

Awareness

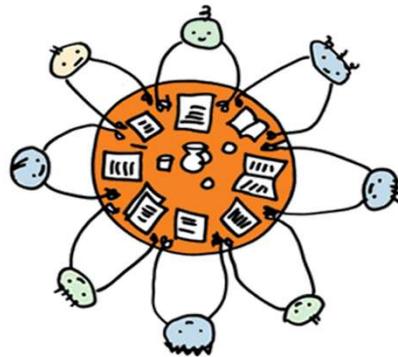
“Navigating the Tough Stuff”



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Class Overview: How this is the first module in the “Navigating the Tough Stuff” series. Other class modules: Prevention and Intervention.



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Class overview Class expectations

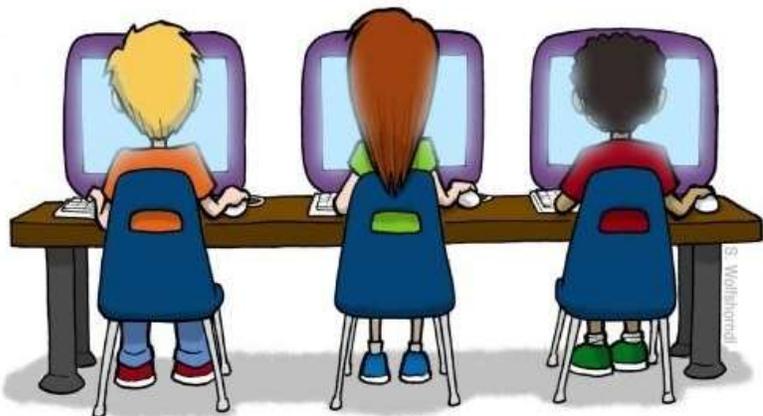
Today we will be looking at:

- Suicide Awareness from the family perspective
- Suicide Risk Factors
- Suicide Information vs Rumor or Myths
- Communication styles around raising awareness
- Awareness as a “whole family” issue

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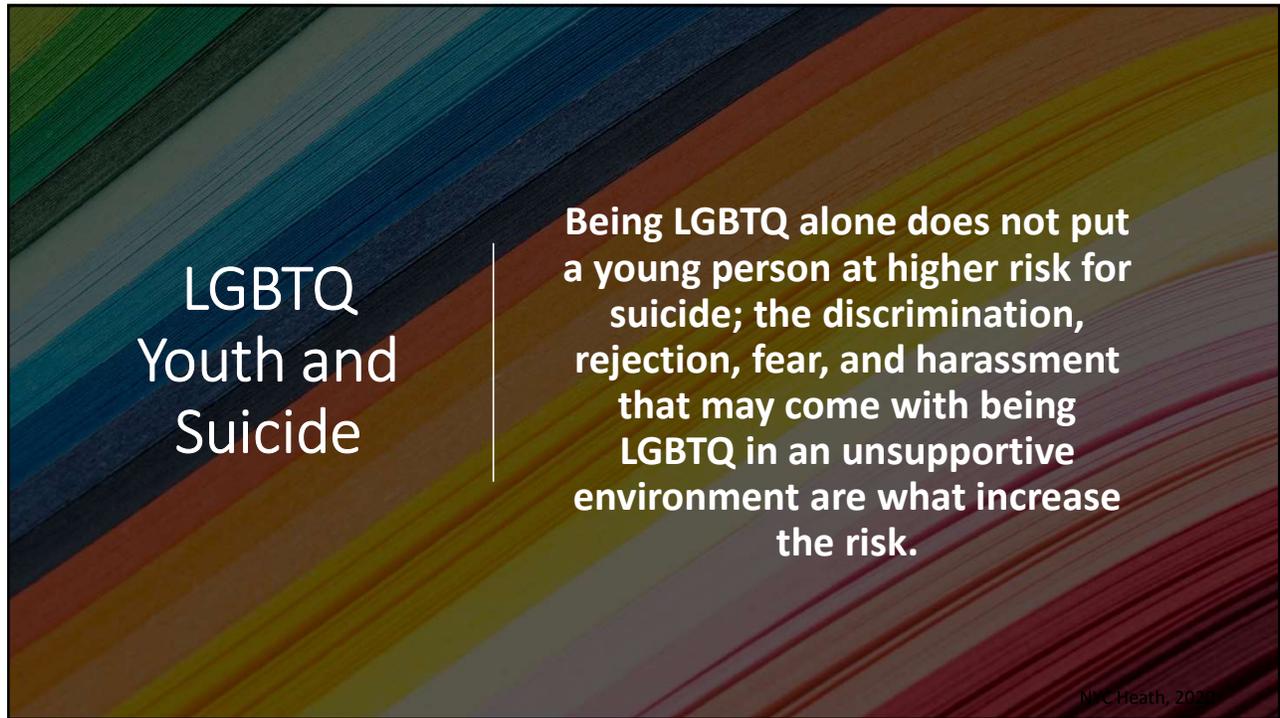
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Who is in
the room?



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**LGBTQ
Youth and
Suicide**

Being LGBTQ alone does not put a young person at higher risk for suicide; the discrimination, rejection, fear, and harassment that may come with being LGBTQ in an unsupportive environment are what increase the risk.

NCT Health, 2020

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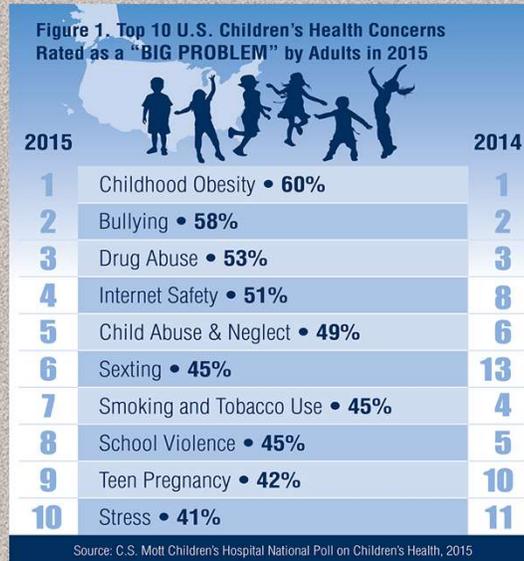


Is suicide a youth health concern for parents/caregivers?

