

# The Well-Being Series



Artwork by: Rebecca Whimsical Art

## 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](http://bit.ly/Well-beingNW)**

- Registration Links
- Recordings
- Presentation Materials

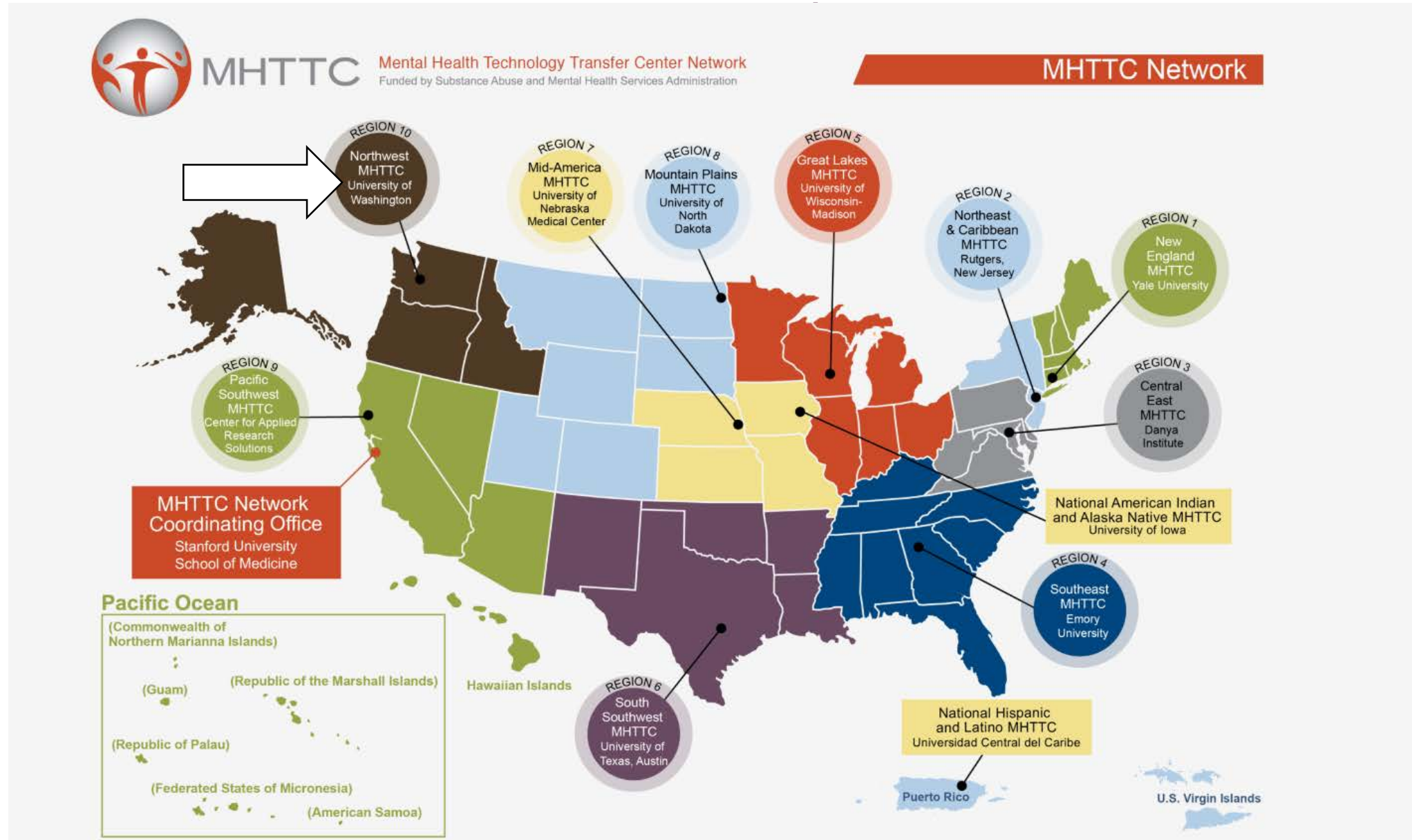
For more information email:  
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# Mental Health Technology Transfer Center (MHTTC)





Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



SMART

School Mental Health Assessment  
Research & Training Center

# Get in touch!

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**Websites:**

- **MHTTC:** <https://tinyurl.com/nwsmh>
- **UW SMART Center:**  
<https://depts.washington.edu/uwsmart/>

## Sign up for our Newsletter!

<https://tinyurl.com/smh-news>



## Follow us on social media!



@NorthwestMHTTC



Northwest MHTTC



# 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](mailto: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>



The screenshot shows a webinar interface. At the top, a green status bar reads "You are viewing Emma Sofia Mallonee's screen" with a "View Options" dropdown. The main content area has a white background with a blue border. The title "The Well-Being Series" is in large, bold, dark blue font. Below it, the subtitle "Connections During COVID-19: Mental Wellness Webinars for Families & Educators" is in a smaller, dark blue font. The text "Presented by:" is in a smaller, dark blue font. Below this, there are four logos: "IN SCHOOLS" (a blue diamond shape with a white 'D' inside), "W FOREFRONT SUICIDE PREVENTION" (a large blue 'W' followed by the text), "MHTTC" (a red and white circular logo with a stylized figure, followed by the text "Northwest (HHS Region 10) Mental Health Technology Transfer Center Network Funded by Substance Abuse and Mental Health Services Administration"), and "SMART" (a green apple logo with the text "School Mental Health Assessment Research & Training Center"). At the bottom of the main content area, there is a disclaimer in small text: "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)." Below the main content area is a black bar with icons for "Mute", "Chat", "Raise Hand", and "Q&A". An orange arrow points from the text "If you have not completed the pre-survey please do so now." in the list to the "Q&A" icon in the bottom bar.





**W** FOREFRONT  
SUICIDE PREVENTION

**LEARN®**  
**SAVES LIVES**

April 2, 2020



# SPEAKERS



Jennifer Stuber, PhD

Forefront Suicide Prevention,  
University of Washington



Chris DeCou, PhD

Harborview Injury Prevention  
and Research Center

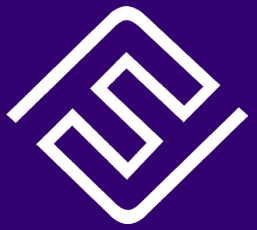
# OUR MISSION


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

There is a  
r/Covid19,  
not be ...  
2 hours ago




 Los Angeles Times

They already had anxiety. Then the coronavirus pandemic hit



The coro  
with anxi  
4 hours ago

 The New York Times

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



In a state tha  
than any othe  
3 days ago

 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 ...

