

CARE TO CONNECT

Tips & Tools for Authentic Communication



OCTOBER 2020

CONTENTS

[Tools for Community](#)
[Tools for Home](#)
[ICYMI](#)
[Spotlight Article](#)
[Local News](#)

FROM THE DESK OF

Rebecca Buell, Our Community Listens Executive Director

So often opinions, expressions, and decisions of others, especially in this season, do not line up with what we'd envision for the world or for those in the closest circle around us.

Our webinars, classes, and connect sessions for October will bring us together on common ground. They give us both space and skill to withhold the hasty act of assigning meaning, and instead, wait a moment to understand.

There is power in the pause, and it is in that moment that this month's programming on Behavior & Judgement equips for better and more Truly Human Connection ahead.

Learning alongside you,
Rebecca

TOOLS FOR COMMUNITY

Universal connection tools for the areas where we work, serve or interact

WEBINAR: "The Feelings Deep Within"

Feelings give us information; they are neither good nor bad. Naming and exploring why and what we are feeling can help us express our needs in an effective way, exploring connection between identifying feelings and balancing logic and emotion. Gain skills to help you move from carelessly reacting to mindfully responding. Choose **ONE** of the following three dates:

- o [October 15, 10:30am-Noon CT](#)
- o [October 20, 5:30pm-7:00pm CT](#)
- o [October 24, 9:00am-10:30am CT](#)

WEBINAR: "How to Be a Better Listener"

Perfect for those who've not yet attended our Communication Skills Training, this one-hour class is a primer on empathetic listening. Attendees will discover the impact nonverbal communication has on their message and learn the 5 reflective listening skills. Choose **ONE** of the following dates:

- o [October 13, 10:30am-11:30am CT](#)
- o [November 10, 10:30am-11:30am CT](#)

CONNECTION SESSION:

Connect with others as we learn about utilizing communication skills and concepts in every-day real life moments. Sessions are interactive with information and conversation that can be applied immediately. The participants help shape the discussion, based on the needs expressed by the group. Choose **ONE** of the following times:

- o [October 15, 10:30am-Noon CT](#)
- o [October 27, 5:30pm-7:00 pm CT](#)

CHALLENGE:

Recall a time when you were bugged by someone's behavior. What were your feelings regarding the situation?

PODCASTS:

["Confrontation: Help Me Do This Well"](#)

TOOLS FOR HOME

Resources for parenting, education, family, committed relationships

WEBINAR: "How to be a Good Partner Even When You Mess Up"

We want to do good in our committed relationship, but we are chronically human. In "How to be a Good Partner Even When You Mess Up" we'll walk through steps to take when repairing is needed.

- o [October 8, 5:30pm-7pm CT](#)

SKILLS SNIPPET:

"Committed Relationships: Repairing After a Disagreement"

[Watch](#) or [Listen](#)

PODCASTS:

["Communication Skills Focused on Marriage"](#)

CHALLENGE: Work on repairing a relationship this week after a disagreement. Identify a specific behavior of yours that you would like to change and state how you should have done it differently.

WEBINAR: "Feelings and Emotions: Empowering Your Child or Teen"

How can we effectively help our child or teen when they experience challenging emotions? Learn how to use empathy, listening skills, and logic to coach your child through emotions and behavior choices.

- o [October 22, 5:30pm-7pm CT](#)

SKILLS SNIPPET:

"Building Your Child's Emotional Intelligence"

[Watch](#) or [Listen](#)

CHALLENGE: Knowing that a confrontation message is a conversation starter, how will that change your future confrontations?

PODCASTS:

["Benefit of Skills With Youth and in Schools"](#)

ICYMI ON SOCIAL MEDIA

What's New?

