



# Using TOC for suicide prevention. The Elliot Strickland Lecture.

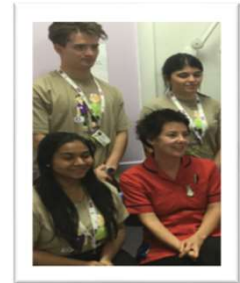
**Debi Roberts**

17 December 2018

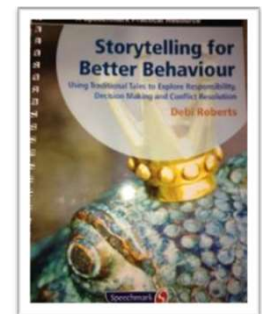


# About Debi Roberts

Debi Roberts, MA Ed, is a Project Officer for YC Hertfordshire, part of Hertfordshire's Children's Services in the UK. Here she leads on a young person's peer to peer project within two A&E Departments and a new CBT programme for teens who are beginning to show early signs of distress.



Debi is an Emotional Wellbeing Practitioner, educational author, Mental Health First Aider and the CEO of suicide prevention charity, The OLLIE Foundation. She is also the Voluntary Director for TOC for Education in the UK and a Trustee for Students for Students.



Contact information

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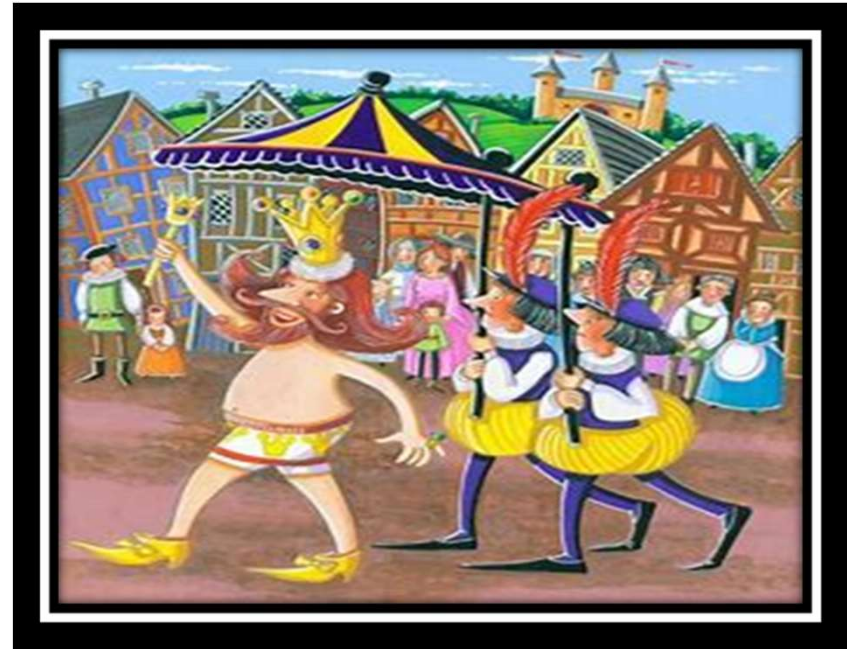


# About this webinar

The Elliot Strickland Lecture presented by Debi Roberts provides a personal overview of the current mental health crisis and how TOC was used to stop someone ending their life when the Mental Health Crisis Team couldn't.



# What do stories tell us about our mental health services?







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“Health is a state of complete physical,  
mental and social well-being,  
and not merely the absence of disease“





Sometimes things can feel  
out of our control.



We can feel more in control when  
we understand that ALL emotions  
are important, the ones that make  
us feel rotten are arguably even  
more important because they alert  
us to something that we need to pay  
attention to.....

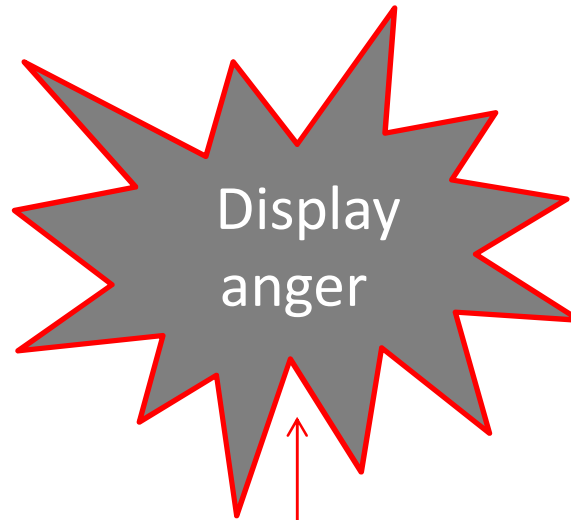




Victor Frankl, an Austrian Psychiatrist and father of Meaning Therapy

“The last of the human freedoms –  
to choose one’s attitude in any given set of  
circumstances, to choose one’s own way.”