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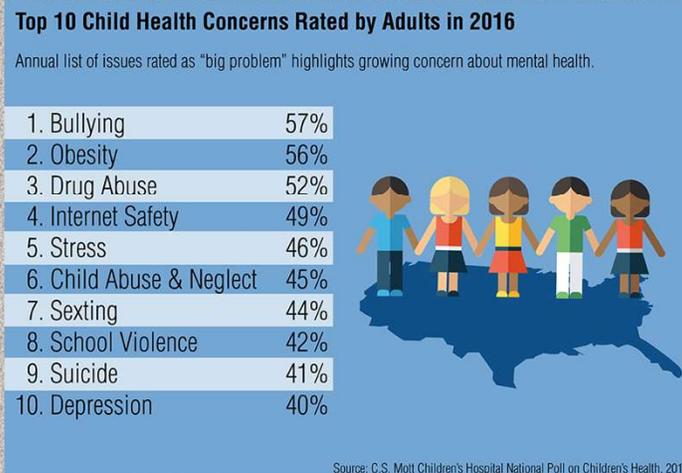
Parent concerns in 2015



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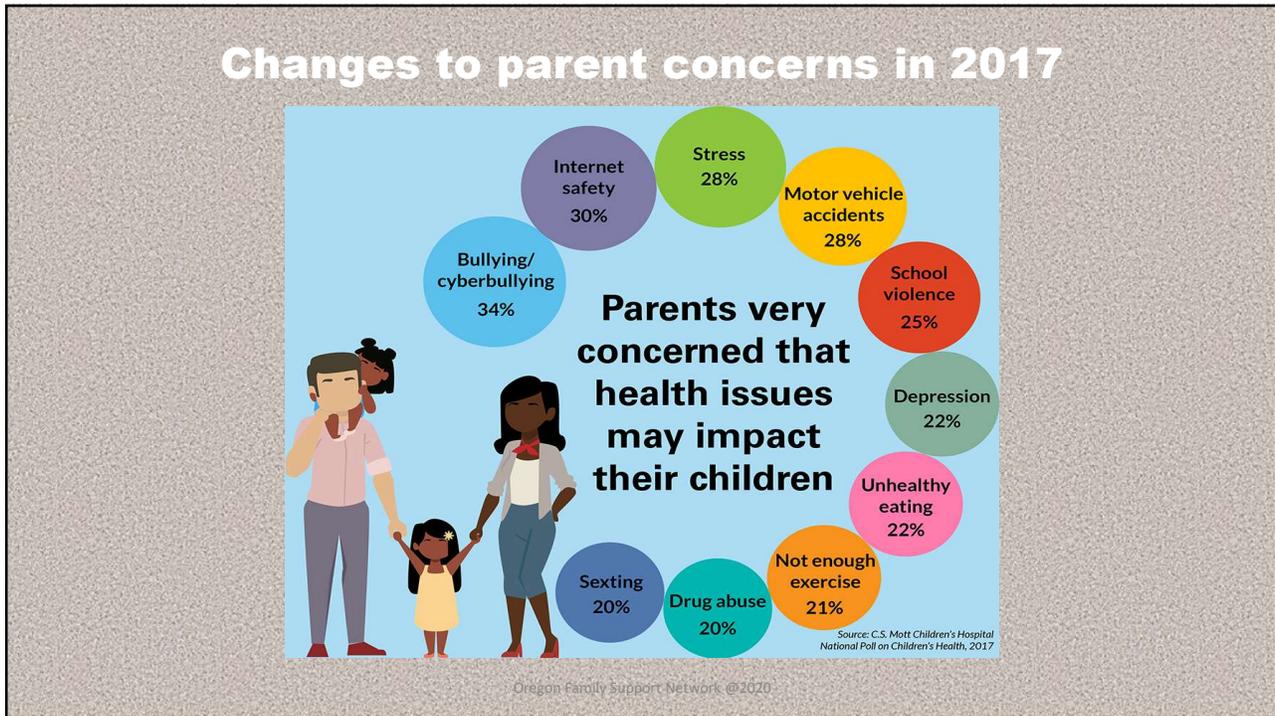
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Changes to parent concerns in 2016

