

Welcome to Parent Academy

Suicide Prevention

Ice-breaker:

1. Please turn to a neighbor you do not know and share the following:

- ✓ **Name**
- ✓ **School your child attends**
- ✓ **Your favorite music band**



ACADEMY
DISTRICT 20

Suicide Prevention Parent Academy

ACADEMY SCHOOL DISTRICT 20

SEPTEMBER 22, 2015

BE AWARE AND SHOW YOU CARE



Why is Suicide Prevention Important?

- ▶ 34,000 people die by suicide every year in the United States.
- ▶ 375,000 people are treated for self-injury each year in the U.S.
- ▶ Suicide is the 2nd leading cause of death for teenagers.
- ▶ 25% of Colorado teens have seriously considered suicide.



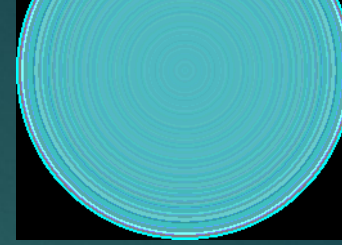
Why is Suicide Prevention Important?

- There are 18-25 suicide attempts for every completion.
- Boys are 4 times more likely to complete suicide.
- Girls are diagnosed with depression at a higher rate. Girls attempt 3 times as often males.
- Gay, lesbian and transgender students are 200% more likely to complete suicide.



Other Points to Ponder

- ▶ Teens tend to rely on each other and would more likely tell another friend about their thoughts of suicide.
- ▶ Feeling suicidal is very isolating. It can be a huge relief to talk to someone safe about these feelings and thoughts.
- ▶ Community partnerships are needed to help decrease the mental health stigma.
- ▶ It's a health condition – like diabetes, high blood pressure, etc.



Suicide Myths versus Facts

- ▶ Suicide Myth: Talking about suicide may give someone the idea to commit suicide.
- ▶ Suicide Fact: Discussing the subject openly and showing that you care is one of the most helpful things you can do. Most people are relieved that they can finally talk about it.
- ▶ Suicide Myth: There is little correlation between alcohol or drug abuse and suicide.
- ▶ Suicide Fact: Oftentimes people who die by suicide are under the influence of alcohol or drugs.



Suicide Myths versus Facts

▶ **Suicide Myth:** When people who are suicidal feel better, they are no longer suicidal.

▶ **Suicide Fact:** Sometimes suicidal people feel better because they have decided to die by suicide and may feel a sense of relief that the pain will soon be over.

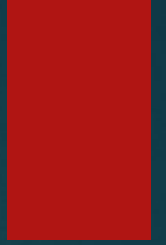
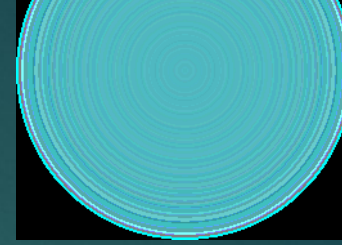
▶ **Suicide Myth:** If a person is determined to kill him/herself, nothing is going to stop him/her.

▶ **Suicide Fact:** Even the most severely depressed person has mixed feelings about dying. Most suicidal people do not want to end their life, they want to end their pain!



Risk Factors

- Abuse/neglect
- Illness
- Major life events
- Conflict
- Family history
- Death or loss (divorce, move, breakup)
- Poor self-esteem
- Pressure to succeed
- Stress/Anxiety
- Medications
- Substance abuse
- Social stress
- Previous attempt