Every  
emotion  
has a job

Feel something

envy

fear

regret

shame

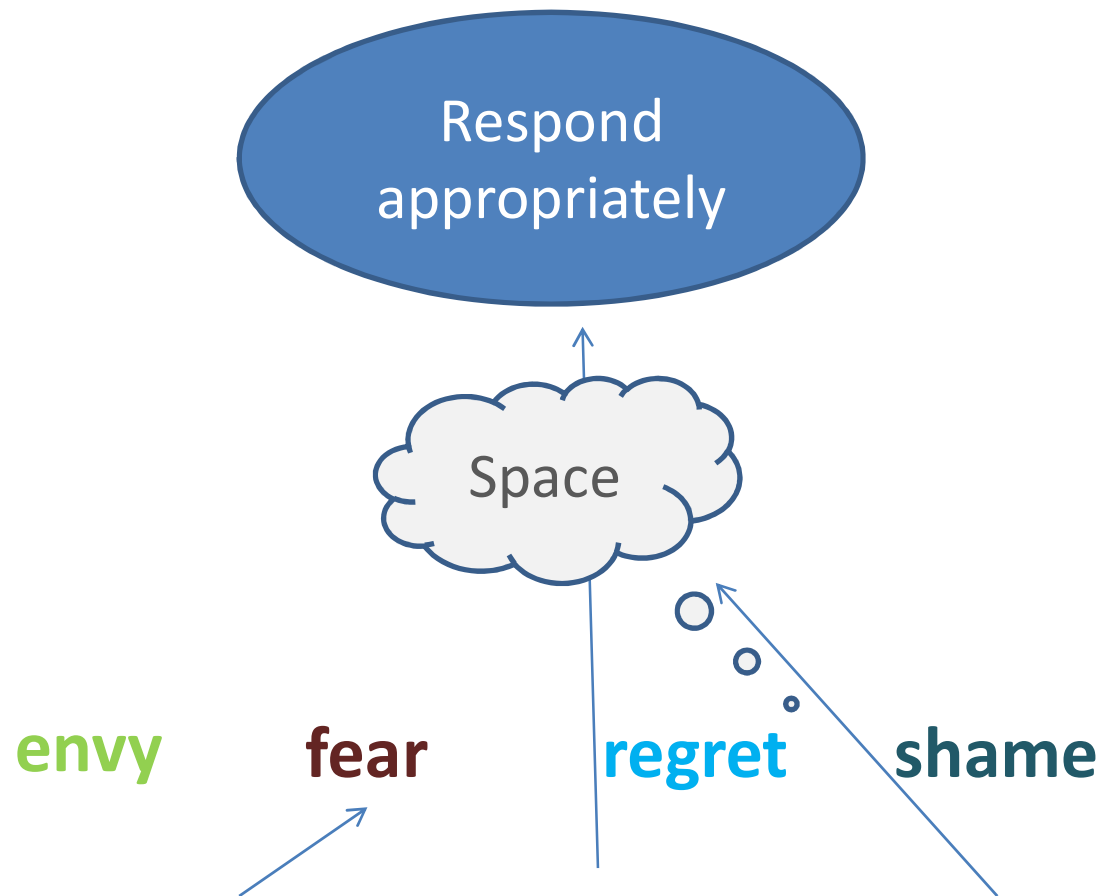


“Between stimulus and response there is a space.

In that space is our power - to choose our response.

In our response lies our growth and our freedom.”

Victor Frankl



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Sometimes sad is very big.  
It's everywhere. All over me.



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Elliot Strickland, born 23 July 1992 - 23 June 2018









# How can a simple graphic organiser possibly help here?





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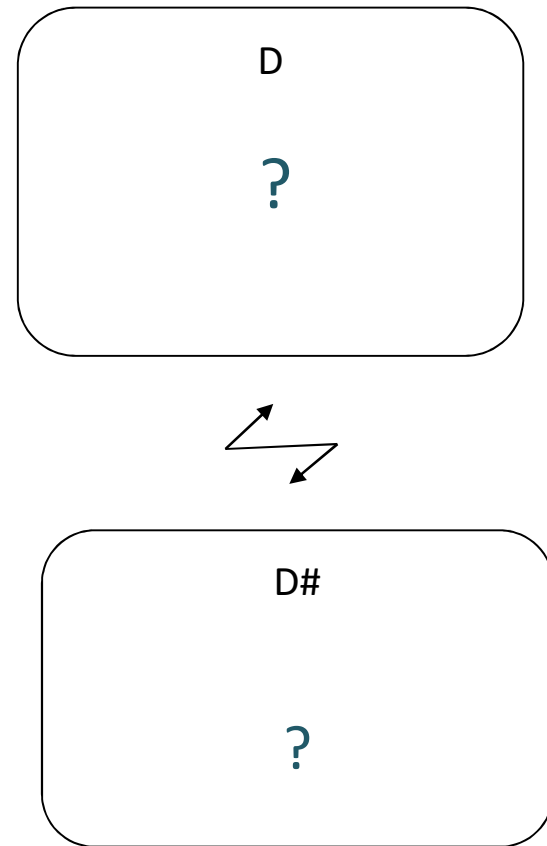
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## Cloud

(Theory of Constraints -TOC)

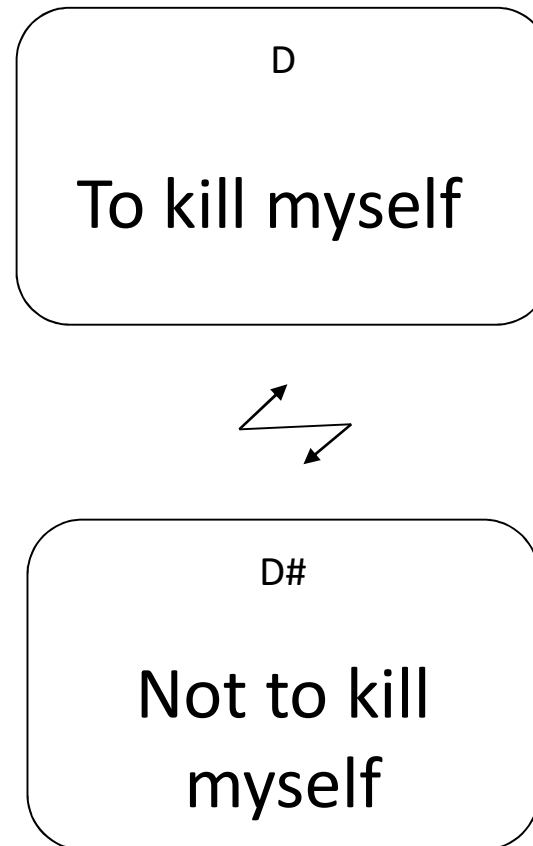
In the 'cloud' process we first establish what the conflict is.





