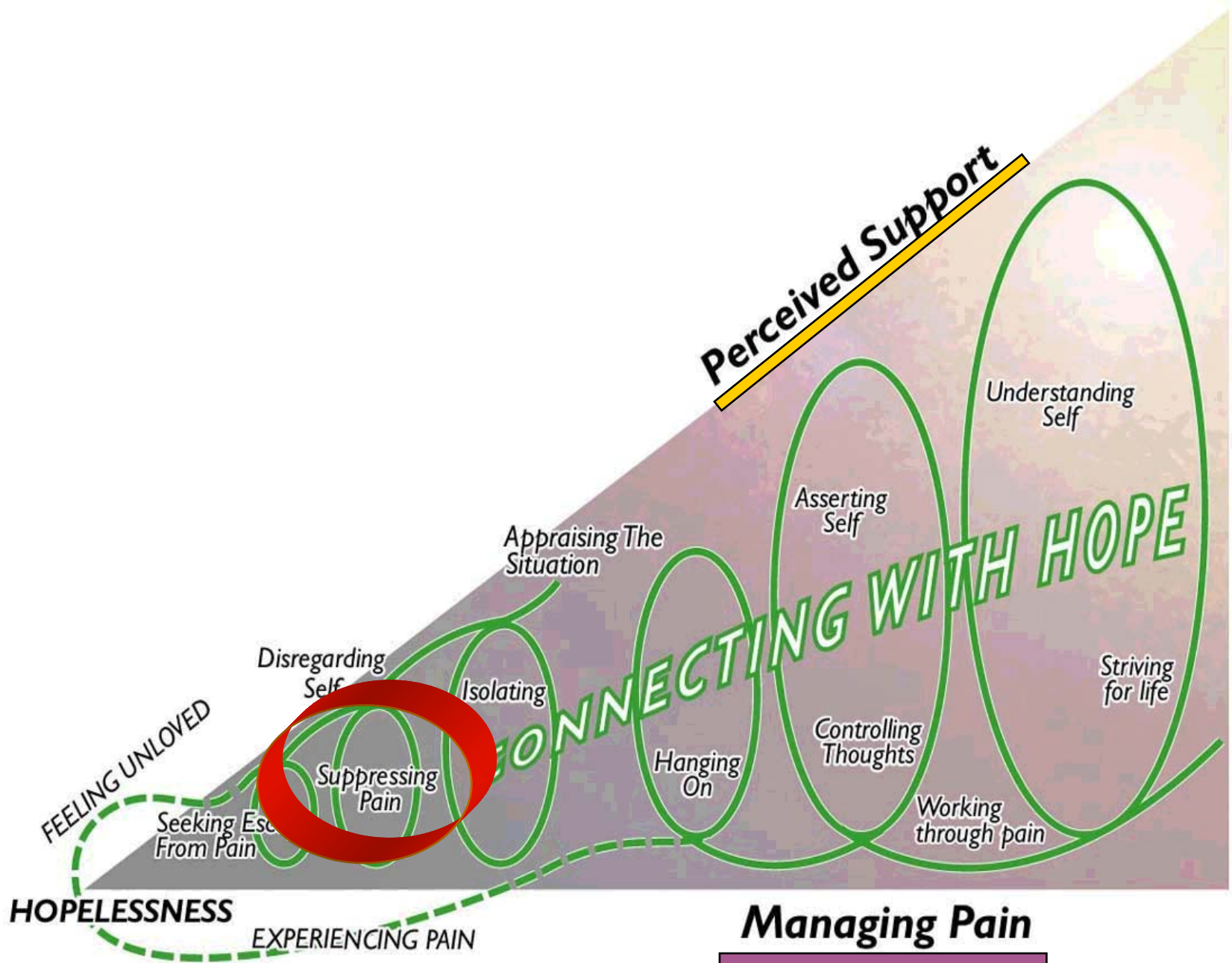
Emotion AND  
cognitive distortions

- ‘Feeling unloved’  
(Low **Perceived Support**:  
self/other, undeserving)
- ‘Experiencing pain’  
(ineffective ways of  
**Managing Pain**: worthless,  
shame, loss)









# Suppressing pain

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(Unable to endure pain- losing control)

*Connecting with Hope* Strategies:

- Avoiding psychological pain
- Numbing the pain (drugs, overeating, workaholic, etc)
- Keeping feelings inside
- Not accepting pain



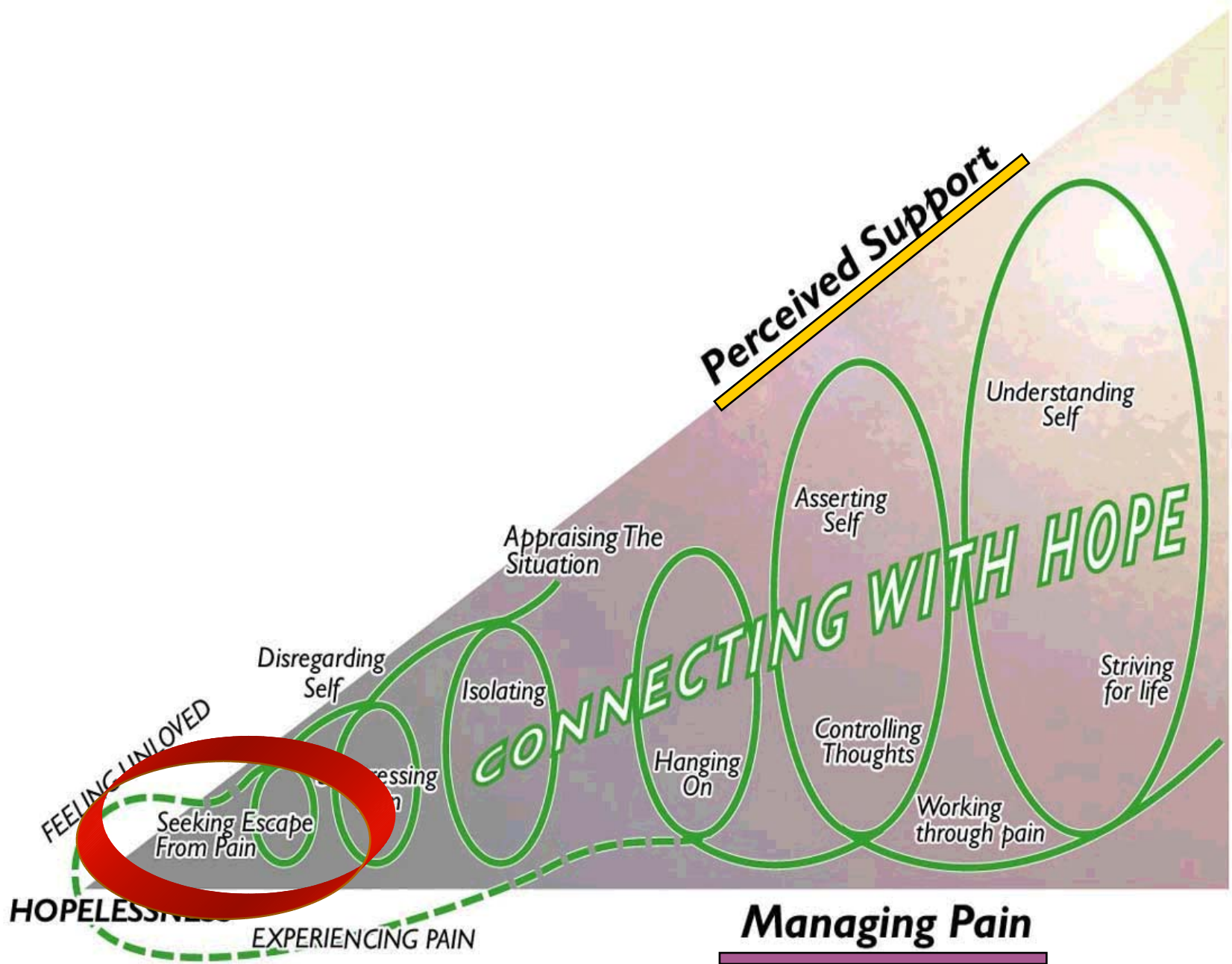
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# Nursing Care Plan

