





Youth Suicide
Starting the Conversation

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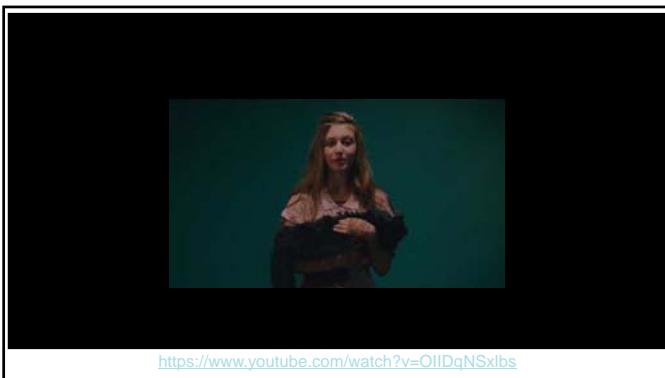
Wendy Sefcik
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	<p>Wendy Sefcik Chair, NJ Youth Suicide Prevention Advisory Council</p> <ul style="list-style-type: none"> ➢ Wife ➢ Mother ➢ Suicide Awareness & Prevention Advocate ➢ Survivor of Suicide Loss
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Let's start the Conversation





<https://www.youtube.com/watch?v=OIIDqNSxlbs>

Learning Objectives

- Increase awareness about youth suicide
- Recognize warning signs and risk factors
- Explain how to start the conversation about suicide
- Discuss how we can all play a role in prevention
- Provide resources

How we talk about suicide matters

Preventing suicide starts with our comfort in acknowledging and talking about suicide.

Preferred Language

- > "suicide"
- > "died by/of suicide"
- > "death by suicide"
- > "suicide attempt"

Avoid Saying

- > Committed suicide
- > Failed or successful attempt



Youth Suicide Statistics

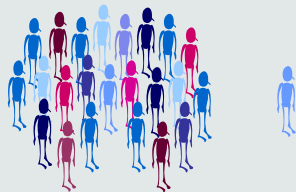
Suicide is the 2nd Leading Cause of Death for Youth Nationally and in New Jersey.

2018 Data

Ages 10-14	Ages 15-24
• 605 deaths	• 6,211 deaths

This represents a rate of one youth suicide every 1 hour and 17 minutes.

Estimates of attempted suicide



- > On average, 120 American die by suicide every day, totaling over 48,000 people each year.
- > 6,000 are high school and college-age students
- > Every day approximately 3,000 youth in grades 9-12 attempt suicide
- > Suicide is the 2nd leading cause of death for youth ages 15-24

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<p>What middle school kids, grades 6 – 8 are telling us.....</p> <ul style="list-style-type: none"> > 22% of middle school students seriously considered attempting suicide > 17% made a plan about how to kill themselves > 11% attempted suicide 	
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	<p>What high school students, grades 9 – 12 are telling us.....</p> <ul style="list-style-type: none"> > 31.5% of students felt sad or hopeless > 17.2% of high school students seriously considered suicide > 13.6 % of high school students made a plan about how to kill themselves <hr/> <ul style="list-style-type: none"> > 7.4% of student attempted suicide > 2.4% of students attempted suicide, resulting in being treated by a doctor or nurse
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<h2>Pros & Cons of Social Media</h2>	<p>Positives</p> <ul style="list-style-type: none"> > Support for marginalized populations > Elimination of geographic barriers > Suicide support groups/resources > Online PSAs > Partnering with suicide prevention programs > Connections
	<p>Negatives</p> <ul style="list-style-type: none"> > Virtual friendships vs. "real life" friendships > Impact and risk of cyberbullying > Media contagion > Online videos-self injury and suicide > Live-streaming

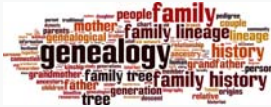


<p>What we know about bullying and suicide together</p>	
<ul style="list-style-type: none"> > There is a relationship between bullying and suicide-related behavior. > Those who are bullied have a higher risk for suicide-related behavior. > Research has shown that the perpetrator is also at high risk for suicidal ideation and behaviors. 	

<p>Suicide is Complex</p> <p>There is no single cause for suicide. Suicide most often occurs when several stressors and health issues converge to create an experience of hopelessness and despair. Let's look at Risk Factors and Warning Signs.</p>	

Risk Factors 	<p>Risk factors are characteristics or conditions that increase the chance a person may take their life.</p>
	<p>Risk factors can be grouped into 3 categories:</p> <ul style="list-style-type: none">➤ Health➤ Historical➤ Environmental

Health Risk Factors	<ul style="list-style-type: none">➤ Biological and psychological medical conditions (most significant of which are mental health conditions) can increase risk.➤ Serious chronic health conditions➤ Chronic pain➤ Serious head injuries have been found
	

Historical Risk Factors	<ul style="list-style-type: none">➤ Family history of suicide➤ Family history of mental health conditions➤ Childhood abuse➤ Childhood trauma➤ Previous suicide attempts➤ Sexual orientation in an environment that is not respectful or accepting
	

Environmental Risk Factors



- Access to lethal means
- Exposure / contagion
- Prolonged stress
- Stressful life event
- Transitions

WARNING SIGNS



Suicide warning signs may be direct or indirect. While many of the suicide risk factors endure over a longer period of time, warning signs are observable signs that signal suicidal risk in the near future.

