

## Reasons for Living Inventory—LMO Version

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Participants Name:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| Case Manager's Name:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |
| Date of Completion:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  |
| Wellness Counsellor completing the RFL:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |
| <p>To ensure wraparound support, the RFL may be shared with other staff at LMO. Tick the boxes of the teams below and write in the name(s) of staff on each team you give permission to share the RFL with.</p> <p><input type="checkbox"/> Elder: _____</p> <p><input type="checkbox"/> ECD: _____</p> <p><input type="checkbox"/> CYMH: _____</p> <p><input type="checkbox"/> Child Safety Social Worker: _____</p> <p><input type="checkbox"/> Youth Services Social Worker: _____</p> <p><input type="checkbox"/> Other: _____</p> |  |

INSTRUCTIONS: Many people have thought of suicide at least once. Others have never considered it. Whether you have considered it or not, we are interested in the reasons you would have for not killing yourself if the thought were to occur to you.

On the following pages are reasons people sometimes give for not killing themselves. We would like to know how **much you believe** each of these possible reasons would be to you at this time in your life as a reason to live. We also want to know how **important** each of these possible reasons are as a reason for living. It may be the case that a statement is very important, but you don't believe it is true for you at this moment.

Each reason can be rated from 1 (Do Not Believe At All/Not At All Important) to 6 (Believe Strongly/Extremely Important). For each statement, circle the number to indicate how much you believe it (B) **and** how important (I) each reason is for living.

At the bottom of list, there are two blank spaces to write in reasons for living that are important to you but are not included in the list. You can write these in and then rate how much you believe it and how important it is to you.

Even if you never have or firmly believe you never would seriously consider killing yourself, it is still important that you rate each reason. In this case, rate on the basis of why killing yourself is not or would never be an alternative for you.

As you review the reasons for living, an LMO staff person will support you and talk about your responses and a plan moving forward.

|                                                                                                                      |                            |                         |                    |                     |                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------|----------------------------|-------------------------|--------------------|---------------------|-----------------------------------------------------------------------------------------------------------------|
| (B) This is something I <b><u>do not believe at all</u></b> right now as a reason for living                         | Do Not Believe Quite a Bit | Do Not Believe Somewhat | Believe Somewhat   | Believe Quite a Bit | This is something I <b><u>believe strongly</u></b> right now as a reason for living                             |
| <b>1</b>                                                                                                             | <b>2</b>                   | <b>3</b>                | <b>4</b>           | <b>5</b>            | <b>6</b>                                                                                                        |
| (I) Regardless of how much I believe this right now, it is <b><u>not at all important</u></b> as a reason for living | Quite Unimportant          | Somewhat Unimportant    | Somewhat Important | Quite Important     | Regardless of how true this is for me right now, it is <b><u>extremely important</u></b> as a reason for living |

|                                                                                                          |          |   |   |   |   |   |   |
|----------------------------------------------------------------------------------------------------------|----------|---|---|---|---|---|---|
| 1. Whenever I have a problem, I can turn to my paraantii for support or advice.                          | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          |          |   |   |   |   |   |   |
| 2. It would be painful and frightening to take my own life.                                              | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          |          |   |   |   |   |   |   |
| 3. I accept myself for who I am.                                                                         | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          |          |   |   |   |   |   |   |
| 4. I have a lot to look forward to as I grow older.                                                      | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          |          |   |   |   |   |   |   |
| 5. I feel loved and accepted for who I really am by my close friends.                                    | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          |          |   |   |   |   |   |   |
| 6. I feel emotionally close to my paraantii.                                                             | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          |          |   |   |   |   |   |   |
| 7. *I have hope that I will be loved, accepted, and supported by my paraantii and friends in the future. | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                                          |          |   |   |   |   |   |   |

|                                                                                      |          |   |   |   |   |   |   |
|--------------------------------------------------------------------------------------|----------|---|---|---|---|---|---|
|                                                                                      |          |   |   |   |   |   |   |
| 8. I am afraid to die, so I would not consider killing myself.                       | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      |          |   |   |   |   |   |   |
| 9. *I am hopeful that I will like and accept myself as I am in the future.           | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      |          |   |   |   |   |   |   |
| 10. My friends care a lot about and appreciate me.                                   | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      |          |   |   |   |   |   |   |
| 11. I hope to accomplish my plans or goals in the future.                            | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      |          |   |   |   |   |   |   |
| 12. My paraantii take the time to listen to my experiences at school, work, or home. | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      |          |   |   |   |   |   |   |
| 13. I expect many good things to happen to me in the future.                         | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      |          |   |   |   |   |   |   |
| 14. I enjoy being with my paraantii.                                                 | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      |          |   |   |   |   |   |   |
| 15. I expect to be successful in the future.                                         | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      |          |   |   |   |   |   |   |
| 16. The thought of killing myself scares me.                                         | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      |          |   |   |   |   |   |   |
| 17. I am afraid of using any method to kill myself.                                  | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                      |          |   |   |   |   |   |   |
| 18. I can count on my friends to help if I have a problem.                           | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |

