

# FAMILY CONNECTIONS

## TRAUMA AND SUICIDE PREVENTION

FC-TSP is a program for parents whose teenage or young-adult child has made a suicide attempt or had one or more traumatic self-injuries. The program aims to provide parents with education, skills and support to effectively manage the stress and other difficulties that arise when their child has attempted suicide or self-harmed.



The FC-TSP is based on the empirically supported Family Connections™ program and adapted to address the needs of parents and families whose loved one attempted suicide or engaged in self-injurious behavior. Family members who have experienced, witness or learned about their loved ones' suicide attempts and non-suicidal self-injury, can often struggle with trauma or stress related problems, including increased distress, grief, and uncertainty about how to effectively respond to their loved ones' crisis behavior.

The program creates a supportive environment where families can obtain information and acquire skills needed to manage their own distress more effectively and improve family relationships.

### WHO CAN BENEFIT FROM FC-TSP?

You may benefit from FC-TSP if you have a son or daughter between the ages of 14 and 35 who had a suicidal or self-injurious crisis that you have experienced as traumatic, **AND** you are currently experiencing any of the following:

- ◆ increased distress
- ◆ worry and anxiety
- ◆ grief
- ◆ family conflict
- ◆ uncertainty about how to respond to your loved one's crisis behavior



### COURSE CONTENT

- ◆ Education and research about:
  - ❖ trauma, suicide and self-injury.
  - ❖ stress and trauma responses following the suicidal crisis of a loved one
  - ❖ the impact of suicidal crises on family relationships.
- ◆ Development of a support network
- ◆ Skills training based on Dialectical Behavior Therapy (DBT) to help alleviate stress and other forms of distress, and improve family relationships, and manage crises
- ◆ Application and practice of skills



### RESEARCH PARTICIPATION

FC-TSP is currently being offered as part of a research study. As a research participant you will be asked to:

- ◆ Complete a series of online surveys over a 4 month period.
- ◆ Attend the FC-TSP program on Nov 30 - Dec 2 to be held in Seattle
- ◆ Refer your son/daughter (ages 14-35) who experienced the suicidal crisis for research participation. He or she will be invited to complete a series of questionnaires, if they choose to participate in the study.

If you would like to learn more about FC-TSP please contact us.  
**Tel: 617-855-4392**  
**Email:**  
**[lpayne3@partners.org](mailto:lpayne3@partners.org)**

**Currently recruiting participants for the following FC-TSP date in Seattle**

**Nov 30 (evening only): Dinner Orientation**  
**Dec 1 and Dec 2: full day FC-TSP program**

