

eCPR Guide

e-CPR is a Set of Skills Used

- When a Jamati Member is in an emotional crisis or simply going through a hard time.
- To listen to, connect with, support, and provide resources to a struggling Jamati Member.

Stance or Attitude of e-CPR

- We heal when they are heard. We connect as equals (not hierarchical). All emotions are valid.
- Self-determination (dignity of choice) is vital, especially for someone in crisis.

Signs a Jamati Member May Need Support

- During a transition such as a sudden life change, death, divorce, job loss, incarceration, immigration.
- If you observe changes in a Jamati Member's behavior or something feels or looks different such as withdrawal, physical change, excessive praying.
- Verbal hints like "Please pray for me," "I'm having a hard time," "I feel like giving up".
- Suicidal Ideation like "I can't keep going like this," "I don't want to live anymore," "I pray to not wake up".
 - **Perform e-CPR BUT ALSO Call SSN/ ACCESS while Jamati Member is with you**

Jamati Resources

akhb.theismailiusa.org/mhf

access 1-844-55-ACCESS
1-844-552-2237

Steps of e-CPR (with examples)

1. **C = Connect with Compassion and Concern** to open up Communication.
 - Good eye contact, open posture, soft and caring voice, open-ended questions
 - "I'm so glad you came and spoke with me today."
 - "That sounds so tough. There's a lot going on. Tell me more."
2. **P = emPower to experience Passion, Purpose, and Participation in Planning.**
 - "Let's work to get this together. Where should we start?"
3. **R = Revitalize one's sense of belonging in community through Reestablishing equilibrium and balance and Reconnecting to Relationships, Routines, and Roles.**
 - "Will we see you in Friday Khane? Our Jamat and Volunteer Corp misses and needs you."

Common Pitfalls (do nots)

- Skip listening and connecting altogether
- Solve the problem for the Jamati Member or tell them what to do

Bridging to Resources

- "ACCESS/SSN may be able to give you some confidential consultation about some challenges you've brought up today."
- "Have you heard about their services? Would you be interested in pursuing this option?"



AGA KHAN HEALTH BOARD USA
akhb.theismailiusa.org

External Resources

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Crisis Text Line

741741

National Domestic Violence Hotline

1-800-799-7233

After Silence: Online Support Group, Message board, and Chat room for rape, sexual assault and sexual abuse survivors

1-800-656-HOPE (4673)

www.aftersilence.org

LGBT National Hotline

1-888-843-4564

help@LGBThotline.org

Crisis Text Line: Other Referrals and Coping Skills for various Needs

crisistextline.org/text-us

