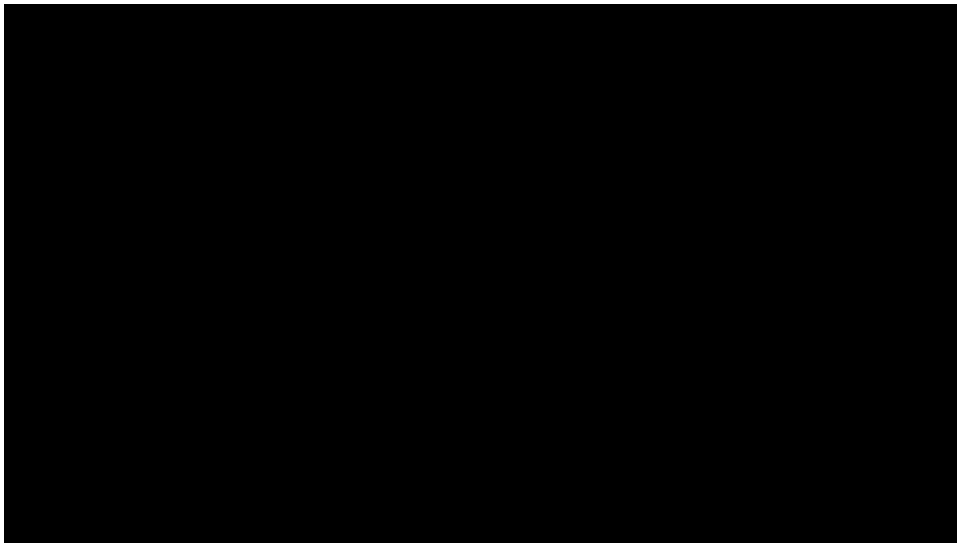

Suicide

Awareness & Prevention

— Olathe Public Schools USD #233 —



<https://youtu.be/yw38YzGSzJM>

Jason Flatt Act (SB 323)

- Enacted by the Legislature of the State of Kansas in May of 2016.
- The Board of education of each school district shall provide suicide awareness and prevention programming to all school staff and shall notify the parents or legal guardians of students enrolled in such school district that the training materials provided under such programming are available to such parents or legal guardians.
- Programming Goals will include: Crisis Plan awareness, steps for recognizing suicidal ideation, appropriate interventions, and recovery plans in the event of a crisis.

Kansas Youth Suicide Statistics

- Suicide is the 2nd leading cause of death for ages 10-14 in Kansas.
- Suicide is the 2nd leading cause of death for ages 12-18 (middle and high school ages) in Kansas.
- Suicide is the 2nd leading cause of death for college-age youth ages 18-22 in Kansas.
- In Kansas, every 5.98 days on an average a young person (ages 10-24) is lost to this “Silent Epidemic” of youth suicide.

Kansas 2013 Youth Risk Behavioral Survey

- 24% of youth answered “Yes” to having experienced feelings of hopelessness and sadness for a period of 2 weeks or greater. (National-29.9%)
- 16.4% answered YES or Almost to having considered suicide in the past 12 months. (National-17%)
- 12.5% answered YES to having made a plan to commit suicide in the past 12 months. (National-13.6%)
- 8.4% answered YES to having attempted suicide in the past 12 months. (National-8%)

Suicide Facts

- 1 out of 13 students attempt suicide one or more times (CDC, 2012).
- Impulsivity can be a significant factor in youth suicide attempts/completions.
 - ~25% of teen attempts occurred within 5 minutes of the onset of SI (Simon et. al., 2001).
 - Suicidal ideation is often brief and triggered by a significant event.
 - Restricting access to lethal means delays action and/or improves survival rate.
 - Approximately 40% of attempters don't have a plan before acting (Borges et al., 2006).