2 days ago



# TODAY'S TRAINING

1

Overview

2

How you can help

3

Things you can do today



# 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

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

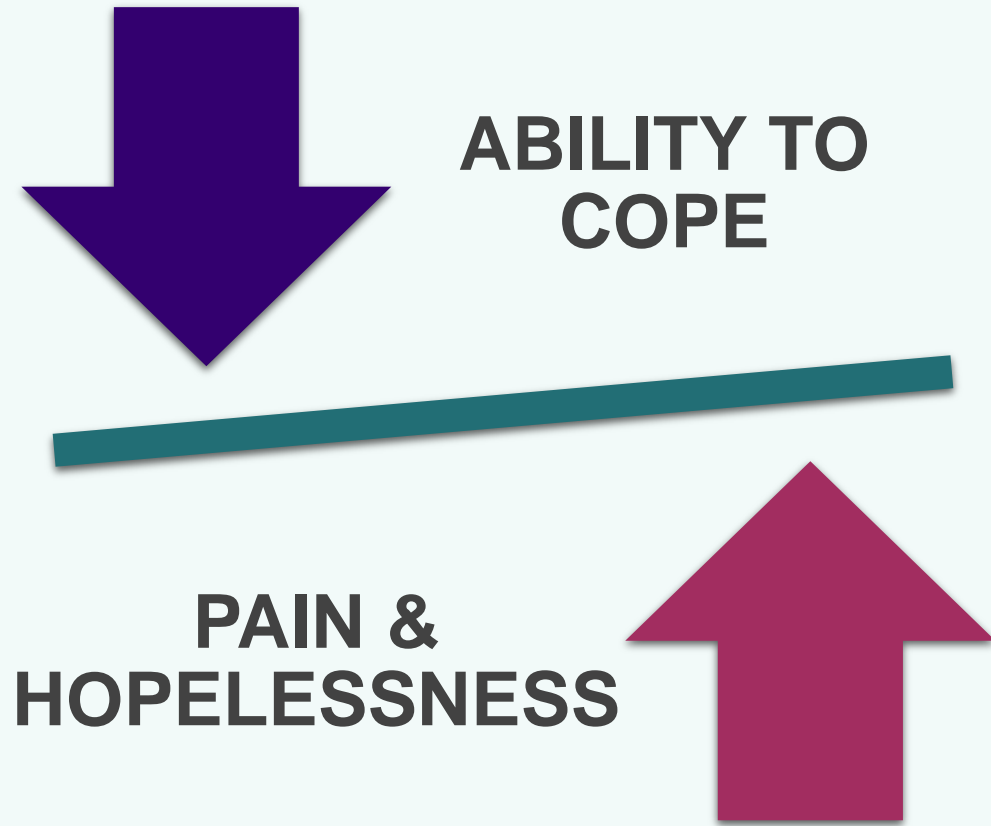
WA State Healthy Youth Survey 2018

\*NIMH

# WHAT IS MY ROLE AS A PARENT?



# WHY DO TEENS CONSIDER SUICIDE?







Instead of saying... “committed suicide”

