



Youth Suicide: Prevention Works!

*presented by:
Youth Suicide Prevention Program*

www.yspp.org



YSPP
Youth Suicide Prevention Program



Depression: what does it look like?



www.yspp.org



Youth Depression: the facts

- One in every 8 adolescents may have depression
- The majority of children and adolescents with depression do not get help they need

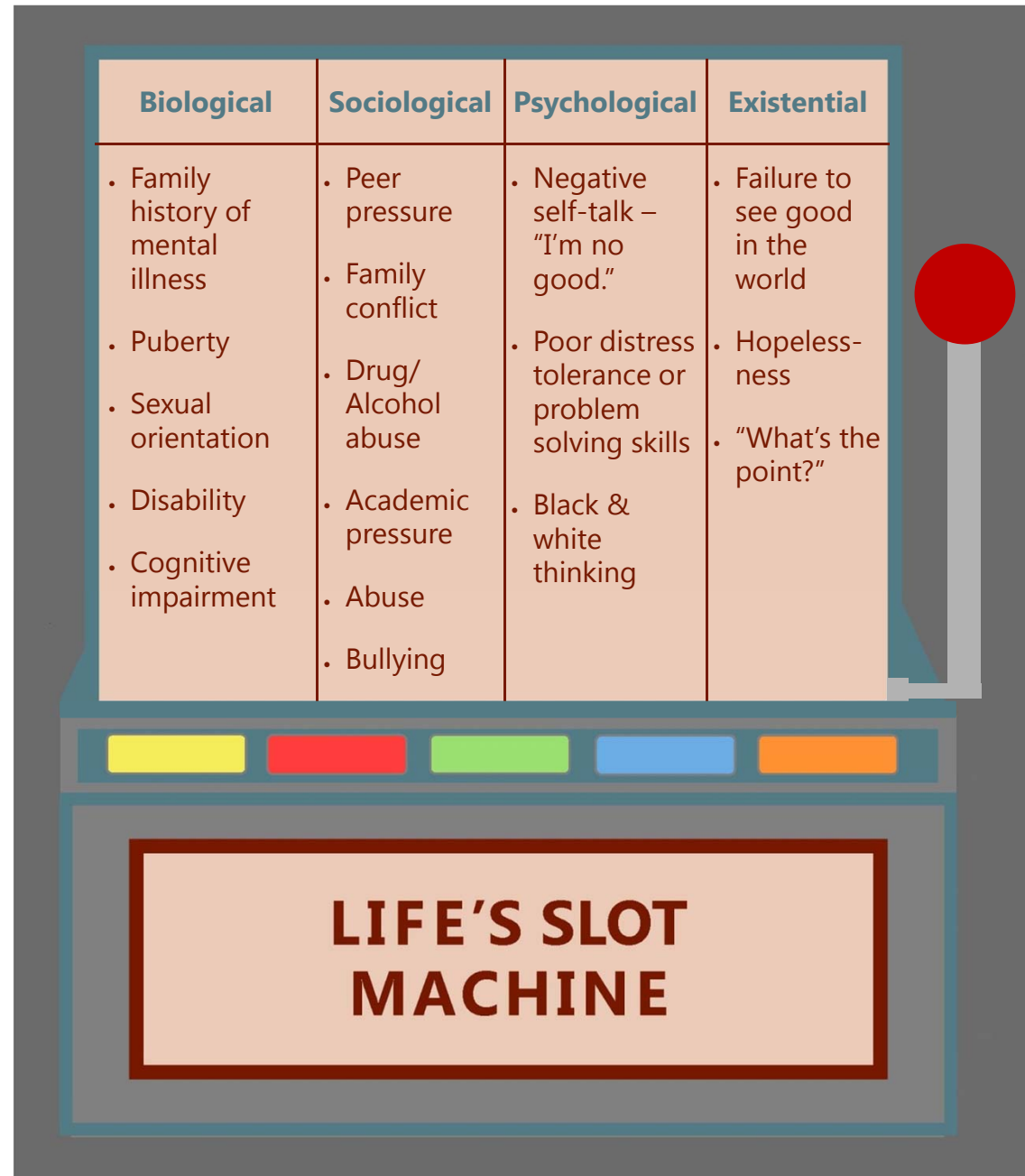


Youth Depression: the signs

- **Irritability**
- Anxiety and/or persistent feelings of sadness
- A drop in school performance
- Problems with authority
- Indecision, lack of concentration
- Overreaction to criticism
- Frequent physical complaints