**Kardex Pilot**



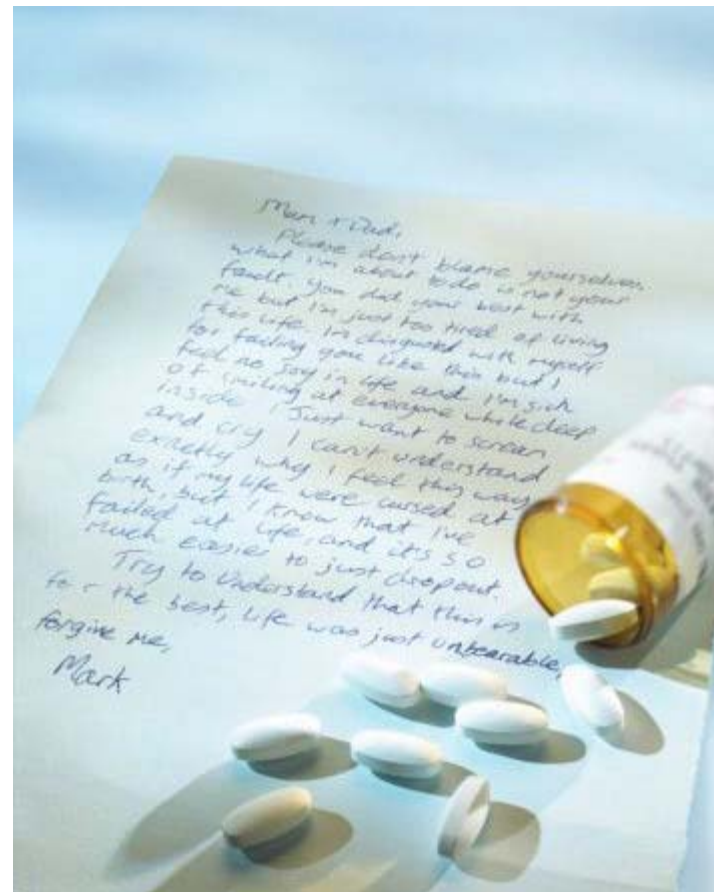
<p><b>“Connecting with Hope” Strategies</b></p>	<p><b>“Stage-specific” Intervention<sup>[1]</sup></b> <b>e.g.’s</b></p>
<p><b><u>Isolating</u></b></p> <ul style="list-style-type: none"> <li>•Withdrawing</li> <li>•Secluding self</li> <li>•Not opening up</li> </ul>	<ul style="list-style-type: none"> <li>- Engage on unit</li> <li>-Communication skills (therapeutic relationship)</li> <li>-Promote supportive relationships</li> </ul>
<p><b><u>Disregarding self</u></b></p> <ul style="list-style-type: none"> <li>•Placing others’ needs 1<sup>st</sup></li> <li>•People pleasing</li> <li>•Ignoring one’s needs</li> <li>•Being dependant</li> </ul>	<ul style="list-style-type: none"> <li>- Assertiveness ed</li> <li>- Interpersonal relationship skills ed</li> <li>- Role plays</li> <li>- Build self-esteem</li> <li>-Collaborative goal setting</li> </ul>
<p><b><u>Suppressing Pain</u></b></p> <ul style="list-style-type: none"> <li>•Avoiding psychological pain</li> <li>•Numbing the pain (drugs, overeating, workaholic, etc)</li> <li>•Keeping feelings inside</li> <li>•Not accepting pain</li> </ul>	<ul style="list-style-type: none"> <li>- Create safe space (trust) for sharing</li> <li>- Self expression activity</li> <li>- Encourage journaling</li> <li>- Validate pain</li> <li>- Normalize experiences</li> <li>- Teach radical acceptance</li> </ul>



# Seeking Escape from Pain

## *'Connecting with Hope'* Strategies:

- Suicidal ideation
- Suicide attempts
- Self harm
- Risk taking
- Suicidal rehearsal
- Planning suicide