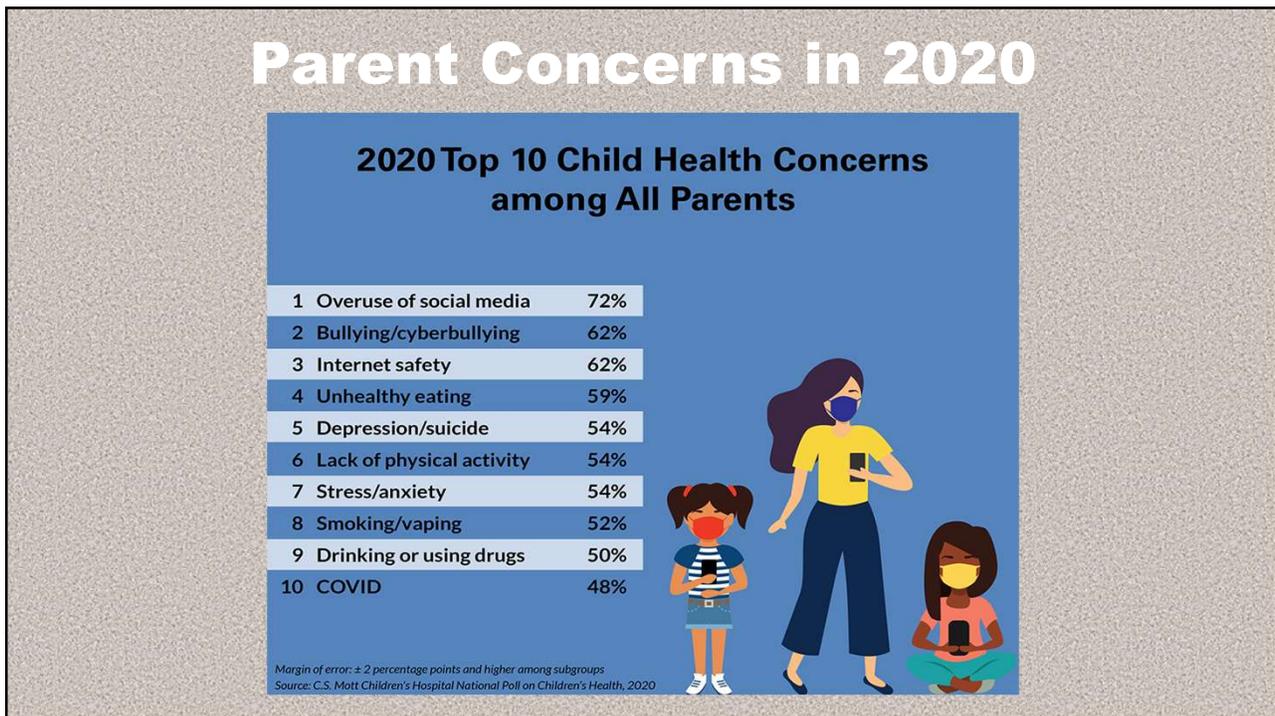


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Did you notice...
Similarities?
Differences?
Anything surprise you? What doesn't?
Are you surprised suicide only came up for parents in 2016?

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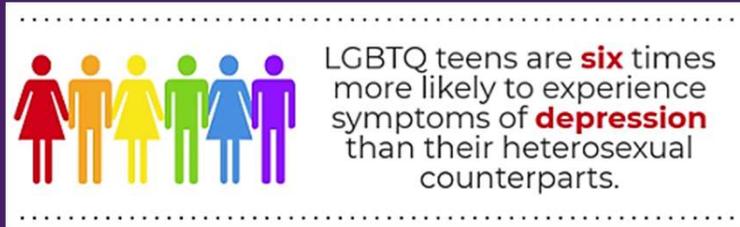


**Current trends
of why it IS a
health concern**

**Data on national as well as Oregon state
rates of suicide for youth over the years**

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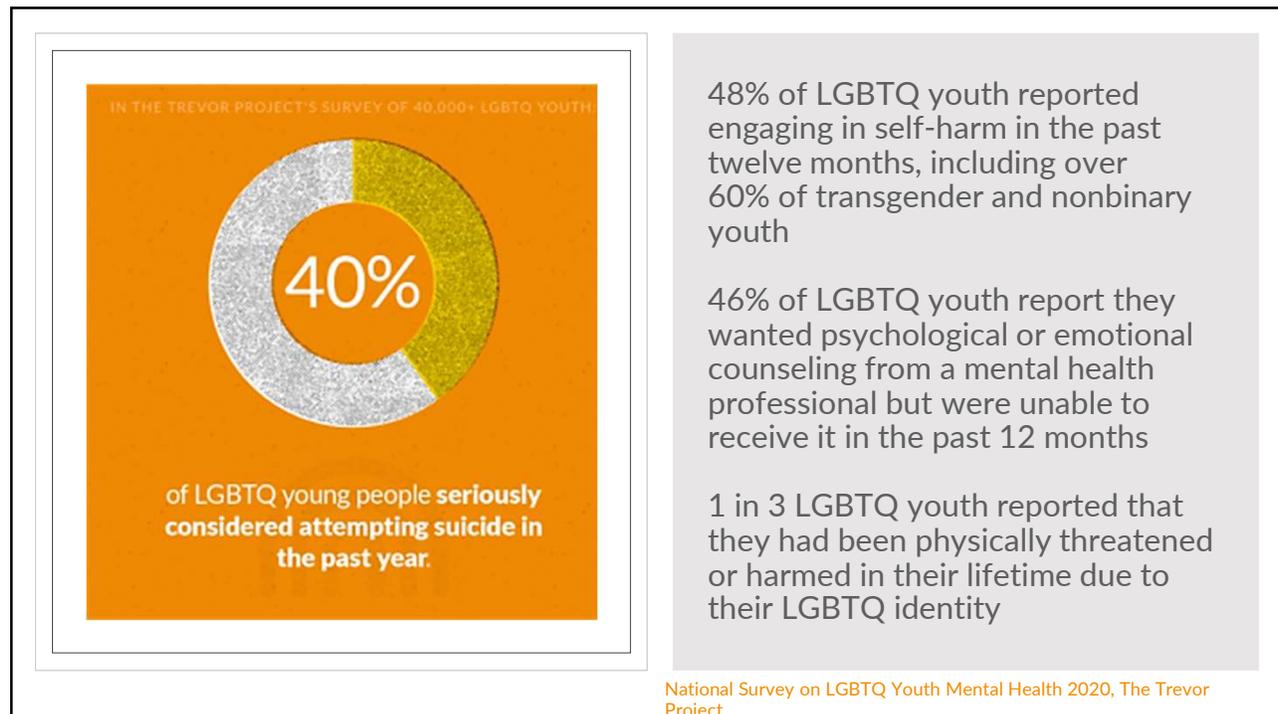


68% of LGBTQ youth reported symptoms of generalized anxiety disorder in the past two weeks, including more than 3 in 4 transgender and nonbinary youth.

