

Suicide Awareness for Nurses - Suicide in Children, Adolescents, Young Adults
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Nurses in Action
 Tuesday, October 22, 2019
 CentraCare South Point, Todd Steinke Auditorium

Learning Objectives
 By the end of this session, participants will:

- ✓ Know prevalence, facts, and statistics about suicide in the youth population.
- ✓ Recognize suicide warning signs in addition to risk and protective factors in youth.
- ✓ Gain skills for how to respond to suicide concerns and access crisis resources.

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 Suicide was the **tenth** leading cause of death in the US
 Claiming the lives of over 47,000 people

 **Second** leading cause of death for individuals ages 10 - 34
Fourth leading cause of death for individuals ages of 35 - 54

 There were more than **twice** as many suicides (47,173)
 than homicides (19,510) in the US

<https://www.nimh.nih.gov/health/statistics/suicide.shtml>
 Centers for Disease Control and Prevention (CDC) WISQARS Leading Causes of Death Reports, 2017

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Mental Health Facts: Children & Teens
<https://www.nami.org/Learn-More/Fact-Sheet-Library>
 National Institute of Mental Health www.nimh.nih.gov

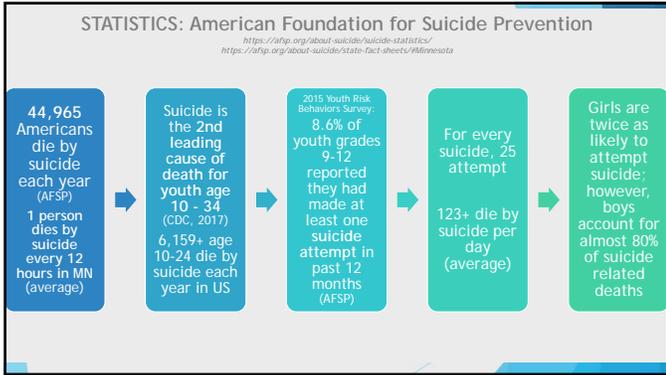
 1 in 5 children ages 13-18 have or will have a mental illness

 The average delay between onset of symptoms and intervention is 8-10 years

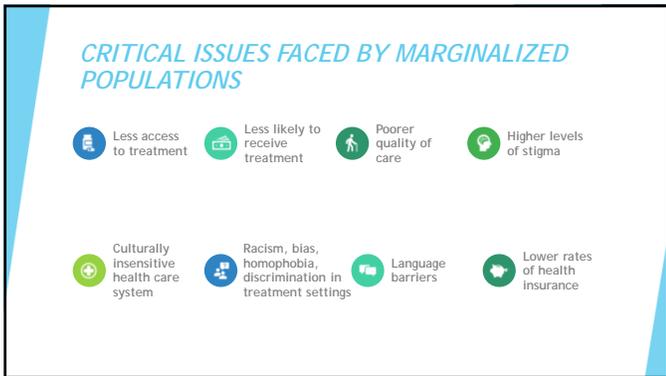
 37% of students with a mental health condition age 14+ drop out of school