Suicide Facts

- Substance use is a factor:
 - Approximately 50% of completers tested positive for alcohol
- 70% of attempters communicate intent prior to acting.
- 50% of attempters had no contact with a mental health provider.
 - Screening for Mental Health, Inc. 2016
- Injured male athletes at increased risk for suicide attempt (Sabo, et al., 2005).

Suicide Facts

- Talking about suicide DOES NOT increase risk of students attempting/completing suicide.
- Prevention and early intervention are key.
 - 90% of attempters who survive WILL NOT die by suicide in the future (Owens et. al., 2002)
- Approximately 1 out of 6 high school students seriously considers attempting suicide (CDC, 2012).

Risk Factors

- Suicide attempts in past
- Significant life stressors (i.e. break-up, family discord, legal problems, loss of friendship)
 - 1 in 3 adolescent suicides occurred within 24 hours of a significant stressor (Barber & Miller, 2010)
- Mental illness (i.e. depression, bipolar disorder, anorexia)
 - Family history of mental illness and/or suicide attempt

Risk Factors

- Serious/chronic medical condition (i.e. seizures, lupus, chronic pain, MS)
- Limited social support, strained interpersonal relationships
- Trauma history
- Poor self-esteem
- Impulsivity
- LGBTQ, Low SES

Warning Signs

- Seeking weapons or other means
- Talking/writing about suicide
- Agitation, restlessness, anger/aggression
- Expressed hopelessness
- Social isolation

Warning Signs

- Substance abuse
- Disturbed sleep
- Noticeable differences in mood
- Expression of extreme guilt, belief of burdening others
- Rage, desire for revenge

Means and Lethality

- **Firearms** : most common method of completed suicide
 - Fatal in 85+% of cases (Miller et. al., 2004; Vyrostek et al., 2004)
 - Nearly 90% of guns used by adolescent attempters are found at home (Harvard Injury Control Research Center, 2001)
 - Nearly 43% of Kansas families own at least one firearm (CDC BRFSS, 2004)
- **Suffocation**: 2nd leading cause of suicide death

Means and Lethality

- **Overdose:** most common method of attempted suicide
 - 3rd leading cause of suicide death
- **Fall/Jump:** fatal in 31% of attempts (Vyrostek et al., 2004)
- **Alcohol:** increases risk of attempting

School personnel can be ideal gatekeepers

- Frequent contact with students
- Observation of typical mood/behavior/interactions
- Development of relationships with students
 - Increases sense of connectedness, reducing suicide risk
- Review of students' writing
- Students watch and learn from you
 - Multiple opportunities to model self-care, appropriate coping, conflict resolution, problem-solving, acceptance and stigma reduction

Protective Factors

- Positive interpersonal relationships
- Feeling responsible for family
- Religious/spiritual beliefs
- Pregnancy
- Adaptive coping/problem-solving skills
- Active engagement in therapy
- Engagement in school sports or clubs/activities

Prevention (before imminent risk)

- Encourage open dialogue about mental health and related topics.
- Act early if warning signs or risk factors are observed .
 - Better safe than sorry
- Encourage help-seeking.
- Be aware of changes in students' behavior, appearance, interactions, school performance, hygiene, and routines.

Getting Help

- If during the school day, take the student immediately to a School support staff (i.e. counselors, psychologists, social workers) or administrator.
- If you are with a student in need outside of the school day, contact that student's parents or guardians. Other valuable resources below can also be utilized:
 - National Suicide Prevention Lifeline: 888.273.8255
 - National Crisis Text Line: 741-741
 - Kansas Protection Support Center: 800.922.5330

Intervening when risk is evident

- Remain calm and act IMMEDIATELY
- Avoid judgment/blaming
- Express empathy
- Do not be afraid to ask, “Do you want to die?” or “Are you suicidal?”
- Confidentiality/privacy DOES NOT apply when there is potential risk for the safety and well-being of the student.
 - **Get the student to a school support staff or administrator so that help can continue to be provided and parents/guardians contacted. DO NOT LEAVE THE STUDENT UNATTENDED**

Getting Help

- 9-1-1 or local police department
 - Imminent danger warrants emergency support.
 - Olathe PD, Overland Park PD, and Lenexa PD have specially trained mental health responders to aid in assessment of risk and determination of intervention.
 - Additionally, all local Johnson County police departments are making a concerted effort to train many of their officers in Crisis Intervention for mental health matters.