|                                                                                          |          |   |   |   |   |   |   |
|------------------------------------------------------------------------------------------|----------|---|---|---|---|---|---|
|                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          |          |   |   |   |   |   |   |
| 19. *I have hope that I will be able to count on my paraantii and friends in the future. | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          |          |   |   |   |   |   |   |
| 20. Most of the time, my paraantii encourage and supports my plans or goals.             | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          |          |   |   |   |   |   |   |
| 21. My paraantii care about the way I feel.                                              | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          |          |   |   |   |   |   |   |
| 22. My future looks quite hopeful and promising.                                         | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          |          |   |   |   |   |   |   |
| 23. *I have a clear picture of what I want my life to look like in the future.           | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          |          |   |   |   |   |   |   |
| 24. I feel good about myself.                                                            | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          |          |   |   |   |   |   |   |
| 25. My paraantii care a lot about what happens to me.                                    | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          |          |   |   |   |   |   |   |
| 26. *I have hope that in the future my paraantii will care about what happens to me.     | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          |          |   |   |   |   |   |   |
| 27. I would be frightened or afraid to make plans for killing myself.                    | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          |          |   |   |   |   |   |   |
| 28. *I have a strong connection to my spirituality.                                      | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                          |          |   |   |   |   |   |   |
|                                                                                          | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |

|                                                                                           |          |   |   |   |   |   |   |
|-------------------------------------------------------------------------------------------|----------|---|---|---|---|---|---|
| 29. *I find meaning from participating in cultural ceremonies and traditions.             | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           |          |   |   |   |   |   |   |
| 30. *No matter how hard things get, I believe that the Creator wants me to live.          | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           |          |   |   |   |   |   |   |
| 31. *People in my life have taught me that my life is valuable.                           | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           |          |   |   |   |   |   |   |
| 32. *Elders in my community care about me.                                                | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           |          |   |   |   |   |   |   |
| 33. *I feel a connection to land, nature, and the natural world around me.                | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           |          |   |   |   |   |   |   |
| 34. *I want to take care of my body and physical needs.                                   | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           |          |   |   |   |   |   |   |
| 35. *I believe that my life has a purpose.                                                | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           |          |   |   |   |   |   |   |
| 36. *I believe I can make things work out even when life gets difficult.                  | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           |          |   |   |   |   |   |   |
| 37. *I am worried about what would happen to my soul if I killed myself.                  | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           |          |   |   |   |   |   |   |
| 38. *I am worried about what would happen to my paraantii and friends if I killed myself. | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           |          |   |   |   |   |   |   |
| 39.                                                                                       | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|                                                                                           |          |   |   |   |   |   |   |

|     |          |   |   |   |   |   |   |
|-----|----------|---|---|---|---|---|---|
| 40. | <b>B</b> | 1 | 2 | 3 | 4 | 5 | 6 |
|     | <b>I</b> | 1 | 2 | 3 | 4 | 5 | 6 |

### **Scoring**

Staff will collaboratively score the Reasons for Living Inventory adding together the ratings for specific items as indicated below. If you included additional reasons for living at the bottom of the RFL, you can decide which area those reasons fit with best.

| Hope and Future Optimism              |                |                   | Purpose and Self-Acceptance    |                |                   |
|---------------------------------------|----------------|-------------------|--------------------------------|----------------|-------------------|
| Item                                  | Believe Rating | Importance Rating | Item                           | Believe Rating | Importance Rating |
| 4                                     |                |                   | 3                              |                |                   |
| 11                                    |                |                   | 9                              |                |                   |
| 13                                    |                |                   | 24                             |                |                   |
| 15                                    |                |                   | 34                             |                |                   |
| 22                                    |                |                   | 35                             |                |                   |
| 23                                    |                |                   | 36                             |                |                   |
|                                       |                |                   |                                |                |                   |
| <i>Total (add all ratings)</i>        |                |                   | <i>Total (add all ratings)</i> |                |                   |
| Meaning and Culture                   |                |                   | Suicide Related Concerns       |                |                   |
| Item                                  | Believe Rating | Importance Rating | Item                           | Believe Rating | Importance Rating |
| 28                                    |                |                   | 2                              |                |                   |
| 29                                    |                |                   | 8                              |                |                   |
| 30                                    |                |                   | 16                             |                |                   |
| 31                                    |                |                   | 17                             |                |                   |
| 32                                    |                |                   | 27                             |                |                   |
| 33                                    |                |                   | 37                             |                |                   |
|                                       |                |                   | 38                             |                |                   |
|                                       |                |                   |                                |                |                   |
| <i>Total (add all ratings)</i>        |                |                   | <i>Total (add all ratings)</i> |                |                   |
| Belonging with La Paraantii and Peers |                |                   |                                |                |                   |
| Item                                  | Believe Rating | Importance Rating | Item                           | Believe Rating | Importance Rating |
| 1                                     |                |                   | 18 (peers)                     |                |                   |
| 6                                     |                |                   | 19                             |                |                   |
| 5 (peers)                             |                |                   | 20                             |                |                   |
| 7                                     |                |                   | 21                             |                |                   |
| 10 (peers)                            |                |                   | 25                             |                |                   |
| 12                                    |                |                   | 26                             |                |                   |
| 14                                    |                |                   |                                |                |                   |

|                                  |  |                                  |  |
|----------------------------------|--|----------------------------------|--|
| <i>Total B (add all ratings)</i> |  | <i>Total I (add all ratings)</i> |  |
|----------------------------------|--|----------------------------------|--|

**Does the child/youth/adult need a Life Promotion Plan or another support plan?**

**10 = While we may have some concerns after completing the RFL, the youth/child/adult was able to identify things that connect them to life, such as paraantii, future hope, connection etc and we believe they are ready to walk alongside LMO helpers through an support/safety/independence plan. We are not concerned for immediate risk of suicide at this time.**

**0 = LMO Helpers are really worried this youth/child/adult has not identified importance for living and we need to have immediate intervention and create a life promotion plan that identifies the reasons for the youth/child/adult to stay alive and move towards healing.**

**Provide number and rationale for the number, evidencing scoring and critical thinking:**

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**Signatures:**

Wellness Counsellor Signature: \_\_\_\_\_

Team Lead for Wellness Counsellor: \_\_\_\_\_