



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Youth Suicide

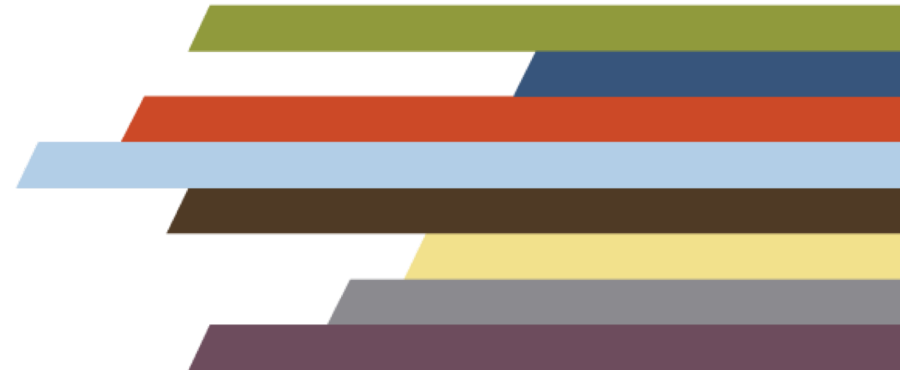
Maureen A. Brogan, ACS, LPC, DRCC

Program Manager, Traumatic Loss Coalitions for Youth

Rutgers, University Behavioral Health Care

732-235-2818

Maureen.Brogan@Rutgers.edu



Northeast Caribbean MHTTC

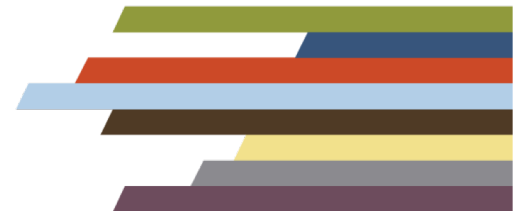
- Provides 5 years (2018 – 2023) of funding to:
 - Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses
 - Address full continuum of services spanning mental illness prevention, treatment, and recovery supports
 - Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses



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Feedback

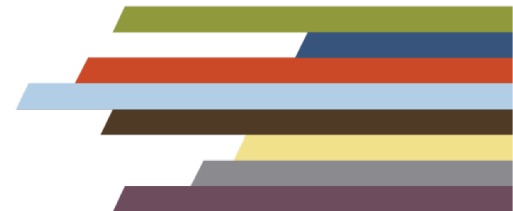
- Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, **ANONYMOUS** feedback about this event, which will provide information to SAMHSA, **AND** assist us in planning future meetings and programs. Feedback about this training will assist us in developing trainings that are relevant to your current professional needs.
- **Therefore, your feedback counts!**



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Video Recording Information

- Please note that we will be recording this webinar and posting it to our website. Any information and input you provide during today's call will be recorded and posted on our website.

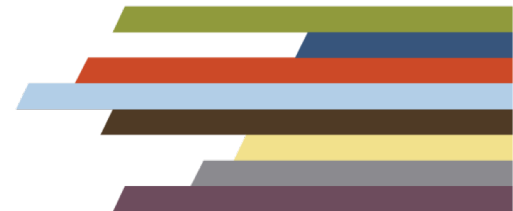
THANKS!



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Your Interactions with Us

- **Question and Answers**

- Q & A will occur at the end of the call.
- Please type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).

- **Chat and Polls**

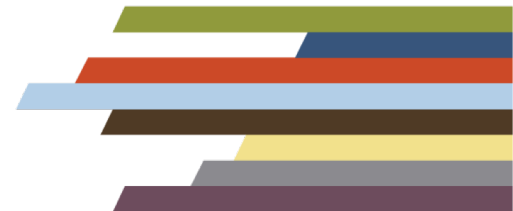
- Throughout the webinar, we will be asking for your input.
- Please use the Chat or Poll features in Zoom located on the task bar.