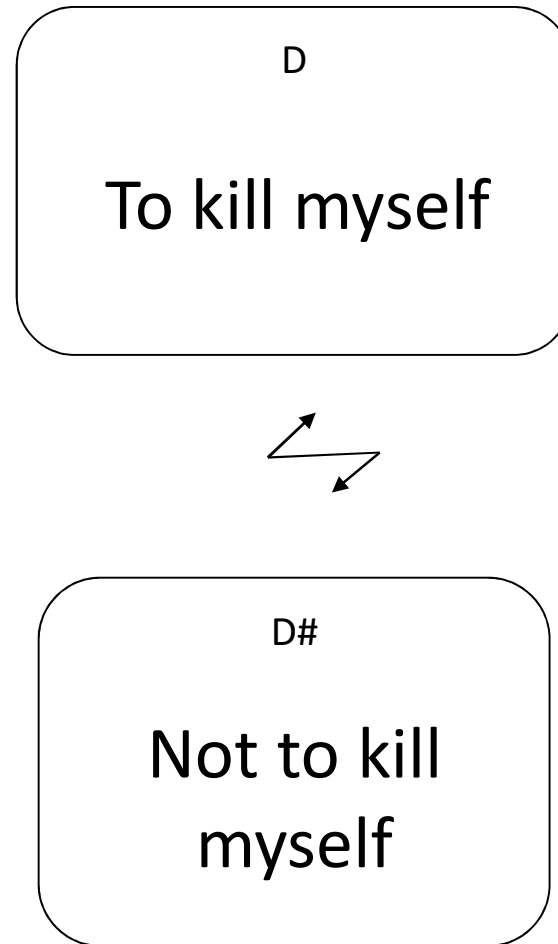


This was the  
conflict of a  
25year old  
woman



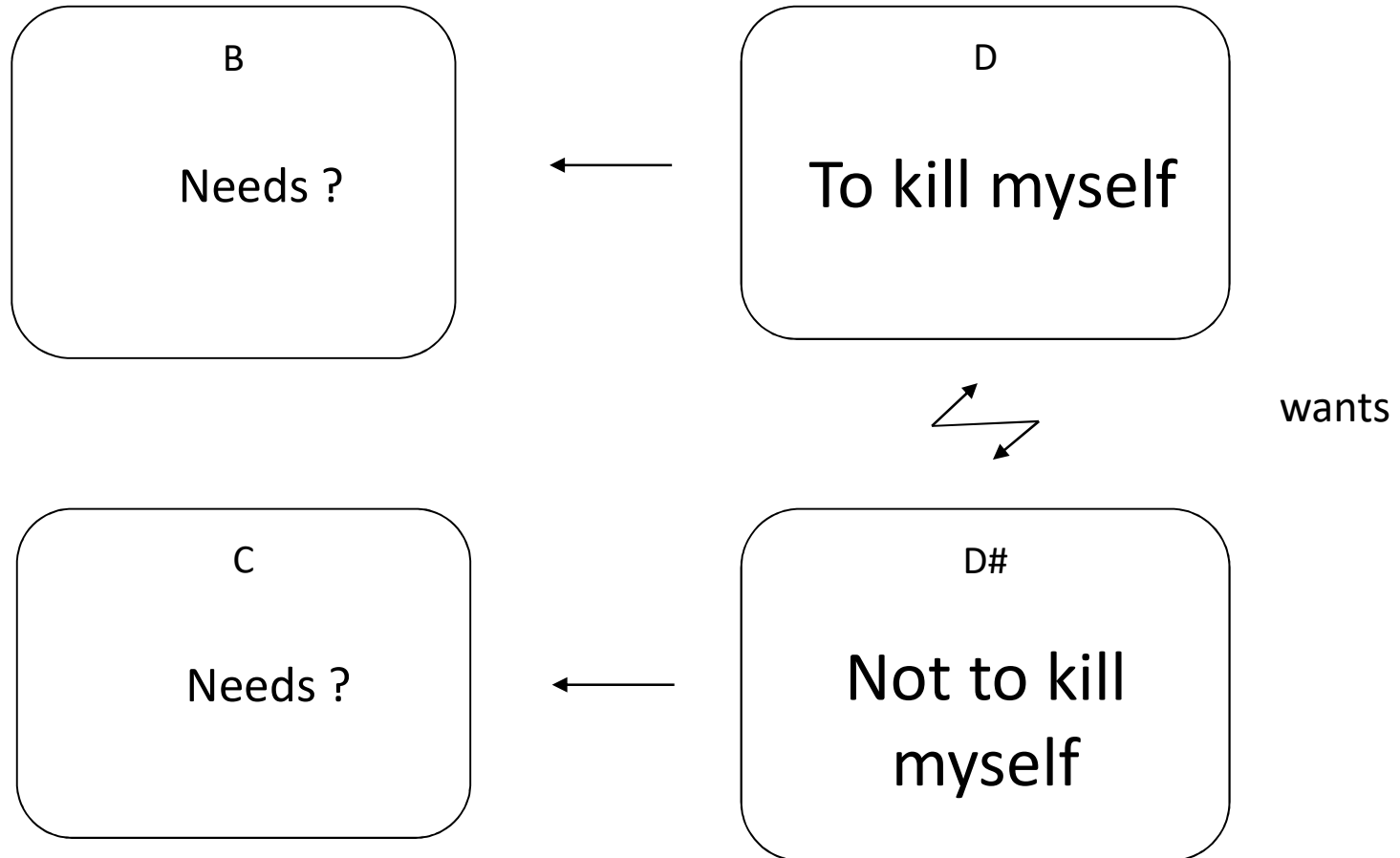


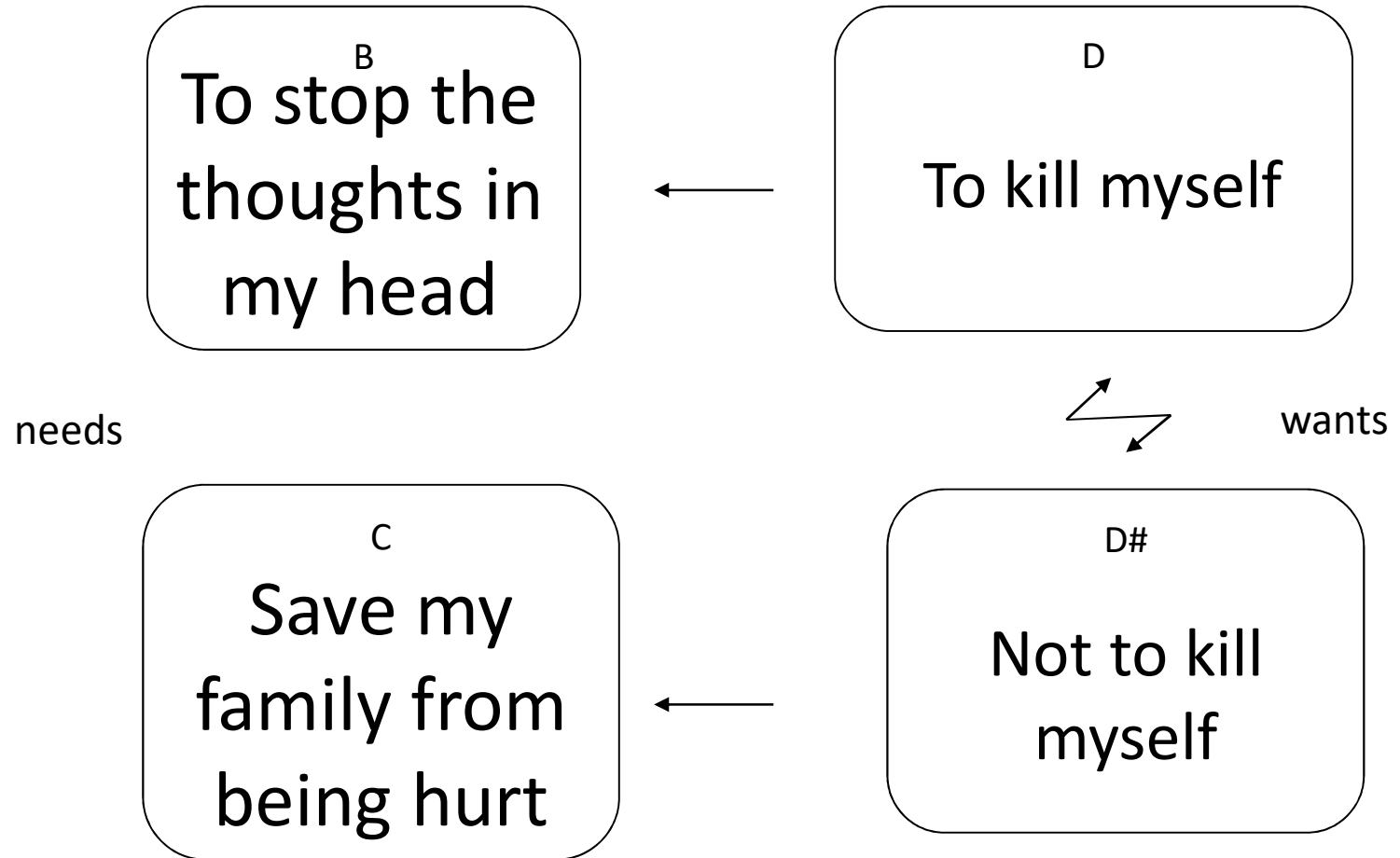
Once we are sure  
we have described  
the situation correctly,  
we explore what needs  
these actions would  
satisfy.