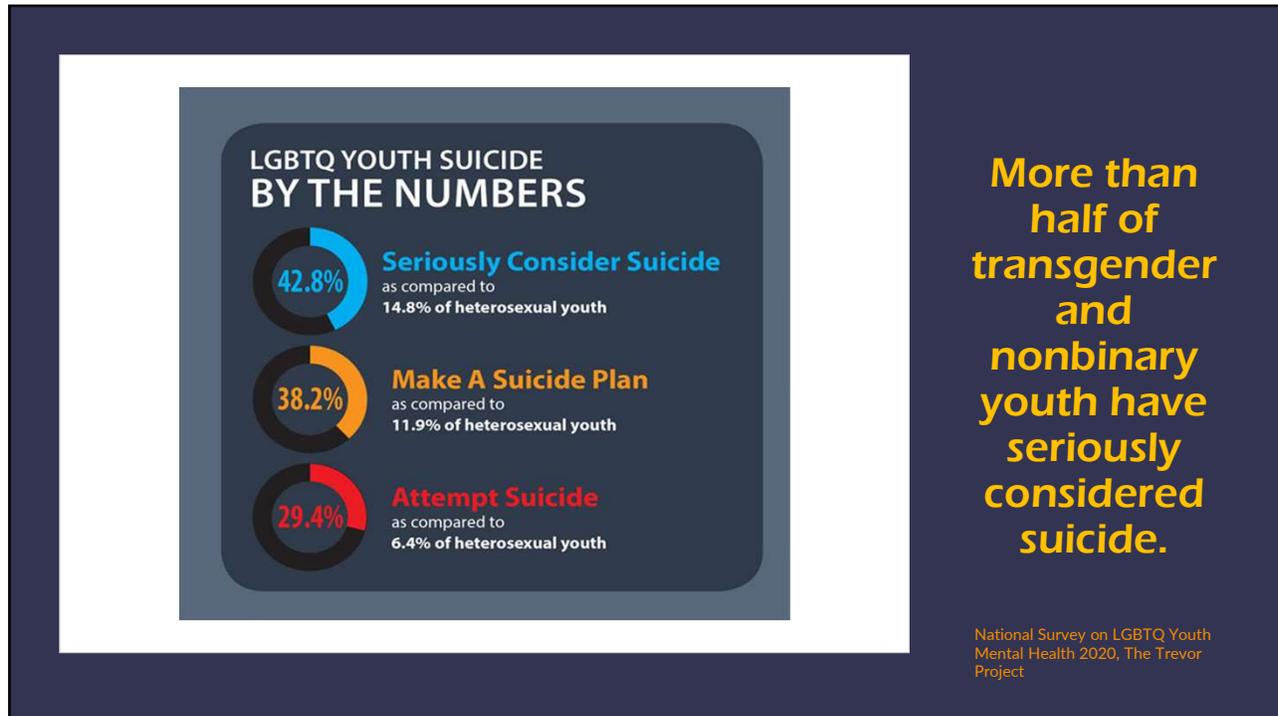
55% of LGBTQ youth reported symptoms of major depressive disorder in the past two weeks, including more than 2 in 3 transgender and nonbinary youth

The Trevor Project National Survey <https://www.thetrevorproject.org/survey-2020/>

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Bullying of LGBTQ youth is prevalent in schools

- 1 in 4 LGB students is physically harassed
- 6 in 10 LGB students are verbally abused
- When incidents of harassment are reported to school staff, often they do not intervene to stop the harassment

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Oregon Statistics

Oregon's State Health Assessment, 2019

Rates of 8th and 11th graders in Oregon that have seriously considered attempting to die by suicide, or have attempted to die by suicide, have been on the rise since 2015.

Over 40% of Oregon 8th and 11th graders identified they could have access to a loaded firearm in less than 24 hours.

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Oregon Statistics

Oregon's State Health Assessment, 2018

- "Oregon has the highest prevalence of mental illness among youth and adults in the nation."
- "In 2017, 30% of 8th graders and 32% of 11th graders in Oregon reported being in a depressed mood for two weeks or more out of the past year."
- 11th graders who identify as LGBTQ in Oregon were 4x as likely to attempt to die by suicide.
- 11th graders in Oregon who have experienced physical or sexual abuse in the past year were 4x as likely to attempt to die by suicide.
- 11th graders with disabilities in Oregon were over 5x as likely to attempt to die by suicide.

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Risk Factors

Looking at youth risk factors for suicide



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Some Important Risk Factors to Consider Around Youth Suicide

Having a friend, family member or hero die by suicide	School pressure	Relationship challenges	Trauma	Recent loss of someone
Bullying	Abuse	Prior Attempt	1st generation youth from families who originate outside of US	LGBTQ
Using/Abusing alcohol and/or drugs	Having a mental health challenge	Chronic health conditions and/or chronic pain	Access to means of dying by suicide and/or collecting means to die by suicide	Age

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Risk Factors LGBTQ Youth Experience

- Depression and anxiety
- Dual stigma of being LGBTQ and the stigma of suicide in general
- Homelessness
- Living in foster care
- Barriers to culturally appropriate mental and physical health care
- Discrimination manifesting as bullying, physical violence, rejection
- Lack of support
- Body image anxiety
- Laws and policies which create inequalities
- Isolation from conventional society

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Digging deeper to the facts
around youth suicide

Current:
Facts
Realities
Data
for youth suicide

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Rumor	Reality
Only people with mental illness try to die by suicide.	Many individuals with mental illness are not affected by suicidal thoughts and not all people who attempt or die by suicide have mental illness. Relationship problems and other life stressors such as criminal/legal matters, persecution, eviction/loss of home, death of a loved one, a devastating or debilitating illness, trauma, sexual abuse, rejection, and recent or impending crises are also associated with suicidal thoughts and attempts. (NAMI, 5 Common Myths About Suicide Debunked)
Talking to my child about suicide will only put the thought in their head	There is a widespread stigma associated with suicide and as a result, many people are afraid to speak about it. Talking about suicide not only reduces the stigma, but also allows individuals to seek help, rethink their opinions and share their story with others. We all need to talk more about suicide. (NAMI, 5 Common Myths About Suicide Debunked) Research shows that openly talking about suicide with youth is a top protective factor.

