Hope > Pain

"Speak the name of the beast and it will retreat"

Recommended language

USE

- Died by suicide
- Attempted suicide

Don't use

- *"Committed suicide"*
- *"Successful" or "Unsuccessful" attempts*

Do we know what causes suicide?

"Werther" vs. "Papageno" effect

How we communicate about suicide may influence a vulnerable person towards suicidal behavior.

But **positive messaging** about suicide prevention such as coverage of positive coping in adverse circumstances, or information about resources may have **protective effects** .

SuicidePreventionMessaging.org

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VETERANS

COMMIT

SUICIDE

EVERY DAY

History and Policies: Suicide Prevention

2001
National Strategy for Suicide Prevention

2008
CA Strategic Plan for Suicide Prevention

2012
National Strategy for Suicide Prevention (Update)

2016
AB2246: School Suicide Prevention Policies Mandate
- 2018, AB 2639: Requires policies be updated minimum every 5 years

2017
AB 89: Psychologist Suicide Prevention Training (6 hours, 2020)

2018
AB 1436: Mental Health Professionals Suicide Prevention Training (6 hours, 2021)

2018
AB 1808: Funding to support school-based trainings

2018
AB 972: Crisis Resources on School ID cards

Leading Causes of Non-Natural Death by Age Group of Victim, County of San Diego, 2004 - 2013

| Age Group	Rank of Cause of Death				
	1	2	3	4	5
0-4	Drown 50	Homicide 38	Asphyxia 32	Pedestrian 18	Struck by Object 6
5-9	Motor Vehicle 21	Pedestrian 8	Drown 5		
10-14	Suicide 21	Motor Vehicle 18	Homicide 16	Pedestrian 7	
15-19	Motor Vehicle 165	Homicide 161	Suicide 108	Poisoning 54	Pedestrian 34
20-24	Motor Vehicle 302	Suicide 274	Poisoning 187	Homicide 181	Motorcycle 87
25-44	Poisoning 1,064	Suicide 1,030	Motor Vehicle 434	Homicide 368	Pedestrian 144
45-64	Poisoning 1,613	Suicide 1,420	Falls 318	Motor Vehicle 314	Homicide 204
65-84	Falls 830	Suicide 527	Motor Vehicle 206	Pedestrian 105	Poisoning 101
85+	Falls 1,081	Suicide 161	Motor Vehicle 72	Asphyxia 43	Homicide 12
Total	Suicide 3,541	Poisoning 3,036	Falls 2,330	Motor Vehicle 1,542	Homicide 1,030

Source: California Department of Public Health, Vital Statistics Death Statistical Master Files, 2004 – 2013.

SPRC Comprehensive Approach to Suicide Prevention

SPRC:
4 Steps
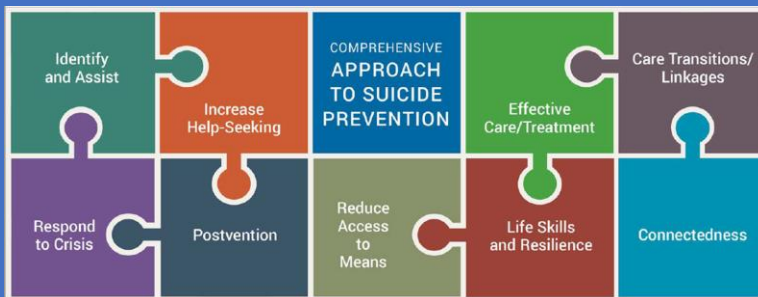
1. **Upstream**: Connectedness, Life-Skills and Resiliency, Increase Help-Seeking

2. **Intervention**: Identify and Assist, Respond to Crisis, Care Transitions/Linkages, Effective Care and Treatment