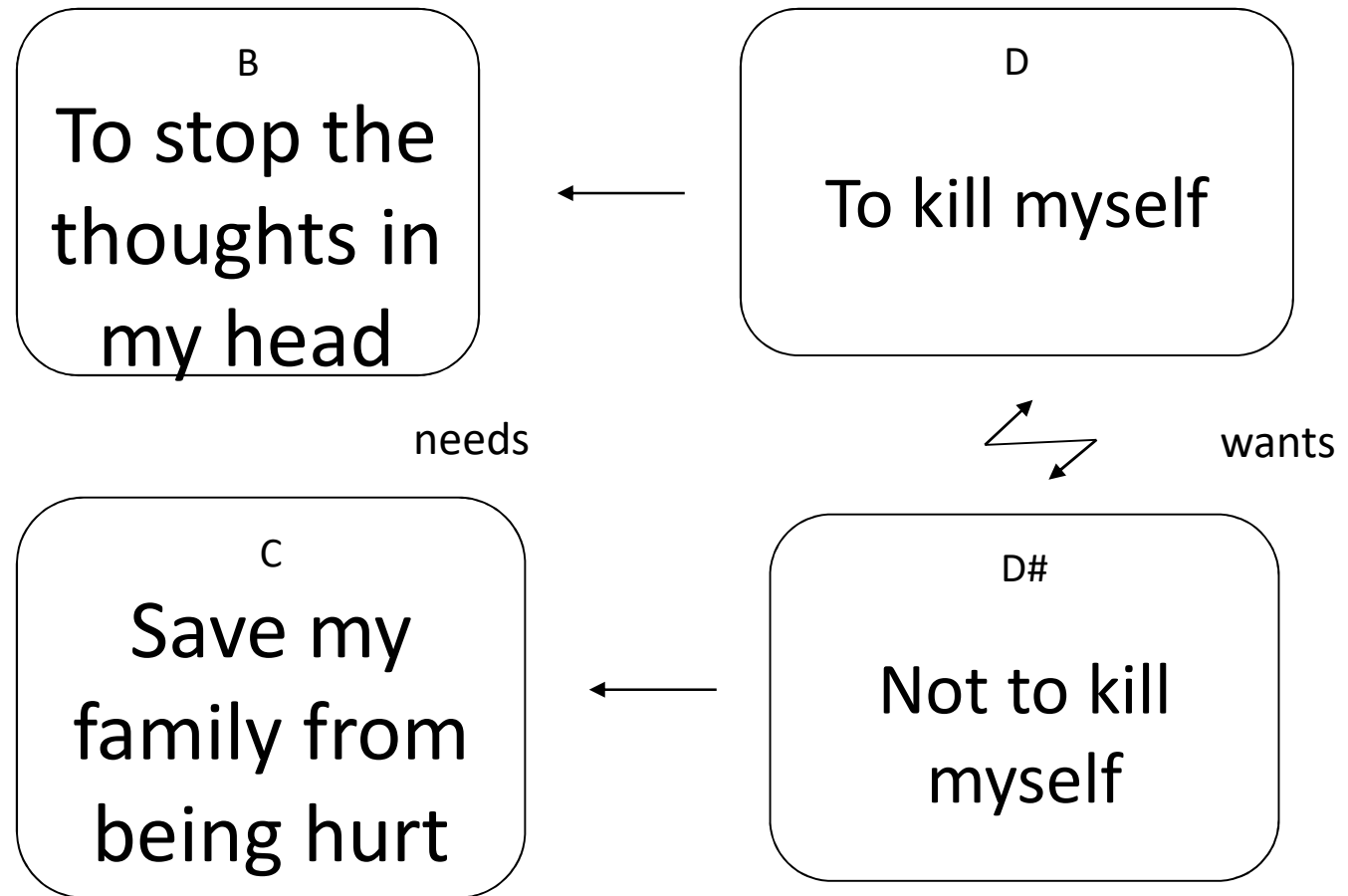




## Cloud

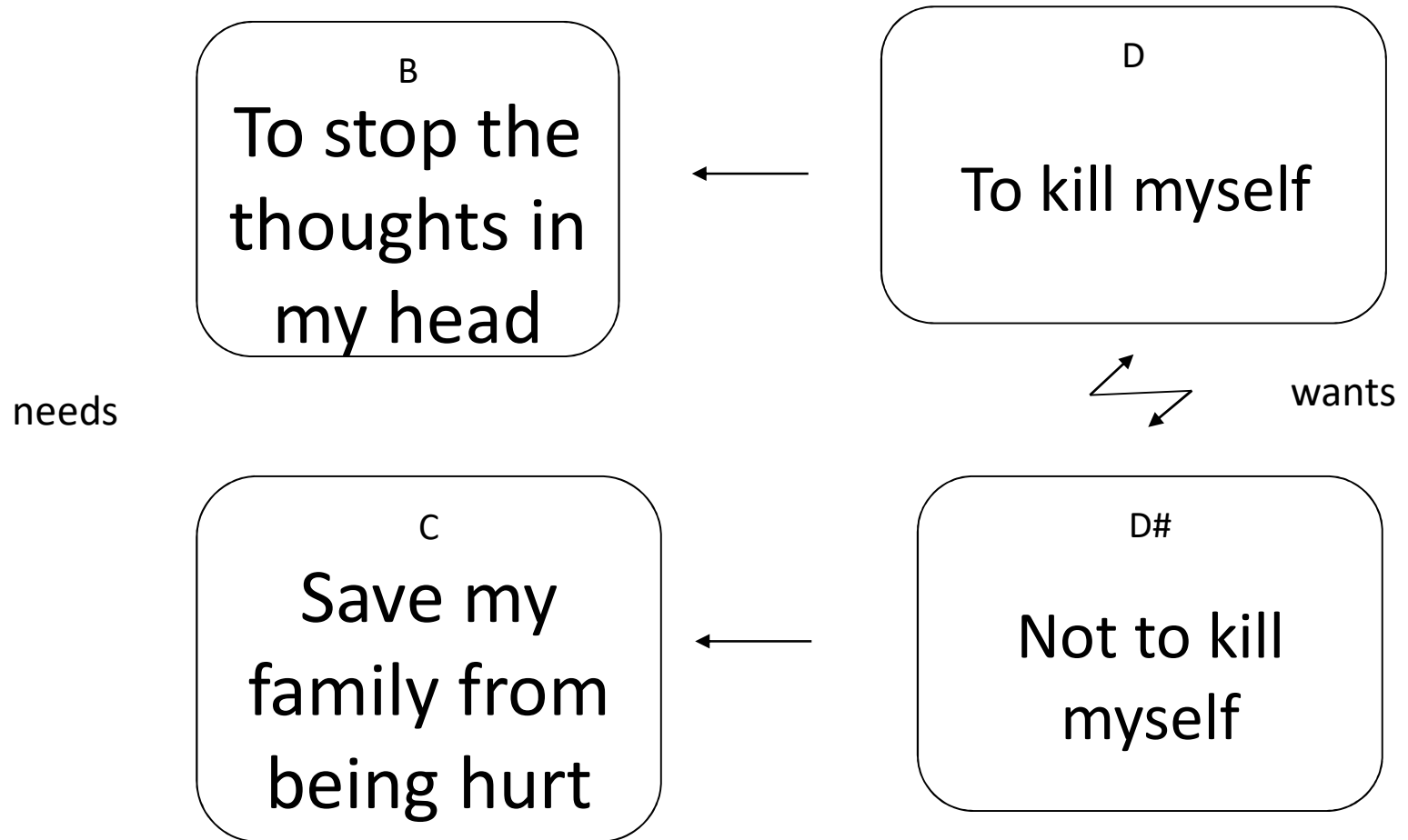


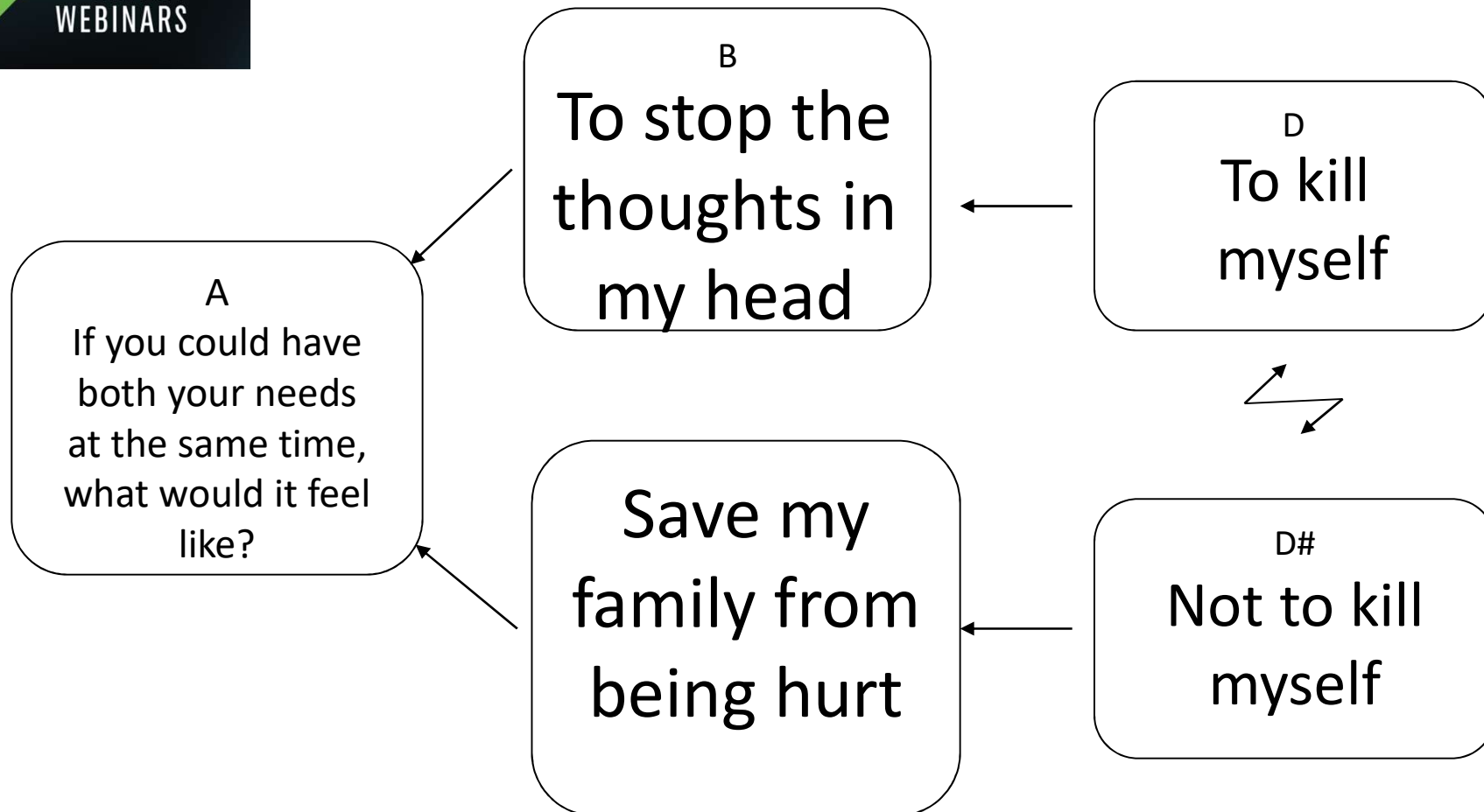


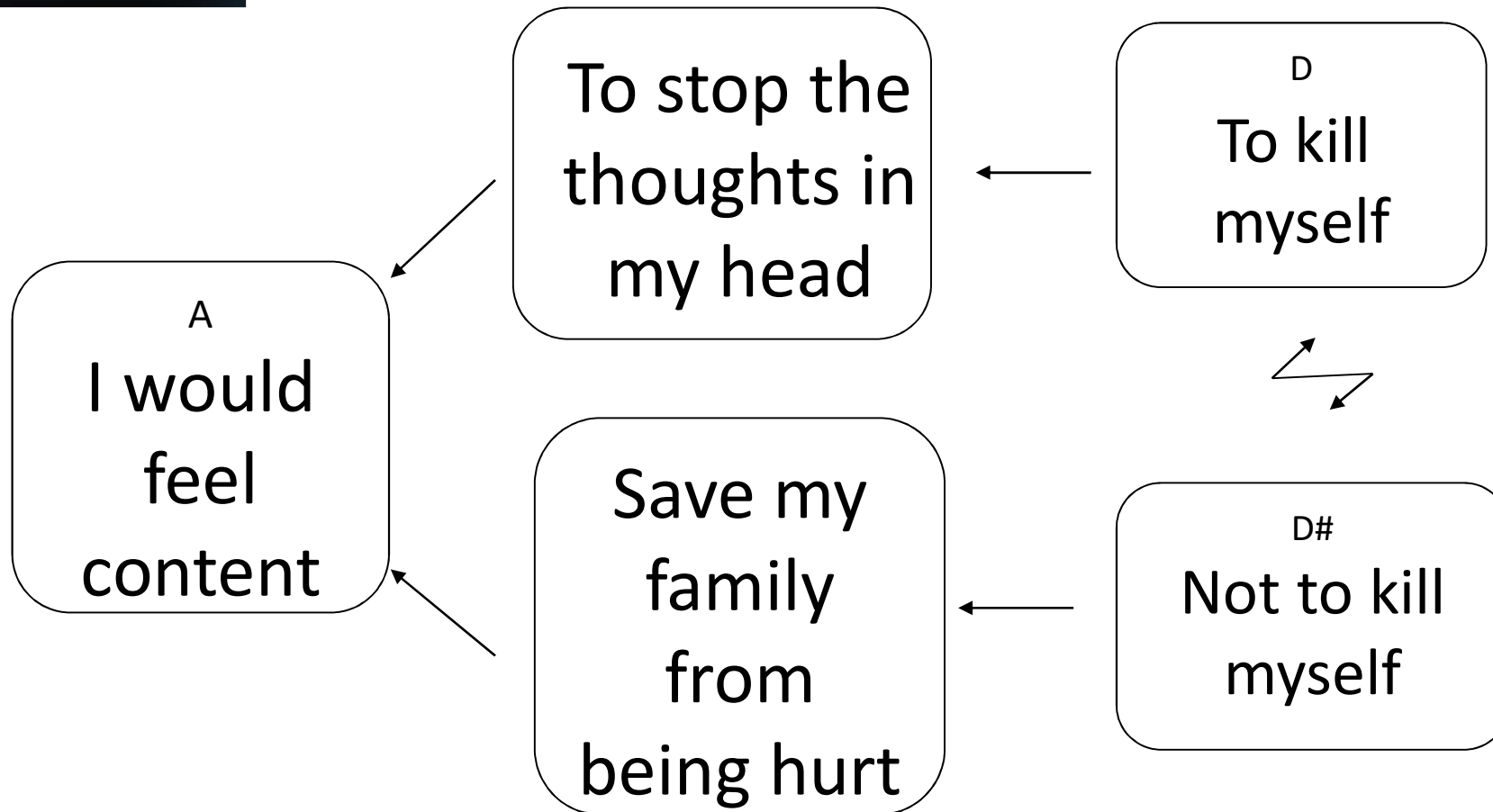


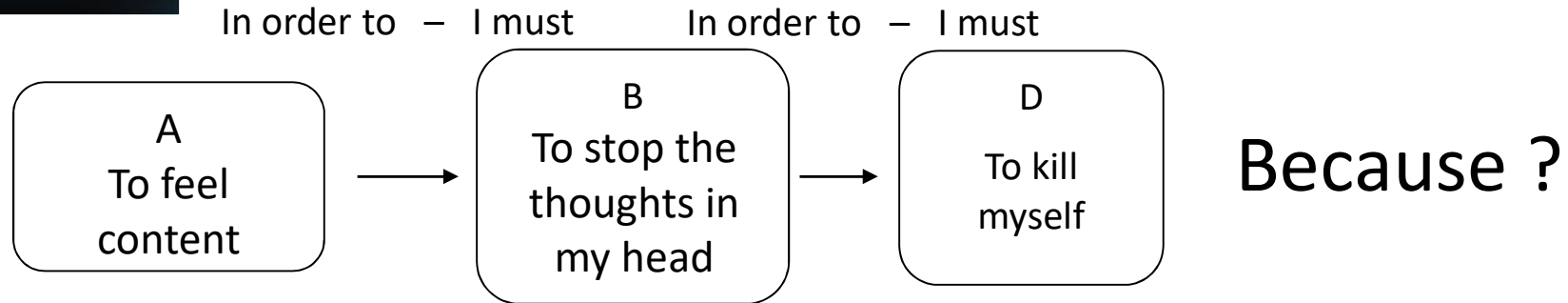
**The needs are both necessary conditions to achieve a common A. By definition necessary conditions cannot be in conflict. However, they are often perceived to be in conflict because the person does not know how to achieve both of them.**











- I don't know how else to rewire my brain
- It will put my brain at rest
- I don't know how else to stop these thoughts
- Nothing else has helped
- I am not sure what else will help
- I want to be normal

Please note, the answers above are not assumptions behind the connection 'D leads to B because they explain only D – why to 'kill myself'. However, they give an important insight into the way the person reasons and allow a professional to handle this reasoning for positive reframing.



