The SIT Method: A Simple Three-Step Method for Crisis Intervention

Presented by Thrive Education · Facilitated by Jenny Thrasher or a Thrive Education certified trainer

Length	45 minutes + 15 minutes of Q&A (90-minute version available)
Audience	Any group size, ages 12 and up
Format	In person, virtual or hybrid
Builds on	A deep dive into the SIT Method introduced in Thrive 101: From Suicidal to Thriving. Can be taken on its own.

Presenter

Jenny Thrasher, Founder & U.S. Lead Ambassador, Thrive Education | Second Aid

Jenny Thrasher is a mental health educator, suicide prevention advocate, author, and creator of Thrive Education, an integrative approach that combines evidence-based research, lived experience, and practical tools to reduce the risk of crisis and help people thrive every day.

For more than two decades, Jenny's work has been shaped by both professional and personal experience, beginning with the loss of her father to suicide, continuing through her own physical, mental, and emotional challenges, and ultimately helping her daughter shift from suicidal to thriving.

Session Description

If someone came to you in crisis, would you feel scared or prepared? Most of us would feel scared, and even many trained professionals say they don't feel fully prepared. This workshop removes the fear and uncertainty that have surrounded suicide, so we can respond rather than react. Participants learn what can lead someone into crisis, then learn the SIT Method, a simple, three-step method anyone can use to be there for someone: **S**low down and create stability, **I**ntentional communication, and **T**ransition to next steps. Through real stories, participants see each step come to life, and leave with simple tips that help reduce the risk of crisis and help someone, and themselves, move from suicidal to thriving. Each step can be practiced in everyday conversations, no crisis required.

Learning Objectives

Upon completion of this session, participants will be able to:

1. **Explain** the three factors that increase the risk of suicide, and how understanding them helps us respond to someone in crisis rather than react.

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2. **Apply** the three steps of the SIT Method to support someone in crisis, including when and how to involve additional support.
3. **Use** simple tips, including checking in ahead of time, the 5 Love Languages and intentional language, to reduce the risk of crisis and help someone move from crisis to living a life they love.

What Participants Walk Away With

- The SIT Method: Slow down & create stability, Intentional communication, Transition to next steps
- The 9 Elements of Stability, and phrases that help in a hard conversation
- When to call 911, and how to stay present if we do
- How to agree on ways to check in with the people we love, before anyone needs it
- How the 5 Love Languages help us notice when someone is in pain, and support them in a way they can truly feel
- How to support someone from a distance
- Simple language shifts that help us move forward: past tense, struggle to challenge, worry to awareness
- The "My Safe People" emoji tip, the Second Aid app, and the Manifestation Game
- The SIT Method take-home guide (free on the website)

Curriculum Content

SEGMENT	LEARNING OBJECTIVE	MINUTES
Welcome	All	2
Part 1: Shift from scared to prepared	1	10
Part 2: SIT with someone in crisis	2	18
Part 3: From suicidal to thriving	3	13
Where to turn for support	All	2
Q&A	All	15
Total		**60**

Peer-Reviewed Research References

- Spafford, S. G., McWhirter Boisen, M. R., Tanner-Smith, E. E., Rodriguez, G., Muruthi, J. R., & Seeley, J. R. (2024). The effects of suicide prevention gatekeeper training on behavioral intention and intervention behavior: A systematic review and meta-analysis. *Prevention Science, 25*, 978–988. https://doi.org/10.1007/s11121-024-01710-w

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- Larkin, C., et al. (2023). Clinician attitudes toward suicide prevention practices and their implementation: Findings from the System of Safety study. *Psychiatric Services*, published online. https://doi.org/10.1176/appi.ps.20230082
- Robison, M., Udupa, N. S., Rice, T. B., Wilson-Lemoine, E., Joiner, T. E., & Rogers, M. L. (2024). The interpersonal theory of suicide: State of the science. *Behavior Therapy, 55*(6), 1158–1171. https://doi.org/10.1016/j.beth.2024.04.008

Books

No books are required for this session. Jenny is the author of *Growing Through Grief: A Guide to Healing After Losing a Loved One to Suicide* and is happy to donate copies for events.

Evaluation (for CE credit)

- A short quiz on the three learning objectives (minimum passing score 80%)
- A course evaluation form: were the objectives met, how relevant and usable the content was, how effective the teaching was, and ideas for improvement
- Certificates of completion are issued once both are complete

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