 70% of youth in state and local juvenile justice systems have a mental illness

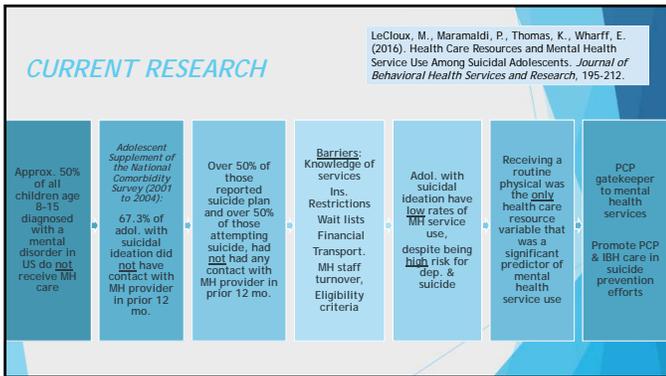
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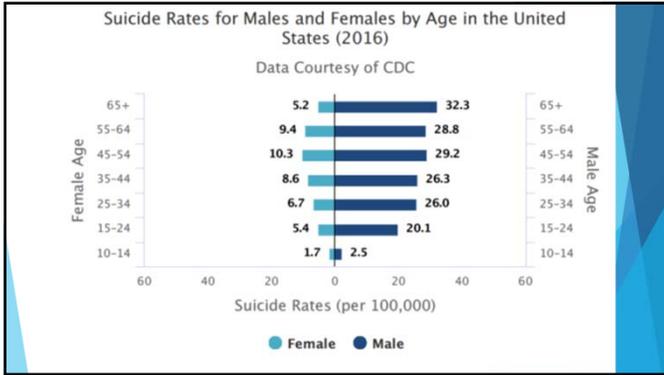
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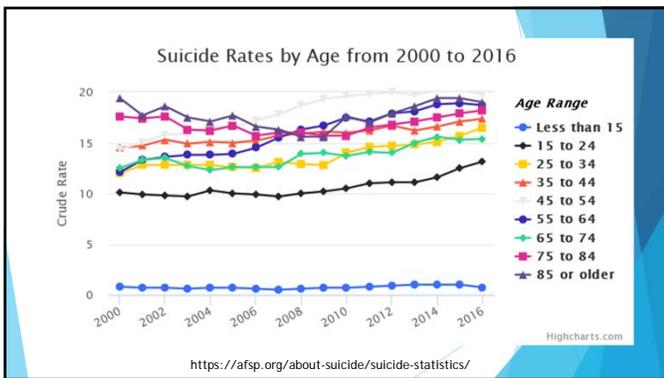
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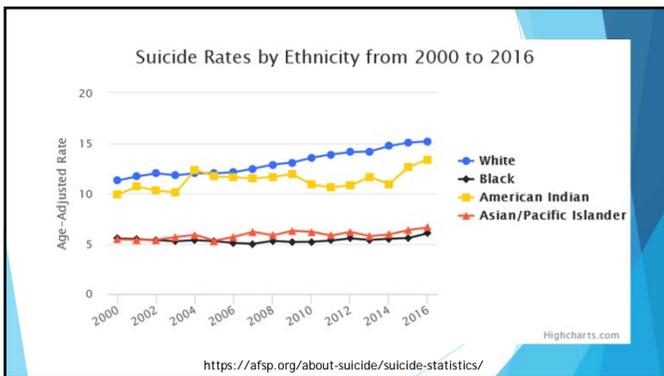
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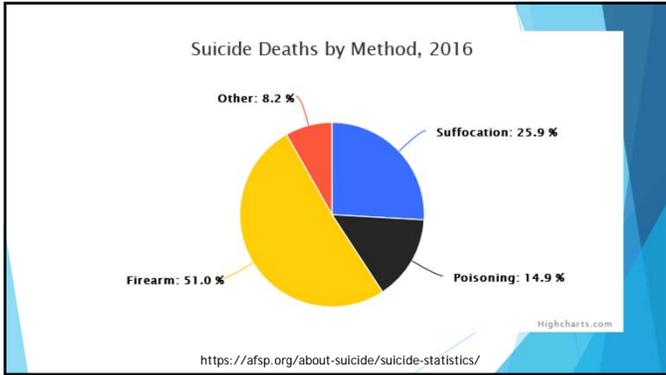
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WARNING SIGNS

- ▶ Hopelessness, no reason for living, no sense of purpose
- ▶ Rage, anger, seeking revenge
- ▶ Recklessness, risky behavior, self-destructive behavior
- ▶ Expressions of feeling trapped, no way out
- ▶ Making statements about feeling hopeless, helpless, worthless
- ▶ Increased alcohol, drug use
- ▶ Withdrawal from friends, family, society
- ▶ Anxiety, agitation
- ▶ Dramatic mood changes (suddenly relieved, happy after depression episode)
- ▶ Apathy, flat affect, not care
- ▶ Expressing goodbyes, giving away items
- ▶ Deepening depression
- ▶ Changes sleep, appetite, activity, etc.
- ▶ Talking about suicide

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1. Behavioral Health Issues/Disorders

- ▶ Depressive or other mood disorders
- ▶ Substance abuse or dependence (alcohol, other drugs)
- ▶ Conduct/disruptive behavior disorders
- ▶ Other psychiatric disorders (e.g., anxiety, trauma-related, personality disorders, eating disorders, etc.)
- ▶ Previous suicide attempts
- ▶ Self-injury (without intent to die)
- ▶ Genetic/biological vulnerability (abnormalities in serotonin functioning)

RISK FACTORS FOR YOUTH SUICIDE

There is no single, agreed-upon list of risk factors. The list below summarizes the risk factors identified by the most recent research.