Let's say... **“died by suicide”**  
or **“took their own life”**

# LEARN HOW YOU CAN HELP



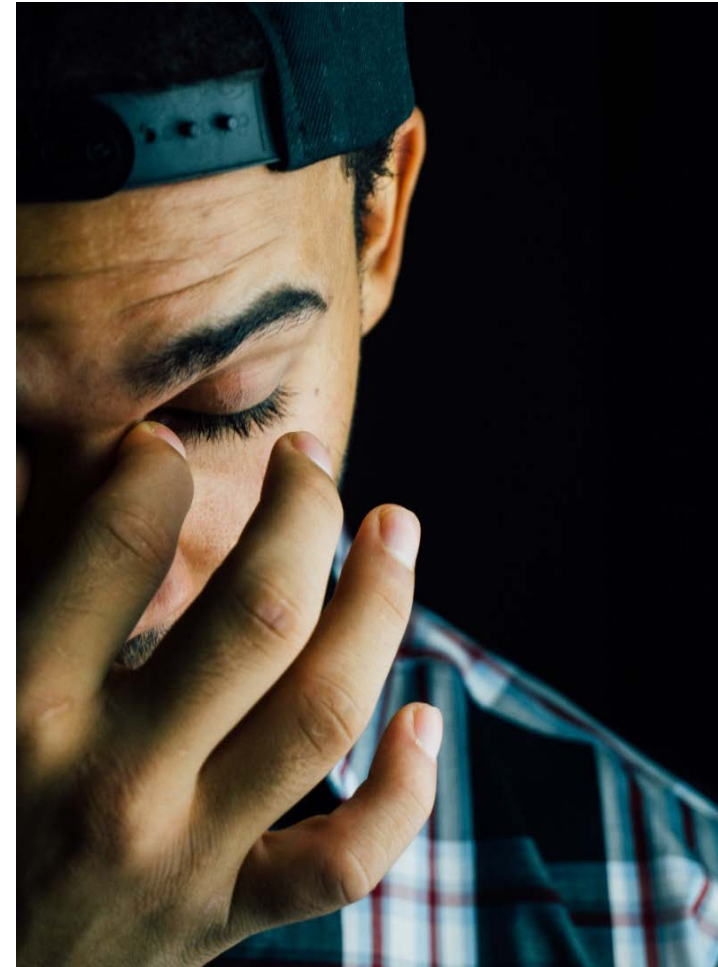
**Look for signs**

**E**mpathize and listen

**A**sk about suicide

**R**emove the danger

**N**ext 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





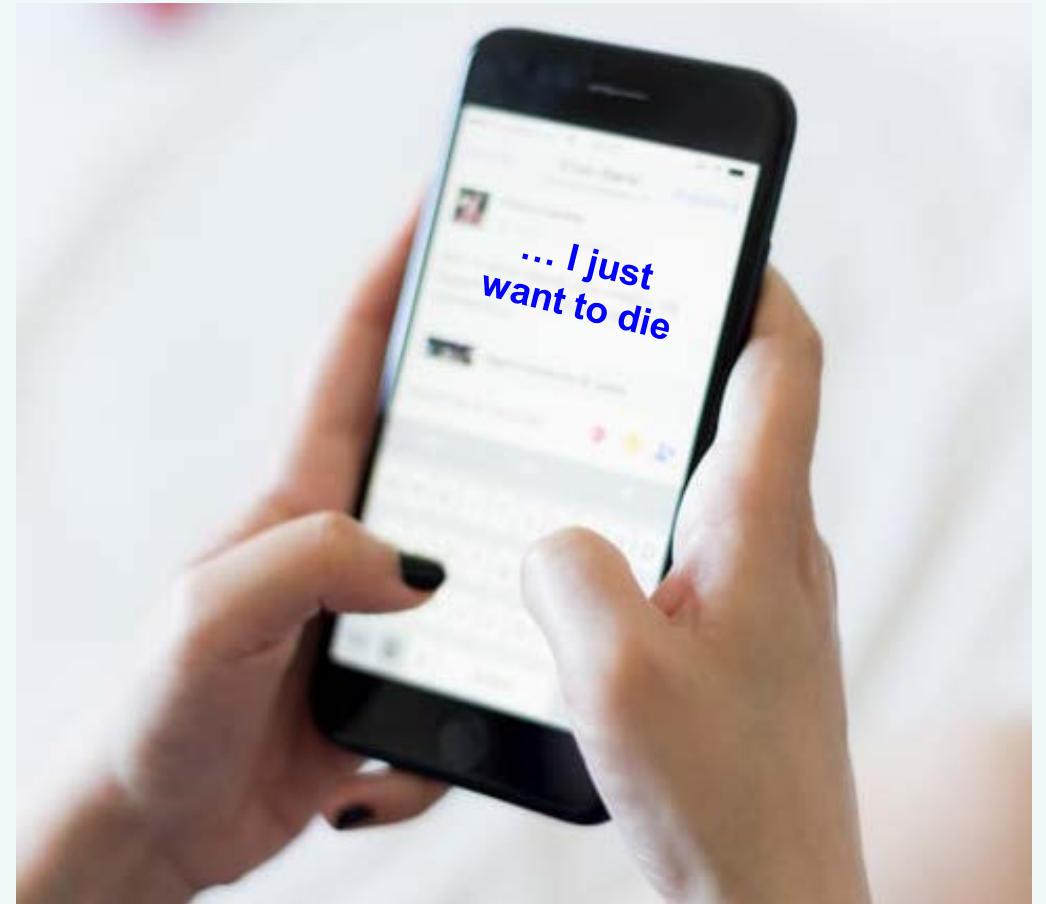
# SIGNS: ACTIONS

- 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



# 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**ook for signs

**E**mpathize and listen

**A**sk about suicide

**R**emove the danger

**N**ext steps



# *EMPATHY* BY BRENE BROWN



If video does not start automatically, [click to watch video online.](#)

# 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



**L**ook for signs

**E**mpathize and listen

**Ask about suicide**

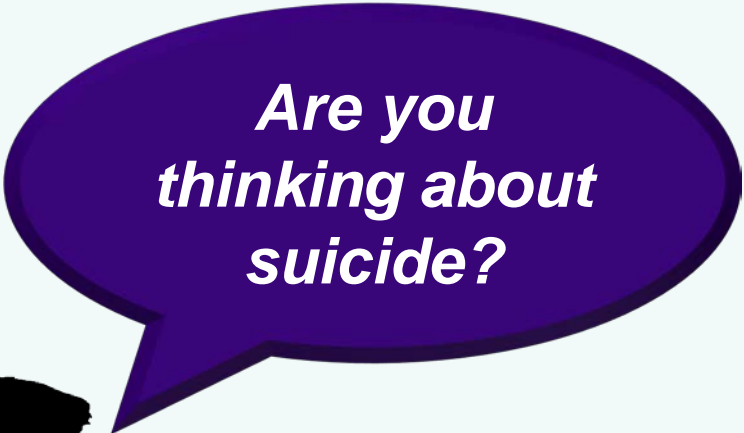

**R**emove the danger

**N**ext steps



# HOW TO ASK

Be courageous and direct



*Are you  
thinking about  
suicide?*



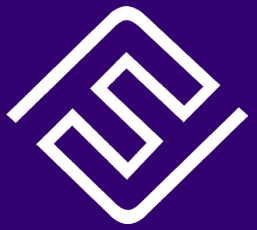
*Are you thinking  
about killing  
yourself?*