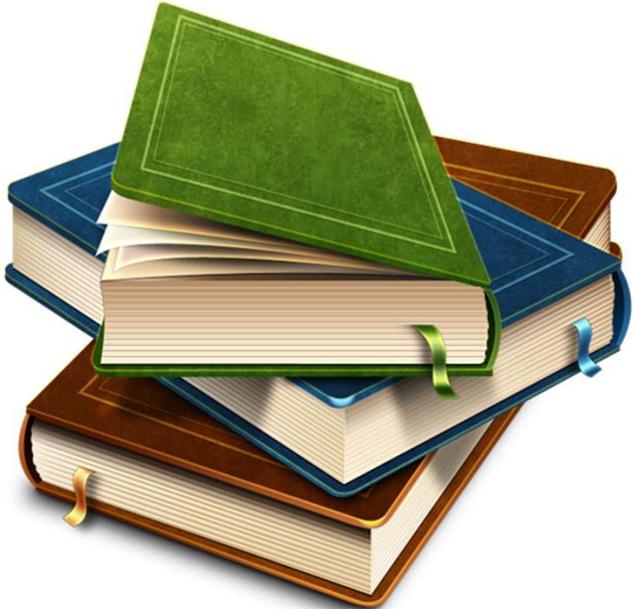
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Suicide won't touch my family—We always teach extremely safe gun use.	For families who decide to keep guns in the home, many studies show that teaching kids about gun safety, or to not touch a firearm if they find one, may not be enough. (HealthyChildren.org, Guns in the Home) Firearms are just one means a youth may use to attempt to die by suicide. Many suicide attempts take place during a short-term crisis, so it is important to consider a person's access to all or any lethal means during these periods of increased risk. Reducing access to lethal means can save lives. (Suicide Prevention Resource Center, Reduce Access to Means of Suicide)
Youth who talk about suicide are just trying to get attention. They don't really mean it.	Suicidal thoughts or actions are a sign of extreme distress and an alert that someone needs help. Any warning sign or symptom of suicide should not be ignored. All talk of suicide should be taken seriously and requires attention. Threatening to die by suicide is not a normal response to stress and should not be taken lightly. (National Institute of Mental Health, Suicide in America: Frequently Asked Questions)
My child is an honor-roll student and head of the cross-country team. He is not at risk for suicide.	Suicide does not discriminate. People of all genders, ages, ethnicities, social statuses, educational levels, health statuses, and economic backgrounds can be at risk. (Modified from: National Institute of Mental Health, Suicide in America: Frequently Asked Questions) Open communication with all youth about suicide is a strong protective factor for families.

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Where do
parents and
caregivers go for
expert
information on
youth suicide?

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- **National Institute of Mental Health (NIMH)**
<http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>
 The NIMH website has a section on suicide prevention that includes information and resources useful for a variety of audiences, including researchers, health care professionals, and consumers. NIMH also conducts research on suicide and suicide prevention.
- **American Association of Suicidology (AAS)**
<http://www.suicidology.org>
 AAS is a nonprofit organization that promotes research, public awareness programs, public education, and training for professionals and volunteers. It serves as a national clearinghouse for information on suicide, publishing and disseminating statistics and suicide prevention resources. AAS also hosts national annual conferences for professionals and survivors.
- **American Foundation for Suicide Prevention (AFSP)**
<http://www.afsp.org>
 AFSP is a nonprofit organization that funds research to advance understanding of suicide and suicide prevention. It also offers educational programs and resources for professionals, survivors of suicide loss, and the public about suicide prevention. AFSP's Public Policy Division, SPAN USA, promotes and keeps track of policies and legislation related to suicide prevention. AFSP's chapters organize suicide awareness events and build connections among local resources and services addressing suicide prevention.

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Indian Health Service (IHS)

<http://www.ihs.gov/suicideprevention/>

The IHS Community Suicide Prevention website provides American Indian and Alaska Native communities with culturally appropriate information about best and promising practices, training opportunities, ongoing activities, potential partnerships, and other information regarding suicide prevention and intervention. This information can help communities and schools create or adapt suicide prevention programs that are tailored to their needs.

Suicide Awareness Voices of Education (SAVE)

<http://www.save.org>

SAVE is a nonprofit organization whose mission is to prevent suicide through public awareness and education, reduce stigma, and serve as a resource to people affected by suicide. Its prevention and education programs are designed to increase knowledge about depression, suicide, and accessing community resources and to increase understanding and use of intervention skills to help prevent suicide.

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- <http://www.thetrevorproject.org/>

The Trevor Project is a nonprofit organization that provides crisis intervention and suicide prevention services to LGBTQ youth ages 13-24, educates young people and adults on detecting and responding to suicide risk among LGBTQ youth, and advocates for laws and policies that will reduce suicide among LGBTQ young people.

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Information Resources for Families



Text HOME
to 741741

for free, 24/7 crisis
 support in the US.

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 PRESENTS
 Reach Out Oregon
Call 1-833-REACH-OR
 OR CHAT WITH US AT
www.reachoutoregon.org
 Open weekdays 12pm to 7pm

ofsn.org
 Phone: 503-363-8068
 Fax: 503-390-3161

A Support Team
 of Families and Friends

We are families and youth working together to promote
 mental, behavioral and emotional wellness for other families
 and youth through education, support, and advocacy.

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Where might our youth be receiving information?



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The image features a grid of eight silhouettes of diverse youth, including people with curly hair, a person with a beard, a person with long hair, a person wearing a cap, and a person with a ponytail. Each silhouette is set against a different colored background: pink, light blue, orange, yellow, green, purple, teal, and magenta.