- |  |   |   |
|--|---|---|
| I don't know how else to rewire my brain     | → | That's true but perhaps someone else does.  |
| It will put my brain at rest                 | → | It will, but what else will be put to rest, at what cost?                               |
| I don't know how else to stop these thoughts | → | At the moment, but we could help you to find what does / learn.                         |
| Nothing else has helped                      | → | Doesn't mean that there isn't something that will, just that you have not found it yet. |
| am not sure what else will help              | → | But there may be things that will help and now we are going to help you to find them    |
| I want to be normal                          | → | Is it normal to want to kill yourself?  |





## Theory of Constraints Practitioners Alliance

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## Goal: To be content

## Obstacles

## Intermediate Objectives

## Actions

## Plan

[illegible]



## Goal: To be content

### Obstacles

### Intermediate Objectives

### Actions

### plan

The way I perceive myself			
Acne / scars			
weight			
Hate the way I look			
Rubbish job / low wage			
Few friends			
No savings			
Feel worthless			
I don't deserve better			
Im a burden on my family			
Im a failure			

## Goal: To be content

<b>Obstacles</b>	<b>Intermediate Objectives</b>	<b>Actions</b>	<b>plan</b>
<b>The way I perceive myself</b>			
<b>Acne / scars</b>			
<b>weight</b>			
<b>Hate the way I look</b>			
<b>Rubbish job / low wage</b>			
<b>Few friends</b>			
<b>No savings</b>			
<b>Feel worthless</b>			
<b>I don't deserve better</b>			
<b>Im a burden on my family</b>			
<b>Im a failure</b>			