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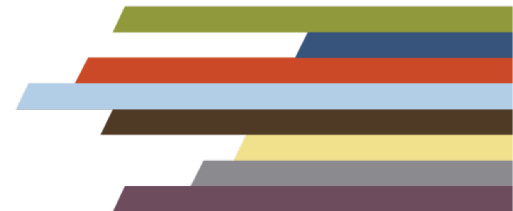
- Wife
- Mother
- Suicide Awareness Master Trainer
- Trauma Expert



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Disclosures

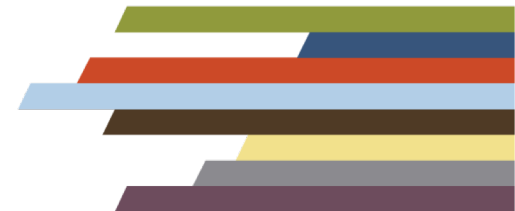
- I have no disclosures to report



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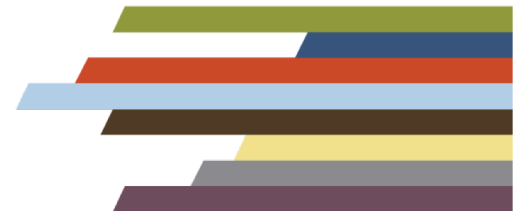
<https://www.youtube.com/watch?v=OIIDqNSxlbs>



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Learning Objectives

- Increase awareness about suicide
- Recognize warning signs and risk factors
- Explain how to talk about suicide
- Give resources to support individuals in crisis

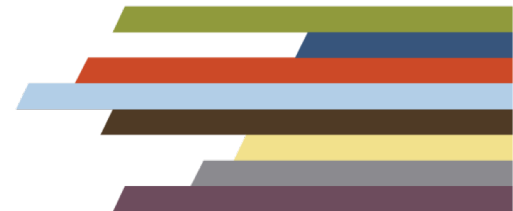


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Placeholder: Polling Question 1

Who is present on this morning's webinar?

1. Teacher
2. School counselor
3. Mental health professional
4. Administrator
5. Parent
6. Other

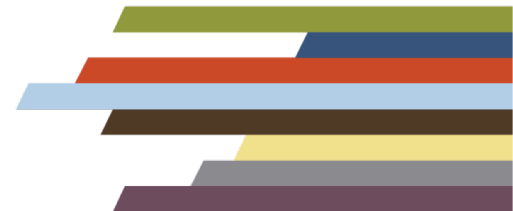


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Disclaimer

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

Preferred language:

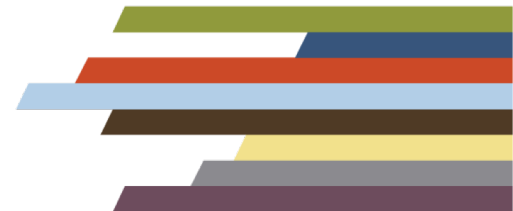
- “suicide”
- “died by/of suicide”
- “death by suicide”
- “suicide attempt”



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Youth Suicide: United States