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2. Personal Characteristics

- ▶ Hopelessness
- ▶ Low self-esteem
- ▶ Loneliness
- ▶ Social alienation, isolation, lack of belonging
- ▶ Low stress & frustration tolerance
- ▶ Impulsivity
- ▶ Risk taking, recklessness

- ▶ Poor problem-solving & coping skills
- ▶ Perception of self as very over- or underweight, critical of physical appearance
- ▶ Capacity to self-injure
- ▶ Perception of being a burden (e.g., to family and friends, lack of purpose, future life goals)

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3. Family Characteristics

- ▶ Family history of suicide
- ▶ Parental mental health diagnosis
- ▶ Parental divorce
- ▶ Death of parent or other relative
- ▶ Problems in parent-child relationship (e.g., feelings of detachment, inability to talk, interpersonal conflicts, family financial problems, family violence or abuse, parenting style either under-protective, over-protective, or highly critical)

4. Risky Behaviors

- ▶ Alcohol, substance use disorders
- ▶ Delinquency
- ▶ Aggressive/violent behavior
- ▶ Risky sexual behavior

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5. Environmental Factors

- ▶ Negative social, emotional, environment at school
- ▶ Lack of acceptance of differences
- ▶ Expression & acts of hostility
- ▶ Lack of respect & fair treatment
- ▶ Lack of respect for all cultures
- ▶ Lack of safety & security
- ▶ Weapons available
- ▶ Poorly lit areas conducive to bullying and violence
- ▶ Limited access to mental health care
- ▶ Access to lethal means, particularly at home
- ▶ Exposure to other suicides

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6. Adverse/Stressful Life Circumstances

- ▶ Interpersonal difficulties, significant loss, trauma, death, conflict, etc.
- ▶ Disciplinary, legal, financial problems
- ▶ Bullying: Victim or perpetrator
- ▶ Lack of social support
- ▶ Sigma, barriers associated with asking for or accessing help
- ▶ Struggling with sexual orientation in an unsupportive environment/relationships (e.g., not respectful or accepting of that orientation)
- ▶ School or work problems (e.g., actual or perceived difficulties, not attending)
- ▶ Physical, emotional, sexual, and/or psychological abuse or neglect
- ▶ Chronic physical illness
- ▶ Exposure to suicide of peer, family

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7. Exposure to discrimination based on:

- ▶ Sexual orientation
- ▶ Gender identity
- ▶ Race and ethnicity
- ▶ Religious/Spiritual
- ▶ Age
- ▶ Abilities
- ▶ Socioeconomic Status
- ▶ Physical characteristics, appearance

Challenges from stigma & discrimination:

- ▶ Victimization & bullying
- ▶ Lack of support from or rejection by family, peers
- ▶ Drop out of school
- ▶ Lack of access to work, financial opportunities
- ▶ Access to health care
- ▶ Stress from being different, not accepted
- ▶ Low self-esteem, social isolation, decreased help-seeking

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PROTECTIVE FACTORS FOR YOUTH SUICIDE

There is no single, agreed-upon list of protective factors. The list below summarizes the protective factors identified by the most recent research.

1. Individual Characteristics and Behaviors

- ▶ Psychological or emotional well-being, positive mood, outlook
- ▶ Emotional intelligence: ability to perceive, integrate into thoughts, understand, manage one's emotions
- ▶ Adaptable temperament
- ▶ Internal locus of control
- ▶ Strong problem-solving abilities
- ▶ Coping skills, including resolving conflict in non-violent ways
- ▶ Self-esteem
- ▶ Frequent, vigorous physical activity, participation in sports
- ▶ Cultural and religious beliefs that affirm life and discourage suicide
- ▶ Resilience: Ongoing or continuing sense of hope in the face of adversity
- ▶ Frustration tolerance, emotional regulation
- ▶ Body image, self-care, protective relationships

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PROTECTIVE FACTORS FOR YOUTH SUICIDE

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2. Family, Spiritual, & Other Social Support

