



YOUTH SUICIDE PREVENTION

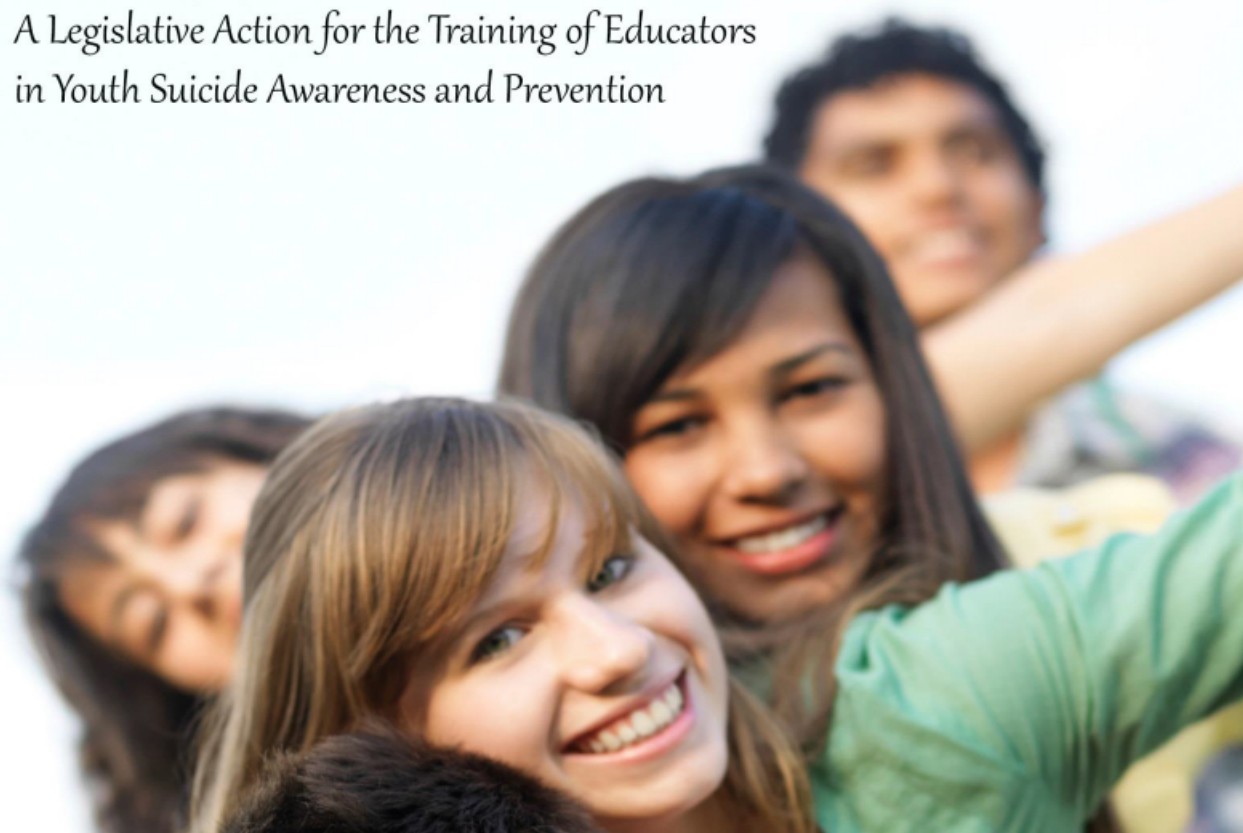
February 2016

Kent Reed, School Counseling



THE HISTORY OF THE JASON FLATT ACT

*A Legislative Action for the Training of Educators
in Youth Suicide Awareness and Prevention*



NATIONAL FACTS ABOUT SUICIDE¹

- A suicide occurs every 13 minutes in America
- 17% of students seriously contemplate it
- 13.6% students make a plan to attempt
- 8% attempt one or **more** times
- 2.7% actually make an attempt
- Males take their own lives nearly 4 times the rate of females
- Hispanic students have a higher rate than white and black students

1. National Center for Injury Prevention and Control, 2015.

STATISTICAL IMPACT FOR KANSANS*

- Suicide is the 3rd leading cause of death for ages 10-14.
- Suicide is the 2nd leading cause of death for ages 12-18.
- Suicide is the 2nd leading cause of death for ages 18-22.
- Every 6.19 days in Ks. a young person is lost to this “Silent Epidemic” of youth suicide.

