GOOD Morning!

• Goals of this morning’s presentation
  – Increase the Awareness of the Signs of Suicide
  – Decrease the stigma of Mental Illness that often underlies suicidal ideation
  – Give an overview of how to make a connection to help those in need
Prevalence of Suicide Among US Youth

• 3rd leading cause of death among youth ages 15-24 (CDC, 2012)

• In 2011, 4,630 people between the ages of 15 and 24 completed suicide.
  • 12.5% of total suicides that year.

• Approximately 1 out of every 15 high school students attempts suicide each year (CDC, 2012).

• But STILL….adolescent suicidal behavior is deemed underreported
By the Numbers...

- 2013 NH Youth Risk Behavior Survey found that:
  - 25.4% felt so sad or hopeless for 2+ weeks that they stopped doing some usual activity.
  - 14.4% seriously considered attempting suicide.
  - 12.8% made a suicide plan.
  - 6.8% attempted suicide.
    - 2.5% of those who made an attempt required medical attention
Risk Factors

• A **risk factor** is any personal trait or environmental quality that is associated with suicide.

• Risk factors ≠ causes.

• Examples:
  o **Behavioral Health** (depressive disorders, Non Suicidal Self Injury, substance abuse)
  o **Personal Characteristics** (hopelessness, ↓ self-esteem, social isolation, poor problem-solving)
  o **Adverse Life Circumstances** (interpersonal difficulties, bullying, history of abuse, exposure to peer suicide)
  o **Family Characteristics** (family history suicide, parental divorce, family history mental health disorders)
  o **Environmental** (exposure to stigma, access to lethal means, limited access to mental health care, lack of acceptance)
Some Secrets SHOULD be Shared...

SOS Signs of Suicide® Prevention Program.

High School Prevention Program listed on SAMSHA’s National Registry of Evidenced-Based Programs
SOS Signs of Suicide® Prevention Program

• Using a simple and easy-to-remember acronym, ACT® (Acknowledge, Care, Tell), students are taught certain steps to take if they encounter a situation that requires help from a trusted adult.
Video Presentation
Review of the Warning Signs

• Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
• Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
• Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
• Feeling hopeless
• Feeling rage or uncontrolled anger or seeking revenge
• Acting reckless or engaging in risky activities - seemingly without thinking
• Feeling trapped - like there's no way out
• Increasing alcohol or drug use
• Withdrawing from friends, family, and society
• Feeling anxious, agitated, or unable to sleep or sleeping all the time
• Experiencing dramatic mood changes
• Seeing no reason for living or having no sense of purpose in life
How to Connect

A Partial List of Mental Health Providers

For Children and Adolescents

- Ashland Family and Play Therapy
  300 N. Main St. Suite 100 Plymouth, NH 03264
  536-1933

- Barry, Eileen ARNP
  45 Washington St. Conway, NH 03818
  447-6339

- Bianco, Karen LICSW
  14 Country Club Rd. Gilford, NH
  524-5776

- Catalano, Stephen DDSW
  401 Gilford Ave. Gilford, NH 03246
  528-3116

- Child and Family Services
  95 Water St. Laconia, NH 03247
  524-5835

- Derepelian, Dorothy LCMHC
  248 Daniel Webster Hwy Meredith, NH 03253
  279-8169
Questions