The Well-Being Series

Connections During COVID-19:
Mental Wellness Webinars for Families & Educators

Presented by:

Disclaimer: The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).
The Well-Being Series

Visit the Well-Being Series Website!

bit.ly/Well-beingNW

• Registration Links
• Recordings
• Presentation Materials

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Websites:
  • MHTTC: https://tinyurl.com/nwsmh
  • UW SMART Center:
    https://depts.washington.edu/uwsmart/

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Attendee Information

- All participants are in **listen only** mode.
- Take note of the **toolbox** located at the top or bottom of your screen.
- To ask a question click on the Q & A Box on your screen. Questions will be answered at the end of the presentation.
- If you are having technical difficulty (hearing or seeing the presentation) send an email to mlucy@uw.edu. We will try to help as much as possible.
- This webinar is being recorded. A link to the slides and recording will be sent to all participants.
- **If you have not completed the pre-survey please do so now.**

[https://redcap.iths.org/surveys/?s=34XXRMJJ7F](https://redcap.iths.org/surveys/?s=34XXRMJJ7F)
SPEAKERS

Jennifer Stuber, PhD
Forefront Suicide Prevention, University of Washington

Chris DeCou, PhD
Harborview Injury Prevention and Research Center
OUR MISSION

Forefront Suicide Prevention is a Center of Excellence at the University of Washington focused on reducing suicide by empowering individuals and communities to take sustainable action, championing systemic change, and restoring hope.
WHY WE’RE HERE - CORONAVIRUS

The Verge

This coronavirus anxiety subreddit addresses the emotional toll of COVID-19

Los Angeles Times

They already had anxiety. Then the coronavirus pandemic hit.

The New York Times

In Seattle, It Started With Panic. Then the Deeper Anxiety Set In.

The New Yorker

How Loneliness from Coronavirus Isolation Takes Its Toll

At a White House press briefing on Friday, Peter Alexander, a correspondent for NBC News, asked President Trump about the psychological ...
TRUE OR FALSE?

- Suicide affects all communities
- Many suicides are preventable
- Asking about suicide doesn’t cause suicide
- Suicide results from multiple complex factors
TAKING CARE OF YOURSELF

• This webinar covers a topic that can be emotionally challenging – if possible, talk to someone you trust about your experience today
• Self-care after this training is important
• Remember: practice makes progress
• If you can, avoid multi-tasking today
WHY WE’RE HERE

Suicide is the 2nd leading cause of death for those aged 15-24 years.

- Centers for Disease Control & Prevention, 2018

In 2018, 17 young people died every day from suicide.

- American Association of Suicidology, 2018

There is approximately 1 suicide for every 25 attempts.

- American Association of Suicidology, 2018
IN THE PAST YEAR, STUDENTS REPORTED

<table>
<thead>
<tr>
<th></th>
<th>45%</th>
<th>40%</th>
<th>18%</th>
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<tbody>
<tr>
<td>8th graders</td>
<td>not being able to stop or control their worrying</td>
<td>feeling sad or hopeless 2 weeks in a row</td>
<td>making a plan for how they would attempt suicide</td>
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<tr>
<td>10th graders</td>
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<tr>
<td>12th graders</td>
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*As many as 1 in 5 youth shows signs of a mental health disorder

WA State Healthy Youth Survey 2018
*NIMH
WHAT IS MY ROLE AS A PARENT?
WHY DO TEENS CONSIDER SUICIDE?

ABILITY TO COPE

PAIN & HOPELESSNESS
Instead of saying… “committed suicide”

Let’s say… “died by suicide”
or “took their own life”
LEARN HOW YOU CAN HELP

Look for signs

Empathize and listen

Ask about suicide

Remove the danger

Next steps
SIGNS: EMOTIONS

• Agitation
• Emptiness
• Loneliness
• Anxiousness
• Angry, irritability
• Shame & humiliation
• Hopelessness, helplessness
• Feeling blue, “down in the dumps”
• Sudden, unexplainable joy after periods of depression

Everyone would be better off without me

Nothing is helping

What’s the point of it all?
SIGNS: ACTIONS

- Withdrawing, isolating
- Increasing drug/alcohol use
- Trouble sleeping or eating
- Researching ways to die
- Giving away possessions
- Reckless behavior
- Not caring about consequences
- Cutting or other self-injury

You can have my stuff, I won’t be needing it anymore.
SIGNS: VERBAL OR WRITTEN

- Talking about feeling trapped, hopeless or being a burden
- Saying things like…
  
  “Bye - you’ll all get over it”
  “I can’t do this anymore”
  “Tired of trying to be perfect”

- Joking about or researching ways to die
- Threats against self or others
SIGNS: IDENTITY / EXPERIENCE

• Lacking a sense of connection and belonging
• Loss of significant relationship especially if by suicide
• Prior suicide attempts including those of family members
• LGBTQ+ individuals who experience significant stress from the bullying, rejection, violence and discrimination targeted at them
• Cultural stereotypes and social norms of masculinity
• Historical trauma - destruction of cultures, identities, & economies
LEARN: EMPATHIZE AND LISTEN

L - Look for signs

Empathize and listen

A - Ask about suicide

R - Remove the danger

N - Next steps
WHICH OF THESE IS AN EXAMPLE OF EMPATHY?

- Offering to fix the problem
- Asking “why?” questions
- Offering our own perspective
- Mostly listening
COMPONENTS OF EMPATHY

- LISTEN, REFLECT BACK WHAT THEY SHARED
- AVOID JUDGEMENT & STAY NEUTRAL
- ACKNOWLEDGE & VALIDATE EMOTION
HELPFUL THINGS TO SAY

• It’s okay to be anxious or scared about coronavirus.