- ▶ Family support, strong connections, community, closeness with parents, parental involvement
- ▶ Close friends or family members, a caring adult, social support
- ▶ Cultural or religious affiliation, connection/belonging, relationships, belief/support self-preservation
- ▶ Parental pro-social norms (e.g., youth know that parents disapprove of antisocial behavior, substance use, etc.)
- ▶ Family support for school, spiritual beliefs & practices

3. School

- ▶ Positive school experiences
- ▶ Part of a close school community
- ▶ Safe environment at school (especially for lesbian, gay, bisexual, transgender youth)
- ▶ Adequate or better academic achievement
- ▶ Sense of connectedness to the school
- ▶ Respect for the cultures of all students

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PROTECTIVE FACTORS FOR YOUTH SUICIDE

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4. Access to Mental Health Services

- ▶ Access to effective care for mental, physical, substance abuse disorders
- ▶ Easy access to care and support through ongoing medical and mental health relationships

5. Limited Access to Means

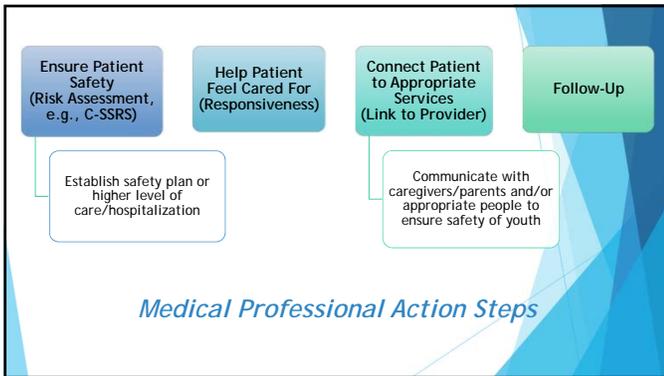
- ▶ Restricted access to firearms: guns locked and unloaded, ammunition stored separately and locked; removed
- ▶ Safety barriers for bridges, buildings, other jumping sites
- ▶ Restricted access to medications (over-the-counter and prescriptions) and other drugs
- ▶ Restricted access to alcohol (since there is an increased risk of suicide by firearms if the victim is drinking at the time)
- ▶ Supervision by trusted adult

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CAN PARENTS/CAREGIVERS HELP?

Show	Show unconditional love: Let them know how important they are to you.
Express	Express empathy: "It sounds like that was really difficult. How can I help you?" Talk calmly. Don't rush them out of emotions.
Prioritize	Prioritize positive: Interacting in positive ways, be a role model, have fun together.
Minimize	Minimize conflict: Keep boundaries and expectations but choose your battles wisely and maintain consistency.
Stay	Stay in touch: Stay on top of what your kids are doing. Be curious. Be engaged.
Know	Know your child's friends: Don't hesitate to use the school and the people in the school as partners.
Talk	Talk openly: If a child feels they have someone safe in the family that they can talk to, they feel better.
Find	Find a clinician who's a good match, ind. & family therapy, other therapies.
Take	Take emergency measures: Suicidal thoughts or behaviors are an emergency.

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Columbia-Suicide Severity Rating Scale (C-SSRS)

- Simple, plain-language, evidence-supported, free
- Risk for suicide
- Severity and immediacy of that risk
- Gauge the level of support that the person needs

Users of the tool ask people:

1. Whether and when they have thought about suicide? (ideation)
2. What actions they have taken — and when — to prepare for suicide?
3. When attempted suicide, was it interrupted by another person or stopped of their own volition?

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OTHER CONSIDERATIONS:

- ▶ Do not attempt to argue someone out of suicide.
 - ▶ Let them know you care, that they are not alone.
 - ▶ That suicidal feelings are temporary, and that depression can be treated.
 - ▶ Avoid the temptation to say, "You have so much to live for" or "Your suicide will hurt your family."
 - ▶ Some words & phrases can bring additional pain & further stigmatize people in tragic circumstances.
 - ▶ This increases the shame, secrecy, & isolation people experience, and can make it more difficult for people affected by suicide to reach out for help.
- Compassionate language includes...
- ▶ Death by suicide or died by suicide are preferred phrases that can offer comfort and provide support for healing.
 - ▶ Committed suicide and completed suicide imply a negative judgment or a criminal offence, while successful suicide implies accomplishment.
 - ▶ Suicide survivor can refer to those who have experienced their own suicidality or those who are bereaved by suicide.
 - ▶ Some survivors prefer the terms suicide attempt survivor, survivor of suicide loss, survivor bereaved by suicide.