# Goal: To be content

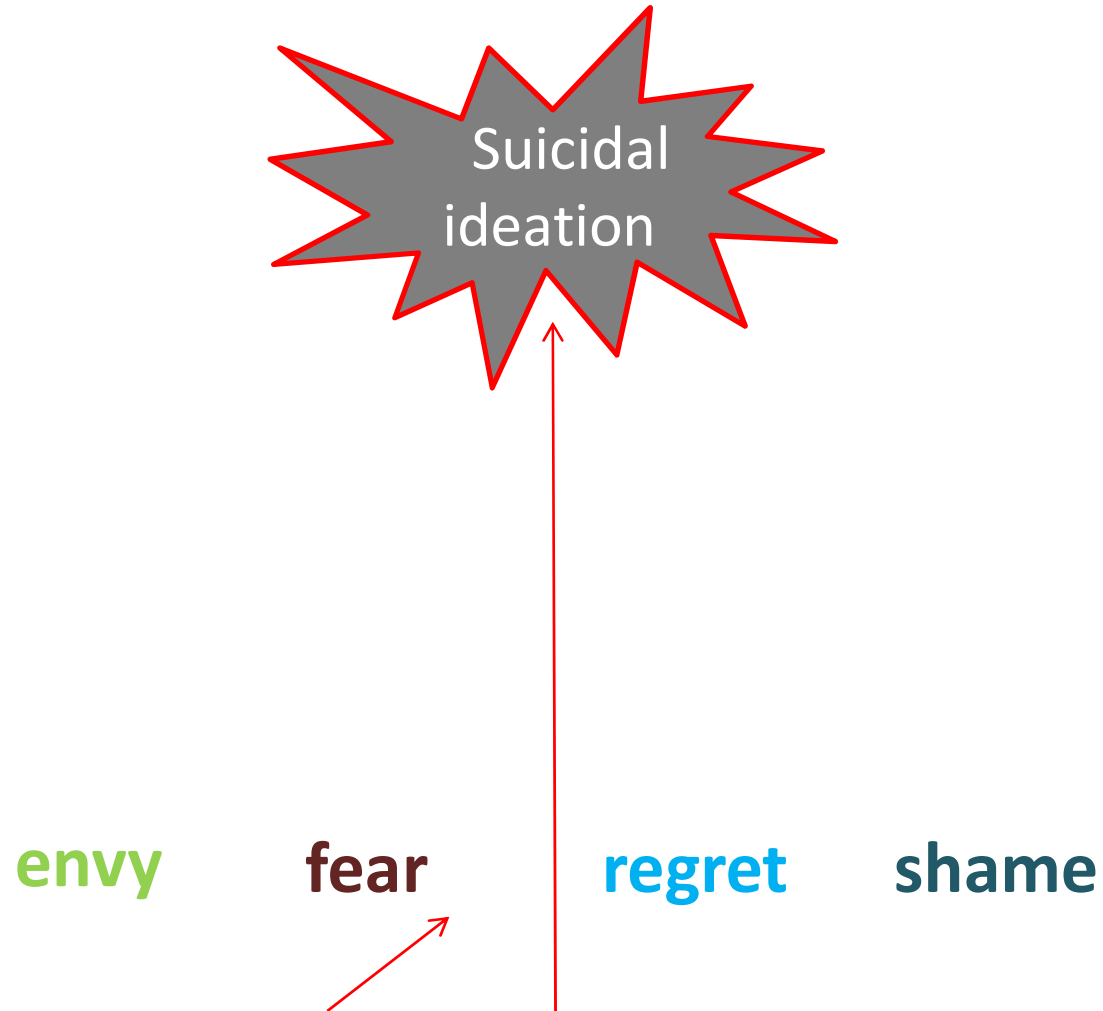
Obstacles

Intermediate Objectives

Actions

plan

<del>The way I perceive myself</del>	I am happy with who I am		
<del>Acne / scars</del>	I know how to make my skin look good		
<del>weight</del>	I am a weight that I feel comfortable with		
<del>Hate the way I look</del>	I am happy with the way I look		
<del>Rubbish job / low wage</del>	I have a job I enjoy and earn enough money for the things I want to do		
<del>Few friends</del>	I have a number of good friends		
<del>No savings</del>	I am able to save some money		
<del>Feel worthless</del>	I know how I contribute		
<del>I don't deserve better</del>	I know I have as much right to happiness and success as everyone else		
<del>I'm a burden on my family</del>	I am not a burden to anyone and am loved and valued by my family		
<del>I'm a failure</del>	I live a meaningful life that I am proud of		



Between stimulus and response there is a space.  
In that space is our power - to choose our response.  
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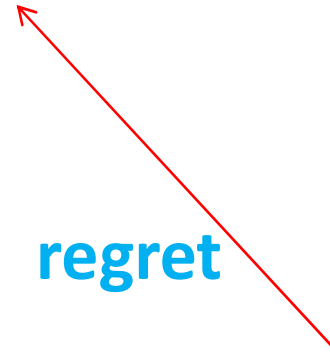


envy

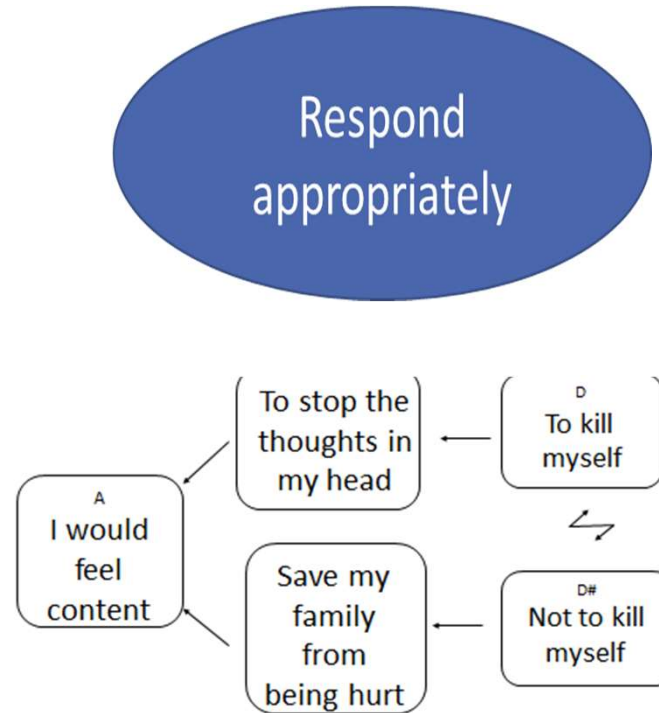
fear

regret

shame



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envy

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**Goal: To be content**

Obstacles	Intermediate Objectives	Actions	plan
The way I perceive myself	I am happy with who I am		
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fear