3. **Postvention**
   1. Death by suicide
   2. After an attempt

4. **Reduce Access and Lethal Means**
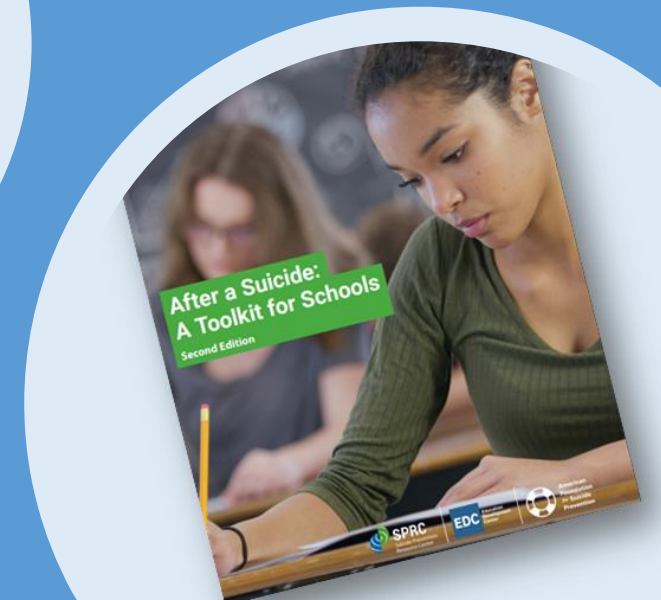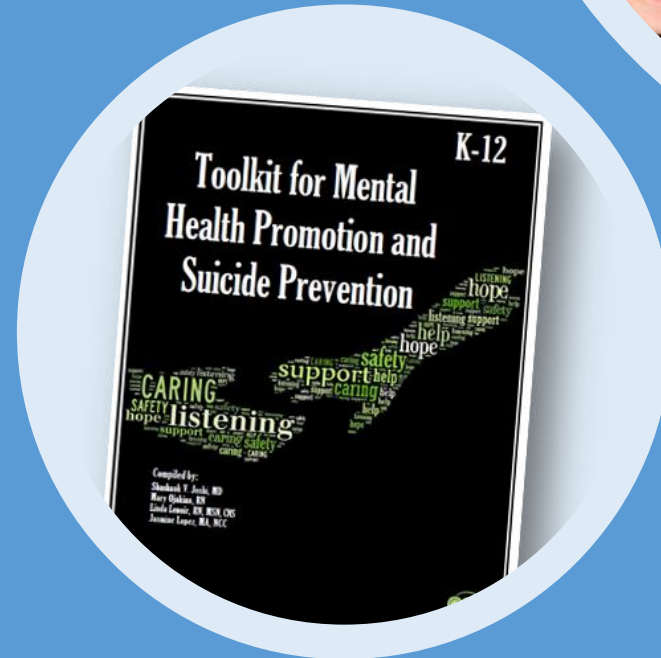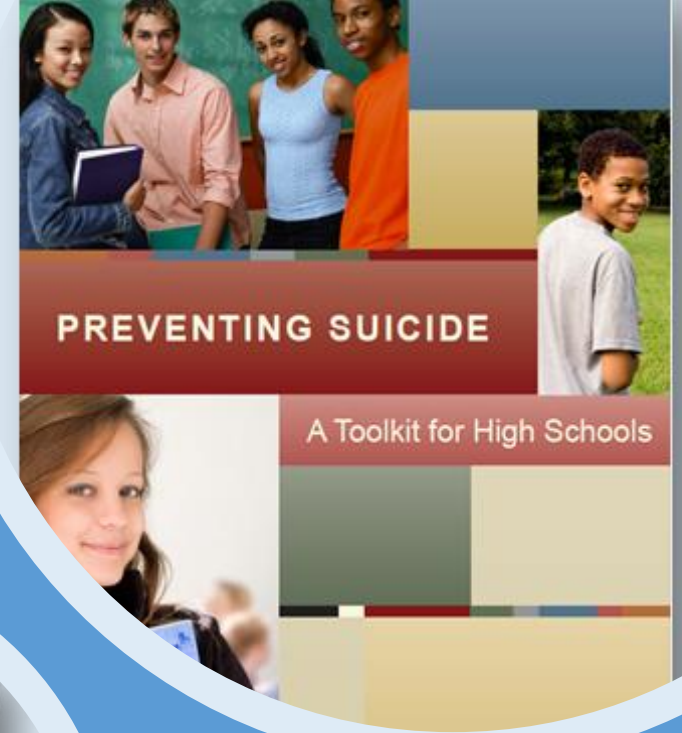   1. NOTE: incorporated throughout

Partners to Engage in Youth Suicide Prevention

- **Families and Friends**
- **Schools**
- **Healthcare**
- **Other partners:**
  - **Juvenile Justice**
  - **Faith Institutions**
  - **Youth organizations**
  - **Others?**