Risk Factors





Negative Emotions Associated With Being Bullied:

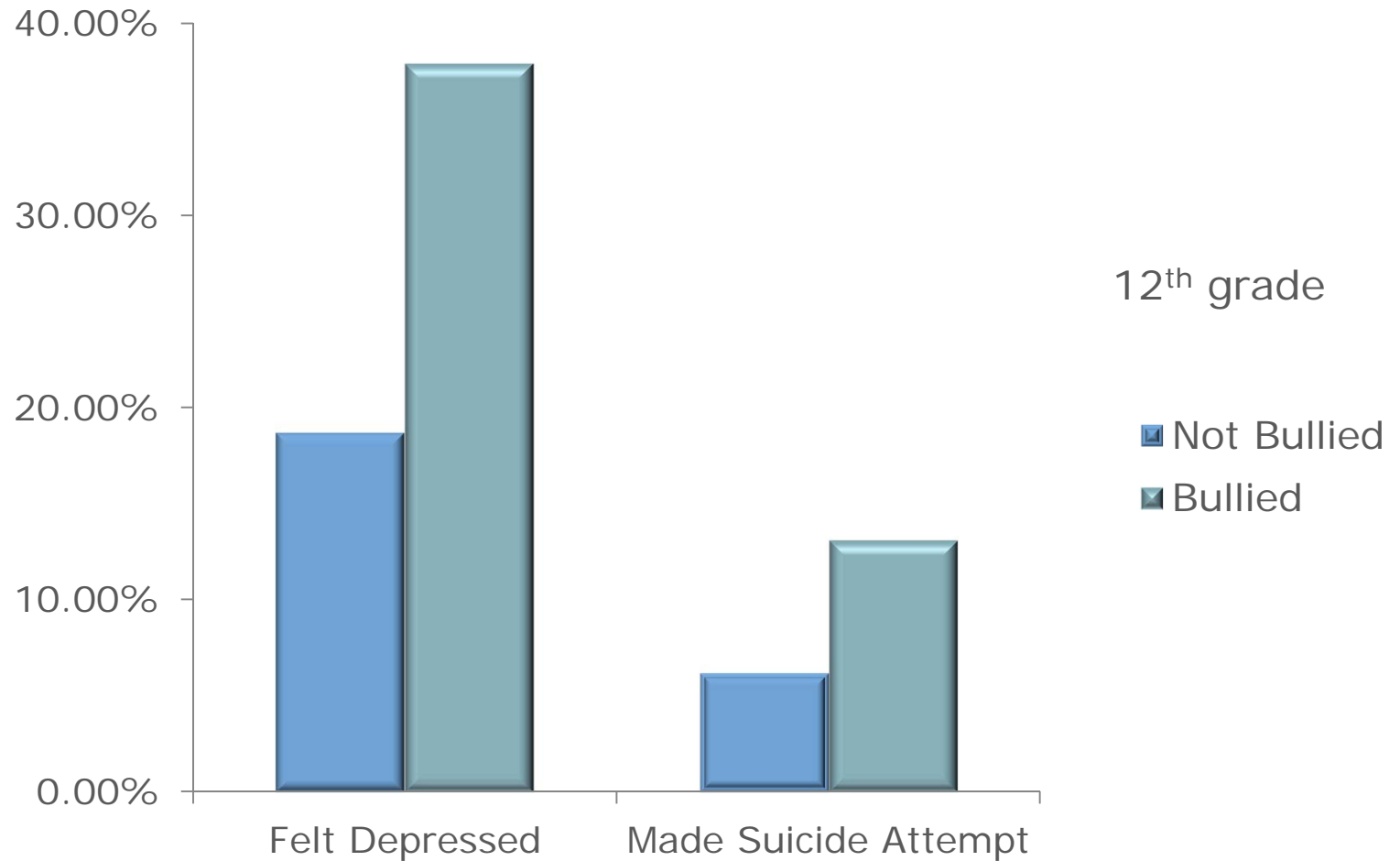
- Fear
- Anger
- Frustration
- Helplessness
- Humiliation
- Rejection
- Isolation
- Persecution
- Loneliness
- Hopelessness
- Anxiety
- Depression



• National School Safety Center



What Local Data* Tells:



(*HYS 2008, 12th Grade Respondents)



Anti-GLBT Bullying:

- 86.2% of GLBT students reported being verbally harassed
- 60.8% of GLBT students reported that they felt unsafe in school because of their sexual orientation (GLSEN 2007)
- Anti-GLBT bias and harassment are contributing factors for:
 - Suicide
 - High risk behaviors
 - Isolation