# Seeking Escape from Pain

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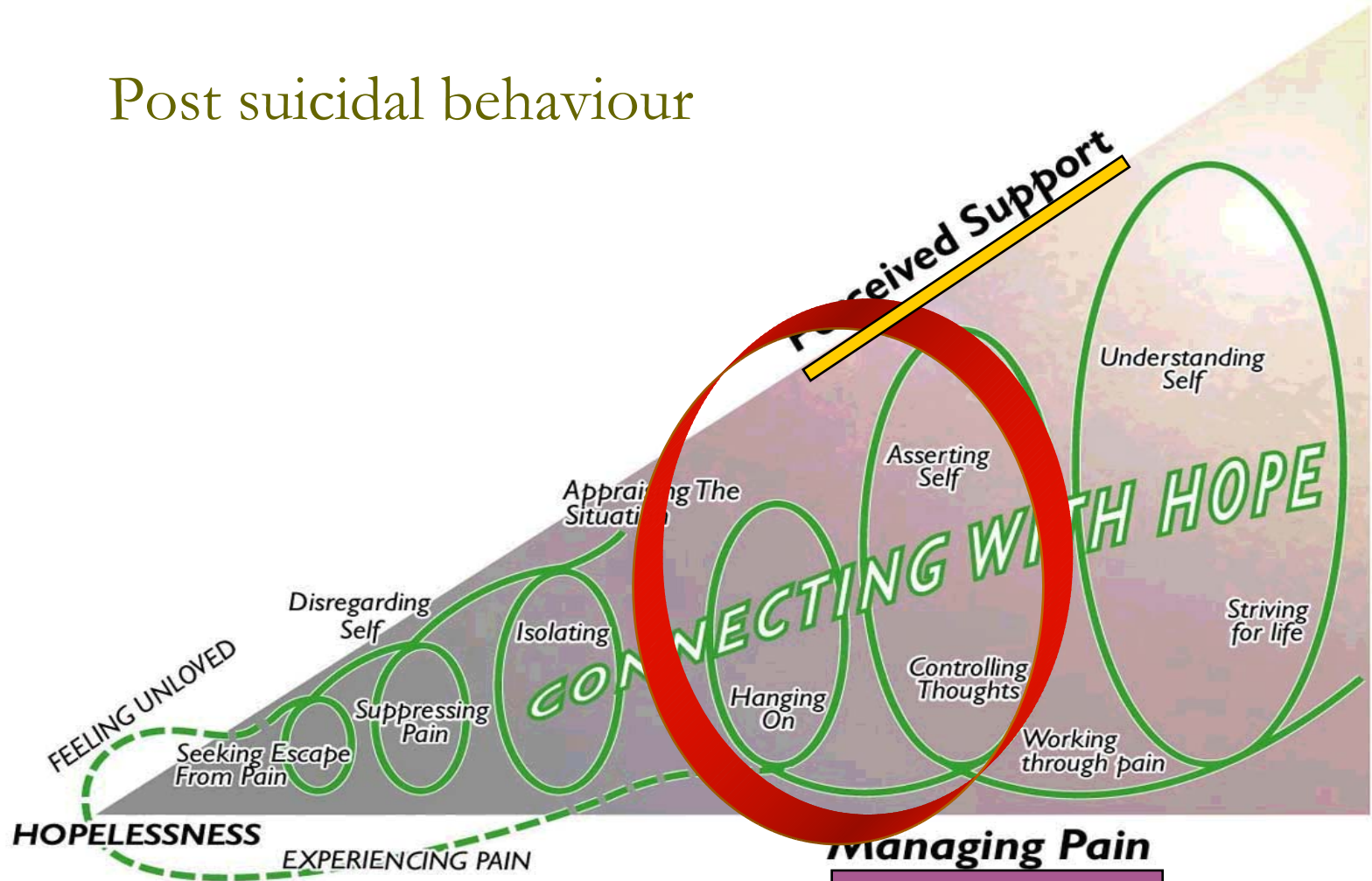
Intervention e.g.'s

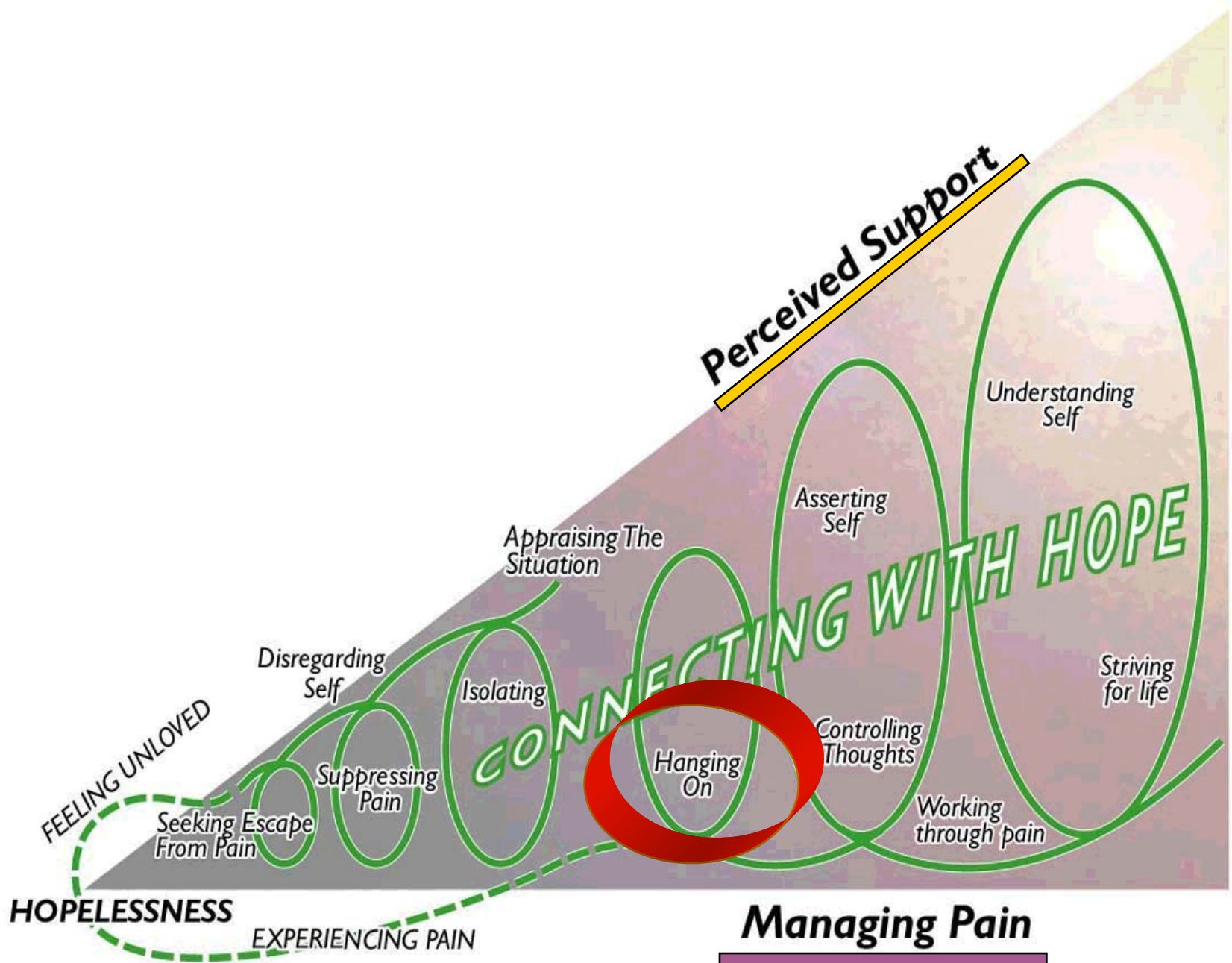
- Provide a safe environment
- Safety alliance
- Least restraint philosophy
- Distress tolerance
- Allow client to discuss suicidality at length (reconnection)