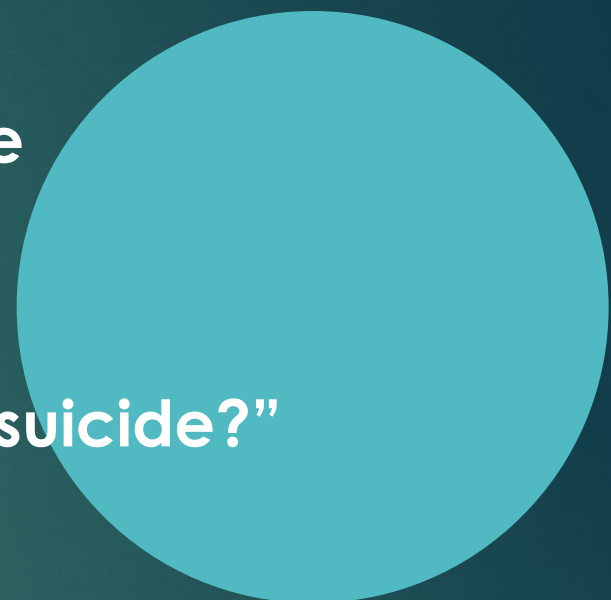
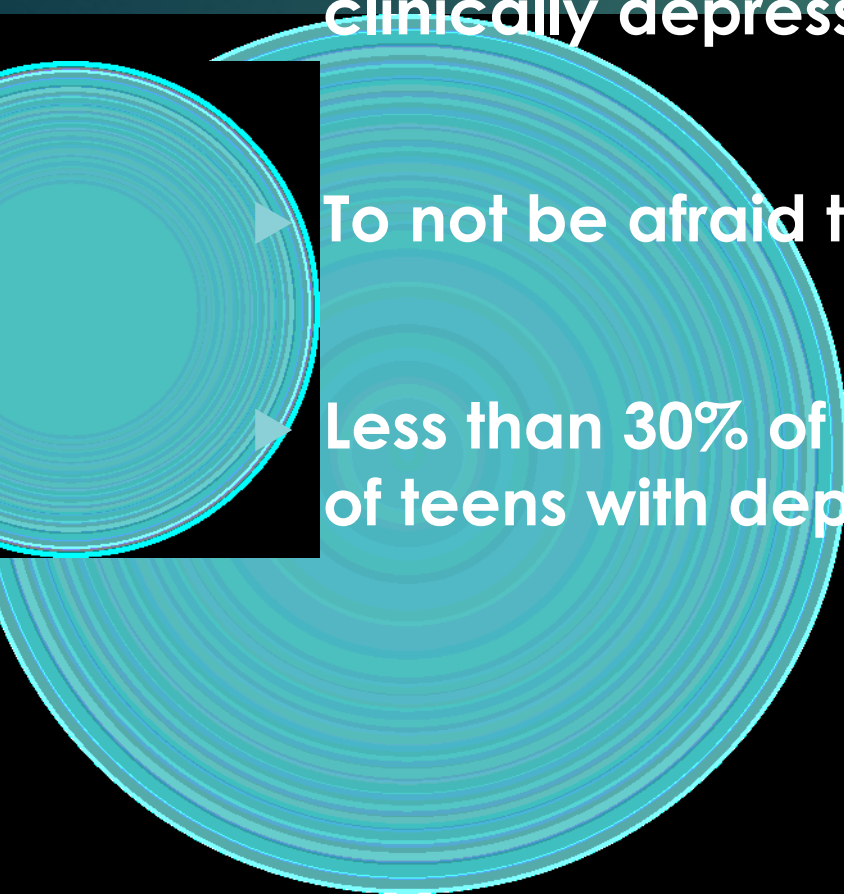


BE AWARE

- ▶ Over 90% of people who complete suicide were clinically depressed at the time of their death.

- ▶ To not be afraid to ask “Are you thinking about suicide?”

- ▶ Less than 30% of teens with depression get help, yet 80% of teens with depression can be successfully treated.



Signs and Symptoms - Depression

- ▶ Sadness or hopelessness
- ▶ Irritability, anger, or hostility
- ▶ Tearfulness or frequent crying
- ▶ Withdrawal from friends and family
- ▶ Loss of interest in activities
- ▶ Changes in eating and sleeping
- ▶ Restlessness and agitation
- ▶ Feelings of worthlessness and guilt
- ▶ Lack of enthusiasm and motivation
- ▶ Fatigue or lack of energy
- ▶ Difficulty concentrating
- ▶ Thoughts of death or suicide



We want to ACT on this information:

▶ ACKNOWLEDGE - that you or your friend has a concern about their lives or their safety.

▶ CARE – show that you are concerned and that you want to help.

▶ TELL – make sure a trusted adult knows about you or your friend. Know that reaching out to an adult makes you a great friend and may save a life.



