

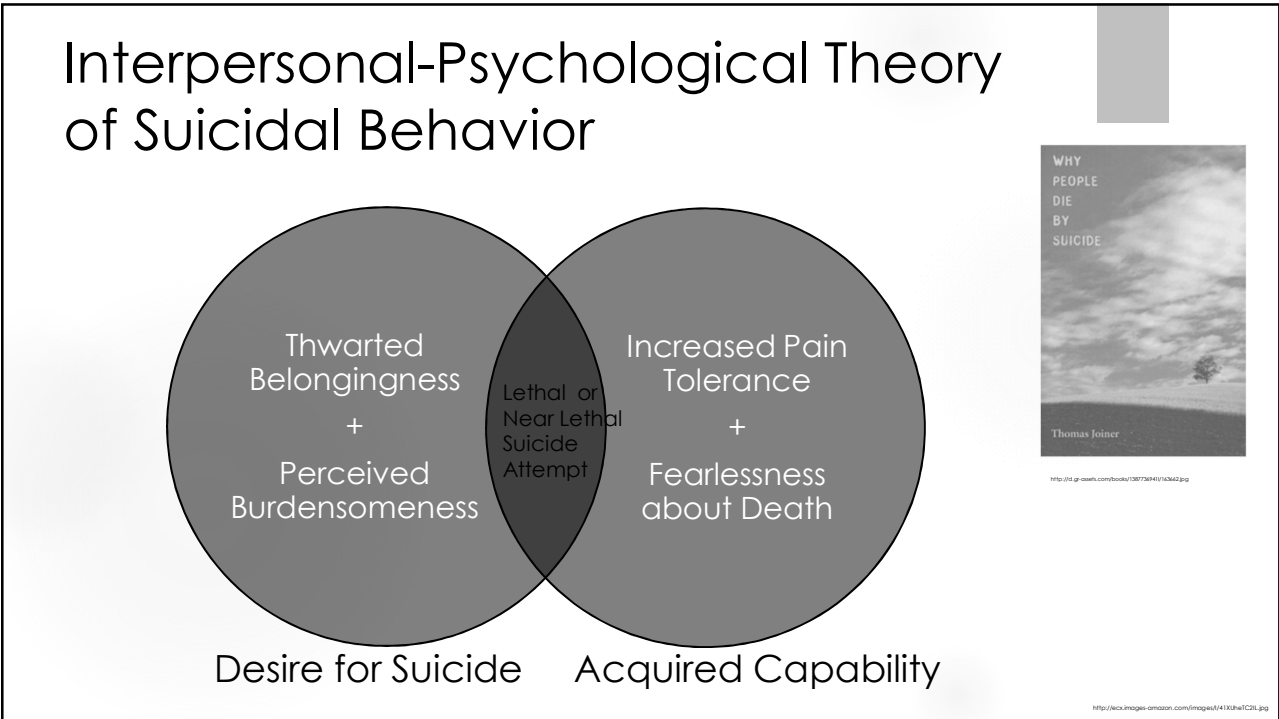
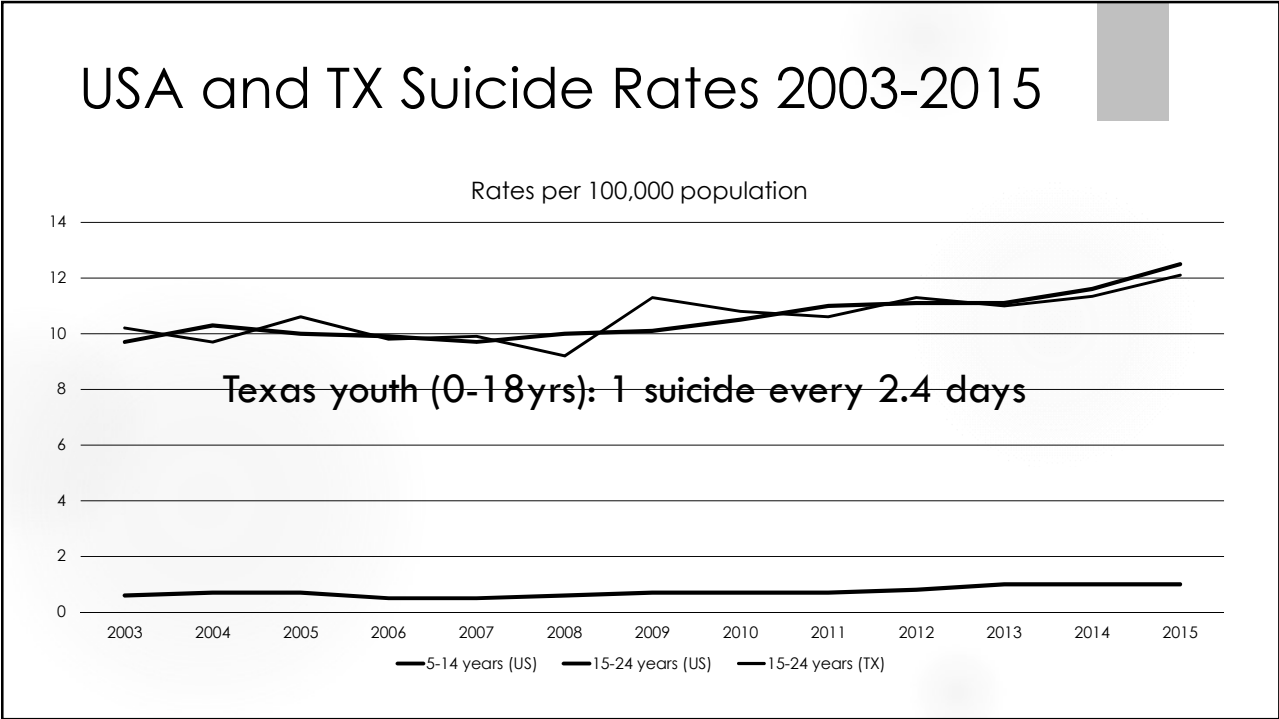
Suicide Prevention: Keeping Your Adolescent Safe