# 'Connecting With Hope' Strategies

Post suicidal behaviour





# Post-Attempt Hope

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- Time lapse btw attempts
- Perception of support (rescued, noticed, existential questions, disorientated, etc)
- Window of opportunity



# Hanging On

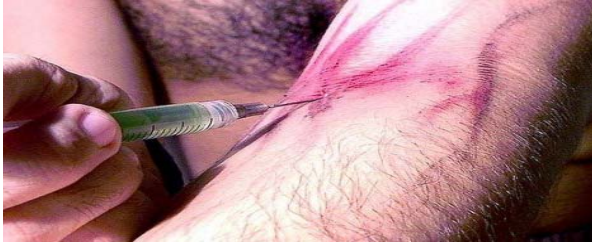
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## *Connecting with Hope* Strategies:

- Waiting for improvement (hour, min, secs)
- Fear neg consequences of death
- Numbing
- Institution restraint



# Hanging On



Hanging on – **perceived support** → Hopelessness



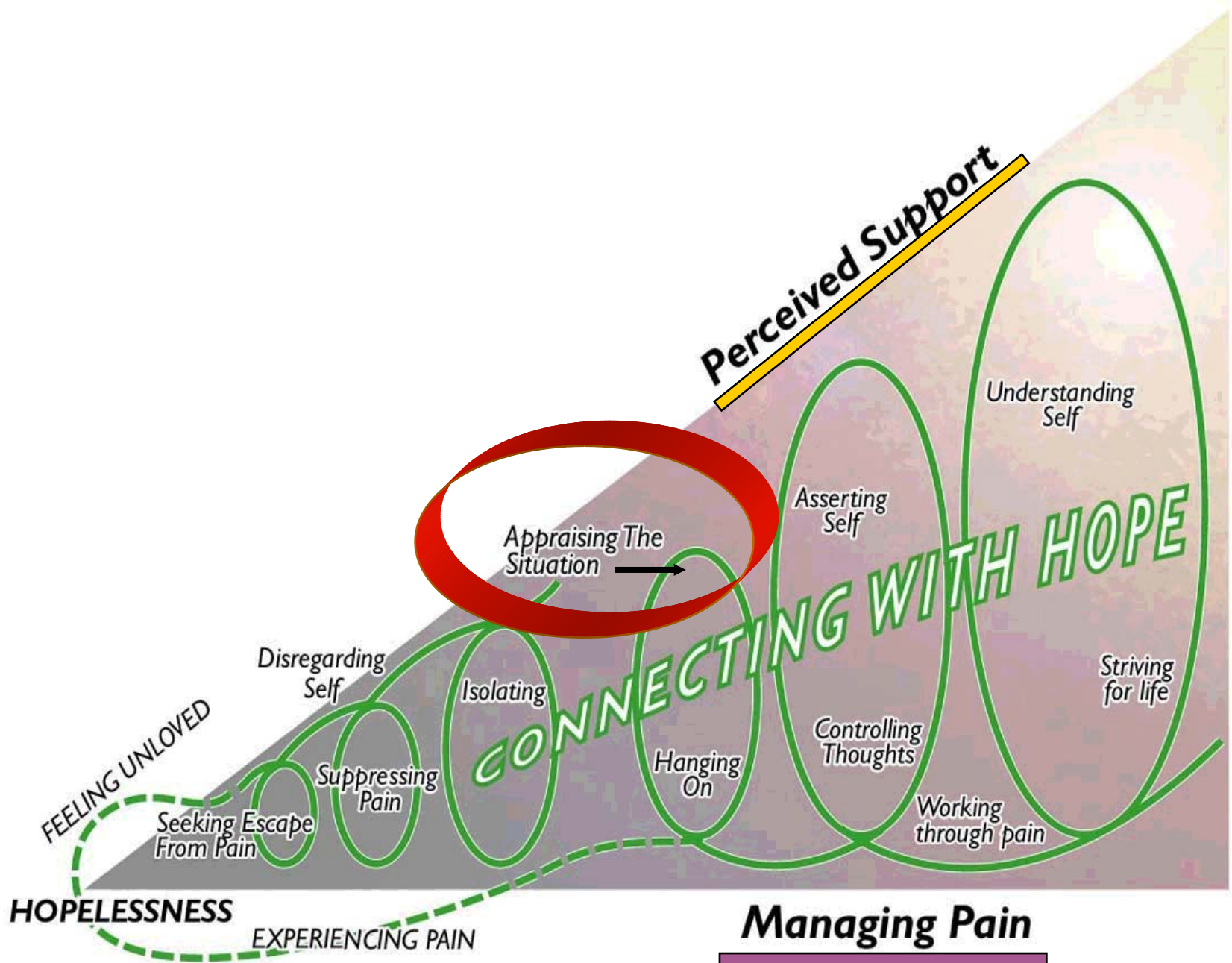
Hanging on + **perceived support** → **Hope**

# Hanging On

## Interventions

- Facilitate coping in specific blocks of time
- Encourage meaningful social connections
- Educate re: time-limitation of crisis/distress
- Avoid discounting all ‘unhealthy’ behaviours
- Safety alliance
- Ambivalence: hook into reasons for living





# Appraising the Situation

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## *Connecting with Hope* Strategies:

- Recognizing triggers
- Identifying pain
- Identifying needs
- Identifying areas of meaning  
in life

(Building blocks of problem solving)



# Lea Appraises her Situation

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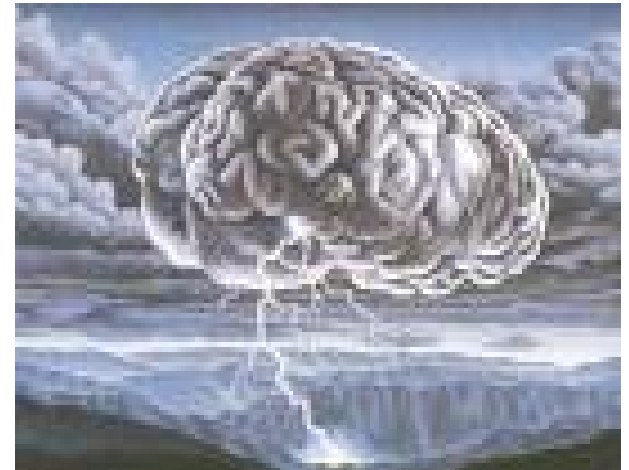
“It was at night and I would totally, totally, totally believe that I did not belong in this world and I mean TOTALLY. And [my boyfriend] had seen this [before] and he knew that I would be better the next day. The next morning I would wake up thinking, ‘Why was I feeling like that?’ ... I totally believed that I did not belong in this world. And if [my boyfriend] wasn’t there saying, ‘No, no, you’re going to be OK. Wait and see tomorrow morning, you’re going to see.’ Sure enough the next morning.”

