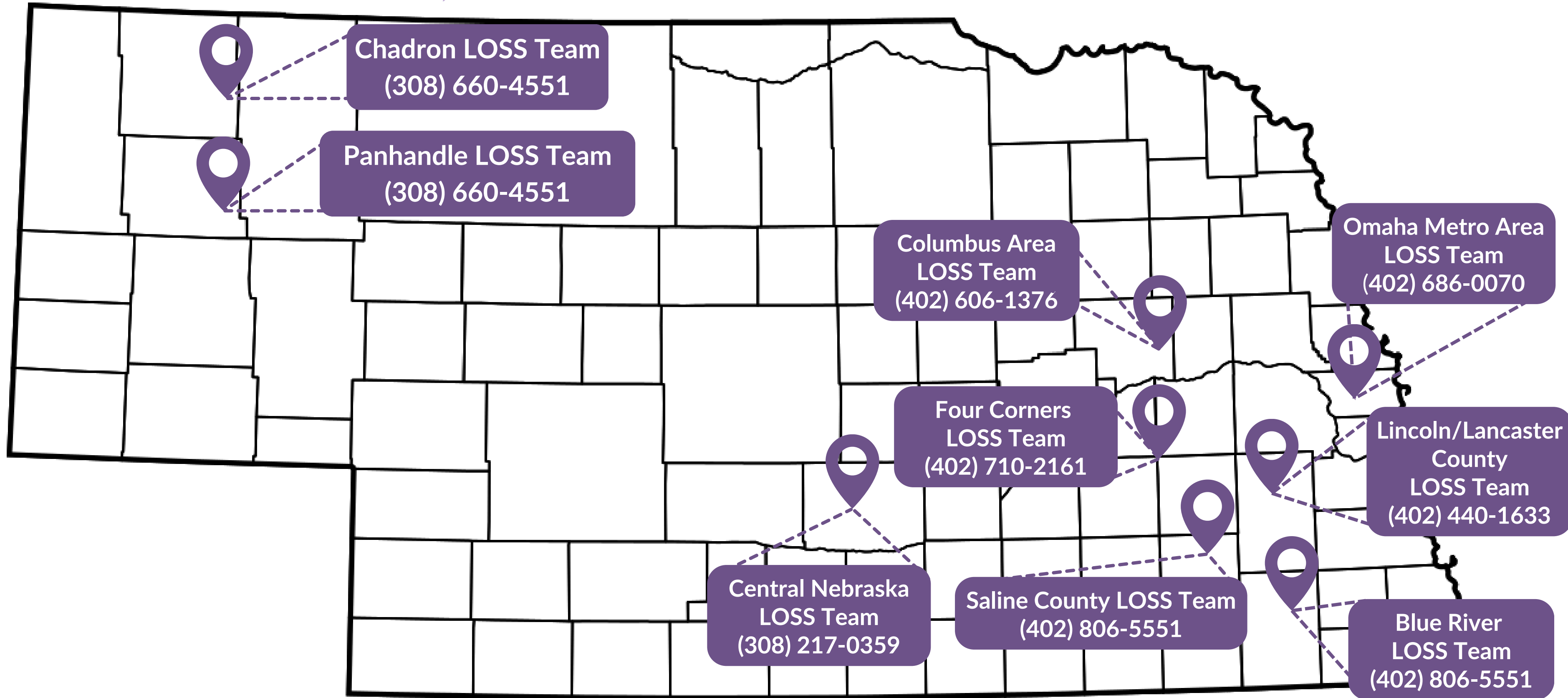




NEBRASKA LOSS

LOCAL OUTREACH TO SUICIDE LOSS SURVIVORS



What is a LOSS Team?

Local Outreach to Suicide Loss Survivors (LOSS) is an evidence-based active postvention model. This model involves two or more trained volunteers, called a LOSS Team, proactively providing support to those left behind.

How does LOSS work for suicide loss survivors?

The LOSS team participates in a “call-out” or provides resources only with the agreement of the survivors. The team is activated by local law enforcement or faith leaders, or sometimes by the family themselves. Generally, the initial call-out will average 30 to 45 minutes in duration. The focus of the LOSS team is to provide the clear message of hope that the survivors can move through this time of shock and despair by providing information a variety of resources available in the community and surrounding area

How long have LOSS Teams been in Nebraska?

Thanks to the efforts of Dr. Don Belau (founder of Nebraska LOSS) and Dr. Frank Campbell (Creator of the LOSS Team Postvention Model), LOSS Teams have been active and growing in Nebraska since July 2009.

Who Makes up LOSS Team?

LOSS Teams consist of trained mental health professionals and suicide loss survivors. The suicide loss survivors on the team have lost a loved one themselves to suicide, got help, and want to be a resource to newly bereaved loss survivors. All members are trained to support survivors in their time of need.

Why does this effort to support suicide loss survivors?

The effect of suicide on loved ones is painful and complex. This is perhaps best illustrated by numerous studies demonstrating that suicide loss survivors are often at increased risk for suicide—between 2-10x that of the general population. Unfortunately, it is estimated that only one in four suicide loss survivors seeks help after a suicide. It has been found that survivors that have to identify grief support services themselves often don't connect with them for up to 4.5 years, whereas those that have connected with a LOSS Team connect with services on average 39-48 days.

What is postvention?

Postvention refers to activities which reduce risk and promote healing after a death by suicide.