



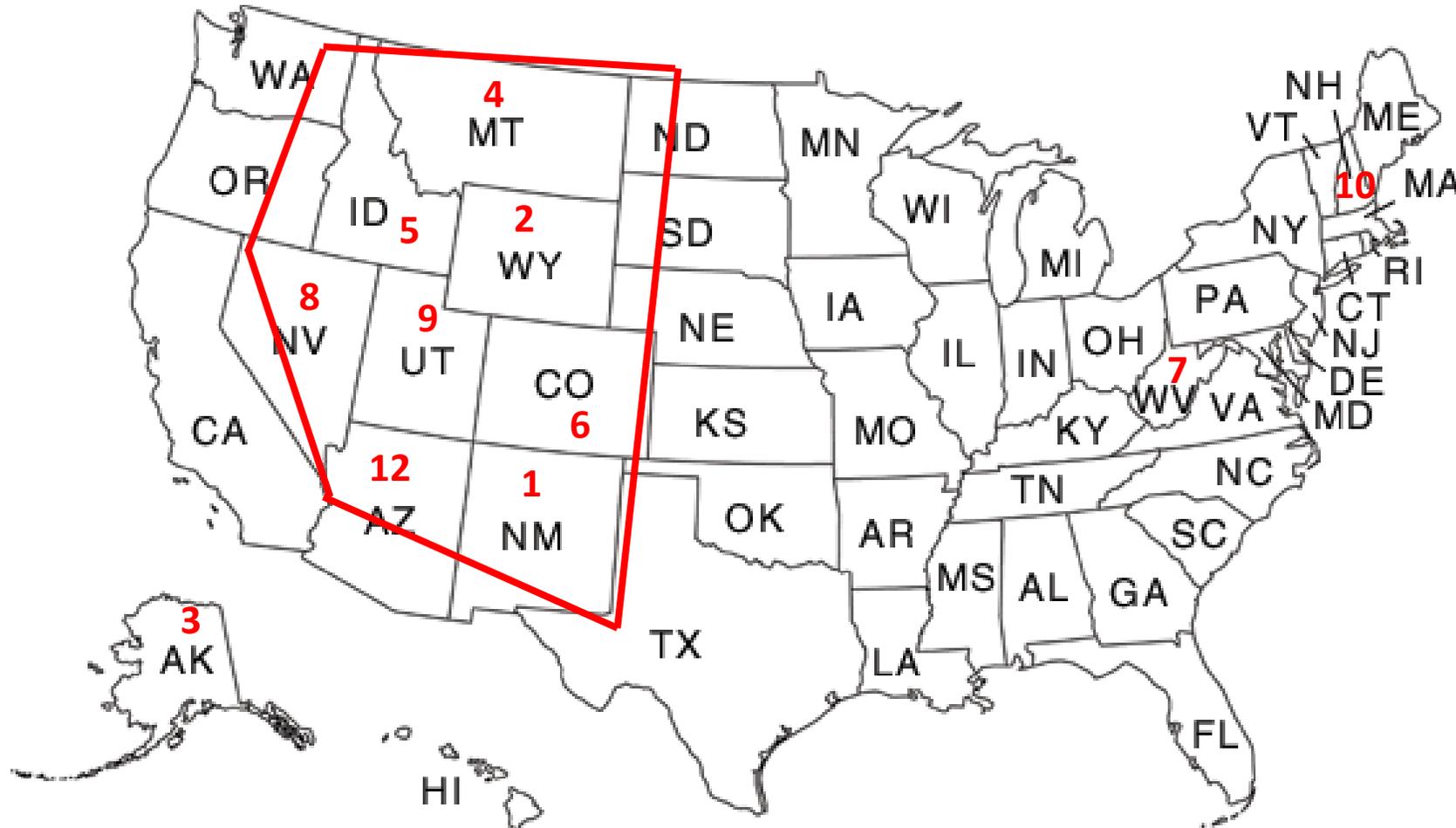
# Check and Connect Mentor Webinar Series: Session Three