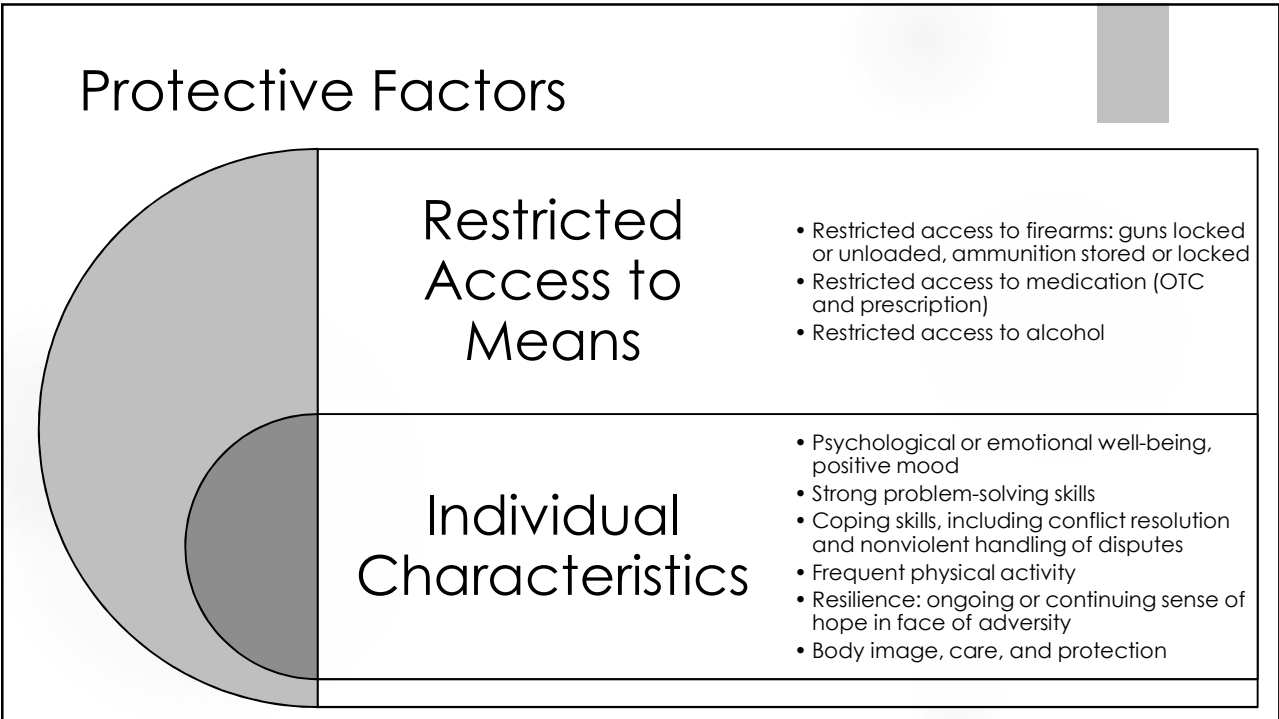
