



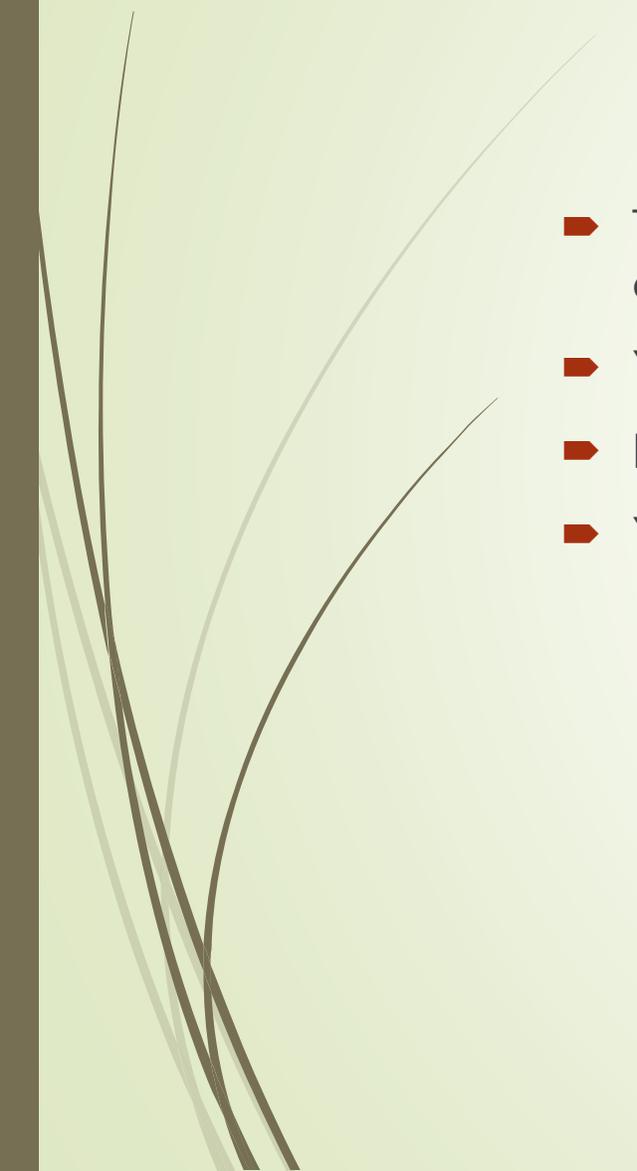
# Training Trusted Adults



SOS Signs of Suicide Prevention Program  
A Program of Screening for Mental Health, Inc.



# WELCOME and thanks for coming!

- ▶ This is a sensitive and serious matter, and you might have a personal connection to the issues of depression and/or suicide.
  - ▶ You might be caught off-guard by your own reactions to the materials.
  - ▶ Feel free to take a break and leave the room if needed.
  - ▶ You are always free to contact me.
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# Reasons for the Evening

- ▶ Not a comfortable topic but one that needs to be discussed for prevention
- ▶ Designed to help differentiate between normal development and more serious mental health issues
- ▶ Suicide is the 2<sup>nd</sup> leading cause of death among people aged 11-18 (CDC 2015)
- ▶ More than 90% of youth who die by suicide have a diagnosable mental health disorder, most likely depression, which is treatable, but many youth do not receive treatment.
- ▶ The program encourages students to seek help for themselves or a friend so a trusted adult can get them the support they need.



# Definitions

- ▶ **Risk Factor** – any personal trait or environmental quality that is associated with an increased risk for suicide. The first step in preventing suicide is to understand the risk factors. They are not necessarily causes.
- ▶ Typical Risk Factors include the following:
  1. History of drug/alcohol use
  2. Access to lethal weapons
  3. Exposure to suicidal behavior in others/family history of mental history
  4. History of significant loss
  5. Struggles with sexual orientation/gender identity
  6. Fears of acceptance of sexual orientation/gender identity



# Definitions

- ▶ **Warning Signs** – an indication that an individual may be experiencing depression or thought of suicide. Most suicidal individuals give warning signs or signals of their intentions.
- ▶ Warning signs occur over a period of at least two weeks, and commonly include the following:
  1. Changes in eating or sleeping patterns
  2. Increased irritability/moodiness/rapid fluctuations in mood
  3. Decreased interest in usual activities, hobbies, isolation
  4. Getting in trouble at school or trouble with the law



# Definitions

- **Precipitating Event** – a recent life event that serves as a trigger, moving an individual from thinking about suicide to attempting it.
  - Precipitating events are often confused with causing suicide.
  - No single event causes suicide; other risk factors are typically present
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# Definitions

- ▶ **Protective Factors** – personal traits or environmental qualities that can reduce the risk of suicidal behavior.
- ▶ They do not imply that anyone is immune to suicide, but they help reduce risks.
- ▶ Common protective factors in students include the following:
  1. Strong problem-solving skills
  2. Positive self-image
  3. Spiritual factors
  4. Close family relationships
  5. Strong peer support system
  6. Involvement in hobbies/activities
  7. Community connectedness
  8. Access to treatment
  9. Restricted access to firearms and other means