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What Parents Need To Know



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The image displays a grid of 15 social media and communication app icons arranged in three rows and five columns. The icons include Facebook, Instagram, Snapchat, YouTube, VSCO, Twitter, Kik, a location pin icon, a music icon, WhatsApp, Tumblr, Google+, a flame icon, Pinterest, and ask.fm.

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Youth
communication
styles a caregiver
may notice

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Youth communication styles

Looking at different styles of youth communication about suicide

- Reflective
- Silent
- "Joker"
- Venting
- Open
- Questioning/Debating



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Youth Communication

- Examples of non – activating communications
- Examples of activating/concerning communications

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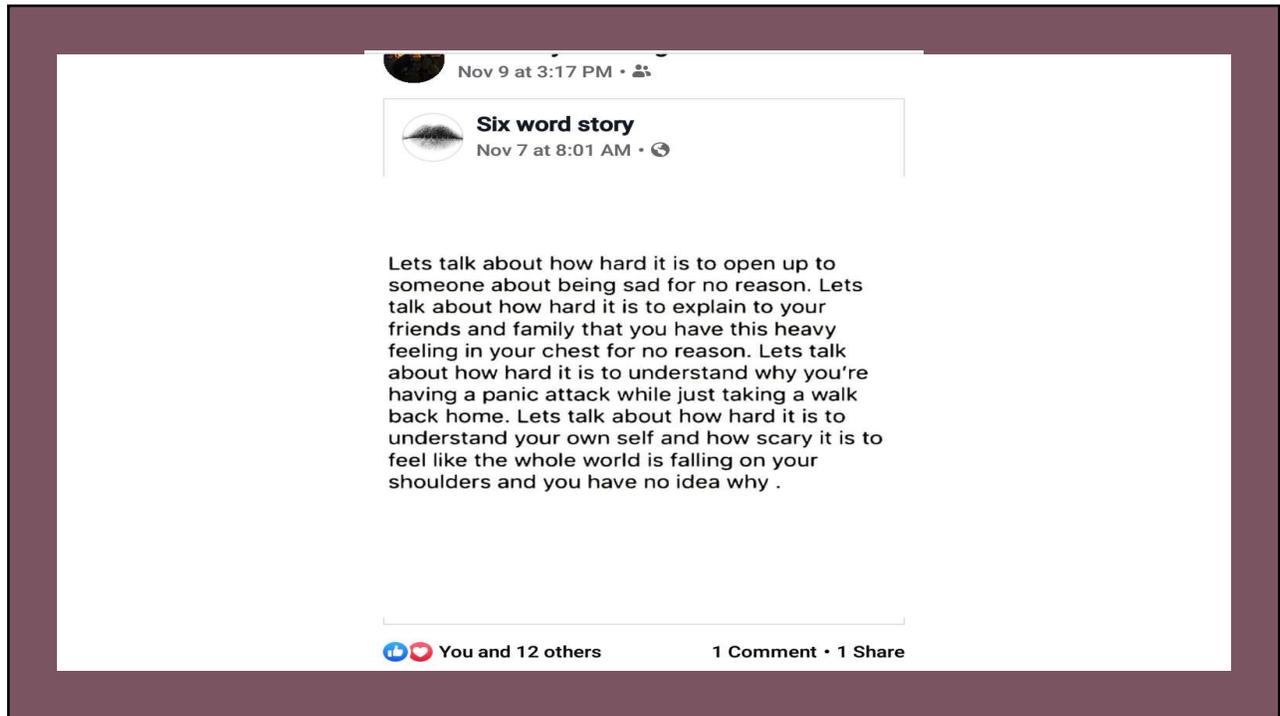
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Nov 4 at 8:00 AM • 🌐

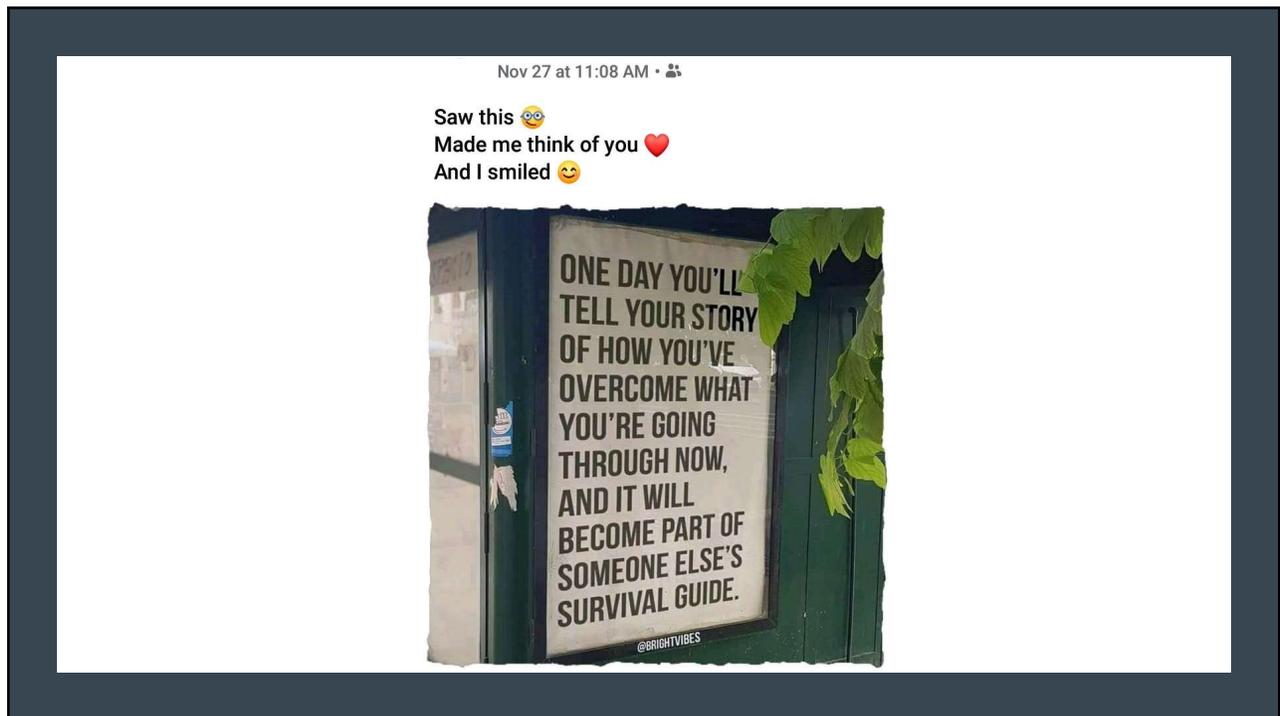
you are NOT a burden if you're sad quite often. you are NOT a burden if you're living with constant anxiety. you are NOT a burden if you need a lot of reassurance. you are NOT a burden if you reach out for help.