2017 Youth Suicide Statistics

Ages 10- 14

- 517 deaths

Ages 15-24

- 6252 deaths

At a rate of one suicide every two hours



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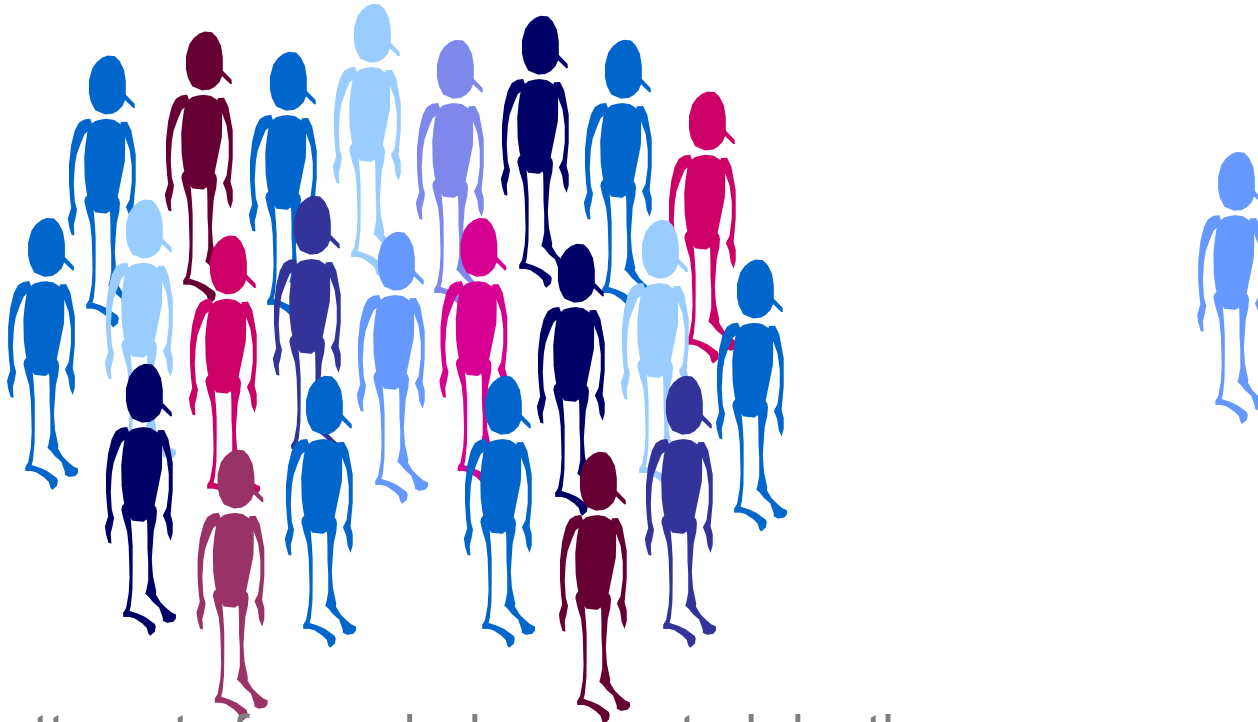
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Estimates of attempted suicide



25 attempts for each documented death

***47,000 suicides translates into 1,200,000 attempts annually*

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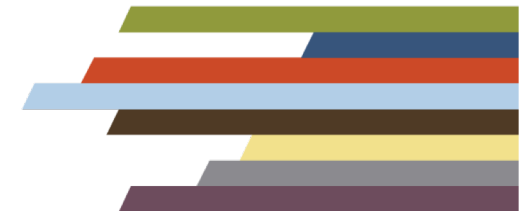


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Placeholder: Polling Question 2

Do people communicate their suicidal intentions?

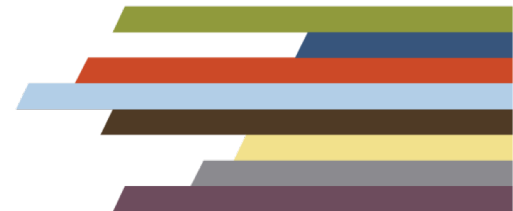
1. Yes
2. No
3. Not sure



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Placeholder: Polling Question 3

**Is suicide is an act of aggression, anger,
and/or revenge?**

1. Yes
2. No
3. Not sure

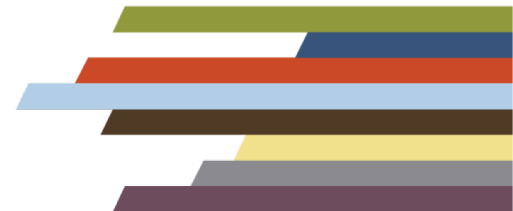


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Pros & Cons of Social Media

Positives

- Support for marginalized populations
- Elimination of geographic barriers
- Suicide support groups/resources
- Online PSAs
- Partnering with suicide prevention programs