CDC/WISQARS National Data Reporting (2013)

PAPER TIGERS

VARIABLES ASSOCIATED WITH YOUTH SUICIDE

- Depression
- Cyberbullying
- Bullycide
- Choking Game
- Self-Injury
- Addiction Issues
- Human Trafficking
- Teen Dating Violence
- Hopelessness
- Social Withdrawal
- Grief/Bereavement
- Other Mental Health

LEARN WHO'S AT RISK FOR SUICIDE AND SOME OF THE WARNING SIGNS THAT COME WITH SUICIDAL IDEATION.

DO YOU KNOW WHO'S AT RISK FOR SUICIDE?

- PERFECTIONIST PERSONALITIES
- GAY AND LESBIAN YOUTH
- LEARNING DISABLED YOUTH
- LONERS
- YOUTH WITH LOW SELF-ESTEEM
- DEPRESSED YOUTH
- STUDENTS IN SERIOUS TROUBLE
- ABUSED, MOLESTED OR NEGLECTED YOUTH
- GENETIC PREDISPOSITION
- PARENTAL HISTORY OF VIOLENCE, SUBSTANCE ABUSE, OR DIVORCE

WWW.JASONFOUNDATION.COM

WARNING SIGNS INCLUDE, BUT ARE NOT LIMITED TO THE FOLLOWING:

- TALKING ABOUT SUICIDE
- MAKING STATEMENTS ABOUT FEELING HOPELESS, HELPLESS OR WORTHLESS
- A DEEPENING DEPRESSION
- PREOCCUPATION WITH DEATH
- TAKING UNNECESSARY RISKS OR EXHIBITING SELF-DESTRUCTIVE BEHAVIOR
- OUT OF CHARACTER BEHAVIOR
- A LOSS OF INTEREST IN THE THINGS ONE CARES ABOUT
- MAKING ARRANGEMENTS; SETTING ONE'S AFFAIRS IN ORDER
- GIVING PRIZED POSSESSIONS AWAY