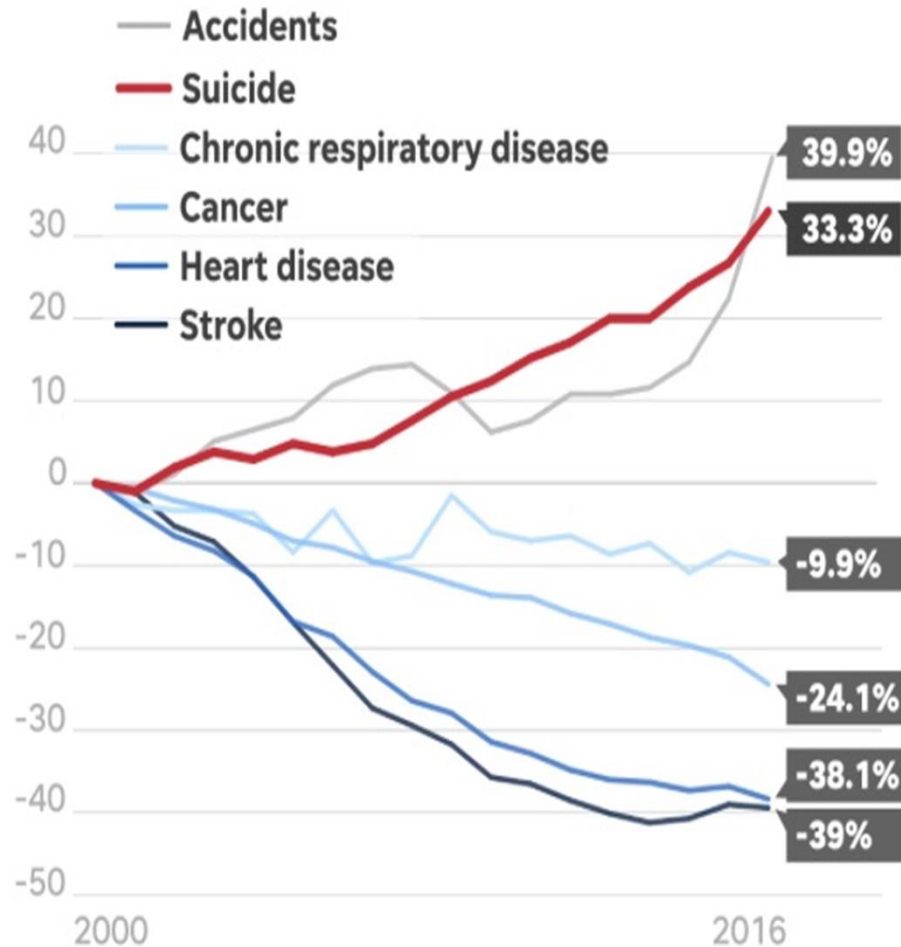
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## Only accidents have increased faster



Source: NIH, Centers for Disease Control and Prevention

USA TODAY

## 2017

- In 2017 over 47,000 Americans killed themselves
- In the UK and ROI - 12000 Suicides
- Deaths in Poland reached 8,597 (Ranked 15<sup>th</sup> in the world)
- Every 40 seconds someone in the world takes their own life



## Suicide funding also trails conditions with lower mortality rates

Vision disorders ■ **\$882 million**

Intellectual and developmental disabilities ■ **\$455 million**

Sleep research ■ **\$327 million**

Dietary supplements ■ **\$296 million**

Bowel disease ■ **\$134 million**

Indoor air pollution ■ **\$104 million**

Suicide ■ **\$68 million**

Rank		
<a href="#">Lithuania</a>	31.9 suicides per 100k	1
<a href="#">Russia</a>	31 suicides per 100k	2
<a href="#">Guyana</a>	29.2 suicides per 100k	3
<a href="#">South Korea</a>	26.9 suicides per 100k	4
<a href="#">Belarus</a>	26.2 suicides per 100k	5
<a href="#">Suriname</a>	22.8 suicides per 100k	6
<a href="#">Kazakhstan</a>	22.5 suicides per 100k	7
<a href="#">Ukraine</a>	22.4 suicides per 100k	8
<a href="#">Latvia</a>	21.2 suicides per 100k	10
<a href="#">Lesotho</a>	21.2 suicides per 100k	9
<a href="#">Belgium</a>	20.7 suicides per 100k	11
<a href="#">Hungary</a>	19.1 suicides per 100k	12
<a href="#">Slovenia</a>	18.6 suicides per 100k	13
<a href="#">Japan</a>	18.5 suicides per 100k	14
<a href="#">Uruguay</a>	18.4 suicides per 100k	15
<a href="#">Estonia</a>	17.8 suicides per 100k	16
<a href="#">France</a>	17.7 suicides per 100k	17
<a href="#">Switzerland</a>	17.2 suicides per 100k	18
<a href="#">Croatia</a>	16.5 suicides per 100k	19
<a href="#">Equatorial Guinea</a>	16.4 suicides per 100k	20
<a href="#">India</a>	16.3 suicides per 100k	21
<a href="#">Poland</a>	16.2 suicides per 100k	22
<a href="#">Moldova</a>	15.9 suicides per 100k	24



This was an ATT produced by an elective mute, aged 14.

Copy right Debi Roberts 2013

Obstacles What currently don't we have, don't we know, feel is a problem, is getting in our way, etc	Goal – To do more than Intermediate objectives Re phrase each obstacle into a positive statement – verbalise the perfect situation in relation to that obstacle
<del>all of the teachers</del> Fear of public speaking	I can speak publicly freely and have no fear of what people think
all of the teachers say the same thing	I have teachers who give me different tips
I usually am put on the spot	I am often not put on the spot, the teacher will help me.
I have a past of being quiet	I haven't let my past bother me because
I struggle to speak over with my friends	I can speak with my friends and engage mine
I can't find the motivation	I tell myself I can do it and I immediately get motivation
I feel everything they say is not enough	I have admiration for everything the teachers say and attempt them.
I am a very shy person	I am quite a very confident person.
some people put me down	I have <del>not</del> not let them bother me as they don't put me down
Haven't spoken voluntarily since 2011	It's getting easier to voluntarily speak at a class







21 Dec 2016

The impact that the course has had on the group is tangible, many of the students have gained confidence with their ability and have learned to co-operate with each other.

**One student in particular was painfully shy at the beginning of the course and struggled to communicate with other students, she has now gained much more confidence and the course has enabled her to reflect on her own strengths and things she would like to improve about herself.**

The students are enthusiastic and it is fantastic to see them working together to tackle topics which have such a significant impact on emotional well being.

There are no negative aspects from my point of view.

Mrs Charlotte Clelland  
Deputy Head  
Hertswood School



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# Thank You

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