



GHOSTED: O.W.N. I.T. Workshop

This workshop is a 75-minute presentation which can be scheduled as a follow-up to ***Ghosted***.

The workshop was developed with experts from Kaiser Permanente mental health. The workshop helps students with practical steps to keeping themselves and their friends safe when talking with a friend who needs support or may be considering suicide.

The “O.W.N. I.T.” model:

O- Open-ended questions—asking questions that help your friend/peer to share with us

W- Whole-body listening—listening beyond the words to take in everything your peer/friend is communicating

N- Naming and clarifying emotions –helping friend/peer to put a name to what they are feeling

I- Identifying safety concerns—asking questions to ensure your friend/peer is safe (ie.- asking about self-harm or intention to complete suicide)

T- Taking to resources—linking your friend/peer to available resources at your school or in your community

Target audience: Upper Middle School & High School (Grades 8-12)

Suggested Size: One Classroom

Cost: Free to schools within Kaiser Permanente Colorado's service area

For more information visit: <http://artsintegratedresources.org/programs/ghosted/>

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