Like Comment Share

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**At first
I was like :**
*Life is
meaningless.*



**But now,
I'm like :**
*Life is
meaningless.*



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Me speeding down a dark path of depression

My friends trying to check up on me

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Four things I'm always thinking about 🥰😄🏆



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Cultivating Curiosity

- What were your feelings/thoughts/reactions around those examples of communication?
- Are there any strengths in these forms of communication?
- Are there any cultural considerations to these forms of communication?
- What are you seeing in your communities?



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Suicide is a whole family issue

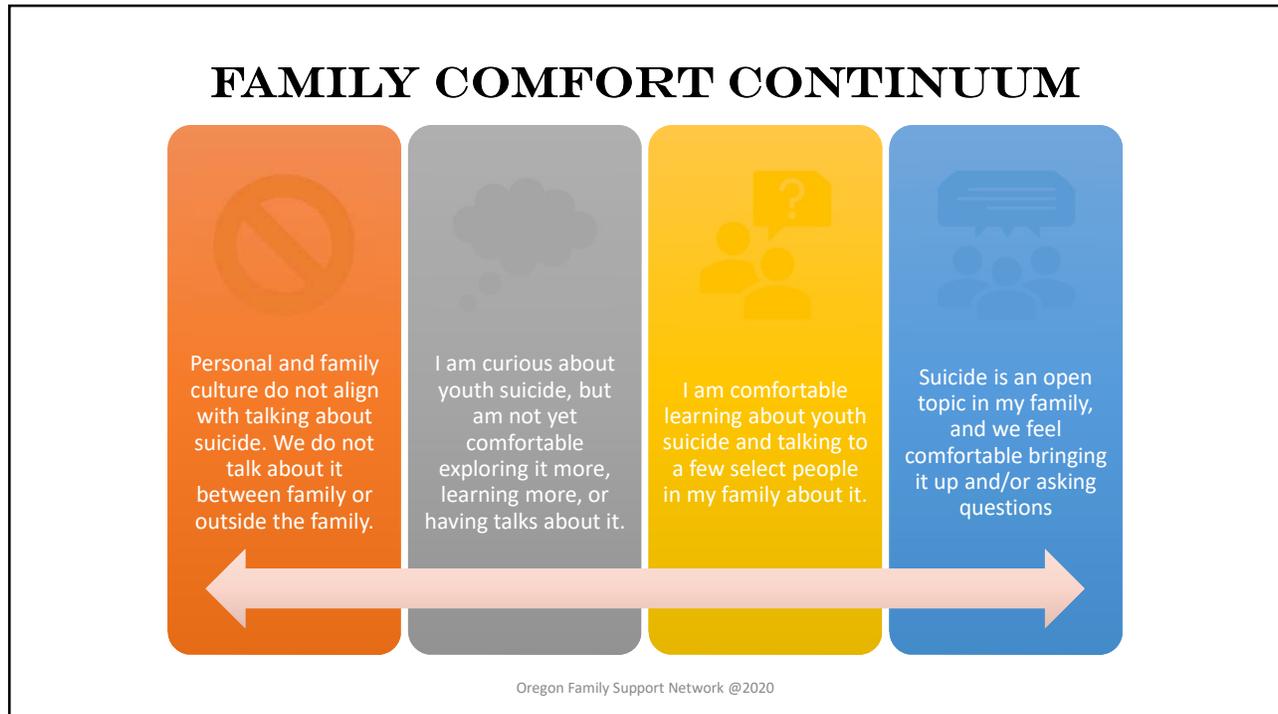
Talking about it together

Family communication around suicide

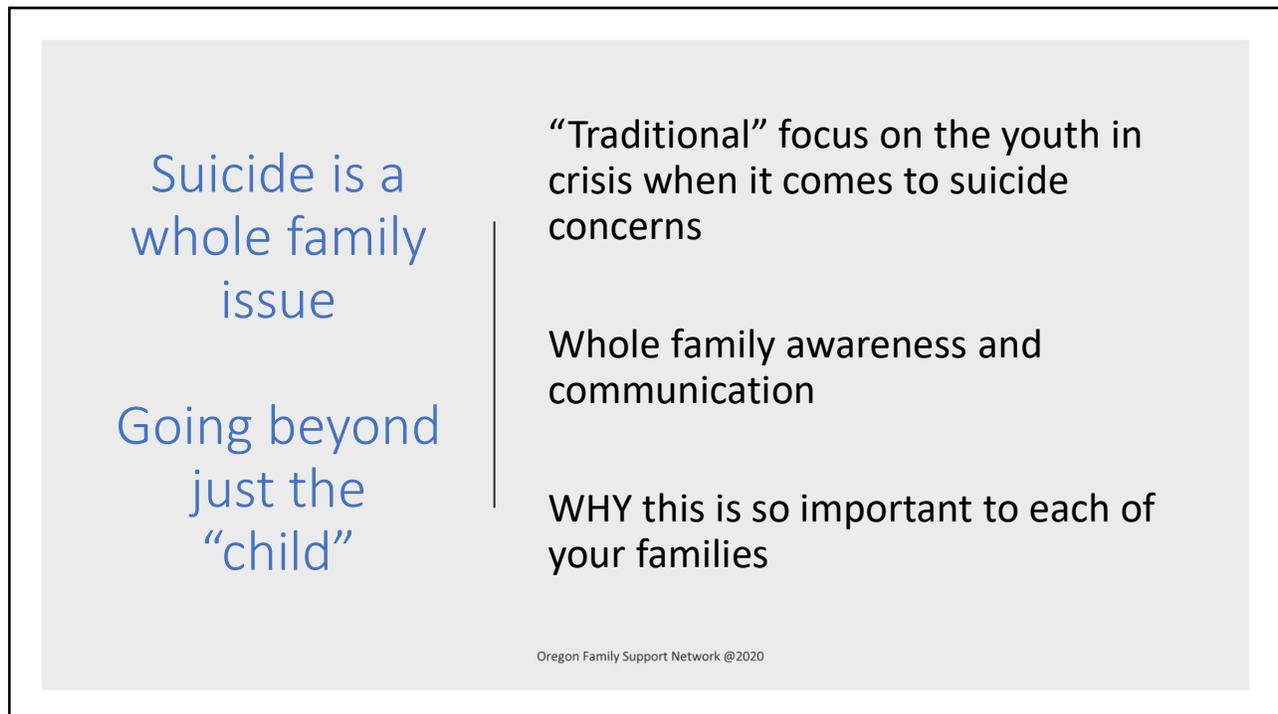
This this is not the “norm” nor comfortable for many families

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Protective Factors

Certain factors can help people build resiliency and protect them from thinking about suicide. Here are some protective factors specific to the LGBTQ community

- Strong relationships with family and friends
- Community and school supports
- Membership in Gay-Straight Alliance (GSA) or LGB community organization
- Accessible and non-discriminatory mental and physical healthcare

