

The Hero in Each of Us: Finding Your Role in Suicide Prevention

Pain Isn't Always Obvious
KNOW THE SIGNS
Suicide Is Preventable.org

EachMind MATTERS
California's Mental Health Movement

🎗 Suicide Prevention

Statewide suicide prevention social marketing campaign with the overarching goal to increase Californians' capacity to prevent suicide by encouraging individuals to know the signs, find the words to talk to someone they are concerned about, and to reach out to resources.

suicideispreventable.org
elsuicidiodispensible.org

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Hold on to what is good,
Even if it's a handful of earth.
Hold on to what you believe,
Even if 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

🎗 Suicide Prevention Resources

Campaign materials are available in several languages and for a variety of communities:

- African American
- API youth
- Cambodian
- Chinese
- Filipino
- General public
- Hmong
- Individuals in crisis
- Korean
- Lao
- LGBTQ youth and young adults
- Middle aged men
- Native American
- Spanish-speaking
- Vietnamese

YOUR VOICE COUNTS
yourvoicecounts.org

🎗 Each Mind Matters

Each Mind Matters is California's Mental Health Movement.
We are millions of individuals and thousands of organizations working to advance mental health.

EachMind MATTERS
California's Mental Health Movement

SanaMente
Movimiento de Salud Mental de California

🎗 Suicide Prevention Resources

- MY3 mobile app
- Training Resource Guide for Suicide Prevention in Primary Care Settings (Train the Trainer)
- Making Headlines: Preparing you to reach out and respond to local media for suicide prevention
- Pathways to Purpose and Hope: A guide to create a sustainable program for survivors of suicide loss
- How to use social media for suicide prevention

☯ Suicide Prevention Materials

All materials can be viewed, downloaded, and in many instances customized, by visiting the "Resource Center" at www.yourvoicecounts.org



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"Key gatekeepers, those people who regularly come into contact with individuals or families in distress, must be trained to recognize behavioral patterns and other factors that place individuals at risk for suicide and be equipped with effective strategies to intervene before the behaviors and early signs of risk evolve further."

– National Strategy for Suicide Prevention, 2001

☯ Students and Schools

- Youth and young adults submit 60 second films in suicide prevention, ending the silence of mental illness, and/or through the lens of culture.
- Every school receives free prevention programs and resources
- Films can be used and downloaded (for free) to support awareness efforts



directingchange.org

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☯ Correct Terminology

Do Use	Do Not Use
<ul style="list-style-type: none"> • Died by suicide, took their own life • Attempted suicide • Survivor of Suicide (lost a loved one to suicide) • Suicide Attempt Survivor 	<ul style="list-style-type: none"> • Committed suicide • Successful/ Unsuccessful Attempt

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"Suicide Prevention and intervention require constant vigilance."

– Hayes Lewis, co-creator of Zuni Life Skills

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What are the causes of Suicide?

🎗️ Successful and Safe Messaging



SuicidePreventionMessaging.org

🎗️ Mental Illness in Youth

- 50% of people with a serious mental illness show symptoms by age 14, and nearly 75% by age 24
- However, there are typically long delays between onset of symptoms and accessing treatment

• National Institute of Mental Health

🎗️ Successful and Safe Messaging

Key Considerations:

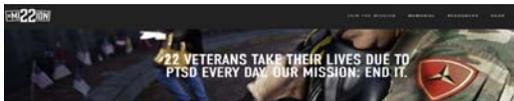
- What messages are we using?
- What messages are we sending?



SuicidePreventionMessaging.org

🎗️ Tell and Adult

- 40-68 percent of young people experiencing suicidal ideation turn to peer and family for assistance
- But less than 25 percent of the peers tell an adult about a friend's problem or urge the young person in crisis to go to an adult for help



About #22KILL

Mission Statement:

#22KILL is a global movement bridging the gap between veterans and civilians to build a community of support. #22KILL works to raise awareness to the suicide epidemic that is plaguing our country, and educate the public on mental health issues such as PTSD.

🎗️ Factors of Suicide

- Warning Signs:** An observable behavior which may indicate a person is thinking about suicide ("red flag", symptom)
- Risk Factors:** Factors that make it more likely that individuals may be at risk for suicide. These may encompass biological, psychological, or social factors in the individual, family, and environment.