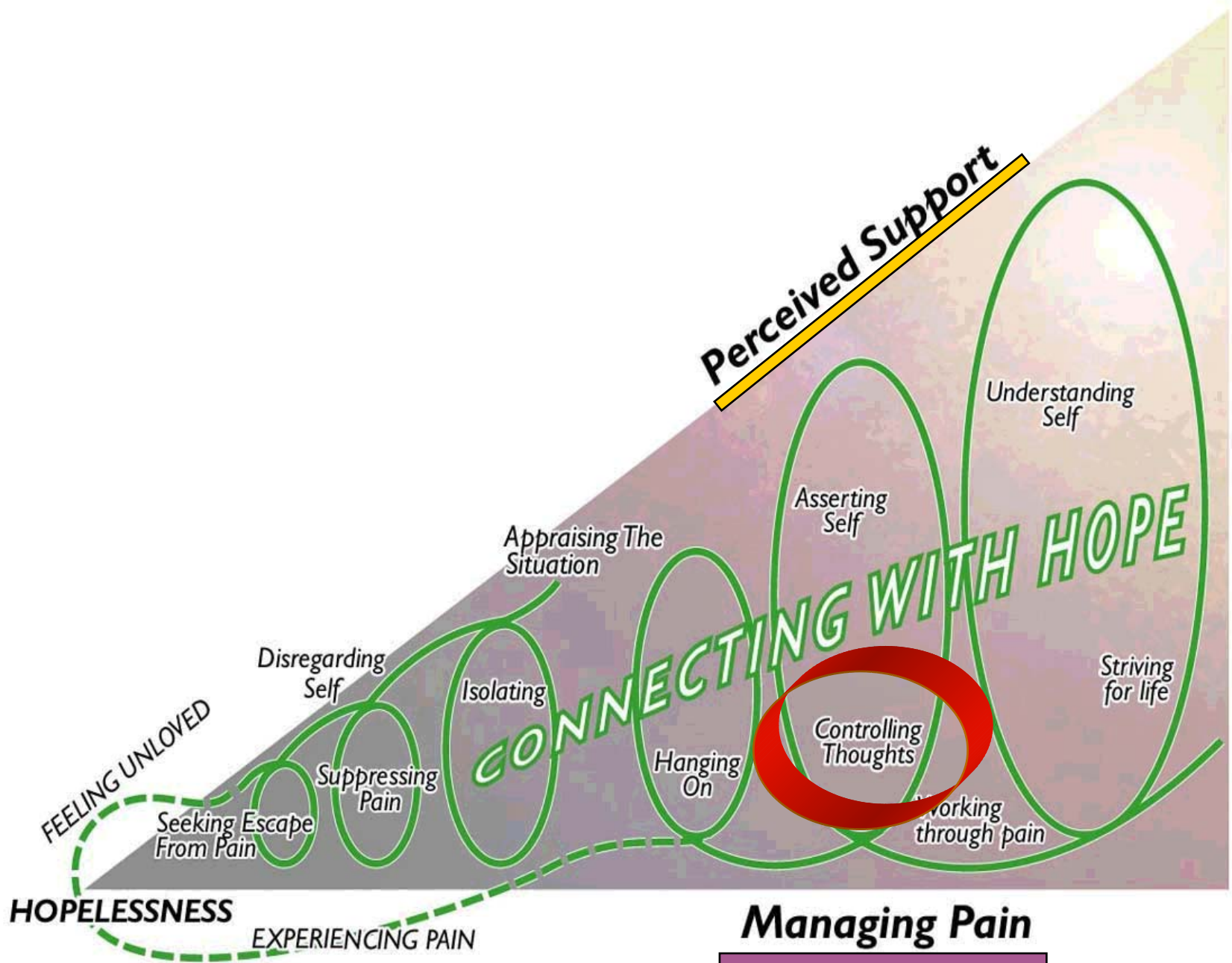
# Appraising the Situation

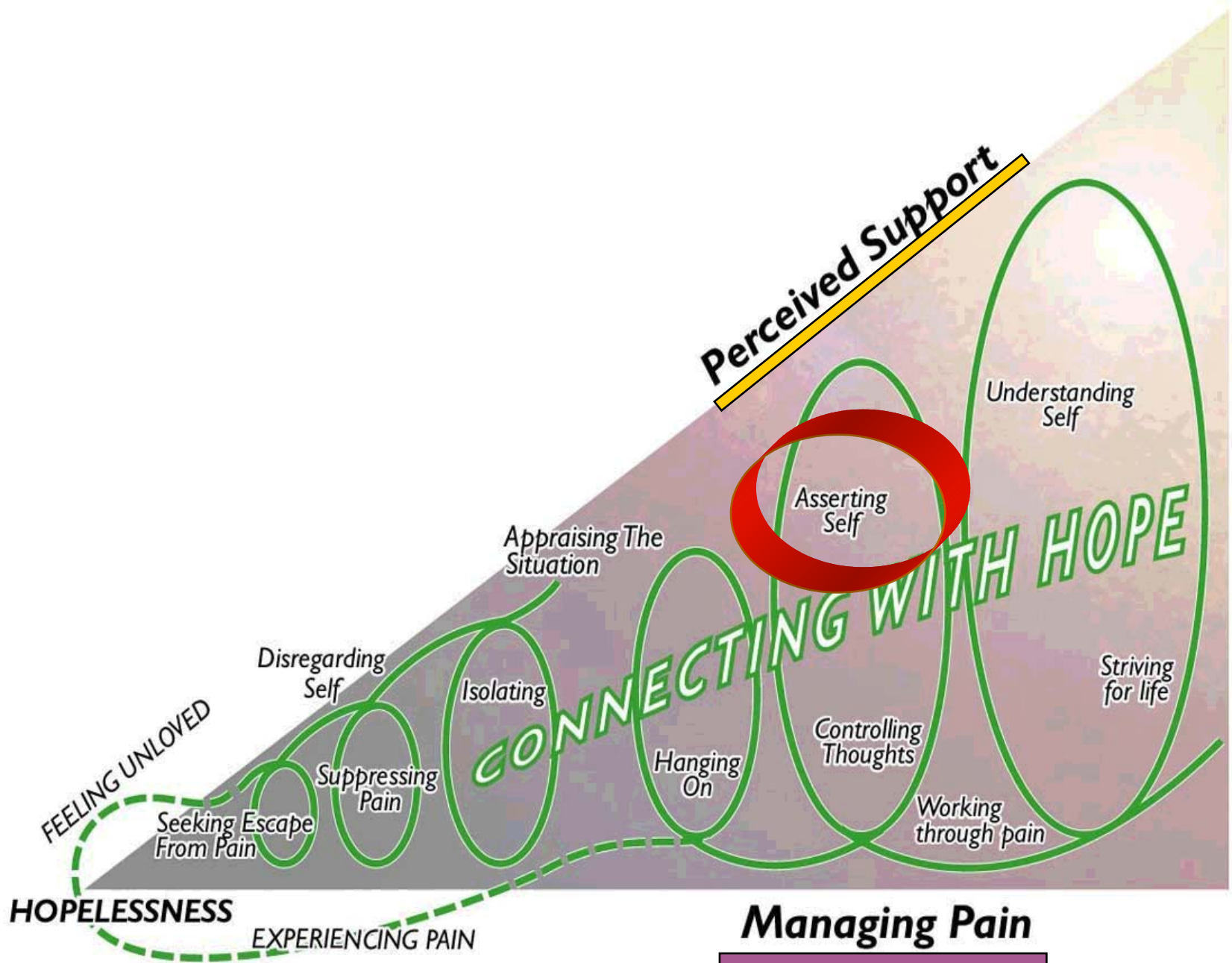
