



***MORE THAN 30,000
COMMIT SUICIDE IN THE
U.S. ANNUALLY.***

Suicide is the No. 3 cause of death among Americans age 15 to 24. In the last 40 years the suicide rate among 15-to-19-year-olds has quadrupled. A high percentage of suicide cases are the result of post traumatic stress disorders (PTSD). Adults with a past history of emotional, physical and/or sexual abuse are up to 25 times more likely to attempt suicide.

We read of PTSD among soldiers returning from extended periods in combat zones. We have “combat zones” here at home in the forms of rape, violent crime, spousal abuse, bullying and loss of a loved one; specifically, the death of a child. Traumatic childhood experiences can even permanently alter brain chemistry, diminishing one’s ability to cope with life.

***MANY SUICIDES ARE
PREVENTABLE.***

The suicide intervention program includes a lecture by Kenneth Tullis, M.D., one of America’s leading practitioners in suicide intervention. The lecture is offered to inpatient program participants and is designed to reduce the risk of suicide by addressing psychiatric illnesses associated with suicidal behavior.

After a comprehensive psychiatric, addiction and suicide assessment each participant is assigned to the suicide intervention program under the supervision of an attending psychiatrist. During eight groups each week the program offers education about suicide risk factors, treatment with psychotropic medication, cognitive-behavioral therapy for suicidal thoughts, trauma therapy (including Eye Movement Desensitization and Reprocessing (EMDR) and a comprehensive discharge aftercare plan.

***A FULL PROFESSIONAL
TREATMENT TEAM IS
INVOLVED.***

The total treatment team includes four clinicians: A psychiatrist, a psychologist specializing in cognitive-behavioral therapy (CBT), a licensed clinical social worker specializing in trauma and EMDR, and a community counselor. Each patient receives 15 hours a week in a group setting.