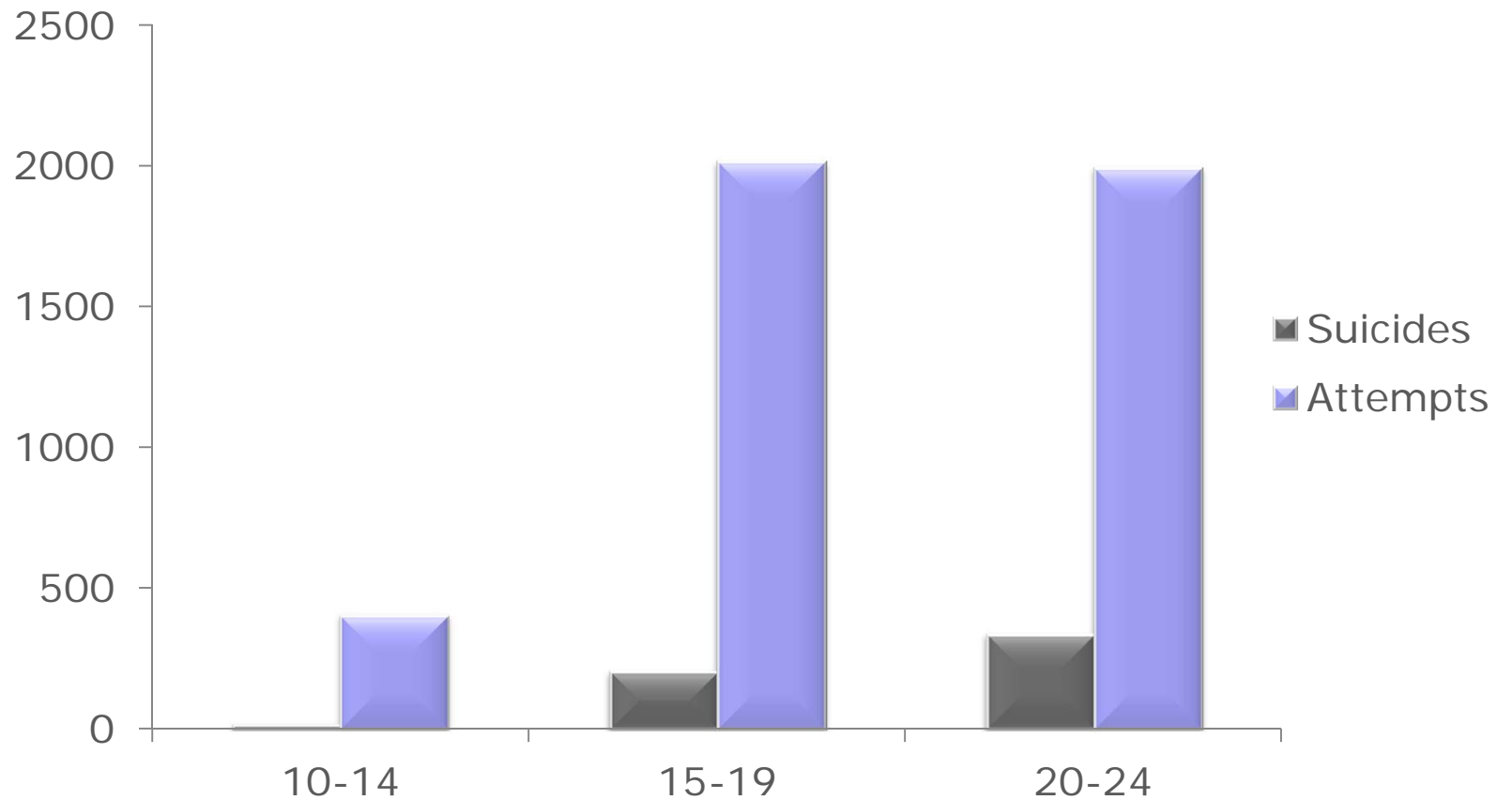
Youth Suicide: the facts

- An average of 2 youth between the ages of 10 and 24 kill themselves each week in Washington State
- One in every 10 high school students reported having attempted suicide; nearly one in four (20% - 25%) had seriously considered it
- Over 30% of GLBQ youth report at least one suicide attempt within the past year
- Youth suicides outnumber youth homicides



Many More Hospitalizations than Deaths:

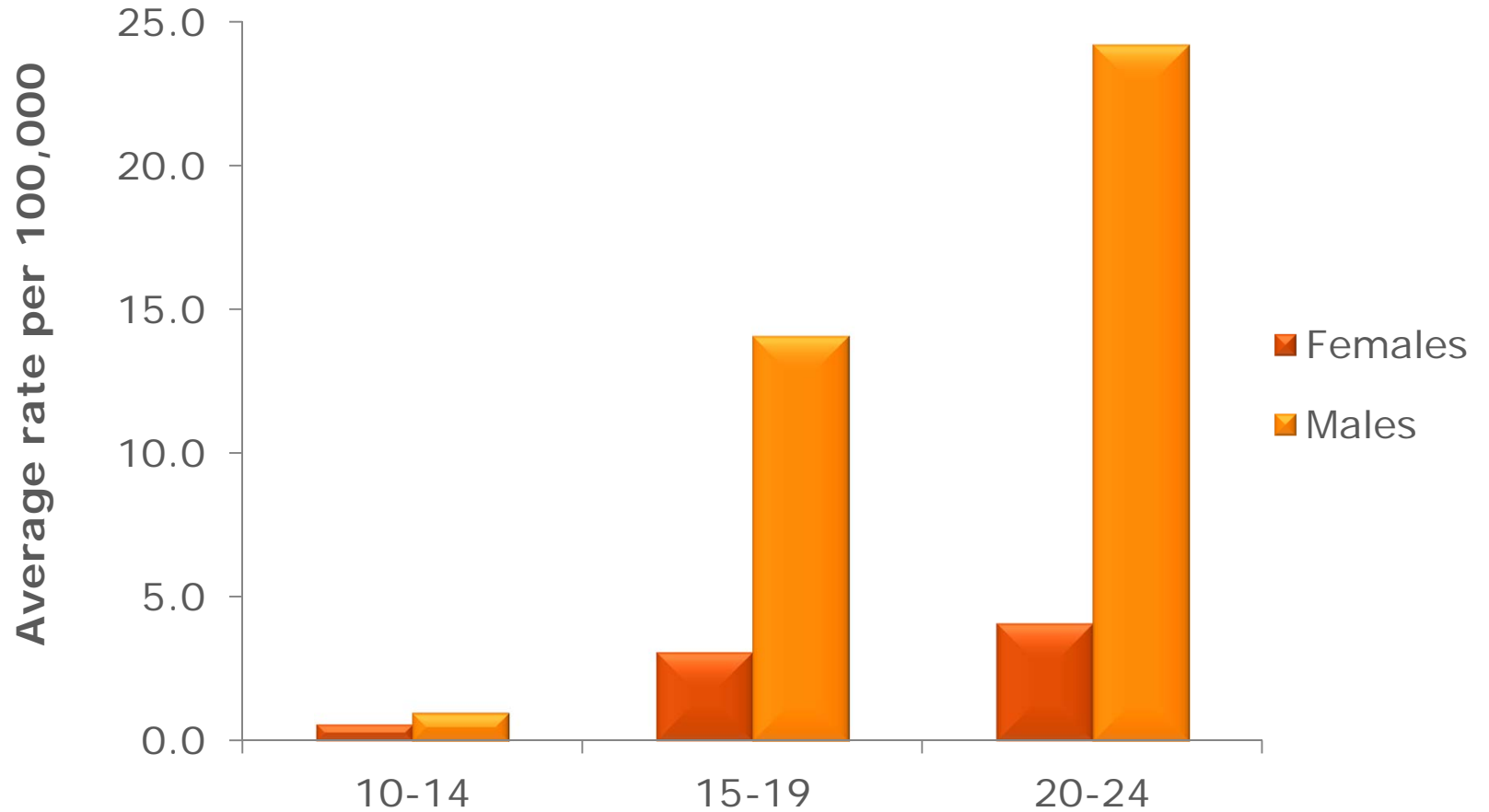
(Washington State youth 2005-2009)





Males More Likely to Die by Suicide:

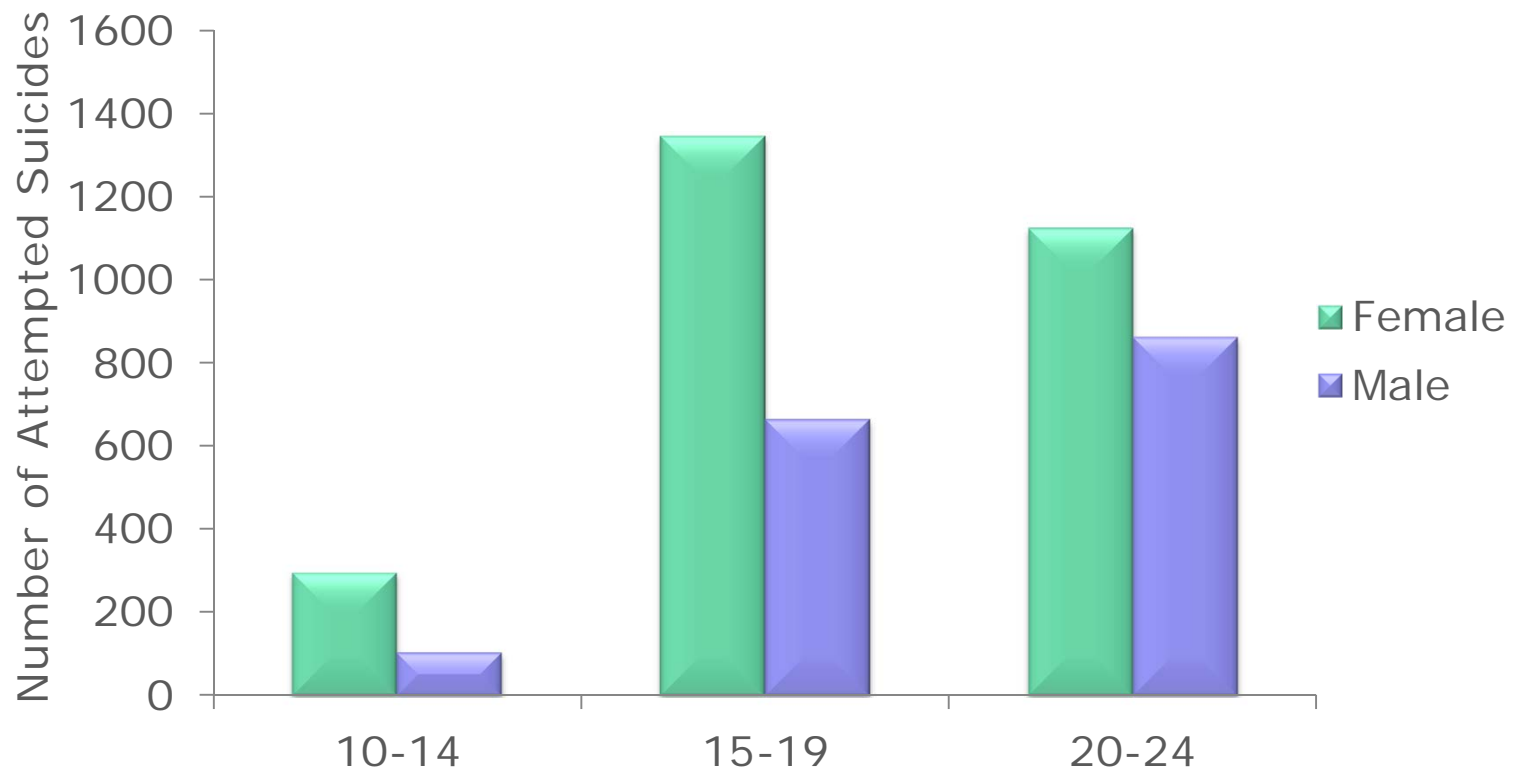
(Washington State youth 2005-2009)





Females More Likely to be Hospitalized:

(Washington State youth 2005-2009)

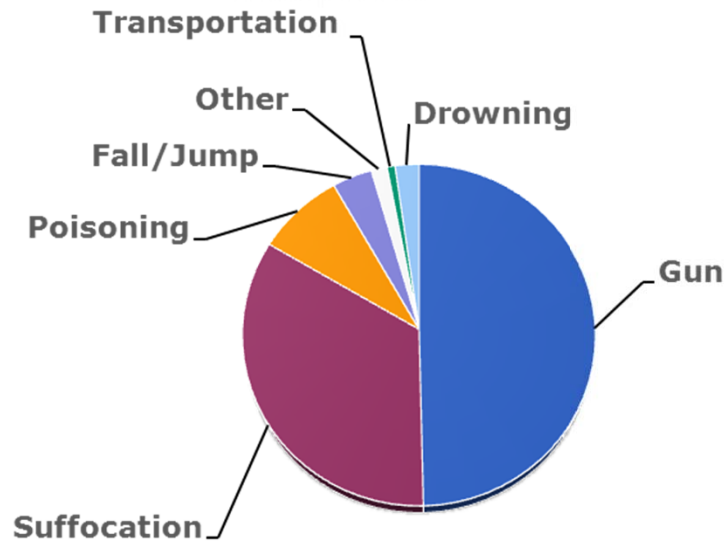




Methods of Suicidal Death:

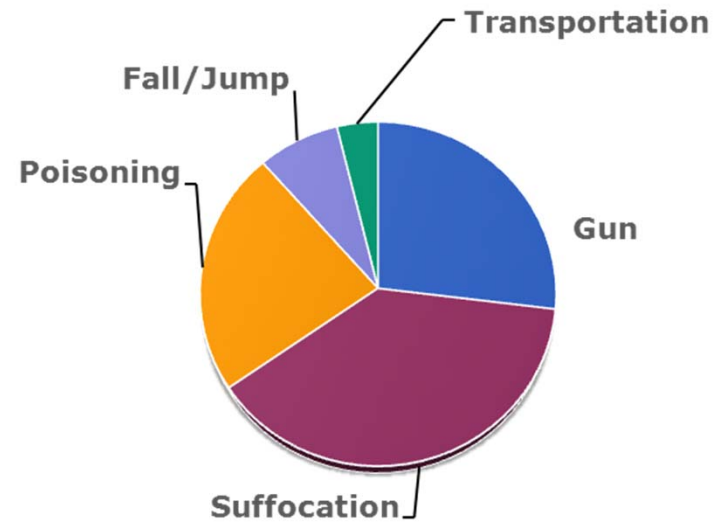
(Washington State youth 2005-2009)

Males



• N=468

Females

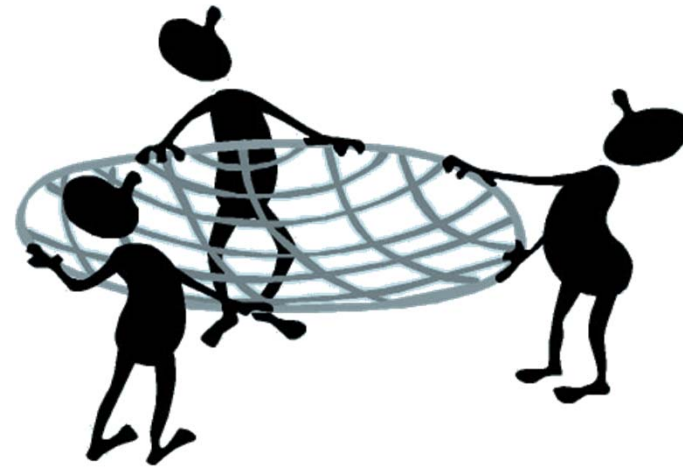


• N=86



Protective Factors:

- School
- Family
- Community
- Individual





Means Matter:

Reducing Deaths by Focusing on HOW instead of just WHY

- When a barrier was erected on popular “suicide bridge” the incidence of suicide did not increase on another nearby bridge
- Storing guns in a lock box, putting ammunition in a different room or keeping a gun unloaded significantly reduces chances that gun will be used in a suicide
- Unused medications, particularly opiates, need proper disposal



Youth Suicide: warning signs

- Current talk of suicide or making a plan
- Strong wish to die, preoccupation with death, giving away prized possessions
- Increased isolation
- Increased alcohol and/or drug use





Youth Suicide: intervention



- Show you care



- Ask the question



- Call for help



Helpful Adults Are:

- Genuine
- Available
- Nonjudgmental
- Trustworthy
- Effective Listener
- Empathic
- Emotionally Mature
- Understanding





Youth Suicide: resources

- School counselor
- Crisis telephone hotlines:
 - 1-800-273-TALK (*1-800-273-8255*)
 - 1-866-4-U-Trevor (*LGBT hotline: 1-866-488-7386*)
- Physicians, health care providers
- Mental health specialist
- Coaches and parents
- Clergy or religious leaders
- LGBTQ-friendly adults



YOU Can Be the Difference:

- Our school has a crisis response plan that includes strategies to prevent, intervene in a suicide attempt and deal with loss in the aftermath of a suicide.
- Our school has policies and procedures regarding bullying and harassment and they are implemented.
- Our school had specific resources for our youth who are questioning their sexual orientation or have already come out.
- **Listening without judgment may be the most important strategy – I don't have to have all the answers**



Websites: for adults

- www.yspp.org
- www.whatadifference.samhsa.gov
- www.sprc.org



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