

ZERO SUICIDE IN TEXAS



September 2015



Warning Signs for Youth Suicide

Suicide is the 2nd leading cause of death for youth age 15 to 24 and the 3rd leading cause of death for 10 to 14 year olds. Many attempts to understand the warning signs prior to a suicide attempt have been made, but to date there has been no agreement among researchers and clinicians.

On September 10, 2015, a public campaign was released that summarized the work of a panel of national and international experts on youth suicidology. The experts reviewed and analyzed all available literature and conducted a survey of youth suicide attempt survivors, as well as those who lost a youth to suicide. A panel was then convened and consisted of researchers with extensive

experience working with suicidal youth, public health officials, clinicians with decades of individual experience helping suicidal youth, school teachers, and various other stakeholders including individuals representing national organizations focused on suicide prevention. Following the consensus meeting, focus groups with youth and adults were held to gain their input on the findings and dissemination plans.

A website has been developed to educate the public on the newly agreed upon list of warning signs and additional resources for how to respond to recognized risk. It can be found at:

www.youthsuicidewarningsigns.org

Youth Warning Signs

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1. Talking about or making plans for suicide.
2. Expressing hopelessness about the future.
3. Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
 - Withdrawal from or changing in social connections/situations
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability

How to Respond

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1. Ask if they are ok or if they are having thoughts of suicide
2. Express your concern about what you are observing in their behavior
3. Listen attentively and non-judgmentally
4. Reflect what they share and let them know they have been heard
5. Tell them they are not alone
6. Let them know there are treatments available that can help
7. If you are or they are concerned, guide them to additional professional help

By the Dates

- September 10 was World Suicide Prevention Day
- Sept 6 – 12 was Suicide Prevention Week

Find Out of the Darkness
Community Walks at
<http://afsp.donordrive.com/>

Just sort by state and join your community Zero Suicide team!

Upcoming Events



Survivors of Suicide Attempts Support Group Preview

Tuesday, October 6, 1:30 pm-3:00 pm

Didi Hirsch Mental Health Services will provide a history of the development of suicide survivor attempts support groups and discuss the barriers that were encountered and how to overcome them. At the end of the webinar, attendees will be able to discuss the developmental process of this type of group, along with the challenges and lessons learned in the implementation.

Learn more and register here:

<https://attendeegotowebinar.com/register/4964521867399935745>

Recent Postings



Jenna and Aaron Talk Suicide Data

SPRC's new podcast

Listen to our very own Jenna Heise's interview with Aaron Surma discussing how Texas has used suicide surveillance and other data to inform suicide prevention efforts. This podcast will be used to train project directors of SAMHSA's National Strategy grants.

Find the podcast at <http://nsspgrants.com/13-august-2015-care-transitions/exercises/>.

Financing Care Transitions for Individuals at Risk for Suicide

Learn about potential financing mechanisms for post-discharge care services for individuals who are at risk of suicide at the webinar, Financing Care Transitions for Individuals at Risk for Suicide. The speakers will discuss current financing models, as well as expected changes that will alter the national health services payment landscape. The discussion will focus on three case studies— an accountable care organization, a behavioral health plan, and a county-led crisis program— as examples of innovative financial models that support services for individuals in crisis.

The webinar will be posted soon at <http://www.integration.samhsa.gov/about-us/webinars>

Share with Your Staff



Culturally Competent Care for LGBTQ Youth

Suicide Prevention Resource Center

Holding a staff meeting? Why not take 5 minutes to make staff more aware of the risk for suicide in LGBTQ youth and what they can do to help? Why are lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth more likely to attempt suicide than their straight peers? In this candid and compelling video, the Trevor Project's Ashby Dodge examines some of the reasons why. Without pointing fingers, she acknowledges that we don't really understand this population well and calls on mental health professionals to provide more appropriate care to LGBTQ.

Find the video at <http://sparktalks.sprc.org/video/lgbtq>