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



**L**ook for signs

**E**mpathize and listen


**A**sk about suicide

**Remove the danger**


**N**ext 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](https://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:

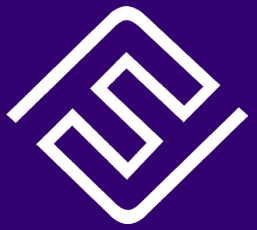
- Ask a friend or relative to hold firearms in an emergency temporary transfer

*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



**L**ook for signs

**E**mpathize and listen

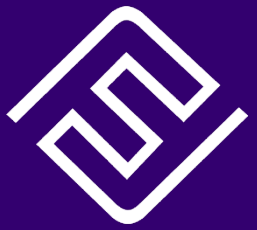
**A**sk about suicide

**R**emove the danger

**Next steps**



# SUICIDE PREVENTION RESOURCES



**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**

**CRISIS TEXT LINE |**

TM

# OTHER RESOURCES

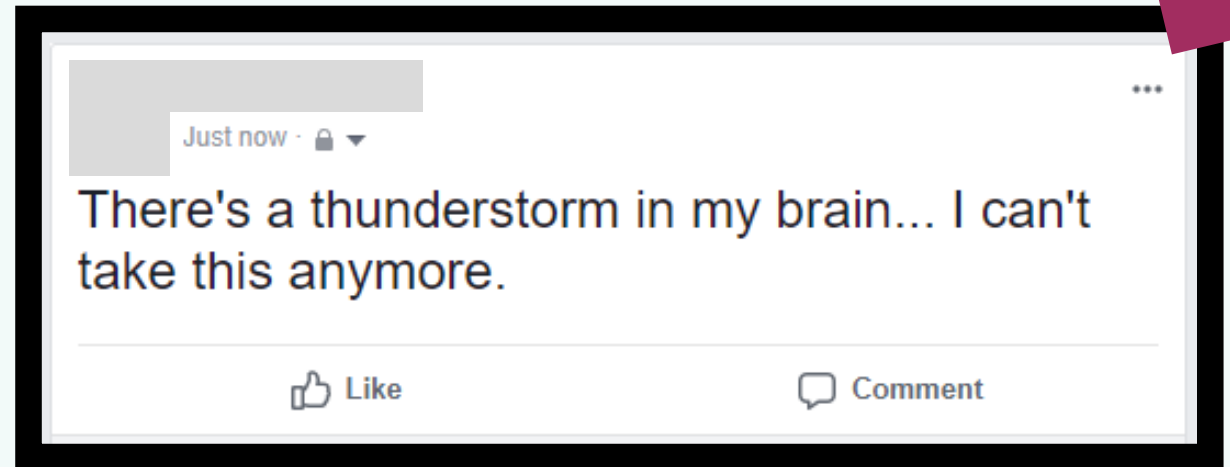


- **Trans lifeline:** 877-565-8860 **(24/7)**
- **Trevor project:** 866-488-7386 **(24/7)**
- **Sexual assault hotline (RAINN):** 800-656-4673 **(24/7)**  
(or use live chat feature)
- **National domestic violence hotline:** 800-799-7233 **(24/7)**  
(or use secure chat feature)
- **Addiction hotline (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)