Negatives

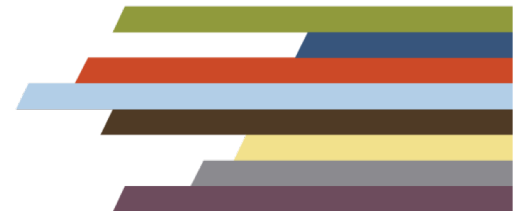
- Virtual friendships vs. “real life” friendships
- Impact and risk of cyberbullying
- Media contagion
- Online videos-self injury and suicide
- Live-streaming



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What We Know About Bullying and Suicide Together



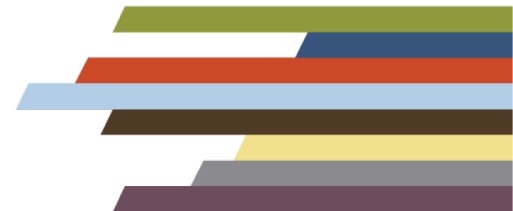
- There is a relationship between bullying and suicide-related behavior
- Those who are bullied have a higher risk for suicide-related behavior
- Research has shown that the perpetrator is also at high risk for suicidal ideation and behaviors.



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Placeholder: Polling Question 4

Are suicidal teens overreacting to life events?

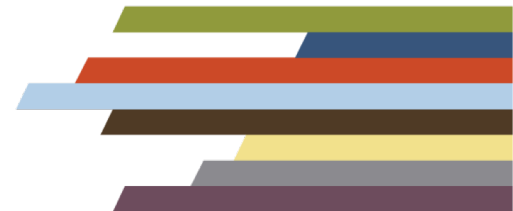
1. Yes
2. No
3. Not Sure



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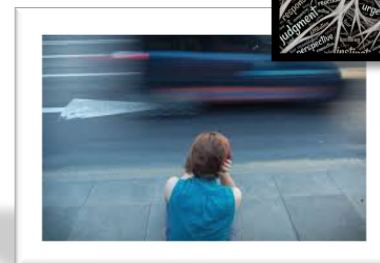
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Key Suicide Risk Factors

- A recent or serious loss
- A psychiatric disorder
- Prior suicide attempts
- Alcohol or substance abuse disorders
- Sexual orientation in an environment that is not respectful or accepting
- Transitions



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Warning Signs



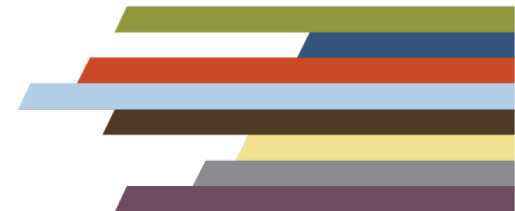
- Suicide warning signs may be direct or indirect (clues)
- The more warning signs observed, the greater the risk.
- Take all signs seriously.



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Cues

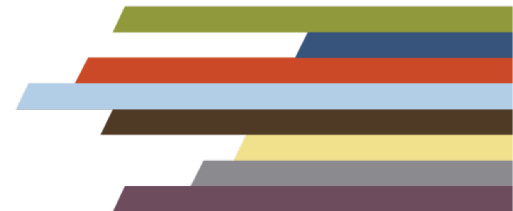
- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress
- Sudden decline or improvement in academic performance
- Showing worrisome behavior or changes particularly in the presence of the above warning signs.



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IS PATH WARM?

Ideation / threatened or communicated

Substance abuse / excessive or increased?

Purposelessness / no reasons for living

Anxiety /agitation / insomnia

Trapped / feeling no way out

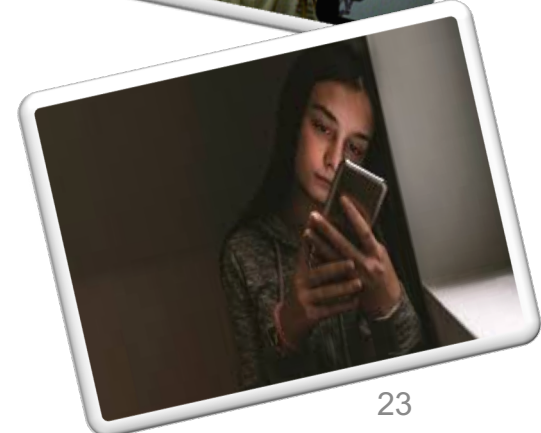
Hopelessness / nothing will ever change

Withdrawal from friends, family, society

Anger (uncontrolled)/ rage / seeking revenge

Recklessness/ risky acts / unthinking

Mood changes (dramatic)