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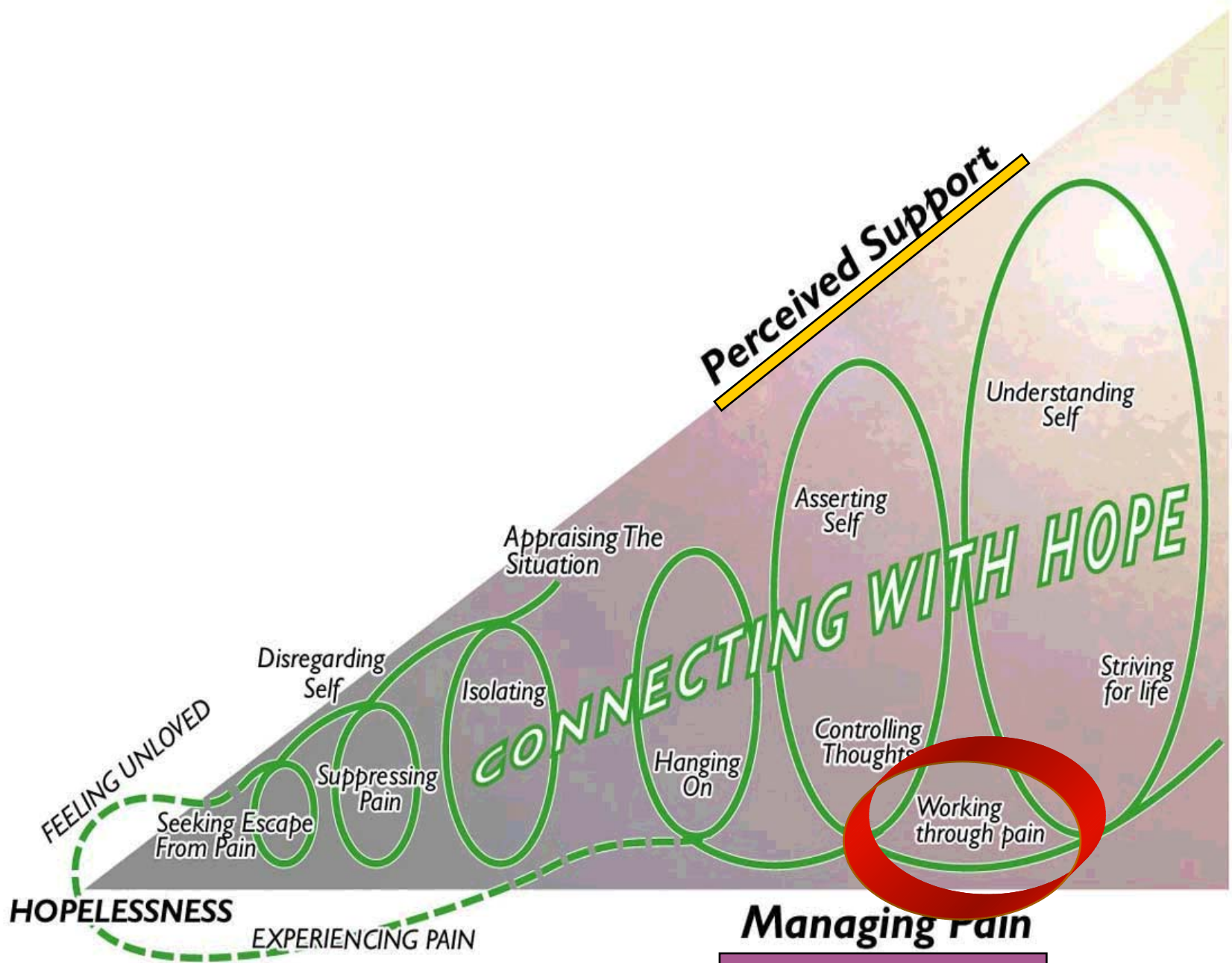
## Interventions