 **The Jason
Foundation, Inc.**

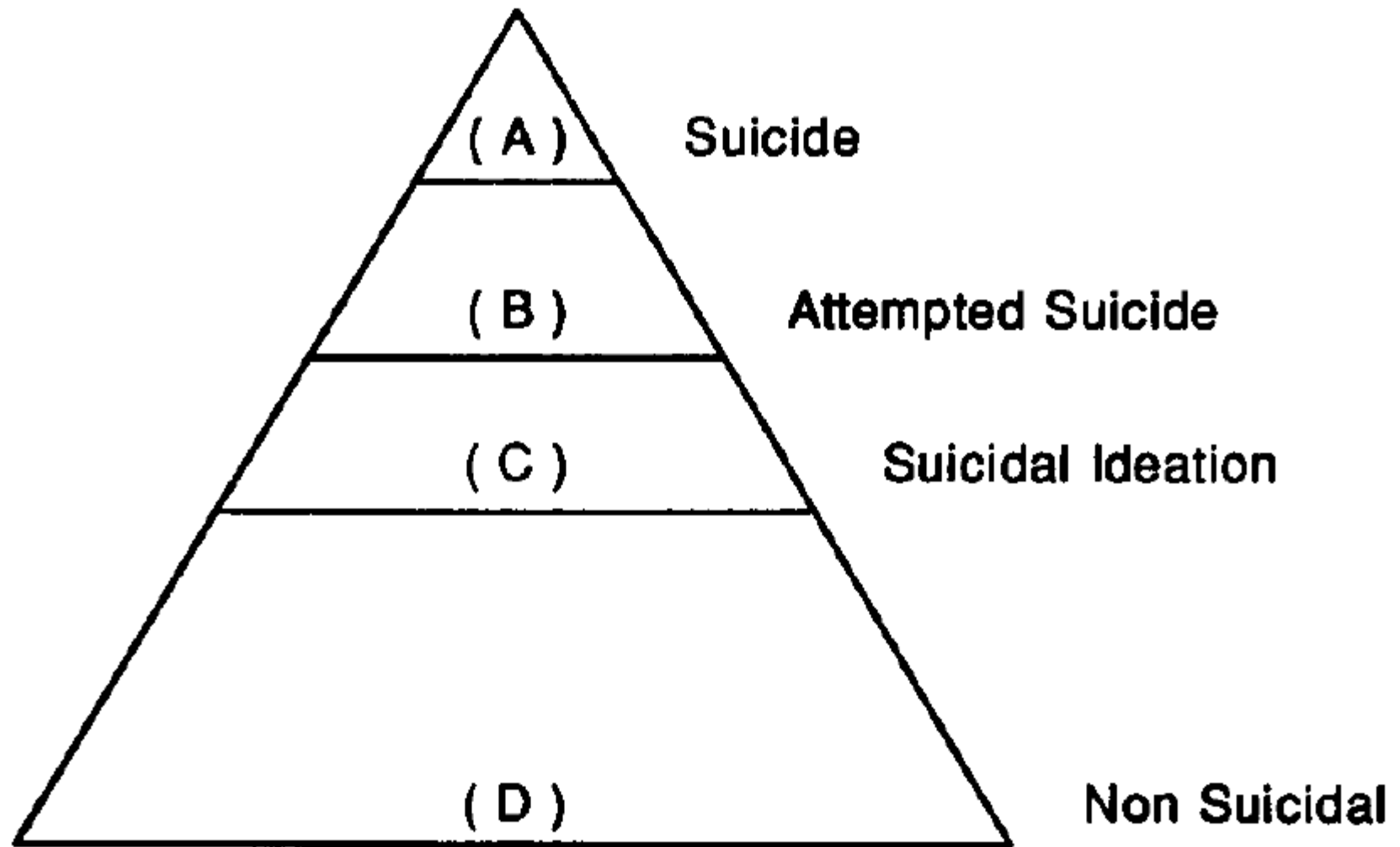
ALIGNED KSDE INITIATIVES

- Social-Emotional-Character-Development
- School Counseling Standards (Social-Emotional Domain)
- Rose Standards (student mental health well-being)
- Gov.'s Mental Health Task Force
- Responsive Culture “R” of the Accreditation Model