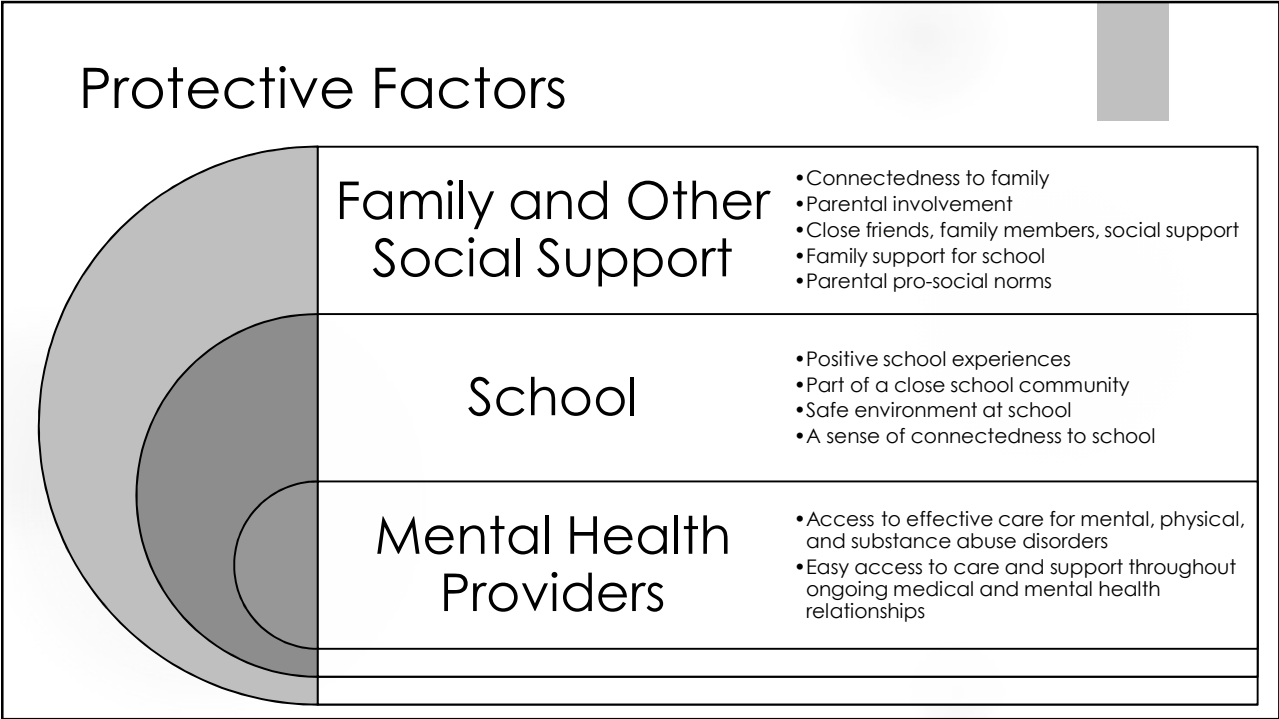
DEPARTMENT OF PSYCHOLOGICAL SERVICES