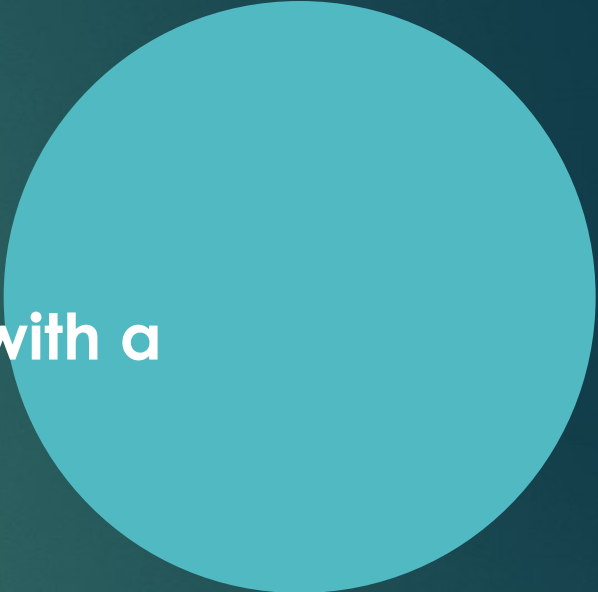
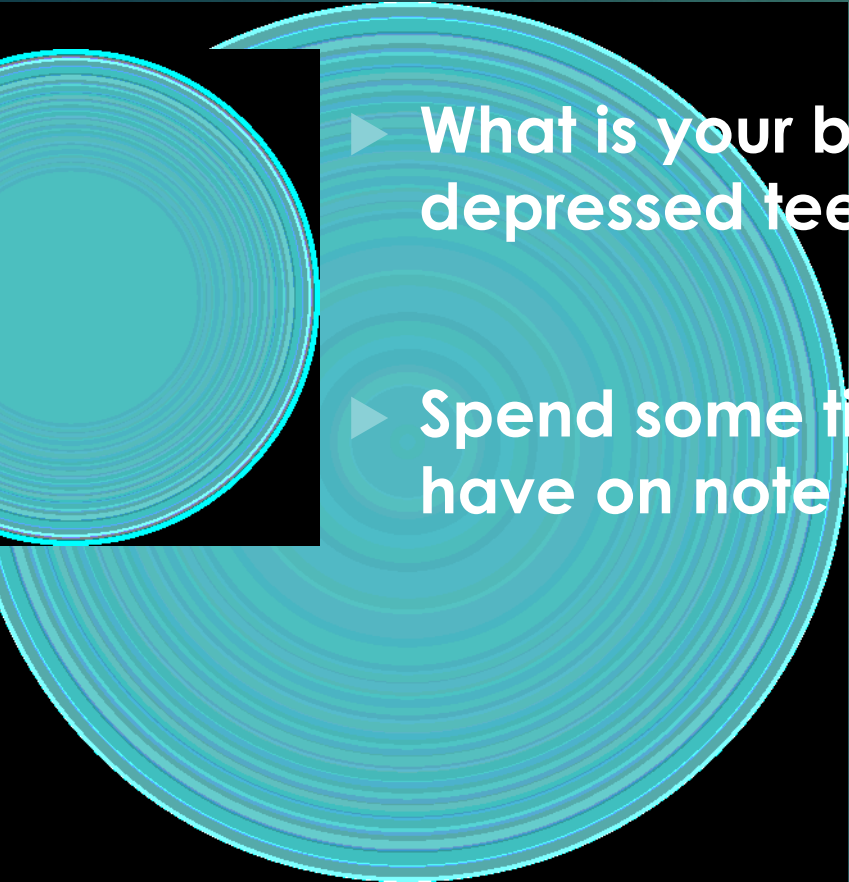
What Teens Say:



<https://www.youtube.com/watch?v=3BByqa7bhto&feature=youtu.be>

Questions to Process



- ▶ What is your initial response to the video?
 - ▶ What is your biggest concern when dealing with a depressed teen?
 - ▶ Spend some time writing individual questions you may have on note cards provided.
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RESOURCES

Important Numbers: 24 Hours A Day, 7 Days A Week

▶ Suicide Prevention Lines from www.suicide.org

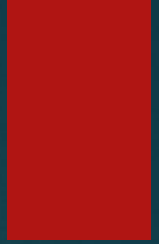
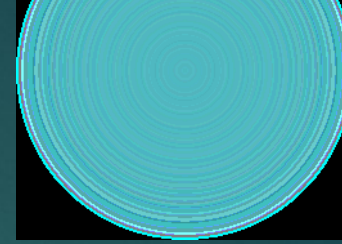
*1-800-SUICIDE (784-2433)