Tips for Asking the Suicide Question

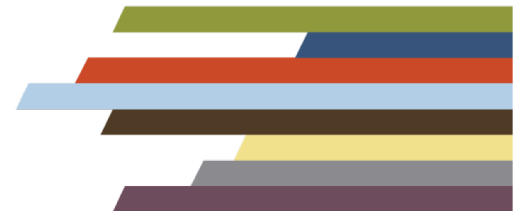
- If the young person is reluctant, be persistent
- Talk to the person alone in a private setting
- Allow the person to talk freely
- If in doubt, don't wait, ask the question
- Have your resources handy; community resources phone numbers, and know your school protocol for handling suicide risk



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Asking the question....

- “Have you been unhappy lately?”
- “Have you been very unhappy lately?”
- “Have you been so unhappy lately that you’ve been thinking about ending your life?”
- “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?”

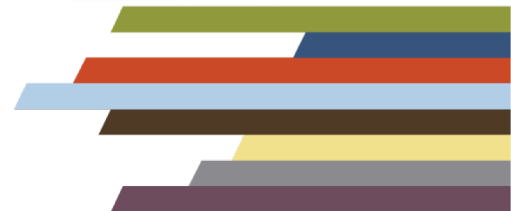


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What Can Help Youth Stay Safe?

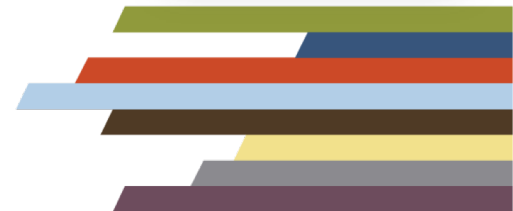
- Receiving effective mental health care when needed
- Fostering positive connections to family, peers, community, and social institutions that foster resilience.
- Creating nurturing and supportive school and community environments (SEL).
- Helping teens to cultivate problem-solving skills.
- Keeping open communication re: mental health concerns.



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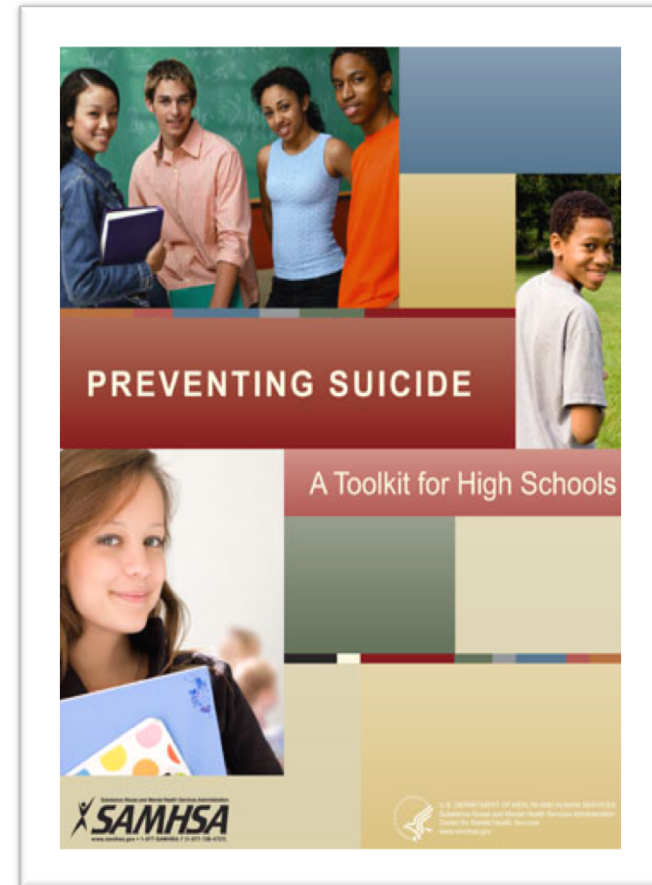
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Preventing a Suicide A Toolkit for High Schools

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.