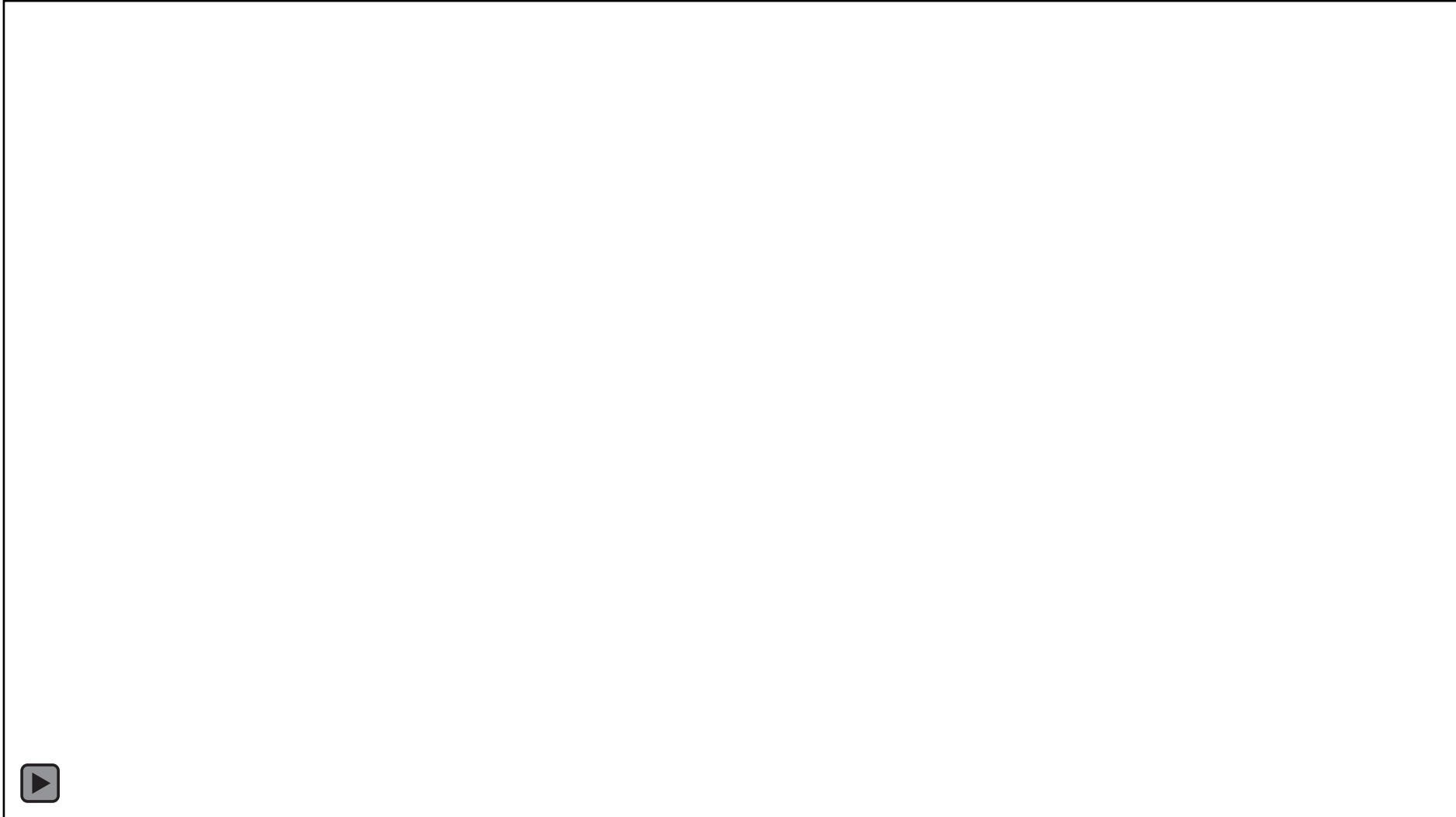


# CONCERNED ABOUT A SOCIAL MEDIA POST?

- 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!

Forefront Suicide Prevention  
UW School of Social Work  
4101 15th Avenue NE, Box 354900  
Seattle, WA 98195-4900



[intheforefront.org](https://intheforefront.org)



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***Have more questions?  
Want to provide feedback  
on this training?***

**Please contact  
Emma Mallonee at  
[emallone@uw.edu](mailto:emallone@uw.edu)**



**SCHOOL OF SOCIAL WORK**  
UNIVERSITY of WASHINGTON



**FOREFRONT  
SUICIDE PREVENTION**



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# 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.