Crisis Protocol: Student Suicide Attempt

If Incident occurs at school/or discovered by school personnel:

1. Provide immediate medical attention to student-call 911/SRO as appropriate.
2. Assemble school crisis team.
3. Contact parents of student/victim.
4. Contact Student Services/General Administration.
5. Secure the incident areas from traffic/additional witnesses, etc.
6. All personnel will defer to the Administrative team and Crisis Team in regards to future action, determining what information is shared, and developing the support plan.

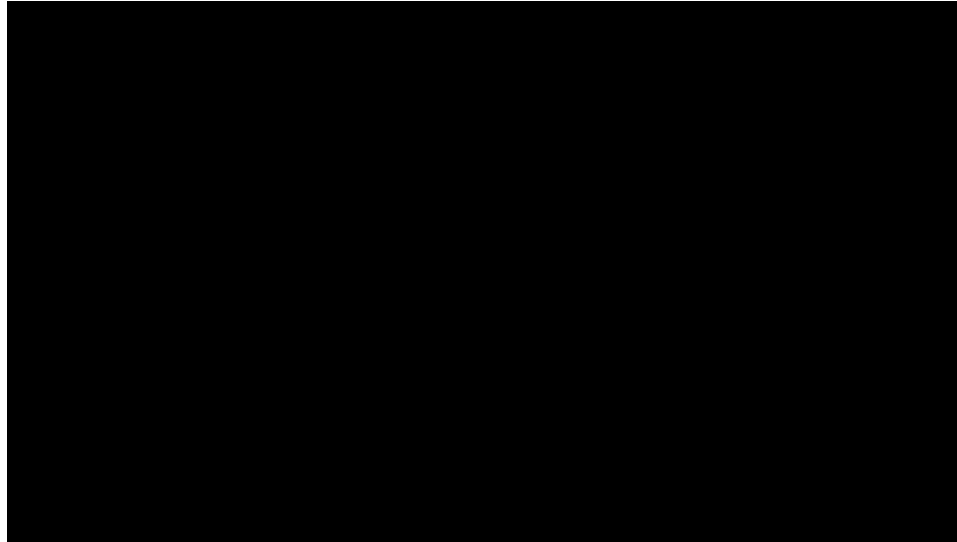
Crisis Protocol Continued

If Incident occurs off-campus:

1. Contact a member of the Administration Team to ensure awareness of the situation and allow them to follow their fact checking protocol.
2. Administration Team will assemble the Crisis Team and carry out the district crisis protocol to ensure proper response, communication, and support.
3. It is important to be respectful of the sensitive nature of these situations and refrain from violating confidentiality and sharing inaccurate information.

Prevention: Mayo Clinic PSA 2013

<https://youtu.be/3BByqa7bhto>



Questions and Further Study

- **Questions or Discussion**
(For large or small group professional development, please provide time for questions and discussion)
- **Independent Study:** If you are completing this training on your own, any questions you have can be directed toward your school administrator, school counselor, or school social worker.
- Comments or feedback about this training material can be left by following this link:
<http://goo.gl/forms/ipjxerTKDDGy6rgk2>

Optional Further Study:

1. Click the link below to read a short PDF about suicide prevention as it relates to Elementary aged students.
http://www.sptsusa.org/wp-content/uploads/2015/05/Suicide_Awareness_in_Elementary_School.pdf
2. Click the link below to watch the video “Not My Kid”. (**Parents**, the video referenced in this link is specifically targeted for parents and offers both English and Spanish subtitles.)
<http://www.sptsusa.org/not-my-kid/>

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