Comprehensive Community Approaches To Suicide Prevention

Vermont Suicide Prevention Center

CENTER FOR HEALTH AND LEARNING
The Ecological & Upstream Approach to Suicide Prevention
Health is the balance between the mental, emotional, social, physical, spiritual and environmental factors of one’s life.
Mental Health is the ability to experience, manage, regulate and express complex emotions.
Determinates of Health

- **Health Care**: 10%
- **Environment**: 19%
- **Human Biology**: 20%
- **Lifestyle**: 51%
  - Smoking
  - Obesity
  - Stress
  - Nutrition
  - Blood pressure
  - Alcohol
  - Drug use
Compassion literally means “to suffer together.”

Deep awareness of the suffering of another accompanied by the wish to relieve it.
Self-compassion entails three core components:

- *Self-kindness*
- *Common humanity*
- *Mindfulness*
Special Populations are at Higher Risk
Who might these include?

- Run-aways & Homeless Youth
- Youth in Foster Care
- Disenfranchised youth
- LGBTQI-TS youth
- Youth involved in high risk substance abuse
- Youth with co-occurring mental health disorders.
- Native and indigenous
National Strategy for Suicide Prevention
Platform can be found at:
www.vtspc.org>VermontSuicidePrevention
Vermont Suicide Prevention Center

Creates health-promoting communities in which schools, institutions, public and private organizations and people of all ages have the knowledge, attitudes, skills and resources to reduce the risk for suicide.

Please visit: www.vtspc.org
VT-SPC Comprehensive Approach

- Trainings and technical assistance for school districts and communities
- Project development and management for federal, state and local health initiatives
- Online programs, student learning modules and curricula
- Professional licensure, CEU and graduate-level credits
- Educational conferences and workshops on health and education topics
- Strategic partnerships with state agencies, non-profit organizations and school systems
- Research, Publications, and Evaluation
Umatter

A comprehensive school and community approach to suicide prevention

- Umatter for Schools
- Umatter for Communities
- Umatter for Youth and Young Adults
- Umatter Public Information
A Gatekeeper Agenda

- Basic information about suicide
- Social and cultural considerations
- Risk factors and warning signs
- Intervention and response to suicide
- Protocols for community professionals
Gatekeeper Prevention Skills

- Know basic information about suicide
- Understand that suicide can be prevented
- Learn basic suicide intervention skills
- Have the confidence to respond

Postvention:

- Can assist in the aftermath of a suicide
How To Help

1. LISTEN: Show You Care

2. ASK: About Suicidal Intent

3. GET HELP: Call someone trained to help.

OFFER HOPE: Remind them that they matter to you and others.

STAY CLOSE: Remain with them until help arrives.
**Goal:**
To equip a community of professionals with the ability to respond collaboratively after a suicide based on best-practice recommendations.

**Objectives:**
• To describe professional responsibility in postvention.
• To review and modify postvention protocols for various professions.
• To write an action plan for future collaboration with community professionals.
After a death by suicide

✔ Best-practice actions depend on your profession.
✔ Identify individuals at risk
✔ Restrict access to lethal means.
✔ Youth are especially vulnerable.
✔ Electronic media may complicate prevention.
Postvention Protocols

- Read your section and discuss:
- What is the unique role of your profession in postvention?
- How can other professionals contribute to your postvention work?
- Which professionals can you assist in their postvention work?

- Prepare a 5 minute presentation
Flagship Programs

_Umatter for Schools_

A two-day training program for middle and high school personnel that promotes a team and asset-based, comprehensive, approach to youth suicide prevention.
Five Basic Guidelines for Suicide Intervention

1. *NEVER* leave student alone
2. *Listen* without censor
3. *Do NOT* promise confidentiality
4. *Go* with them to see someone who can help
5. *Contact* parents/ guardian
Designing Schoolwide Systems for Student Success

**Academic Instruction**
- **Tertiary Interventions** (for individual students)
  - Assessment-based
  - High Intensity
  - 1-5%
- **Secondary Interventions** (for some students)
  - High Efficiency
  - Rapid Response
  - 5-10%
- **Universal Interventions** (for all students)
  - Preventive, Proactive
  - 80-90%

**Behavioral Instruction**
- **Tertiary Interventions** (for individual students)
  - Assessment-based
  - Intense, durable procedures
  - 1-5%
- **Secondary Interventions** (for some students: at-risk)
  - High Efficiency
  - Rapid Response
  - 5-10%
- **Universal Interventions** (for all students)
  - All Settings
  - Preventive, Proactive
  - 80-90%
Umatter for Communities

A training program for professionals in best-practice, profession-specific protocols for prevention and postvention to reduce incidence of suicide.

Educators-Law Enforcement-First Responders-Social Services-Faith Leaders, Clinicians
Umatter for Youth and Young Adults

A youth leadership and engagement initiative that promotes mental health wellness: healthy coping mechanisms among youth and young adults, as well as the ability to recognize when a peer needs help and know how to provide it.
Systematic Suicide Care
Plugs the Holes in Health Care

- Systematic Suicide Care

Suicidal Person

Serious Injury or Death Avoided

Collaborative Safety Plan Put in Place

Screen, Assess for Suicidality

Continuity of Caring: Follow-up Contact after ED, Inpatient

Treat Suicidality: Suicide-Informed CBT, Groups/classes on Inpatient, DBT, CAMS
Risk Factors for Suicide

- Mental health condition
- Previous suicide attempt
- Access to lethal means
- Family history of suicide
- Loss of loved one

Joiner’s Theory

- Genetics
- Loss of belonging
- Feelings of being a burden
- Overcoming self-preservation
Risk Factors for Suicide (cont.)

• Rejection by peers
• Being bullied or harassed
• Violence at home or school
• Divorce of parents
• Serious illness

Joiner’s Theory

• Genetics
• Loss of belonging
• Feelings of being a burden
• Overcoming self-preservation
Warning Signs for Suicide

• Threatening suicide or expressing a strong wish to die

• Seeking access to lethal means--guns, medications, poisons

• Talking, writing, or drawing about death, dying, or suicide

• Having a plan

Do Not Leave the Person Alone
Additional Warning Signs for Suicide

• Giving away prized possessions
• Showing abrupt improvement
• Abandonment of activities once considered enjoyable
• Increasing alcohol or drug use
• Hopelessness
• Rage, anger, desire for revenge

Eliminate any access to lethal means
Who to call
Resources for Referral

Call 9-1-1 in a crisis

Dial 2-1-1 for a referral to a mental health counselor

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

www.UmatterUCanGetHelp.com
Public Information Campaigns

Brochures, posters, wallet cards, radio spots, videos and websites promoting the campaign’s message that you matter because you may need help and you also matter because you may be in a position to help.
Everybody needs help sometimes. Help comes from friends, family, people nearby and even from yourself. If you are having suicidal thoughts or are worried about someone else, don’t keep it to yourself. Don’t wait for a crisis to ask for help. You Matter. You can get help.

One person can help
While walking down the halls of school to my classes, I would constantly hear people saying rude things about me, like I was a ‘cutter’ or that I dressed weird. For years and years, this…

READ MORE...

You are not alone
worry better? quizzes

using the “S” word
For More Information Contact:

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