Check and Connect Mentor Webinar Series: Session Three

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Utah Ranks 9th in the Nation

Data Source: National Center for Health Statistics for 2018. Updated February 2020
SUICIDE FATALITIES PER 100,000 POPULATION BY AGE GROUP, AGES 10+, UTAH, 2013-2015

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Male Rate per 100,000</th>
<th>Female Rate per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (10-17)</td>
<td>13.7</td>
<td>4.6</td>
</tr>
<tr>
<td>Young Adult (18-24)</td>
<td>34.0</td>
<td>7.0</td>
</tr>
<tr>
<td>Adult (25-64)</td>
<td>42.2</td>
<td>15.3</td>
</tr>
<tr>
<td>Older Adult (65+)</td>
<td>40.1</td>
<td>6.7</td>
</tr>
</tbody>
</table>
## LANGUAGE MATTERS

<table>
<thead>
<tr>
<th>TRY TO AVOID</th>
<th>WHY</th>
<th>TRY TO USE PHRASES LIKE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Successful suicide</td>
<td>We never want to view loss by suicide as a success</td>
<td>Died by suicide</td>
</tr>
<tr>
<td>Completed suicide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unsuccessful suicide</td>
<td>It implies that suicide is a good thing or a “check box”</td>
<td>They survived their attempt</td>
</tr>
<tr>
<td>Failed suicide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Committed suicide</td>
<td>It implies that suicide is a crime or sin</td>
<td>Died by suicide Took their own life</td>
</tr>
<tr>
<td>“Sally” is suicidal</td>
<td>There is more to “Sally” then her thoughts</td>
<td>“Sally” has or had suicidal thoughts</td>
</tr>
</tbody>
</table>
In general, if a person is suicidal it does not actually mean they want to die. It simply means they want to end unbearable physical or emotional pain or find a solution to an inescapable problem.

Because of this, most people experience intense uncertainty about suicide. A part of the person may still be hopeful or connected to people, pets, or purpose in life.

We can help them reconnect to those reasons for living.
LEARN® acronym adapted from Forefront Suicide Prevention Curriculum

Look for warning signs
Empathize
Ask about suicide
Restrict lethal means
Next level of care

PREVENTING AND RESPONDING TO YOUTH SUICIDE
To help those in crisis, LEARN how to respond.

L: Look For Warning Signs (FACTS)
E: Empathize
A: Ask About Suicide
R: Restrict Lethal Means
N: Next Level of Care
<table>
<thead>
<tr>
<th>FACTS</th>
<th>Feelings</th>
<th>Actions</th>
<th>Changes</th>
<th>Threats</th>
<th>Situations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Expressing hopelessness about the future</td>
<td>Displaying severe/overwhelming pain or distress.</td>
<td>Worrisome behavioral cues or marked changes in behavior. Withdrawal from friends/family or changes in social activities; anger or hostility; changes in sleeping and eating.</td>
<td>Talking about, writing about, or making plans for suicide.</td>
<td>Experiencing stressful situations including those that involve loss, change, create personal humiliation, or involve getting into trouble at home, in school or with the law. These kinds of situations can serve as triggers for suicide.</td>
</tr>
</tbody>
</table>
Look for warning signs

The preceding signs may mean that a youth is at risk for suicide, particularly if that person has attempted suicide in the past.
Empathize

• “I am concerned about you and what is going on in your life.”
• “I am not here to judge. Help me understand your situation.”
• “We can’t make the problem magically go away, but we can get you to a place where you have more control.”
• “I don’t have all the answers but what you are going through is important.”
• “I am so sorry that happened to you. Thank you for trusting me.”
If you recognize these warning signs or think someone might be considering suicide

Ask Them!

“With all of the stress and painful emotions you are describing to me, it would be understandable if you have had thoughts of ending your life. Have you had any thoughts like that?”

“Sometimes people (in your situation) feel like they don’t want to live anymore, or sometimes they think about killing themselves. Have you been having any thoughts like these?”

“You said that you are feeling like you ‘can’t handle it anymore.’ When you say that, do you mean you are thinking about suicide?”
86% of firearm deaths in Utah are suicides.

Restriction of Means

- That is more than homicides, legal intervention, and accidental shootings combined.
- Although most people at risk for suicide show warning signs that may alert you to the crisis, sometimes warning signs are missed by or intentionally hidden from family members.
- Sadly, most teens who take their own lives are acting on impulse. They are often driven by a temporary problem, such as the end of their first romantic relationship. Teens often plan their suicide for less than five minutes, an impulse that can be fatal with a gun.

IS YOUR SAFETY ON?
• Talk to your School Psychologist, School Counselor, School Social Worker, School Nurse, or School-Based Mental Health Professional.
• Refer to and know your LEA’s/Charter’s school policy for referring a suicidal student.
• For immediate mental health crisis help call 833-372-3888 (833-3SAFEUT).
• If you or someone you know is in a life-threatening emergency or is in immediate danger of harming themselves, call 911 and ask for a Crisis Intervention Team (CIT) officer. They are specifically trained to help with someone in a mental crisis.

LGBTQ specific resources:
The Trevor Project
School Counselors
Work with all students on career, academic and social and emotional development

School Social Workers
Are an integral part of the education of all children, connecting schools, families and communities

School Psychologists
Help children and youth succeed academically, socially, behaviorally, and emotionally

School Nurses
Work to improve the health and academic success of all students

School-Employed Mental Health Professionals
A Mantra of Hope

Live On is a statewide effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. Together we can get through, reach out, lift up, look ahead, and Live On.
To begin the Youth Suicide Prevention Training, you must self-enroll into the course by completing the following steps.

1. If you do have a USBE Canvas account, go to Enroll in Suicide Prevention Training
2. If you do not have a USBE Canvas account, Go to: https://usbe.instructure.com/register
   ✓ Click on the green "I'm a Student" button (Not the "I'm a Teacher" button)
   ✓ Enter the Join Code: LTEPRX
   ✓ Fill out the rest of the information and check the "Terms of Use" box
   ✓ Select "Start Learning"