Webinars:

"The Feelings Deep Within"
Choose one:

- [October 15, 10:30am-Noon CT](#)
- [October 20, 5:30pm-7:00pm CT](#)
- [October 24, 9:00am-10:30am CT](#)

"How to be a Better Listener"
Choose one:

- [October 13, 10:30am-11:30am CT](#)
- [November 10, 10:30am-11:30am CT](#)

"How to be a Good Partner Even When You Mess Up"
• [October 8, 5:30pm-7pm CT](#)

"Feelings and Emotions: Empowering Your Child or Teen"
• [October 22, 5:30pm-7pm CT](#)

Connect Sessions:

Choose one:

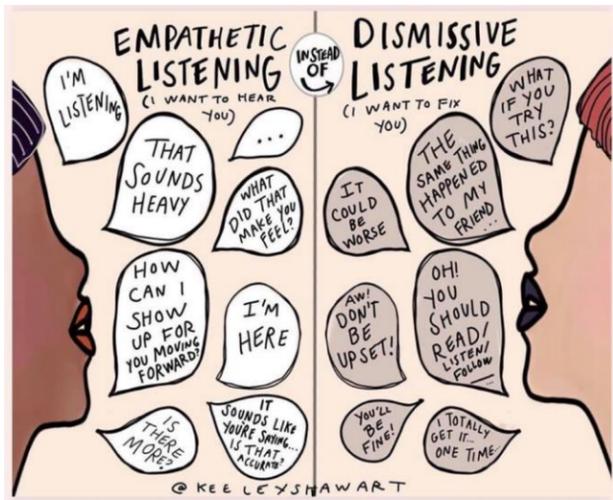
- [October 15, 10:30am-Noon CT](#)
- [October 27, 5:30pm-7pm CT](#)

Podcasts:

["Feelings"](#)

Blog Post:

["Reciprocal Relationships and How Our Community Listens Can Inspire Youth"](#)



Original posting by [Robin Plemmons](#)

Do you have a Social Media post you'd like to share with us? Just tag @OurCommunityListens and include #CareToConnect and we'll find it!

SPOTLIGHT ON: OCL Alum Pamela Kelly

This month we want to highlight the important work of one our Communication Skills Training alums, Pamela Kelly, from St. George, South Carolina. You see, Pamela is a Gold Star Mother, whose son, a Commander in the United States Navy, died by suicide in September of 2010.

Having had to endure this heartbreaking loss herself, Pamela works tirelessly to prevent such loss for others – especially those in the military – as roughly 22 veterans and active-duty service members take their lives every day, a rate that is over twice that of non-veterans.

One of the ways Pamela helps those who are struggling is through Objective Zero, a 501 (c)(3) organization that helps prevent military suicides through a mobile app that instantly and anonymously connects service members or their caregivers via text, voice and video to someone in the support network who can listen and direct them to additional resources as needed.

"It has always been on my heart to be a part of the solution as far as suicides goes," explains Pamela. "I feel like I have been called to start the uncomfortable conversation that no one wants to have and talk about suicide. In 2017, I met Justin Miller who happened to be one of the co-founders of Objective Zero." Justin also took the Our Community Listens class this past February.

Pamela serves as an ambassador for the organization, taking calls, texts or videos from 8 am to 8 pm, every day, from service members or their families or caregivers. "During these interactions, I have found that they are interested in someone LISTENING to them and what's happening right then and there in their lives. Also, [to know] that someone cares about what they are feeling and going through."

For this vital conversation, Pamela is able to pull from her training with Our Community Listens: "The OCL class has helped me more quickly connect with someone using the app...to not hold back and be direct in asking the most important question: 'Are you thinking about taking your life?' or 'Are you having any thoughts of hurting yourself or anyone else?' Being able to encourage them to talk and then listen to the tone in their voice and the choice of words they use, this is important to me, especially since I do not have them sitting right in front of me.

"I, too, have to watch the tone in my voice and the words I use in order to help give them the permission to talk about their thoughts and their feelings," she continues. "I want to help them feel heard and valued and that I care...and then possibly getting them the appropriate care or help they need. I can be direct again at the end of the call, in making sure they have the Veteran's crisis line phone number."

Pamela adds that anyone can go beyond thanking a veteran for their service by becoming an Objective Zero Ambassador. One does not need to be a veteran or a behavioral health specialist to offer their services in this way. For more information, visit www.objectivezero.org.

On behalf of Our Community Listens, thank you, Pamela, for your care and service to improve the lives of all you encounter through this initiative. It is an honor to know you.

If you or someone you know is struggling with depression, find help through the National Suicide Prevention Lifeline: 1-800-273-8255.

ENDING THE POVERTY OF DIGNITY

Read this [important piece](#) written by our founder, Bob Chapman, on what he calls the "poverty of dignity" in today's culture.