Assembly Bill 2246 (AB2246)

- AB2246: Passed in Sept. 2016, required all LEAs serving pupils in grades 7-12 to implement suicide prevention policies by 2017-18 school year

- CDE released "Model Youth Suicide Prevention Policy" which recommends:

  - Training for all staff
  - Specialized training in risk assessment
  - Review/update of referral processes
  - Vetting and referral of community resources
  - Utilization/sharing of crisis resources
  - Implement/update re-entry procedures
  - Focus on high risk groups
  - Student engagement/education
  - Creation of a "postvention plan"

PREVENTING SUICIDE

A Toolkit for High Schools

K-12
Toolkit for Mental Health Promotion and Suicide Prevention

After a Suicide: A Toolkit for Schools
Second Edition

AB2246: School Policies

A strong suicide prevention policy

✓ **Prevention**
✓ **Intervention**
✓ **Postvention**

Protocols for helping **students at risk**

Staff education and training

Parent education and training

Student education and engagement

Suicide is Associated with Risk *and* Protective Factors at many levels:

- **Individual**
- **Relationship**
- **Community**
- **Societal**

Youth Suicide is Associated with Risk *and* <u>Protective</u> Factors:

- Family and community support (connectedness)
- Skills in problem solving, conflict resolution, and nonviolent ways of handling disputes
- Effective clinical care for mental, physical, and substance abuse disorders
- Easy access to a variety of clinical interventions and support for help seeking
- Support from ongoing medical and mental health care relationships
- Cultural and religious beliefs that discourage suicide and support instincts for self-preservation

Youth Suicide is Associated with Risk *and* Protective Factors:

- Family history of suicide
- Family history of child maltreatment
- Previous suicide attempt(s)
- History of mental disorders, particularly clinical depression
- History of alcohol and substance abuse
- Feelings of hopelessness
- Impulsive or aggressive tendencies
- Isolation, a feeling of being cut off from other people
- Loss (relational, social, work, or financial)

Warning Signs:

- Talking about wanting to die or to kill oneself

- Looking for a way to kill oneself, such as searching online or obtaining a gun

- Talking about feeling hopeless or having no reason to live
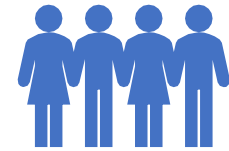
Warning Signs:

Direct

"I wish I were dead"

"I'm going to kill myself"

Indirect

"People would be better off without me"

"You won't have to worry about me much longer."

"I feel like there is no way out"

Warning Signs:

- Hopelessness

- Withdrawing or feeling isolated

- Increasing the use of alcohol or drugs

- Acting anxious or agitated; behaving recklessly

- Showing rage or talking about seeking revenge

Warning Signs:

- Putting affairs in order

- Giving away prized possessions

- Displaying extreme mood swings

- Changes in eating and sleeping patterns

- Sudden Increase in Mood

Asking about Suicide

- Are you thinking about suicide?

- Do you have a plan?

- When is the pain the worst?

Recommendations for discussing suicide

- Give yourself plenty of time
- Avoid Yes/No questions
- Allow the person to speak freely
- Respect the persons privacy
- Have your resources handy

MY3 Features: Safety Plan

- Adapted from Safety Plan by Barbara Stanley & Gregory Brown (2008)
- A tiered plan that provides activities for distraction, and people to call on depending on degree of suicidality
- A **tool** in your therapeutic relationship; a **plan to stay safe** for the individual
- Can be emailed to providers

California Resources

Pain Isn't Always Obvious
KNOW THE SIGNS
suicideispreventable.org

EachMind MATTERS
California's Mental Health Movement

www.SuicideIsPreventable.org   **www.EachMindMatters.org**

CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential

NATIONAL
SUICIDE
PREVENTION
LIFELINE ™
1-800-273-TALK (8255)
suicidepreventionlifeline.org

National Crisis Resources

Hold on to what is good,

Even if it's a handful of earth.

Hold on to what you believe,

Even it it's a tree that stands by itself.

Hold on to what you must do,

Even if it's a long way from here.

Hold on to your life,

Even if it's easier to let go.

Hold on to my hand,

Even if someday I'll be gone away from you.

-Pueblo Prayer

Hope > Pain

- Stan Collins
- StanPCollins@gmail.com