It is important to pay attention to both the risk factors and the warning signs.

Warning signs are typically displayed in three detectable ways: Talk, Behavior and Mood.

The more warning signs observed, the greater the risk.

Take all signs seriously.

WARNING SIGNS: TALK





Many who are suicidal talk about ending their lives, either directly or indirectly. A person might say it outright, or they might joke about it.


Take it seriously every time!


Listen for things like:


- Talking about ending their life
- Having no reason to live
- Feeling like a burden
- Feeling trapped
- Unbearable pain



	<p>WARNING SIGNS: BEHAVIOR</p> <p>Atypical behavior in someone should encourage you to speak to the person about what you are noticing.</p>
	<p>People thinking about suicide can display certain behaviors which include:</p> <ul style="list-style-type: none"> > Increased use of alcohol or drugs > Isolating from family and friends > Sleep issues > Looking for ways to kill themselves > Acting recklessly > Giving away possessions > <i>Withdrawing from activities</i>


	<p>WARNING SIGNS: MOOD</p> <p>People at risk for suicide can display – often quite subtly – any of the following moods:</p> <ul style="list-style-type: none"> > Depression > Apathy > Rage > Irritability > Impulsivity > Humiliation > Anxiety
	

	<p>Critical Cues</p>
	<ul style="list-style-type: none"> > Talking about or making plans for suicide > Expressing hopelessness about the future > Displaying severe/overwhelming emotional pain or distress > Sudden decline or improvement in academic performance > Expressing feeling like a burden > Changes in eating and/or sleeping habits > Extreme anger > Any sudden uncharacteristic behavior changes


IS PATH WARM?	
<p>Ideation / threatened or communicated Substance abuse / excessive or increased? Purposelessness / no reasons for living Anxiety / agitation / insomnia Trapped / feeling no way out Hopelessness / nothing will ever change</p> <p>Withdrawal from friends, family, society Anger (uncontrolled)/ rage / seeking revenge Recklessness/ risky acts / unthinking Mood changes (dramatic)</p>	

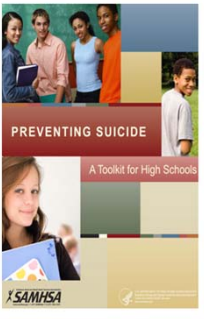
Tips for Asking the Suicide Question	
<ul style="list-style-type: none"> ➢ Talk to the person in private ➢ Listen to their story, allow them to speak freely without interruption ➢ Express concern and caring ➢ Ask directly about suicide ➢ Have your resources handy; community resources phone numbers ➢ Connect them to a mental health professional 	

Starting the conversation....	
	<ul style="list-style-type: none"> ➢ "I've noticed you are staying in your room a lot. Are you unhappy?"
	<ul style="list-style-type: none"> ➢ "You seem to be very tired lately and haven't been eating. You seem to be so sad (or angry). Can you tell me what's going on?" ➢ "You know, when people are as upset as you seem to be, they sometimes wish they were dead. I'm wondering if you're feeling that way, too?" ➢ "Have you thought of killing yourself?"

	What can we all do?
	<ul style="list-style-type: none">➢ Reach out: Reaching out with a kind caring word can mean so much to a youth who may be struggling. Let them know they are not alone, and you can help connect them to resources.➢ Be a Trusted Adult: Be that adult a youth can turn to without judgement to listen and assist—not fix.

RESOURCES	

<p>Suicide Prevention Helpline: 800-273 TALK (8255)</p> <p>Crisis Textline: TEXT Help to 741 741</p> <p>2nd Floor Youth Helpline: 888-222-2228</p>	



**Preventing a Suicide
A Toolkit for High Schools**

This guide assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health and tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students.

Additional Prevention Resource



www.sprc.com

Social & Emotional Learning Resource



www.casel.org

Additional Resources



NCTSN The National Child Traumatic Stress Network
<https://www.nctsn.org/>

AMERICAN ASSOCIATION OF SUICIDOLOGY
<https://suicidology.org/>

CDC Centers for Disease Control and Prevention
"CDC: Safer, Stronger, Healthy People"
<https://www.cdc.gov/>

World Health Organization
<https://www.who.int/>

TREVOR! National Suicide Hotline: 1-877-87-HOPE

CRISIS TEXT LINE Text HOME to 734-746-7273


TEENS National Suicide Hotline: 1-800-928-8886

SUICIDE HELPLINE SUPERHEROES 1-800-989-9889



QUESTIONS OR COMMENTS?

Thank You for Your Time & Attention!



The best view comes after the hardest climb