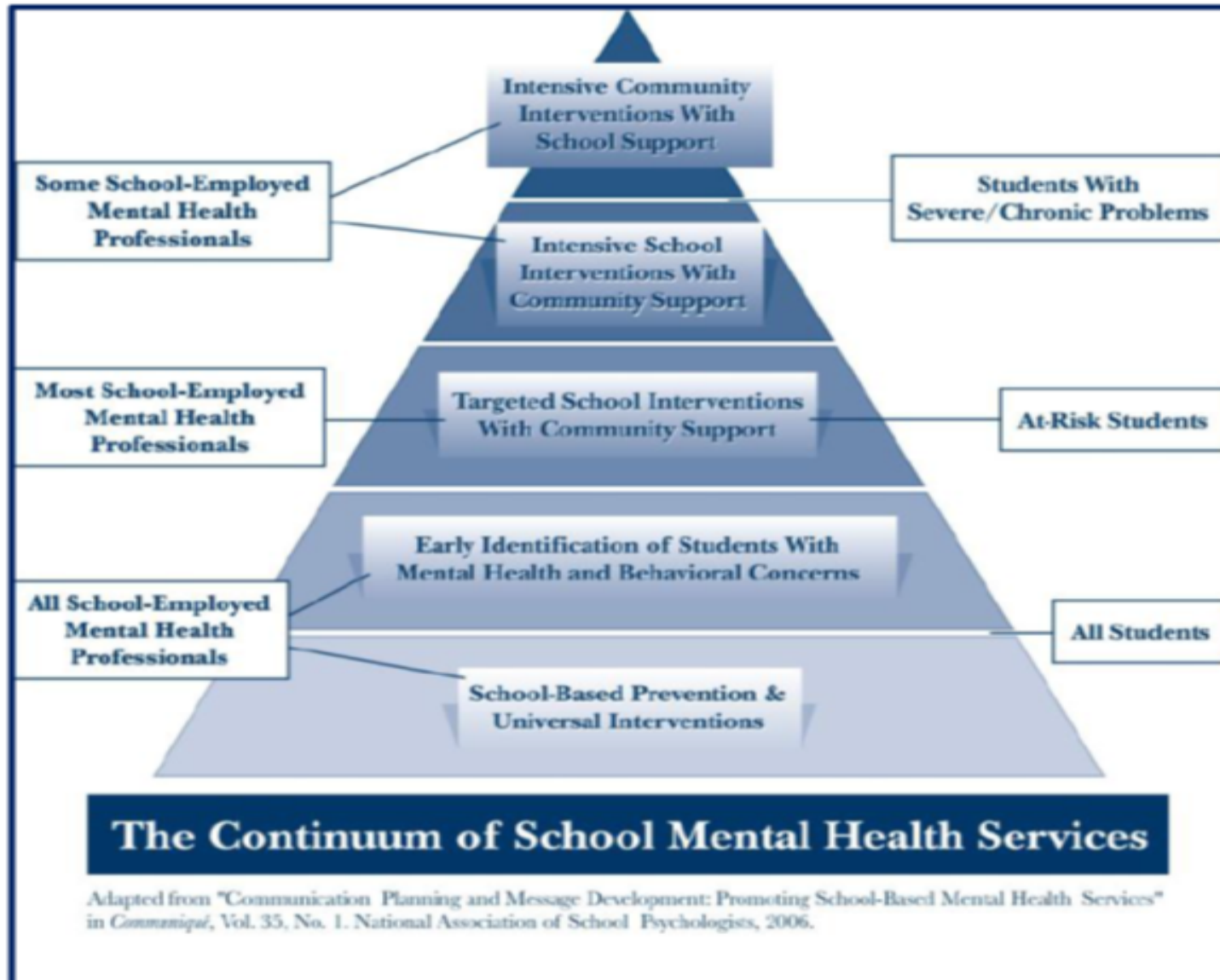
KSDE Recommendations

- Follow school improvement process
- Assess your needs
- Evidence based
- Tiered approach
- Use data to inform decision making
- Multiple measures for evaluation
- Incorporate into crisis plans
- Include a recovery/wellness plan

Suicide Pyramid



Counseling and Mental Health



Suicidal Ideation Resources

Kansas Suicide Prevention Resource Center: <http://www.kansassuicideprevention.org/>

National Suicide Prevention Life Line: <http://www.suicidepreventionlifeline.org/>

SAMHSA Suicide Prevention Page: <http://www.samhsa.gov/suicide-prevention>

Suicide Prevention Resource Center: <http://www.sprc.org/>

American Foundation for Suicide Prevention- Kansas Chapter: <https://www.afsp.org/local-chapters/find-your-local-chapter/afsp-greater-kansas>

Kansas Suicide Hotlines: <http://www.suicide.org/hotlines/kansas-suicide-hotlines.html>

Center for Disease Control (Suicide): <http://www.cdc.gov/violenceprevention/suicide/>

Yellow Ribbon Suicide Prevention: <http://yellowribbon.org/about/>

American Association of Suicidology: <http://www.suicidology.org/>

Headquarters Counseling Center: <http://www.headquarterscounselingcenter.org/>

Johnson County Suicide Prevention: <http://www.jocogov.org/dept/mental-health/suicide-prevention>