Cathy Davis, USBE Suicide Prevention Specialist

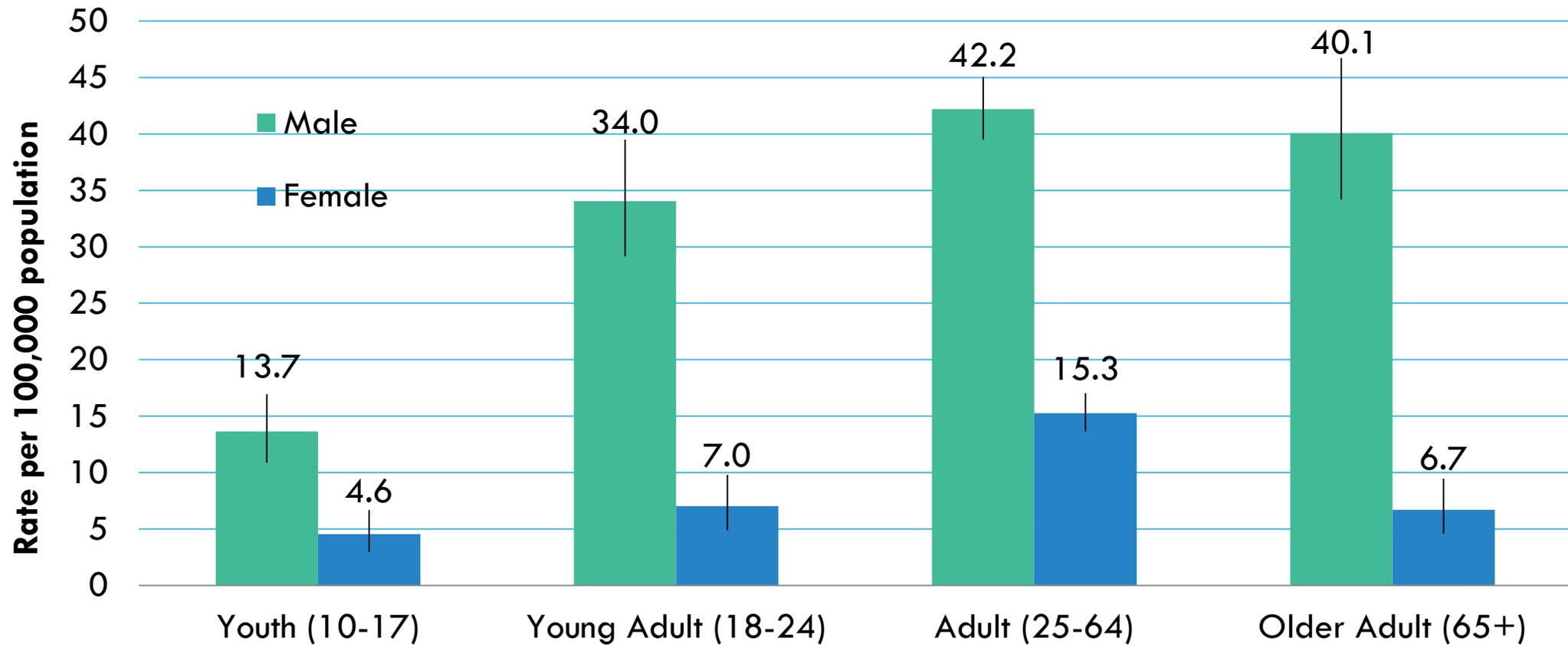
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# Utah Ranks 9<sup>th</sup> in the Nation



# SUICIDE FATALITIES PER 100,000 POPULATION BY AGE GROUP, AGES 10+, UTAH, 2013-2015



# LANGUAGE MATTERS

## TRY TO AVOID

## WHY ?

## TRY TO USE PHRASES LIKE

Successful suicide  
Completed suicide

We never want to view loss by suicide as a success

Died by suicide

Unsuccessful suicide  
Failed suicide

It implies that suicide is a good thing or a “check box”

They survived their attempt

Committed suicide

It implies that suicide is a crime or sin

Died by suicide  
Took their own life

“Sally” is suicidal

There is more to “Sally” than her thoughts

“Sally” has or had suicidal thoughts



# UNDERSTANDING SUICIDE

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<sup>®</sup>

Look for warning signs

Empathize

Ask about suicide

Restrict lethal means

Next level of care

LEARN<sup>®</sup> acronym adapted from Forefront Suicide Prevention Curriculum

[http://www.intheforefront.org/wp-content/uploads/2017/09/PDT\\_Learn\\_OnePagerColor\\_2018\\_07\\_27.pdf](http://www.intheforefront.org/wp-content/uploads/2017/09/PDT_Learn_OnePagerColor_2018_07_27.pdf)



To help those in crisis, LEARN how to respond.

**L**

**E**

**A**

**R**

**N**

**Look  
For  
Warning  
Signs  
(FACTS)**

**Empathize**

**Ask About  
Suicide**

**Restrict  
Lethal Means**

**Next Level of  
Care**

**F**

**A**

**C**

**T**

**S**

## Feelings

Expressing hopelessness about the future

## Actions

Displaying severe/overwhelming pain or distress.

## Changes

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.

## Threats

Talking about, writing about, or making plans for suicide.

## Situations

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.

L

Look for  
warning signs

FACTS

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

# E

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!

A

Ask about  
Suicide

“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.

