

SUICIDE
PREVENTION
AWARENESS
FOR PARENT/GUARDIAN(S)

Thursday, November 12th

Welcome

- ▣ AGENDA
 - Statistics and Myths
 - Risk Factors vs. Warning Signs
 - Protective Factors
 - Developmental Assets
 - Resources

Did you know?

- ❑ Suicide is the 10th leading cause of death (almost twice as many as homicide)
- ❑ 1 out of every 53 high school students reported having made a suicide attempt serious enough to require treatment by a doctor or nurse
- ❑ 1 out of 16 students reported having made at least one suicide attempt
- ❑ 1 out of every 9 students made a plan as to how he or she would attempt suicide
- ❑ 19.6% of young people who reported using alcohol were at-risk for suicide vs. 8.6% who did not use it.

We understand that...

- ▣ Suicide is COMPLEX.
- ▣ It is most often the outcome of "MULTIPLE" factors.
- ▣ While it may appear "SUDDEN" to others, most often "there are underlying factors, some long-standing; "
- ▣ These factors may be genetic, familial, environmental or experiential.
- ▣ They may be unrecognized, or untreated or undertreated,

True or False?

1. Someone making suicidal threats won't really do it, they are just looking for attention.
 - FALSE - those that attempt or die by suicide usually talk about it first. They are in pain and oftentimes reach out for help because they do not know what to do and have lost hope. Always take talk about suicide seriously.
2. Once people decide to die by suicide, there is nothing you can do to stop them.
 - FALSE - Suicide can be prevented. Most people who are suicidal do not want to die; they just want to stop their pain.
3. You should not ask someone if they are thinking about suicide or if they have thought about a method, because talking about it will give them the idea.
 - FALSE - Asking people if they are thinking about suicide does not give them the idea for suicide. And it is important to talk about suicide with people who are suicidal because you will learn more about their mindset and intentions, and allow them to diffuse some of the tension that is causing their suicidal feelings.
4. There is little correlation between alcohol or drug abuse and suicide.
 - FALSE - Those that use drugs and/or alcohol are at increased risk for suicide.
- Barriers on bridges, safe firearm storage and other actions to reduce access to lethal methods of suicide don't work. People will just find another way.
 - FALSE - Limiting access to lethal methods of suicide is one of the best strategies for suicide prevention. Many suicides can be impulsive and triggered by an immediate crisis. Separating someone in crisis from a lethal method (e.g., a firearm) can give them something they desperately need: time. Time to change their mind, time to resolve the crisis, time for someone to intervene.

Teen Suicide Prevention

- ▣ <https://www.youtube.com/watch?v=3BByqa7bhto>
 - If link does not work copy and paste into your internet browser.
 - Please pay particular attention to what the students are telling adults TO SAY and NOT TO SAY!

- *It is important to remember that a child's struggles are from THEIR perspective – not yours, mine or ours!**

RISK FACTORS

- ▣ *The environmental characteristics* associated with suicide
 - Behavioral health issues/disorders
 - Personal characteristics
 - Adverse/Stressful Life Circumstances
 - Risky Behaviors
 - Family Characteristics
 - Environmental Factors
- **Please see “Risk Factors Handout” for additional explanation and understanding**

WARNING SIGNS

- ▣ *The indications* that someone may be in danger of suicide – either immediately or in the near future
 - Expressions such as hopelessness, rage, anger, revenge, feeling trapped, anxiety, agitation, no reason to live or sense of purpose
 - Recklessness or risky behavior
 - Increased alcohol or drug use
 - Withdrawal from friends, family or society
 - Dramatic mood changes.
- **Please see “Warning Signs Handout” for additional explanation and understanding**

PROTECTIVE FACTORS

- ▣ Individual characteristics and behaviors
- ▣ Family and other social support
- ▣ School
- ▣ Mental health and healthcare providers and caregivers
- ▣ Decreased access to means
- **Please see “Protective Factors Handout” for additional explanation and understanding**

40 DEVELOPMENTAL ASSETS

EXTERNAL ASSETS

POSITIVE EXPERIENCES STUDENTS RECEIVE FROM THE PEOPLE AND INSTITUTIONS IN THEIR LIVES

Support

1. Family support
2. Positive family communication
3. Other adult relationships
4. Caring neighborhood
5. Caring school climate
6. Parent involvement in schooling

Empowerment

7. Community values youth
8. Youth as resources
9. Service to others
10. safety

Boundaries and expectations

11. Family boundaries
12. School boundaries
13. Neighborhood boundaries
14. Adult role models
15. Positive peer influence
16. High expectations

Constructive Use of Time

17. Creative activities
18. Child/youth programs
19. Religious community
20. Time at home

INTERNAL ASSETS

GUIDE POSITIVE CHOICES AND FOSTER A SENSE OF CONFIDENCE, PASSION, AND PURPOSE

Commitment to Learning

21. Achievement motivation
22. Learning/school engagement
23. Homework
24. Bonding to school
25. Reading for pleasure

Positive Values

26. Caring
27. Equality and social justice
28. Integrity
29. Honesty
30. Responsibility
31. Health lifestyle/restraint

Social Competencies

32. Planning and decision making
33. Interpersonal competence
34. Cultural competence
35. Resistance skills
36. Peaceful conflict resolution

Positive Identity

37. Personal power
38. Self-esteem
39. Sense of purpose
40. Positive view of personal future

What you can do...

If you believe someone may be thinking about suicide or need help yourself:

- ▣ Ask them if they are thinking about killing themselves. (This **will not** put the idea into their head or make it more likely that they will attempt suicide.)
- ▣ Listen without judging and show you care.
- ▣ Stay with the person (or make sure the person is in a private, secure place with another caring person) until you can get further help.
- ▣ Remove any objects that could be used in a suicide attempt.
- ▣ Call SAMHSA's National Suicide Prevention Lifeline at 1-800-273-TALK (8255).
- ▣ Call Trevor Project Lifeline for Suicide Prevention (LGBTQ) 1-866-488-7386
- ▣ If danger for self-harm seems imminent, call 911.