Sedgewick County Suicide Prevention:
http://www.sedgewickcounty.org/comcare/suicide_prevention.asp

Greater Kansas American Foundation for Suicide Prevention Facebook Page:
<https://www.facebook.com/AFSPGreaterKC/>

The Trevor Project (for LGBTQ students) <http://www.thetrevorproject.org/?gclid=CK2-2aeGisoCFZODaQod-zoOzg>

Kansas Adjutant General's Suicide Prevention Program (designed for the military):
<http://www.kansastag.gov/NGUARD.asp?PageID=506>

Spring Hill USD Suicide Prevention Page:
http://www.usd230.org/shhs/studentsparents/student_safety/suicide_prevention/

Chisolm Trail (Olathe) Middle School Student Support Services:
<http://schools.olatheschools.com/buildings/chisolmtrail/parent-info/student-support/>

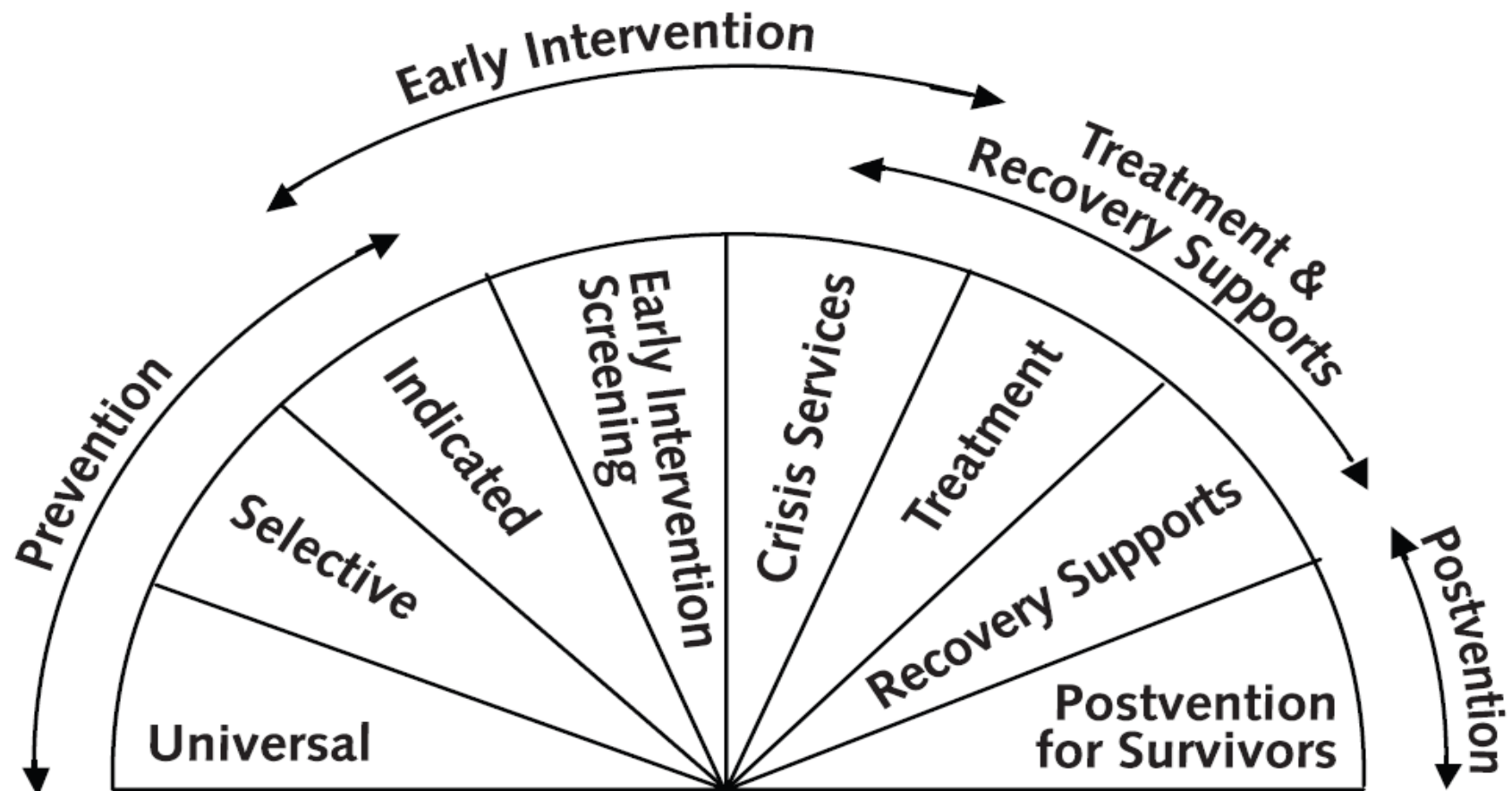
HelpGuide.org: <http://www.helpguide.org/home-pages/suicide-prevention.htm>