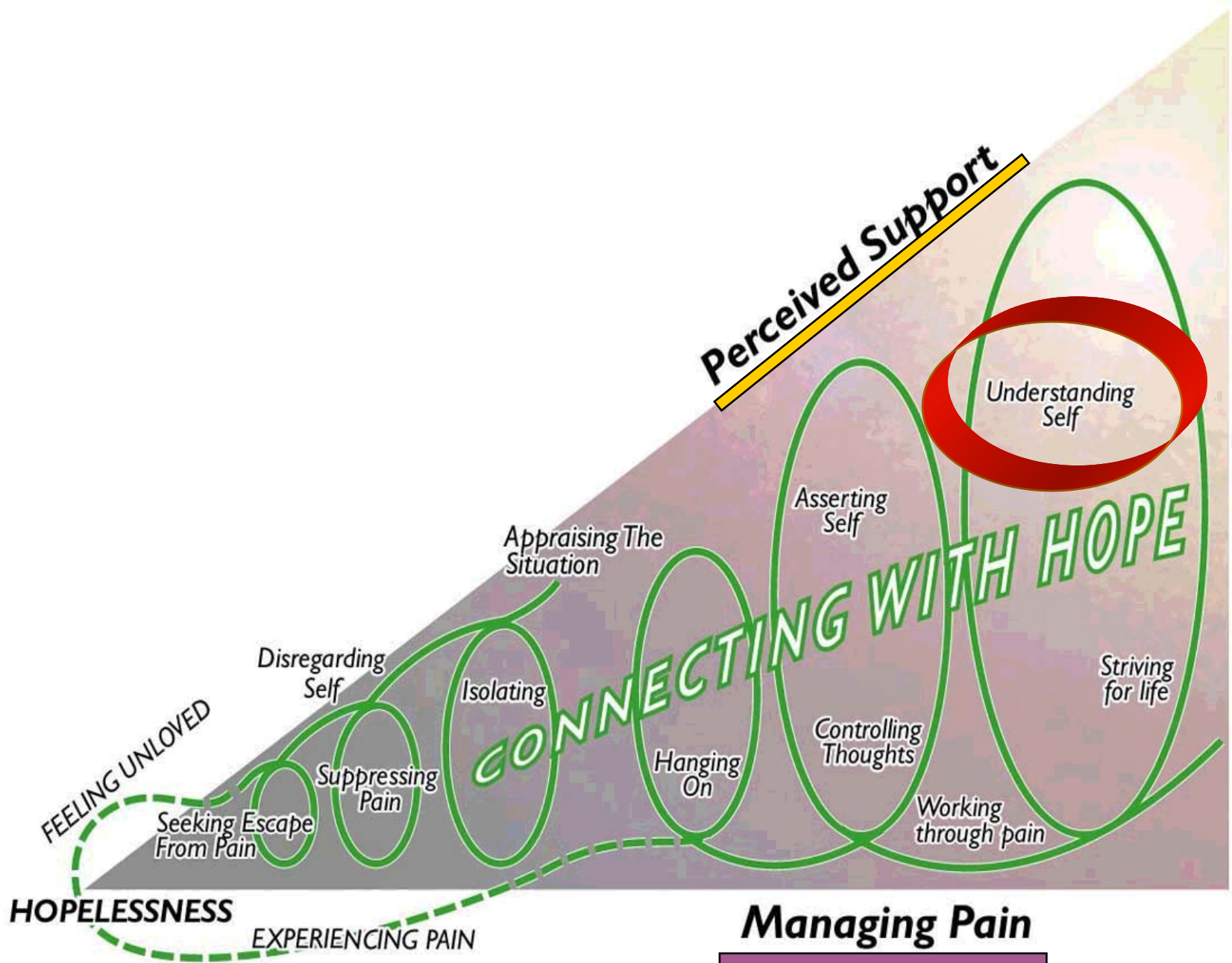
- Explore reasons for living and dying
- Facilitate problem acknowledgment
- Brainstorm options with person
- Help to identify patterns
- Educate re: goals
- Encourage self awareness

