Thrive 101: From Suicidal to Thriving

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	Our overview workshop: a taste of everything we teach, from suicidal to thriving. Understanding Stigma, the SIT Method, 5-Star CPR and Safe Language 101 go deeper.

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

Thrive 101 is our overview workshop: a taste of everything we teach, from suicidal to thriving. Rather than focusing only on what we're trying to prevent, it focuses on what we want to achieve, shifting the conversation from scared to prepared. Participants learn what the stigma actually is and how to end it, the three factors that put someone at the greatest risk of suicide and the three that reduce it, and the SIT Method, a simple three-step way to be there for someone in crisis. Then we shift to thriving: what it truly means to thrive, how to do it every day, and simple tools people can use right away, for themselves and for the people they love.

Learning Objectives

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

1. **Identify** the actual stigma surrounding suicide, and replace stigmatic language with intentional language.
2. **Describe** the three factors that put someone at the greatest risk of suicide, and the three that reduce the risk of crisis.

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3. **Apply** simple strategies to support someone in crisis and strengthen everyday well-being, including the SIT Method, 5-Star CPR and the Thrive Checklist.

What Participants Walk Away With

- A shared, stigma-free language
- The 3 factors that increase the risk of suicide, and the 3 that reduce the risk of crisis
- The SIT Method: a simple three-step way anyone can support someone in crisis
- The 5-Star Life Continuum, 5-Star CPR (Consciously Practice Reframing) and the Thrive Checklist
- Two simple practices: the Manifestation Game and Flip the Script
- The Second Aid app and Thrive Education's free take-home resources

Curriculum Content

SEGMENT	LEARNING OBJECTIVE	MINUTES
Welcome	All	2
Part 1: End the stigma	1	10
Part 2: Understand suicide	2	8
Part 3: Respond with confidence (the SIT Method)	3	12
Part 4: Thrive every day	3	10
Where to turn for support	All	3
Q&A	All	15
Total		**60**

Peer-Reviewed Research References

- Walsh, D., & Foster, J. (2024). Understanding the public stigma of mental illness: A mixed-methods, multi-level, exploratory triangulation study. *BMC Psychology, 12*, Article 403. https://doi.org/10.1186/s40359-024-01887-3
- 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
- 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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- Wang, F., Gao, Y., Han, Z., Yu, Y., Long, Z., Jiang, X., Wu, Y., Pei, B., Cao, Y., Ye, J., Wang, M., & Zhao, Y. (2023). A systematic review and meta-analysis of 90 cohort studies of social isolation, loneliness and mortality. *Nature Human Behaviour, 7*, 1307–1319. https://doi.org/10.1038/s41562-023-01617-6

Books

No books are specifically required or referenced in 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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