



PERXU

Program Evaluation and Research Unit

Growth Planning

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University of
Pittsburgh

School of
Pharmacy

Lived Experience Academy



- Focuses on life promotion and suicide prevention
- Offers guidance and resources to support healing, recovery, and growth after a suicidal crisis
- A community of people who believe in the potential for going beyond recovery in the aftermath of trauma
- Dr. DeQuincy Meiffren-Lezine is the Director of the Lived Experience Academy



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Growth Planning

SAFETY PLAN

Warning signs

Coping strategies

Social situations or distractions

People who could help

Professional help

Safe environment



GROWTH PLAN

Needs/Values/Priorities/
Strengths

Ways to improve coping

Ways to improve social connections

People who can grow with

Professional resources for growth

Environment that promotes wellness



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'Live for This' List

1. For each category, write up to three (3) ideas that come to mind right away. Making it specific is better.
2. For each category, circle the one that would be the easiest to make happen.
3. Extra credit: Share your list with one or two people you trust who might be able to help you make these dream experiences into realities. Who can help you make the plans and carry them out?

Why I want to keep living

What have you wanted to experience? See the instructions below the table.

For a long time I've wanted to	
Visit these places:	1. 2. 3.
Go see these things:	1. 2. 3.
Learn these things:	1. 2. 3.
Try these activities:	1. 2. 3.
Try these foods:	1. 2. 3.

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The University of Pittsburgh School of Pharmacy, Program Evaluation and Research Unit (PERU) is dedicated to meaningful work that facilitates each patient or community member's ability to achieve optimal health, well-being, recovery and choice.