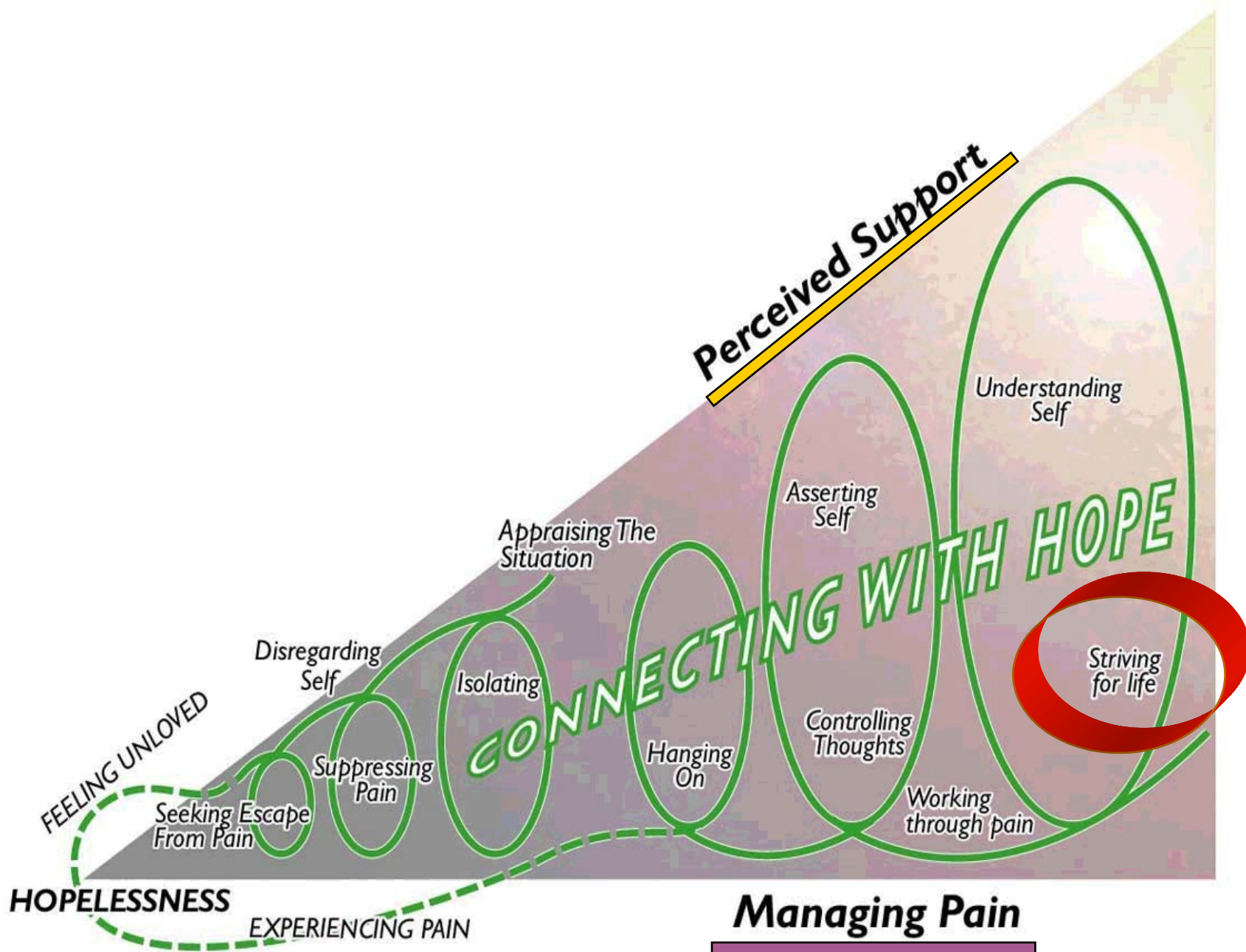












<b>“Connecting with Hope” Strategies</b>	<b>“Stage-specific” Intervention<sup>[1]</sup></b> <b>e.g.’s</b>
<p><b><u>Asserting Self</u></b></p> <ul style="list-style-type: none"> <li>•Setting limits</li> <li>•Being authentic</li> <li>•Making requests</li> </ul>	<ul style="list-style-type: none"> <li>- Focus on own feelings: I’ messages</li> <li>- Self esteem exercises</li> <li>- Recognize ones wants and needs</li> <li>- Identify own strengths (list)</li> </ul>
<p><b><u>Working Through the Pain</u></b></p> <ul style="list-style-type: none"> <li>•Releasing &amp; Accepting pain</li> <li>•Seeking help</li> </ul>	<ul style="list-style-type: none"> <li>- See Suppressing Pain</li> <li>-1:1 therapy, independent coping</li> <li>- Foster acceptance</li> <li>- Help identify strengths &amp; draw from</li> </ul>
<p><b><u>Understanding Self</u></b></p> <ul style="list-style-type: none"> <li>•Peeling off layers</li> <li>•Identity</li> <li>•Reflecting</li> </ul>	<ul style="list-style-type: none"> <li>-Reflection: make meaning of past</li> <li>- enhance insight re: own needs</li> <li>- Assist pt to value own uniqueness</li> <li>- facilitate trust in self</li> </ul>
<p><b><u>Striving for Life</u></b></p> <ul style="list-style-type: none"> <li>•Taking responsibility</li> <li>•Setting &amp; accomplishing goals</li> <li>•Taking chances</li> </ul>	<ul style="list-style-type: none"> <li>-Relapse Prevention</li> <li>-move toward self-actualization .</li> <li>-Reward accountability</li> <li>-Education on adaptation to change</li> </ul>

# Connecting with Hope:

## Application Experience

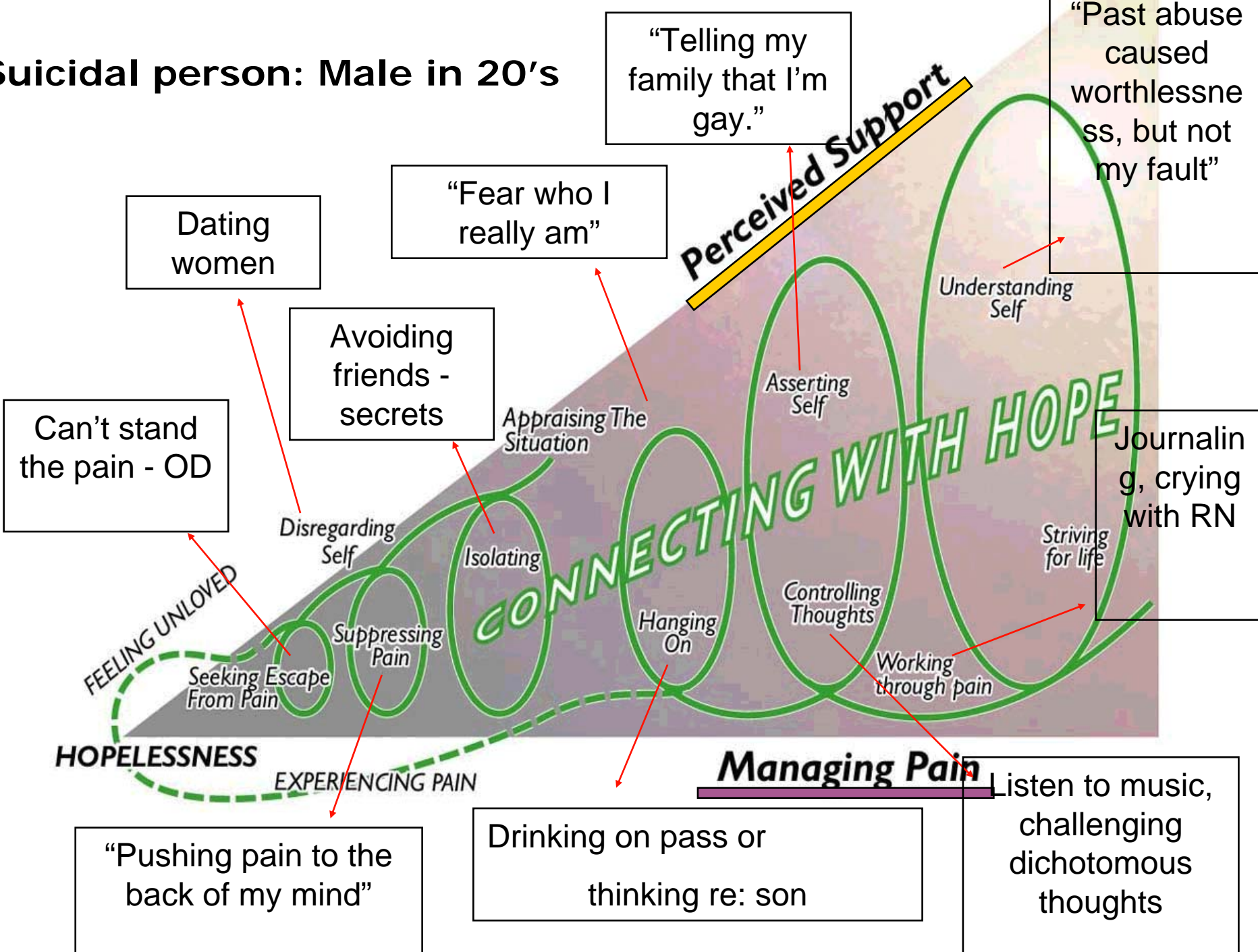


# Persons in Care

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- Pre-assess with initial interview
- Teens- mid adults
- Axis II
- Chronic suicidality
- Acute episode
- Relating to level of motivation, insight
- Limited with psychosis

# Suicidal person: Male in 20's



Dating women

"Telling my family that I'm gay."

"Past abuse caused worthlessness, but not my fault"

"Fear who I really am"

Can't stand the pain - OD

Avoiding friends - secrets

Journaling, crying with RN

FEELING UNLOVED

CONNECTING WITH HOPE

HOPELESSNESS

EXPERIENCING PAIN

Managing Pain

"Pushing pain to the back of my mind"

Drinking on pass or thinking re: son

Listen to music, challenging dichotomous thoughts

Seeking Escape From Pain

Disregarding Self

Isolating

Hanging On

Controlling Thoughts

Working through pain

Asserting Self

Understanding Self

Striving for life

Appraising The Situation

Perceived Support

# Functions of C.W.H. Tool

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- ✓ Validating, normalizing
- ✓ Jump start relationship
- ✓ Grounds, orientates the care
- ✓ Assessment
- ✓ Enhances insight
- ✓ Focuses in on current priority
- ✓ Provides person with a language
- ✓ Facilitates goal, next steps
- ✓ Provides vision for future (hope)

Thank U



Very much