



COTATI-ROHNERT PARK
UNIFIED SCHOOL DISTRICT
Learning for a Lifetime

Ask A Question, Save A Life



Youth Suicide: An Overview

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Learning objectives

- **Increase awareness of suicide**
- **Learn warning signs and symptoms**
- **Learn 3 interventions for reducing suicide attempts and completions**
- **Question, Persuade and Refer!**

Disclaimer

The content of this presentation is sensitive.

Please take care of yourself.



Scope of the problem in the US, and over the past 12 months...

- 15.8% seriously considered suicide
- 12.8% made a plan for suicide
- 7.8% attempted suicide one or more times
- 2.4% made a suicide attempt that lead to treatment by a doctor or nurse
- **For 15-24 year olds, suicide was the 2nd leading cause of death in 2011**
- **Every 11 mins.**

Source: 2011 Youth Risk and Behavior Survey

USA Suicide Rates 2016

| | | | |
|-------------------|----------------|------------------|-------------|
| Nationwide | 44,965. | Rate 13.9 | 1.6% |
| Males | 34,727 | | |
| Females | 10, 238 | | |
| White | 40, 164 | | |
| Older adults | 8, 204 | | |
| Youth 15-24 | 5, 723 | Rate 13.2 | 17.6% |

Local Suicide Rates----- 2016 (CDC)

- California: 4,300 deaths by suicide
- Statewide, Rate: 10.9 (per 100, 000)
- 50% increase since 2011
- Sonoma County Rate: 12.5
- Highest rates are rural counties Trinity, Mariposa, Amador



Numbers to remember

- Boys die 4.34 X as often as girls
- Girls attempt 3 X as often as boys
- Lethality of method contributes to outcomes
- **90% of youth who die by suicide are diagnosed with a mental health disorder (mood disorder, depression, substance abuse and often both).**



Do the math in your school

Of 1,000 students in your school this year:

- 159 will think seriously about suicide
- 13 will plan how to kill themselves
- 8 will make a suicide attempt
- 2 to 3 will make an attempt and receive medical care



Major Youth Risk Factors

- Mental illness
 - Loss
 - Substance abuse
 - Firearms in the household
 - Previous suicide attempts
 - Non-suicidal self-injury
 - Exposure to friends/family members suicide
 - Low self-esteem
-
- Source: see research/publication references slide



Major Youth Protective Factors

- Family and school connectedness
 - Safe schools
 - Reduced access to firearms
 - Academic achievement
 - Positive self-esteem
-
- Multiple sources: see reference list



Youth Suicide Prevention is all about...

**Reducing risk factors
and increasing
protective factors**



In summary, and while it is our most preventable death....

“More teenagers died from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza, and chronic lung disease *combined*.”

Source: U.S. Public Health Service (1999)

Youth Warning Signs

Behavior

What types of behaviors might you see in a youth who could be considering suicide?

Warning Signs- Behaviors

- Withdrawal
- Apathy, hopelessness
- Change in academic functioning
- Change in social behavior
- Anger, irritability
- Change in appearance or demeanor
- Substance use

Youth Warning Signs

Situations

What types of situations might be occurring in the life of a youth possibly considering suicide?

Youth Warning Signs

- Death of a loved one or friend
- Humiliation, bullying
- Break-up, loss of relationship
- Divorce, fighting, or other problems at home
- Loss of housing
- Loss of job or position on team
- Severe illness
- Assault

Youth Warning Signs

Verbal signs

- **What might someone say that could be a clue they might be feeling suicidal?**

Youth Warning Signs

Direct warning signs

”I am going to kill myself”

“I want to die”

Indirect “I can’t take it anymore”

“What is the point”

“No one would even care if I was gone”

TRUE or FALSE?

- Talking about suicide will give the youth the idea
- Bringing up suicide will ONLY make them angry
- There is no point in trying to change someone's mind once they become suicidal

Listen to Kevin Hines.....