# R

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?**

# N

Next Level  
of Care

- 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

 <p><b>TrevorLifeline</b> <b>1-866-488-7386</b></p> <p>TrevorLifeline is a crisis intervention and suicide prevention phone service available 24/7/365.</p>	 <p><b>TrevorChat</b></p> <p>Confidential online instant messaging with a Trevor counselor, available 24/7.</p> <p><i>Access through a computer, as you may have technical difficulties if using a smartphone or tablet.</i></p>	 <p><b>TrevorText</b> <b>Text START to 678678.</b></p> <p>Confidential text messaging with a Trevor counselor, available 24/7/365.</p> <p><i>Standard text messaging rates apply.</i></p>
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## **School Counselors**

Work with all students on career, academic and social and emotional development

## **School Nurses**

Work to improve the health and academic success of all students

School-  
Employed  
Mental Health  
Professionals

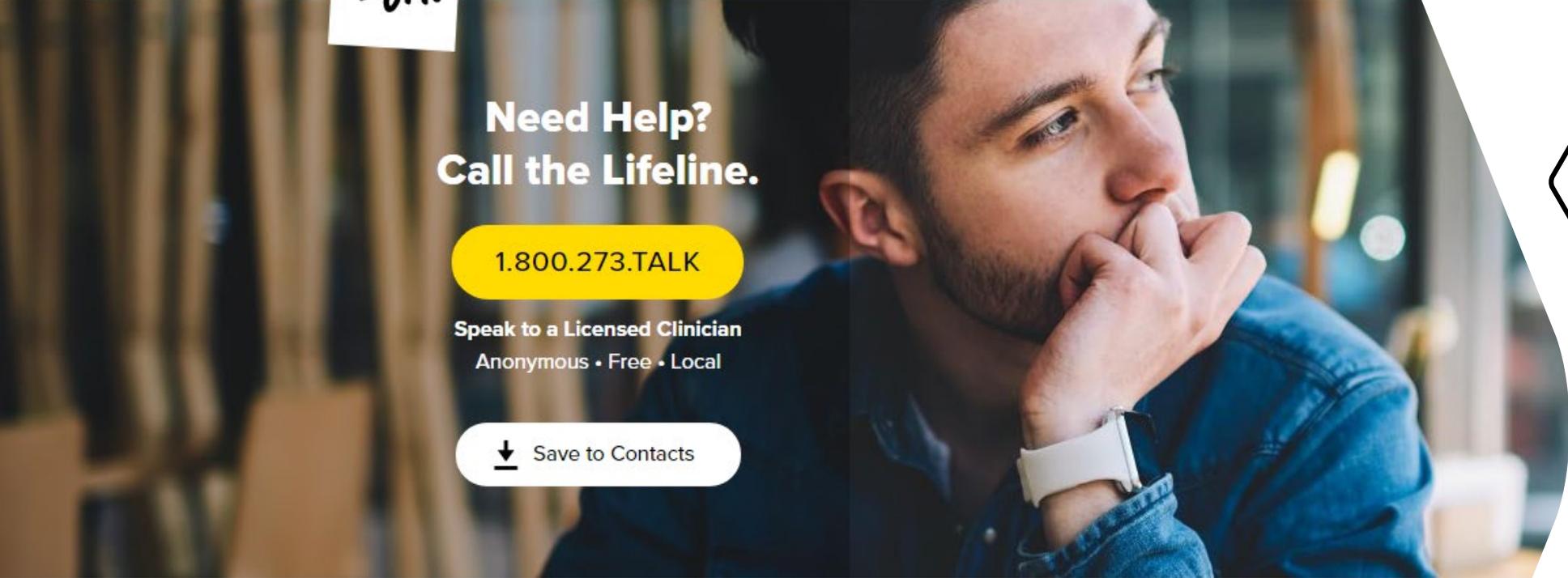
## **School Psychologists**

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

## **School Social Workers**

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



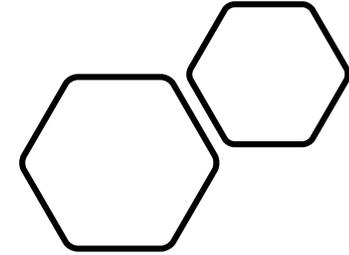
A photograph of a man with dark hair and a beard, wearing a blue denim shirt, looking thoughtfully to the right with his hand resting on his chin.

**Need Help?  
Call the Lifeline.**

**1.800.273.TALK**

**Speak to a Licensed Clinician**  
Anonymous • Free • Local

 Save to Contacts



## 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.





## Free Suicide Prevention Training

ASK A QUESTION. SAVE A LIFE.

### New interactive training: An introduction to suicide prevention

Open and available to everyone, this 15 minute training includes:

- How to ask the question that could save a life
- How understanding common myths and facts about suicide helps
- How to help someone in need (including how to talk about suicide, respond, select, and access support resources, and create a safe environment)

Visit [www.intermountainhealthcare.org/zerosuicidetraining](http://www.intermountainhealthcare.org/zerosuicidetraining)

Ask about our free gunlocks  
[Kristy.Jones@imail.org](mailto:Kristy.Jones@imail.org)



# YOUTH SUICIDE PREVENTION TRAINING FOR EMPLOYEES

In accordance with Utah Code 53G-9-704: Youth Suicide Prevention Training for Employees, "A school district or charter school shall require a licensed employee to complete a minimum of two hours of professional development training on youth suicide prevention every three years."



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"

UTAH STATE BOARD OF EDUCATION