🎗 When to Conduct a Risk Assessment

A suicide risk assessment is warranted:

- If any suicide warning signs are evident
- If significant risk factors are present

Generally, the more warning signs and risk factors present, the greater the individual's risk.

🎗 Assessing Suicide Intent

Guiding questions:

- Are you thinking about suicide? Are you thinking about killing yourself?
- When did you begin thinking about suicide?
- Did any event cause these thoughts?
- How often do you think about suicide?
- How long do these thoughts last?

🎗 Key Components of a Suicide Risk Assessment

1. Assess risk factors
2. Ask about suicidal thoughts, plan, and intent
3. Assess protective factors
4. Apply clinical judgment
5. Document

🎗 Assessing Suicide Planning

- Do you have a plan? If so, how would you do it? Where would you do it?
- Do you have the ____ (means) that you would use? Where is it right now?
- What have you done to begin carrying out your plan? Have you made other preparations?
- What stops you from carrying out your plan?

🎗 Starting the Conversation

Some questions to start the conversation:

- Sometimes, people in your situation lose hope. I'm wondering if you may have lost hope, too?
- Have you ever thought things would be better if you were dead?
- With this much stress, have you ever thought of hurting yourself?

🎗 Assessing Protective Factors

- Sense of responsibility to family
- Life satisfaction
- Social support; belongingness
- Coping/problem-solving skills
- Strong therapeutic relationship
- Religious faith

🎗️ Columbia-Suicide Severity Rating Scale

- <http://www.cssrs.columbia.edu/>
- C-SSRS part of the National Action Alliance's Toolkit for Zero Suicides
- Versions for schools, first responders, healthcare and other fields
- Visit the website for materials and training resources

🎗️ Asking about Suicide Intent

- Are you thinking about suicide?
- Do you have a plan?
- When was the last time you thought about suicide?

🎗️ Safety Planning and Support

1. Recognizing the signs of crisis
2. Identifying coping strategies
3. Having social contacts who may distract from the crisis
4. Contacting friends and family for crisis support
5. Contacting health professionals, including 911 or crisis hotlines
6. Reducing access to lethal means

🎗️ Recommendations for discussing thoughts of 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 Suicide Prevention Mobile App



www.MY3app.org

Target audience:
Those at risk for suicide

Purpose:
Getting those at risk for suicide connected to their primary support network when they are in crisis; also provides safety planning and other helpful resources

🎗️ Helping Suicide Loss Survivors

- Express empathy
- Briefly explain the investigation process
- Help survivors find support:
 - Friends and family members
 - Support Groups
 - Provide written materials about resources

⌘ Trainings for Mental Health Professionals

- American Association of Suicidology
 - **Recognizing and Responding to Suicide Risk (RRSR)**
 - Two-day face-to-face workshop; CEUs provided (approved by APA, NASW, NBCC)
 - <http://www.suicidology.org/training-accreditation/rrsr>

⌘ Trainings for Mental Health Professionals

- **Suicide to Hope (Living Works)**
 - Based on ASIST Model
 - One day (8 hours)
 - <https://www.livingworks.net/programs/suicide-to-hope/>

⌘ Trainings for Mental Health Professionals

- Suicide Prevention Resource Center
 - **Assessing and Managing Suicide Risk (AMSR)**
 - One day (6.5 hours long) and is approved by APA, NASW, NBCC and the California Board of Behavioral Sciences. CEUs
 - <http://www.sprc.org/sites/sprc.org/files/AMSRcompetencies.pdf>

⌘ Trainings for Mental Health Professionals

- The Assessment and Management of Suicide Risk: State of Workshop Education
 - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3529392/pdf/nihms-426863.pdf>

⌘ Trainings for Mental Health Professionals

- **Collaborative Assessment and Management of Suicidality (CAMS-Catholic University)**
- CAMS 6-hour online training course
- CAMS live role-play training by CAMS-care expert trainers
- <http://cams-care.com/>

⌘ Resources

- **National Suicide Prevention Lifeline**

(800)273-8255 (TALK)

- www.SuicidelsPreventable.org



⌘ Thank You

- Stan Collins
- Stan@SuicideIsPreventable.org



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