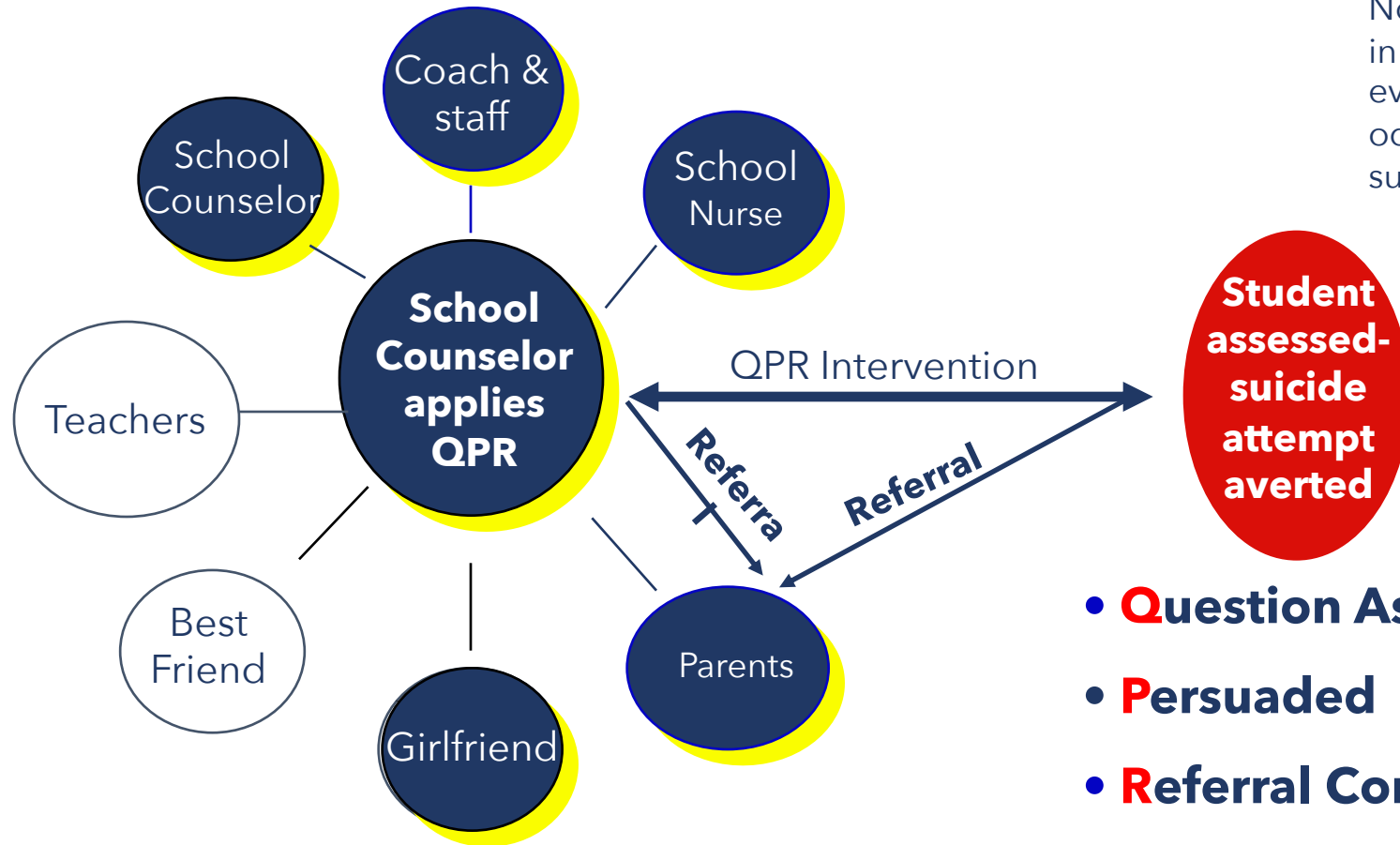
QPR

Q
P
and
R



Trained social network

Diagram 2



● Network Trained

Note: girlfriend trained in this network. If everyone is training odds detection and survival are increased.

- **Q**uestion Asked
 - **P**ersuaded
 - **R**eferral Completed
- Suicide attempt averted!***

Source: Paul Quinnett, Ph.D., QPR for Suicide Prevention

Tips for asking the Question

- Active listening
- Non-judgmental stance- Don't 'stack the question'
- Allow adequate time to listen
- Talk in as private a setting as you can
- Validate and connect.

Role Play

- A student Michelle, 13 has become more withdrawn, surly, and stopped doing any school work. She appears to have lost weight, and you notice she doesn't talk with friends anymore. One of her friends has told you that they are worried about her; they know her mom is a heavy drinker with a boyfriend who is mean to both Michelle and her mom.

One morning, you ask her to turn in work and she shrugs, says she did not do it. You ask why, she states with a shaky voice, "I don't even care anymore, what is the point?" and storms out of the room, sits in the hallway sobbing.

What do you do? What might you say to her?

Practice talking with her and ask her if she is thinking about suicide.

RESOURCES

- **Sonoma County Crisis Stabilization Unit (CSU)**
2225 Challenger Way, Santa Rosa
707 576 8181
- **24 Hour Suicide Prevention Hotline 800-273-8285**
- **911 or local PD**
- **Local Mental Health Agencies:**
 - **On campus- CPI CHAT**
- **SOS Community Clinic, Petaluma People Services, SAY, CPI**

Contact Information

- [Karena Weil, LMFT CRPUSD Social Worker](#)
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Please visit the QPR Institute web site and download the free e-book: *Suicide: the Forever Decision*

and share it widely.....