After a Suicide: **A Toolkit for Schools**

Figure 3.1

Suicide Prevention and Intervention Framework



Adapted from California Strategic Plan on Suicide Prevention. California Department of Mental Health. California Strategic Plan on Suicide Prevention: Every Californian Is Part of the Solution. http://www.dmh.ca.gov/prop_63/MHSA/Prevention_and_Early_Intervention/docs/SuicidePreventionCommittee/FINAL_CalSPSP_V9.pdf. Published June 30, 2008. Accessed April 30, 2012.

Recovery Plans

- Notifications/dissemination of information
- Continued crisis management
- Addressing memorialization
- Teaching coping skills (resiliency)
- Community involvement moving forward
- Media coverage and social media
- Crisis/counseling response teams
- Suicidal contagion/clustering
 - Identifying other at-risk students
- Connecting to local mental health resources

*Examples of Conditions That Can Increase Barriers to Learning

Environmental Conditions			Person Conditions
Neighborhood	Family	School and Peers	Internal Student Factors
<ul style="list-style-type: none"> ▪ High poverty ▪ High rates of crime, drug use, violence, gang activity ▪ High unemployment, abandoned/floundering businesses ▪ Disorganized community ▪ High mobility ▪ Lack of positive youth development opportunities 	<ul style="list-style-type: none"> ▪ Domestic conflicts, abuse, distress, grief, loss ▪ Unemployment, poverty, and homelessness ▪ Immigrant and/or minority status ▪ Family physical or mental health illness ▪ Poor medical or dental care ▪ Inadequate child care ▪ Substance abuse 	<ul style="list-style-type: none"> ▪ Poor quality schools, high teacher turnover ▪ High rates of bullying and harassment ▪ Minimal offerings and low involvement in extracurricular activities ▪ Frequent student–teacher conflicts ▪ Poor school climate, negative peer models ▪ Many disengaged students and families 	<ul style="list-style-type: none"> ▪ Neurodevelopmental delay ▪ Physical illness ▪ Mental disorders ▪ Disabilities ▪ Inadequate nutrition and healthcare ▪ Learning, behavior, and emotional problems that arise from negative environmental conditions exacerbate existing internal factors

**Learning supports are defined as the resources, strategies, and practices that provide physical, social, emotional, and intellectual supports to enable all students to have an equal opportunity for success at school by directly addressing barriers to learning and teaching and by reengaging disconnected students.



We Are Yellow Ribbon!

