

Florida Initiative for Suicide Prevention, Inc. FISP

FISP “Solutions Unlimited Now” Senior SUNshine Club Program Policies and Procedures

The FISP SUNshine Club program is the Senior version of the researched FISP “Solutions Unlimited Now” SUN Problem Solving and Coping Program. FISP provides this program to Seniors by partnering with organizations that provide services to senior populations. The **FISP SUN Program** offers a **confidential support system** in a safe, easily accessible environment at a local community organization where participants can seek help without stigma or embarrassment. Scheduling of groups is dependent upon when our partner organizations have participants available.

SUNshine Club Purpose

The **FISP SUN Program** is a ten (10) step structured early intervention and prevention group program which teaches problem solving, coping, and social skills to enhance **protective factors and resiliency**. It is designed to help members enhance decision-making, social and coping skills; reduce impulsivity; prevent self-destructive behaviors; enhance feelings of self-worth and competency. **SUN** program groups create a caring environment and community climate in which seniors feel safe and learn to trust peers and the group facilitator.

The Goals of the SUN Program

Group members will learn how to:

- 1. Confront and meet challenges**
- 2. Develop motivation**
- 3. Trust other peers**
- 4. Develop social skills**
- 5. Be more empathetic**
- 6. Build relationship**
- 7. Be more resilient**
- 8. Have more self-esteem**
- 9. Feel more competence**
- 10. Work better as a team**

SUNshine Club Structure

The Sunshine Club groups each consist of eight (8) to twelve (12) participants meeting in a familiar, safe, convenient setting at FISP’s partner’s location once a week for ten (10) weeks for 1 ½ hours each week. Each participant receives a brochure and a verbal introduction about the group structure and rules. The group can also set their own rules if they choose. Snacks will be provided at each meeting and a pizza party will be held at the conclusion of the ten weeks. A completion certificate will be given to all group members that attended at least eight meetings

Each individual will complete a pre survey. They will address communication, risk assessment (including a suicidality scale to determine if additional mental health referrals or assessments are needed) and problem solving skills. This survey will be repeated as a post survey to determine changes in skills and mental status.

The first several steps are orientated to helping the group members articulate and define problems using the ten steps of the SUN Program.

“THE SOLUTIONS UNLIMITED NOW” - SUN PROGRAM TEN STEPS

1. Recognize you have a problem
2. Identify your problem
3. Bring your problem to the group
4. Pretend the problem is your own plan
5. Brainstorm possible solutions went
6. Discuss the pros and cons
7. Choose a good solution
8. Plan how to carry out the solution
9. Carry out the problem solving
10. Report to the group how the plan

After one member shares a problem with the group each person takes that problem on as their own and tries to understand the problem from both their point of view and that of the member who submits the problem. Then everyone learns to express their own feelings about the problem and express empathy for the member. This experience reduces the sense of powerlessness, isolation, and alienation so often felt by seniors; especially those without family support or family situations that are chaotic. The group then brainstorms possible solutions, picks the best solution and prepares a problem solving plan. The group member implements the solution and reports back to the group.

If the solution does not work, the group then helps the member look for another positive solution. This teaches that there are many solutions to the same problem and not to give up. The ability to find a new solution imbues the member with a sense of one's own power, purpose, worth, and promise thus giving them resiliency.

Facilitator Responsibilities:

All groups are **always** facilitated by a **FISP** trained mental health professional facilitator. The Facilitator ensures that all members of the group have equal opportunity to explore their individual problem. All group discussions are completely confidential with the only exception being when a participant is at risk for self-destructive behavior or dangerously destructive behavior towards others. If the facilitator determine that a group member is at risk of self-destructive behavior or dangerously destructive behavior towards others, the facilitator is not to leave the group member alone and must call the person on site in charge to get help and or call 911.

Facilitator Reports

Each Facilitator will be responsible for filling out the reports detailed in the facilitator job description and submitting them to box.com or by email. For confidentiality, each facilitator will be assigned a Rubik number as described below:

Alphabetize attendance sheet and put ID Number on Pre-Survey prior to handing them out to participants.

Hand out Pre-Survey to appropriate member. Check that all pages are filled out before session is over.

First Item – Is a letter S =Sun Group =S

Second Number - 3 digits - place names of each group member in a list in alphabetical order

| | | |
|-------------|-----|--------|
| John Jones | 001 | |
| Sue Smith | 002 | |
| Sally Stone | 003 | = S003 |

Third Number - Location: = 29

Northwest Focal Point Senior Center =S00329

Forth item - the 2 Initials of the Facilitator

Rocio Ramirez = RR = S00329RR

Fifth Number – Facilitator Group Number

This is number given to the facilitator
by FISP when the facilitator is assigned
to Northwest Focal Point Senior Center #302 = S00329RR302

Sixth Number - The date the survey is completed

In six figures

101916 = October 19, 2016 = S00329RR302101916

This ID Number indicates:

A SUN Group participant Sally Stone is a group member at Northwest Focal Point Senior Center facilitated by Rocio Ramirez whose facilitator Group number is 29 and she filled out a Survey on October 19, 2016

Florida Initiative for Suicide Prevention, Inc. (FISP)

SUN Program Facilitator Job Description

Educational and experience requirements:

Facilitators must have at least a master's degree in the mental health field with group therapy experience and submit a CV with three or more references.

Duties will include:

1. Meeting with program managers on site.
2. Setting time schedules according to FISP directions for programs with program managers on site.
3. Obtaining parent permission slips if needed for each student. Not needed for Seniors
4. Observe and report participants with mental health issues.
5. Present the program with use of SUN trained modalities and administer pre-test at first group meeting.
6. Facilitate one group consisting of ten sessions or multiple groups of ten sessions each.
7. Participate in a FISP SUN Facilitator Training by FISP.
8. Write a pre-evaluation of the facilitators' expectations of what you hope to accomplish with the groups.
9. Bring snacks to each session. (see what FISP provides below for more information)
9. Keep daily notes of each meeting at each location for individual group members and the group as a Whole as per the FISP forms.
10. Provide group inspiration project ideas to encourage participation in the SUN process where necessary to keep participants interested.
11. Submit a Five-week group progress report.
12. Inform proper authorities when a participant is in imminent danger or risk.
13. Administer the post-survey to groups at last meeting.
14. Fill out the Post survey for the facilitator and write a final report.
15. Provide snacks at each meeting, give certificates and hold a pizza party for the final meeting to solidify the process
16. Submit all receipts for purchases made for groups, i.e. pizza.
17. Facilitators are recommended to have liability insurance.
18. Attend Facilitator Staff Meetings.
19. All reports shall be submitted to box.com or by email.

FISP will provide:

1. Training, supervision, and support
2. All program materials.
4. The specified allotment of \$ up to \$60 will be reimbursed for each group of ten sessions for snacks and pizza party at the end of the group.
5. Reimbursement for supplies used at meetings will only be paid with presentation of receipts and approval of such expenditure.