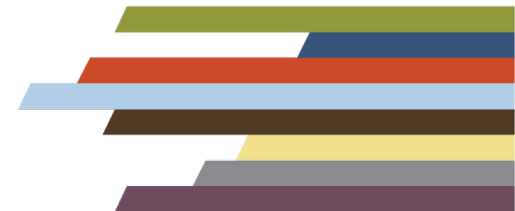


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Additional Prevention Resource

[SEARCH](#) [ABOUT SPRC](#) [CONTACT US](#) [LOGIN](#)



8 2 5 5
1 (800) 273 TALK

We all have a role to play.
Together, we can save lives.

Effective prevention starts with *you*.

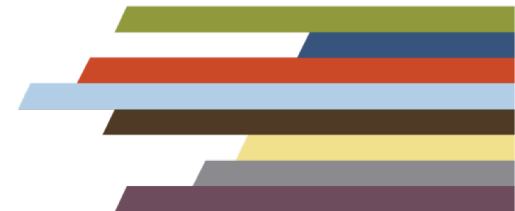
- ➔ Make a plan to prevent suicide
- ➔ Find a suicide prevention program
- ➔ Measure your program's success
- ➔ Improve suicide care for your patients
- ➔ Take action after a suicide



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Social & Emotional Learning Resource



www.casel.org

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CASEL is transforming American education through social and emotional learning.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) defined SEL more than two decades ago. Today, we collaborate with leading experts and support districts, schools, and states nationwide to drive research, guide practice, and inform policy.

[ABOUT SEL](#)



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Additional Resources

RUTGERS
University Behavioral
Health Care

NEW JERSEY DEPARTMENT
OF CHILDREN AND FAMILIES



Traumatic Loss Coalitions for Youth Resource List

Maureen Brogan, LPC, ACS, DRCC, Program Manager: 732-439-6367 (M)
TLC Central Office: 732-235-2810

<http://ubhc/rutgers.edu/tlc>
<http://tlc4teens.org>



TLC4teens
Traumatic Loss Coalitions for Youth

www.TLC4teens.org

2NDFLOOR
888-222-2228
YOUTH HELPLINE

www.2ndfloor.org
888-222-2228



www.afsp.org



855-654-6735

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

CRISIS TEXT LINE
Text HELLO to 741741
Free, 24/7, Confidential
www.crisistextline.org

THE TREVOR PROJECT
Saving Young LGBTQ Lives
www.thetrevorproject.org

**SOCIETY for the
PREVENTION of
TEEN SUICIDE**
www.sptusa.org



877-565-8860
<https://www.translifeline.org>

NCTSN The National Child
Traumatic Stress Network

<https://www.nctsn.org/>



A M E R I C A N
ASSOCIATION OF SUICIDOLOGY

<https://suicidology.org/>



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

<https://www.cdc.gov/>



**World Health
Organization**

<https://www.who.int/>

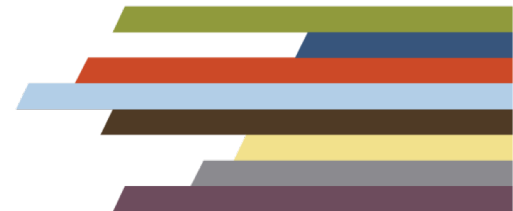
QUESTIONS OR COMMENTS??



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A photograph of a sunset over a mountain range. The sun is low on the horizon, casting a warm orange glow across the sky and mountains. A dark circular overlay is centered on the image, containing white text.

The
best view
comes after
the hardest
climb

ADivineEncounter.com

**Thank You for Your
Time & Attention!**