What You Will Learn From This Presentation:

- ▶ The prevalence of suicide and suicide attempts among youth.
- ▶ Protective factors for adolescents.
- ▶ The warning signs of suicide.
- ▶ How to respond when you recognize your child or another youth is at risk.
- ▶ Where to turn for help in the community.
- ▶ Strategies to prevent suicide ideation and behavior.
- ▶ Strategies for Non-Suicidal Self-Injury.
- ▶ Stress reduction strategies.





The Importance of Connectedness

- ▶ **School:**
 - ▶ Discuss with your school the possibility of a mentor for your child.
 - ▶ Structured Extracurricular Activities (SEAs): examples include sports, being in school plays, art classes, music lessons, FFA, clubs, etc.
- ▶ **Community:**
 - ▶ Engagement in activities outside of the home such as: volunteer work, church, community events, neighborhood events, fine arts, sporting events, etc.
 - ▶ Connectedness to family is helpful. Enjoyable family activities can improve mood and connection to others.



Warning Signs & How to Respond

Warning Signs

Hopelessness about the future – expresses no reason for living, no sense of purpose in life

Anger or hostility that seems out of character or out of context

Changes in sleep (increased or decreased)

Withdrawal from friends, family, society

Recent increased agitation or irritability

How to Respond

Remain calm and ask the child directly if s/he is thinking of suicide

Focus on your concern for their well-being/avoid being accusatory or judgmental

Listen to them. Provide reassurance that help is available.

Remove access to lethal means

Seek immediate help from a mental health provider

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

Call 9-1-1 or local emergency provider

Provide constant monitoring

Warning Signs & How to Respond

Warning Signs

- Displaying overwhelming emotional pain or distress
- Talking or writing about death, dying, or suicide
- Making plans to attempt suicide
- Looking for ways to kill him/herself (i.e. seeking access to pills, weapons, or other means)
- Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the aforementioned warning signs

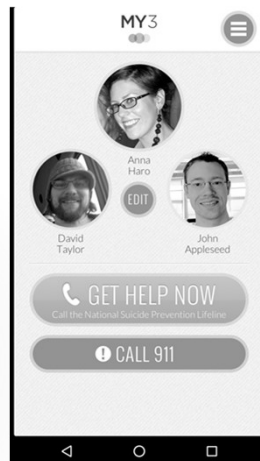
How to Respond

- Remain calm and ask the child directly if s/he is thinking of suicide
- Focus on your concern for their well-being/avoid being accusatory or judgmental
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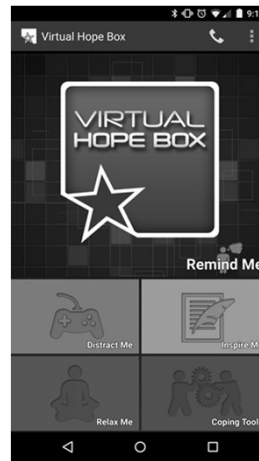
Where to Turn for Help – Resources



ASK & Prevent Suicide app Available for iPhone and Android



MY3 app Available for iPhone and Android



Virtual Hope Box app Available for iPhone and Android



CIH app Available for iPhone and Android

Where to Turn For Help - Treatment



Contact your **school counselor**. The school counselor can provide additional recommendations, resources, and can evaluate the functioning of the child in the school setting.



Consider getting a mental health evaluation and/or treatment from an **outpatient therapist** (i.e., psychologist, licensed professional counselor, etc.). If your child already has a therapist, contact them immediately to inform them of suicidal ideation/risk.



If you believe your child is in immediate danger of harming him or herself, contact an **inpatient behavioral health/psychiatric facility or 911**.

Where to Turn for Help – Local Resources

▶ Crisis Hotlines

- ▶ **Do hotlines work?** YES. 53.7% of hotline users indicated hotline services stopped them from killing themselves "a lot" and 25.1% indicated "a little."
- ▶ The Harris Center for Mental Health and IDD (formerly MHMRA): (866) 970-4770
- ▶ Suicide prevention telephone service
Spanish: (713) 526-8088
Teen line: (713) 529-8336
- ▶ CIH Teen Line: (832) 416-1199

▶ Emergency psychiatric providers*

- ▶ Ben Taub Psychiatric Center
(713) 873-4900 (main number)
- ▶ Memorial Herman Mental Health Crisis Clinic
(713) 338-6422 (call first, hours vary)
- ▶ In-Patient Hospital/Residential*
 - ▶ Kingwood Pines Hospital
(281) 404-1001
 - ▶ Texas West Oaks Hospital
(713) 995-0909

*Note: This list is not exhaustive and no location is being recommended over another. These are a few listed in the Cy-Fair 2016 Resource Guide.