- Schools that have integrated policies and programs to ensure LGBTQ students feel safe
- Cultural beliefs that discourage suicide
- Positive role models
- Having basic needs such as food, housing, clothing, etc met

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Suicide is a whole family issue

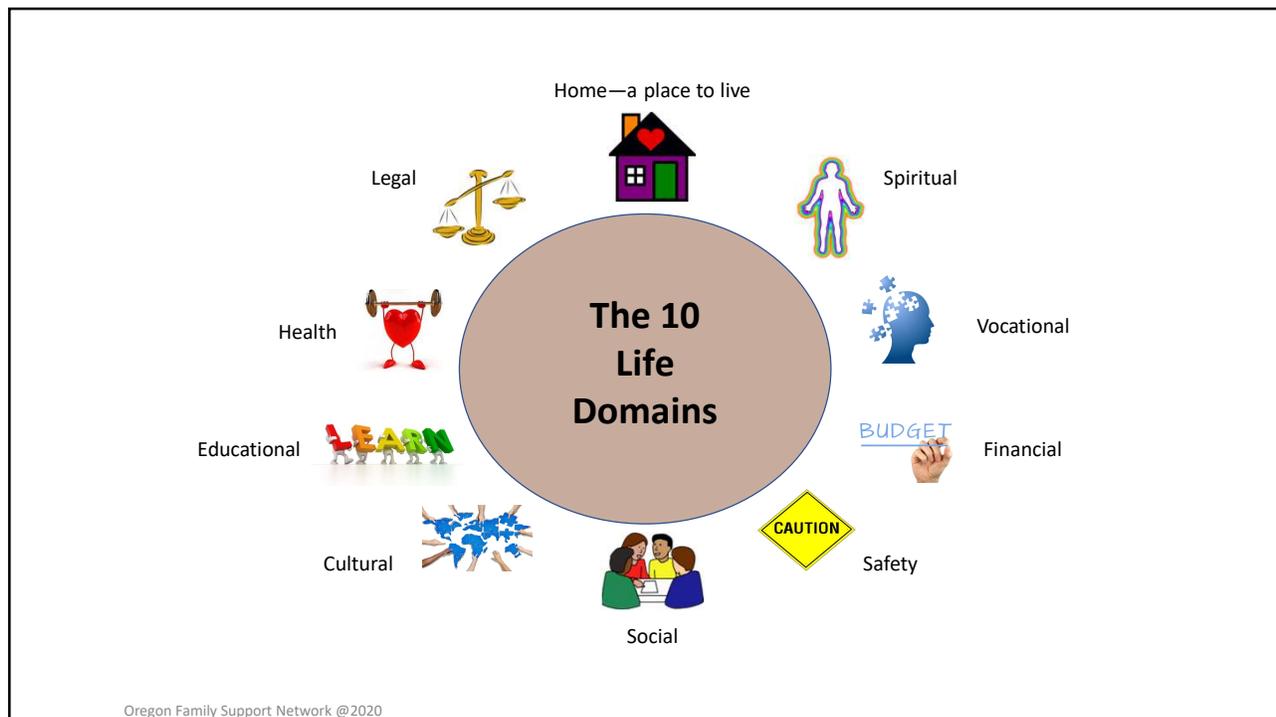
What does the family look like from a holistic perspective

Introduction to the 10 life domains

How can all of your family members have a voice in expressing concerns/questions?

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Wrapping Up

Some best practices for families in raising suicide awareness

Asking out loud about suicidal feelings, thoughts and plans with confidence

Knowing your local resources

Knowing where to go for reliable information

Awareness of red flags and risk factors

Balancing techniques to “keep our cool” when talking about hard topics like suicide

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Good daily practices that help keep us in balance is key to being comfortable in crisis situations that may come up.



Self-care is key!

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“Debrief” time....

- Comments
- Personal story sharing
- Processing
- Questions
- Connection Making



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**Oregon
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Network**

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