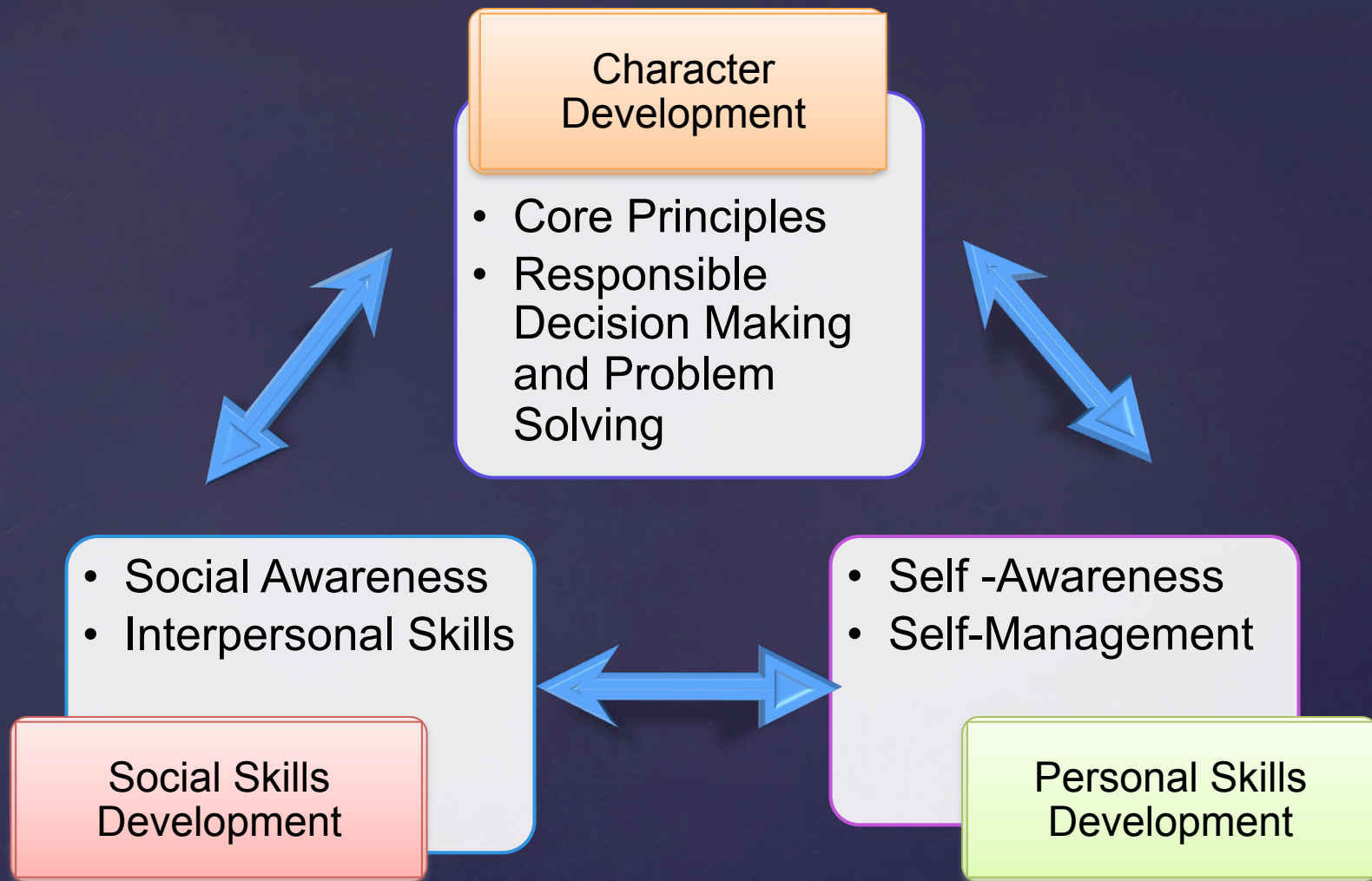


Suicide Prevention

“If you don’t talk about it, it won’t happen”

There is no evidence to suggest that asking someone about their suicidal thoughts gives them “ideas” to act on, or that it will provoke suicidal behavior.

- Center for Studies on Aging and Health (2016)



Kansas Social, Emotional, and Character Education Standards

Thanks for all that you do
for Kansas kids!!

Kent Reed
785-296-8109
kreed@ksde.org