

# Joshua Rivedal

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Cubicle Lift: An Honest Conversation on Workplace Mental Health (a Zoom/podcast with guest experts on mental health in and out of the workplace) *co-founder and co-host*

September 2020-Present

Speaking/Consulting on Mental Health and/or Suicide Prevention in the Workplace (*a selection*)

April 2013-Present

- Ontario (Canada) Provincial Police
- EBSCO Information services
- National Alliance on Mental Illness, Louisiana State Conference
- Brunswick Community College
- Alverno Heights Academy
- LIFE Conferences (3 states in Australia)
- National Alliance on Mental Illness, Maine State Conference

Yale University's Social and Emotional Intelligence Training  
*Yale University, Center for Emotional Intelligence*

Applied Suicide Intervention Skills and Training

- Sponsored by the New York Office of Mental Health
  - Intervention skills training to help prevent the immediate risk of suicide

QPR Training

- Certified Suicide Prevention Gatekeeper
- Certified Suicide Prevention Gatekeeper trainer

Community Counseling (peer counseling pedagogy)

- Southern California Counseling Center

Speaking on Youth Mental Health and Suicide Prevention (*a selection*)

April 2011-Present

- University of Notre Dame
- Columbia University
- Wilfrid Laurier University (Canada)
- University of Essex (England)
- Antelope Valley College

Youth Suicide Prevention/Intervention Training for School Faculty/Staff (*a selection*)

- Tri-City United Schools (district), Minnesota
- New Prague Area Schools (district), Minnesota
- Lorain County Community College

Bachelor's in Social Work Program, University of Texas at Arlington

### Research Contributions

- Co-Author (with Regina Praetorius, PhD, LMSW-AP): Research journal paper for the publication *Illness, Crisis, and Loss* entitled “Navigating out of the Ocean of “Why”—A Qualitative Study on the Trajectory of Suicide Bereavement”
- Co-Author (with Regina Praetorius, PhD, LMSW-AP and two others): Research journal paper for the publication *Illness, Crisis, and Loss* entitled “Paths to Peace: Surviving Trauma as Told by Survivors”
- Co-Author (with Regina Praetorius, PhD, LMSW-AP and two others): Research journal paper for the publication *Illness, Crisis, and Loss* entitled “The Art of Living with Chronic Illness”

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Wrote, created, and deliver(ed) a **3-hour Suicide Prevention Continuing Education Course**, approved by the Washington State Department of Health, for Certified Counselors, Chemical Dependence Professionals, Chiropractors, Dentists, Dental Hygienists, Occupational Therapists and Assistants, Pharmacists, and Physical Therapists and Assistants.

**Wrote, created, and produced 10 mental health based videos**, “Mental Health Minute,” for Vincennes University Jasper.

**Huffington Post:** Writer on men’s mental health, storytelling, peer-to-peer, and suicide prevention.

### **The i’Mpossible Project**

-Founder and creative director

-A media-based organization dedicated to engaging, entertaining, and educating on mental wellness, suicide prevention, social change, and peer-to-peer services.

**Changing Minds: A Toolkit for Your Mental Health:** Mental Health based curriculum in five modules, each combining lecture, storytelling, improv theatre, and group discussion. Five modules include: The Basics of Mental Health, Developing Coping Skills, Storytelling and Support Systems, Living with or Helping Someone with a Mental Health Condition, Helping Yourself or Friend in Suicidal Crisis.

- Creator and Master Trainer

- Curriculum first piloted at The College of New Jersey, 2016 Southeast Missouri Suicide Prevention Conference; and further developed at the University of Texas at Arlington in conjunction with their social work department

- Written for K-12<sup>th</sup> grades, college students, and professional and staff development.

## **Books**

***The Gospel According to Josh: A 28-Year Gentile Bar Mitzvah***: Book based on the play and program *Kicking My Blue Genes in the Butt*: Suicide Prevention Program

- Added to The American Foundation for Suicide Prevention's recommended reading list for survivors of suicide of suicide loss

***How to Live Mentally Well and Crush it in College***: A book and workshop to help college student life departments educate on healthy habits, entering the job market, reframing failure, and more in an effort to promote student mental wellness and to eliminate stigma around mental illness and mental health

***The i'Mpossible Project: Reengaging with Life, Creating a New You***

- Author/Curator of fifty stories on lived experience with suicide, trauma, mental health, physical health, and families. Debuted #1 in "suicide" on Amazon in January 2016.

***The i'Mpossible Project: Changing Minds, Breaking Stigma, Achieving the Impossible***

- Author/Curator of fifty stories on lived experience with mental illness; for release August 2017

***The i'Mpossible Project: Lemonade Stand Vols. I, II, III***

- Author/Curator of twenty stories about people who have turned lemons into lemonade; Vol. I for release August 2017, Vol II for release March 2019, Vol III for release September 2020.

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**Board Member: New York City Chapter of The American Foundation for Suicide Prevention**

August 2012 - May 2014

**Advisory Board Member: Elevatr: a peer-to-peer mental health app**

May 2016 - 2020