• I understand you’re feeling angry about social distancing. Tell me more about that.

• I’m so glad you told me that you’re feeling really lonely. This is really tough.

• I’m sorry you’re dealing with this.

• Tell me more, I’m listening.

• I love you no matter what.
LEARN: ASK ABOUT SUICIDE

Look for signs

Empathize and listen

Ask about suicide

Remove the danger

Next steps
HOW TO ASK

Be courageous and direct

- Are you thinking about suicide?
- Are you thinking about killing yourself?

Avoid vague language
WHEN AND HOW OFTEN DO I ASK?

- When you notice multiple warning signs together and/or…
- When there are noticeable, concerning changes in behavior (outside of what you would expect from Coronavirus)
- When your gut/instinct tells you something is different this time
HOW DO I ASK ABOUT SUICIDE?

Sometimes when people are...
___________________,
___________________,
___________________,

they’re thinking about suicide.  Are you thinking about suicide?

- Isolating from friends
- Feeling alone / pushed away
- Upset after a breakup
- Feeling numb / detached
- Hopeless about the future
- Feeling self-hatred
- Tired of pleasing everyone
- Feeling like giving up
WHAT IF THEY SAY NO?

• Keep the lines of communication open by empathizing.
• Let them know you care.
• Ask them, “Who would you tell if you were feeling suicidal?”
• If you are still concerned about their safety, gather more information and ask about suicide again.
WHAT IF THEY SAY YES?

• Take it seriously
• Thank them for their honesty
• Acknowledge the pain they are in

… but they ask you not to tell anyone…

What could you say?
LEARN: REMOVE THE DANGER

Look for signs

Empathize and listen

Ask about suicide

Remove the danger

Next steps
FOLLOW-UP QUESTIONS

Have you thought about how you might end your life?

Do you have access to those means?
MEDICATIONS CAN BE DEADLY

LOCK UP:
• Most medications – Rx & over-the counter (large quantities)

LIMIT ACCESS:
• Keep a week's supply available
• Keep only 1-day dose unlocked during mental health crisis

DISPOSE:
• Remove all expired or excess medications from your home

In Washington State, drug disposal sites are listed on takebackyourmeds.org.
LOCK & LIMIT ACCESS TO FIREARMS

LOCK UP:
• All firearms, including those used for home defense

LIMIT ACCESS:
• Youth should not have unsupervised access to firearms
• Give a trusted individual keys and combinations

TRANSFER:
• Ask a friend or relative to hold firearms in an emergency temporary transfer

Families can also activate an extreme risk protection order (ERPO) as a last resort by contacting local law enforcement
WHAT NEEDS TO HAPPEN

LOCK UP TODAY:
• Firearms
• Prescription medications
• Over-the-counter medications

ALSO LOCK UP IN CRISIS:
• Alcohol and drugs
• Belts, ropes, plastic bags
• Knives, sharps, car keys
• Chemicals, pesticides
LEARN: NEXT STEPS

Look for signs
Empathize and listen
Ask about suicide
Remove the danger

Next steps
National Suicide Prevention Lifeline
1-800-273-8255

Press 1 for Veterans services

Ayuda En Español (24/7)
1-888-628-9454

Crisis Text Line
Text “HEAL” to 741741
OTHER RESOURCES

- Trans lifeline: 877-565-8860 (24/7)
- Trevor project: 866-488-7386 (24/7)
- Sexual assault hotline (RAINN): 800-656-4673 (24/7)
  (or use live chat feature)
- National domestic violence hotline: 800-799-7233 (24/7)
  (or use secure chat feature)
- Addiction hotline (SAMHSA): 800-662-4357 (24/7)
- Disaster Distress Helpline (SAMHSA): 1-800-985-5990
  (or text TalkWithUs to 66746)
- Eating disorder hotline: 800-931-2237
  (or text NEDA to 741741)
CONCERNED ABOUT A SOCIAL MEDIA POST?

• Many social media platforms (Facebook, Twitter, Instagram, Snapchat) have options to report concerning content

• Use LEARN steps first, if you are comfortable

• If not, follow the platform’s guidance on reporting
THE LEARN CONVERSATION

If video does not start automatically, click to watch video online.
WHICH OF THESE CAN YOU DO TODAY?

Say “died by suicide”

Use what you’ve learned to reach out to someone in distress

Add 24-hour crisis resources into your phone

Make your home safer to help prevent suicide
EVALUATION

• Please help us by sharing your thoughts about this webinar!

• Link sent through Zoom chat and by email

• We will follow up again in two weeks

• $5 Amazon gift card for completing the pre and post survey and for completing the follow up survey
THANK YOU!

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Have more questions? Want to provide feedback on this training?
Please contact Emma Mallonee at emallone@uw.edu

intheforefront.org
facebook.com/intheforefront/
twitter.com/intheforefront
The Well-Being Series

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For more information email: Megan Lucy mlucy@uw.edu

Artwork by: Rebecca Whimsical Art
Q&A GUIDELINES

• We will answer unanswered questions from the webinar first

• Please enter your questions in the Q&A feature

• Please be respectful and courteous when asking your questions

• Remember – this is a public webinar! We cannot guarantee the privacy of your questions

• If you are concerned about yourself or loved one, please call the Suicide Prevention Lifeline and/or your primary care doctor.