*1-800-273- TALK (8255)

▶ 719-596-LIFE (5433)- Colorado Crisis Services

▶ Call 844-493-TALK (8255) – Colorado Crisis and Support Line

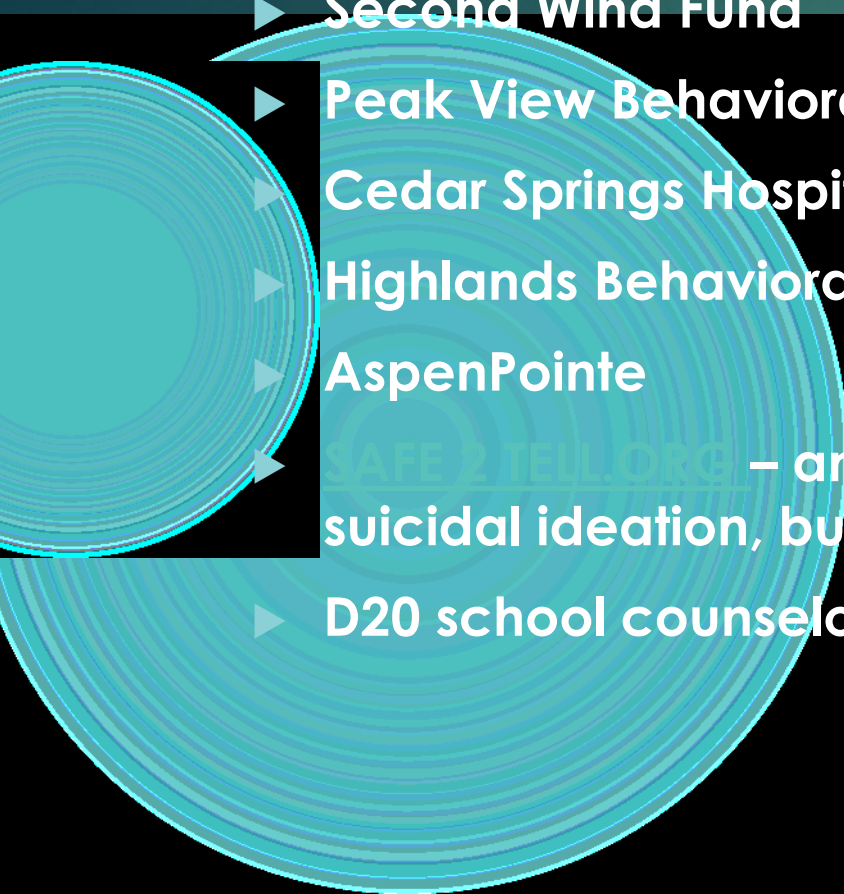
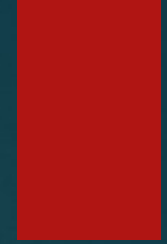
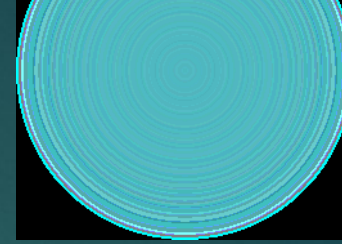
▶ 911



RESOURCES

Community Services and Support:

- ▶ Pikes Peak Suicide Prevention
- ▶ Second Wind Fund
- ▶ Peak View Behavioral Health
- ▶ Cedar Springs Hospital
- ▶ Highlands Behavioral Health System
- ▶ AspenPointe
- ▶ [SAFE 2 TELL.ORG](https://www.safe2tell.org) – anonymous safety line where you can report suicidal ideation, bullying, violence, etc.
- ▶ D20 school counselors- SOS (Signs Of Suicide) Program



Other Resources for Parents

▶ <http://www.anxietybc.org/anxiety-PDF-documents>

▶ [Helping your Child with Realistic Thinking](#)

▶ [Thinking Traps](#)

▶ [Challenge Negative Thinking](#)

▶ [Positive Communication Strategies for Parents](#)

▶ [MindShift App](#)



Be an advocate for
decreasing the
stigma around
mental health!!!