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The image shows a screenshot of a website. On the left, there is a promotional graphic for the 'MY3' app, titled 'A SAFETY NET OF COMMUNICATION FOR ARE'. It features a smartphone icon and text: 'MY3 is available for download at your app store/google play. Take Suicide Threats Seriously Handout Patient Safety Plan Template Handout (Stanley & Brown)'. On the right, there is a 'Patient Safety Plan Template' form with several sections:

- Step 1: Warning signs (thoughts, feelings, mood, abilities, behaviors) that a crisis may be developing.** (Numbered 1-4)
- Step 2: Warning signs (thoughts, feelings, mood, abilities, behaviors) that a crisis may be developing.** (Numbered 1-4)
- Step 3: People and social settings that provide distraction.** (Numbered 1-4)
- Step 4: People who can ask for help.** (Numbered 1-4)
- Step 5: Professionals or agencies that provide additional support.** (Numbered 1-4)
- Step 6: Making the plan/contract safe.** (Numbered 1-4)

 At the bottom, there is a note: 'The one thing that is most important to me and worth living for is:'

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RESOURCES:

- <https://childmind.org/suicide-prevention/>
 - <http://youmatter.suicidepreventionlifeline.org/issues/suicide/>
 - <https://www.activeminds.org/about-mental-health/statistics/>
 - https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Teen-Suicide-010.aspx
 - <http://zerosuicide.sprc.org/toolkit/treat/interventions-suicide-risk>
- The National Action Alliance for Suicide Prevention (Action Alliance)
- <https://theactionalliance.org/faith-hope-life>
- Relationship Abuse:
- <https://www.lovesrespect.org/>
- LGBTQ:
- <https://www.thetrevorproject.org/#sm.00018nscjkq7f1urjh190pnieizy>
- Bullying:
- <https://www.stopbullying.gov/>
 - <https://www.ditchthelabel.org/>
- NIMH & NAMI Brochures and Fact Sheets:
- <https://www.nimh.nih.gov/health/statistics/index.shtml>
 - <https://www.nimh.nih.gov/health/publications/fact-sheets.shtml>
 - <https://www.nami.org/Learn-More/Fact-Sheet-Library>

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Youth Risk Behavior Surveillance System
<https://www.cdc.gov/healthyouth/data/yrbhs/index.htm>

Child Mind Institute
<https://childmind.org/article/youre-worried-suicide/>
<https://childmind.org/article/antidepressants-and-teen-suicides/>
<https://childmind.org/article/teen-suicides-what-are-the-warning-signs/>
<https://childmind.org/article/talking-to-kids-about-the-suicide-of-someone-close-to-them/>
<https://childmind.org/article/supporting-children-after-the-suicide-of-a-classmate/>

- ▶ The Columbia Lighthouse Project
<http://cssrs.columbia.edu/>
- ▶ American Foundation for Suicide Prevention
<https://afsp.org/about-suicide/>
- ▶ Society for the Prevention of Teen Suicide
<https://www.sptsusa.org/>
- ▶ Talking to Teens: Suicide Prevention
<http://www.apa.org/helpcenter/suicide-talking-teens.pdf>
- ▶ Healthy Children: 10 Things Parents Can Do to Prevent Suicide
<https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Ten-Things-Parents-Can-Do-to-Prevent-Suicide.aspx>
- ▶ American Academy of Child and Adolescent Psychiatry
https://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Suicide_Resource_Center/Home.aspx
- ▶ Child Safety Network
<https://www.childsafetynetwork.org/injury-topics/suicide-prevention>
- ▶ Suicide Prevention Resource Center
<https://www.sprc.org/>
- ▶ Suicide Prevention Lifeline
<https://suicidepreventionlifeline.org/>
- ▶ PREVENTING SUICIDE: A HIGH SCHOOL TOOLKIT
U.S. Department of Health and Human Services
Substance Abuse and Mental Health Services Administration
<file:///C:/Users/cml182/Desktop/SAMSA%20Teen%20Suicide%20Prev%20Toolkit.pdf>

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