Keeping School Staff Informed

Why?

- ▶ Increased ability to keep your child safe.
- ▶ School staff can be on the look-out for any additional warning signs of increased risk of suicide.
- ▶ School staff can implement additional support and strategies to assist your child's psychological functioning.

How?

- ▶ Contact your child's counselor.
- ▶ Contact and connect with your child's teachers regularly.
- ▶ Provide school with any relevant psychological evaluations/reports.
- ▶ Release of Information – if child is being seen by an outside therapist.

What To Do if Your Child is In Crisis

- ▶ If you are worried about your child hurting him/herself or others dial 9-1-1.
- ▶ In situations where you wish to transport your child to a psychiatric hospital or emergency room it may be more safe for law enforcement to transport your child if you are worried about his/her safety.
 - ▶ To keep you child safe he/she may be handcuffed.
 - ▶ A Notification of Emergency Detention may be conducted.
- ▶ When dialing 9-1-1 you can request a Mental Health Peace Officer.
 - ▶ In these situations two officers may arrive (1 Lead and 1 MHPO).

Strategies to Prevent Suicide Ideation and Behavior

- ▶ Do not be afraid to talk to your child.
- ▶ Learn about warning signs, risk factors, and protective factors.
- ▶ Never take warning signs lightly.
- ▶ Never keep information a secret.
- ▶ Early identification and intervention of mental health issues.



Strategies to Prevent Suicide Ideation and Behavior

- ▶ Seek advice or help from professionals if in doubt.
 - ▶ If you cannot get in touch with a trained professional for advice, the National Suicide Prevention Lifeline can be a resource. 1-800-273-TALK (8255)
- ▶ Take action; Remove means, such as guns or stockpiled pills.
- ▶ Provide positive feedback/compliments.
- ▶ Teach general living skills (e.g., stress reduction, social skills development, general problem solving, and critical thinking).
- ▶ Maintain communication with the school.
- ▶ http://www.suicidefindinghope.com/content/creating_a_safety_plan



Tips on How to Talk to Your Child About Suicide

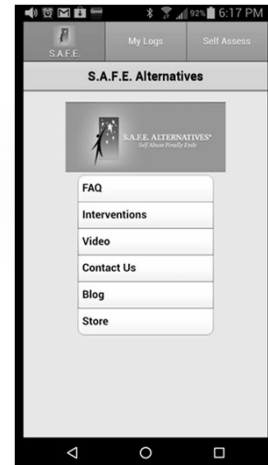
- ▶ Talking about suicide does not plant the idea into someone's head.
- ▶ Consider timing. Pick a time when you know you'll have your child's full attention.
- ▶ Think about what you want to say ahead of time.
- ▶ It's okay to admit that this is a difficult subject to discuss.
- ▶ Be direct! Ask for your child's response.
- ▶ Then listen to the response and consider his/her answers.
- ▶ Be careful not to under- or overreact.
- ▶ Ask about the problem that created the suicidal thoughts.

Non-Suicidal Self-Injury (NSSI)

- ▶ Non-Suicidal Self-Injury (NSSI) is the intentional act of harm to one's body without suicidal intent:
 - ▶ Expression of how one feels through self-harm, rather than through words.
 - ▶ Methods may include: biting, scratching/picking, burning, cutting, hitting self.
- ▶ Why do students engage in self-injurious behaviors?
 - ▶ Coping Mechanism
 - ▶ Biological Function
 - ▶ Social Function

Where to Turn for Help – NSSI Resources

- ▶ Seek advice/help from professionals.
- ▶ Keep school staff informed.
- ▶ Active monitoring at home, limited time for student to be by self.
- ▶ Regular physical examination of student's body for potential wounds if engaging in self-harm.
- ▶ Limited access to potential methods of self-harm (e.g., razors, lighters, etc.) and regular searches for such items.
- ▶ Encourage/increase positive activities together.
- ▶ Hotline: (800) DONTCUT
- ▶ S.A.F.E. Alternatives: www.selfinjury.com



S.A.F.E. Alternatives app
Available for iPhone and Android

Strategies to Reduce Stress

- ▶ Healthy life style (e.g., eat well, sleep well, and exercise)
- ▶ Engage in positive, enjoyable activities (e.g., sports, music, shopping).
- ▶ Make time to relax (e.g., listen to music, practice meditation, yoga, or other mindfulness-based techniques, go out for a walk).
- ▶ Warm and positive support from parents (e.g., praise your child for his/her accomplishments; be specific in regards to praise).
- ▶ Promote positive emotions/feelings (e.g., ask them to think about what they are grateful for).



Strategies to Reduce Stress

- ▶ Encourage your child to ask for help when needed.
- ▶ Talk to a school counselor/a therapist.
- ▶ Keep a stress journal to organize your thoughts.
- ▶ Break down tasks into small steps so they are less overwhelming.
- ▶ Individual differences (e.g., some may seek guidance and support, while others need distraction).
- ▶ Helping your child to prioritize tasks and possibly remove less important tasks if your child is overscheduled.



National Organizations & Federal Agencies

- ▶ American Association of Suicidology (AAS)
 - ▶ <http://www.suicidology.org>
- ▶ American Foundation for Suicide Prevention (AFSP)
 - ▶ <http://www.afsp.org>
- ▶ Indian Health Service (IHS)
 - ▶ <http://www.ihs.gov/NonMedicalPrograms/nsprn>
- ▶ National Association of School Psychologists (NASP)
 - ▶ <https://www.nasponline.org/>
- ▶ National Alliance on Mental Illness
 - ▶ <https://www.nami.org/>
- ▶ National Suicide Prevention Lifeline
 - ▶ <http://www.suicidepreventionlifeline.org/default.aspx>

National Organizations & Federal Agencies

- ▶ Suicide Prevention Resource Center (SPRC)
 - ▶ <http://www.sprc.org>
- ▶ The Trevor Project
 - ▶ <http://www.thetrevorproject.org/>
- ▶ U.S. Centers for Disease Control and Prevention (CDC)
 - ▶ <http://www.cdc.gov/ViolencePrevention/suicide/index.html>
- ▶ U.S. Department of Education (ED)
 - ▶ <http://www.ed.gov>
- ▶ U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)
 - ▶ <http://www.samhsa.gov>

National Organizations & Federal Agencies

- ▶ Light for Life Program
 - ▶ <http://www.yellowribbon.org/>
- ▶ National Institute of Mental Health Suicide Prevention Resources
 - ▶ <http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>
- ▶ National Mental Health Association
 - ▶ www.nmha.org
- ▶ S.O.S. High School Suicide Prevention Program
 - ▶ <http://www.mentalhealthscreening.org/highschool>
- ▶ Suicide Awareness/Voices of Education (SAVE)
 - ▶ www.save.org
- ▶ Suicide Prevention Therapist Finder (SPTF)
 - ▶ <http://www.HelpPRO.com/SPTF>
- ▶ Jason Foundation Parent Resource Program
 - ▶ <http://www.jasonfoundation.com/prp/>

Resources

- ▶ Harvard School of Public Health: Means Matter. (n.d.). Recommendations for families. Retrieved from <http://goo.gl/OE3J1h>
- ▶ Mental Health America of Texas. (2012). *Coming Together to Care: A Suicide Prevention and Postvention Toolkit for Texas Communities*.
- ▶ Miller, D. (2011). *Child and Adolescent Suicidal Behavior: School-based Prevention, Assessment, and Intervention*. New York, NY: Guilford Press.
- ▶ National Association of School Psychologists. (n.d.). Preventing youth suicide: Tips for parents & educators. Retrieved from <http://goo.gl/sbfmtS>
- ▶ Substance Abuse and Mental Health Services Administration. *Preventing Suicide: A Toolkit for High Schools*. HHS Publication No. SMA-12-4669. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, 2012.



Contact Information

- ▶ Cy Woods Counseling Office:
 - ▶ Phone: (281) 213-1861
- ▶ Department of Psychological Services
 - ▶ Phone: (281) 807-8180

