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OneOp.org/Learn/160005/

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Weaving Community Safety Nets for Youth

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Weaving Community Safety Nets for Youth



Event Materials

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Today's Presenter



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The presenter has no relationships or conflicts of interest to report.

Learning Objectives

1. List warning signs of suicide risk in youth.
2. Discuss factors that are protective against suicide and how to mobilize them.
3. Describe collaborative safety planning for a youth who is at risk for suicide.
4. Identify steps toward building a collaborative network of supportive adults and services.

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Pre-Webinar Check-In



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Poll

I can list factors that are protective against suicide and know how to mobilize them.

- A. Strongly Disagree,
- B. Disagree,
- C. Neither Agree or Disagree,
- D. Agree,
- E. Strongly Agree

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10 Leading Causes of Death, U.S., 2019

	Age Groups							
	10 - 14	15 - 24	25 - 34	35 - 44	45 - 54	55 - 64	65+	All Ages
1	Unintentional Injury	Unintentional Injury	Unintentional Injury	Unintentional Injury	Malignant Neoplasms	Malignant Neoplasms	Heart Disease	Heart Disease
2	Suicide	Suicide	Suicide	Malignant Neoplasms	Heart Disease	Heart Disease	Malignant Neoplasms	Malignant Neoplasms
3	Malignant Neoplasms	Homicide	Homicide	Heart Disease	Unintentional Injury	Unintentional Injury	Chronic Low Respiratory Disease	Unintentional Injury
4	Homicide	Malignant Neoplasms	Malignant Neoplasms	Suicide	Liver Disease	Chronic Low Respiratory Disease	Cerebrovascular	Chronic Low Respiratory Disease
5	Congenital Anomalies	Heart Disease	Heart Disease	Homicide	Suicide	Diabetes Mellitus	Alzheimer's Disease	Cerebrovascular
6	Heart Disease	Congenital Anomalies	Liver Disease	Liver Disease	Diabetes Mellitus	Liver Disease	Diabetes Mellitus	Alzheimer's Disease
7	Chronic low respiratory disease	Diabetes Mellitus	Diabetes Mellitus	Diabetes Mellitus	Cerebrovascular	Cerebrovascular	Unintentional Injury	Diabetes Mellitus
8	Influenza & Pneumonia	Influenza & Pneumonia	Cerebrovascular	Cerebrovascular	Chronic Low Respiratory Disease	Suicide	Nephritis	Nephritis
9	Cerebrovascular	Chronic Low Respiratory Disease	Complicated Pregnancy	Influenza & Pneumonia	Nephritis	Nephritis	Influenza & Pneumonia	Influenza & Pneumonia
10	Benign Neoplasm	Cerebrovascular	HIV	Septicemia	Septicemia	Septicemia	Parkinson's Disease	Suicide

Centers for Disease Control and Prevention, 2019

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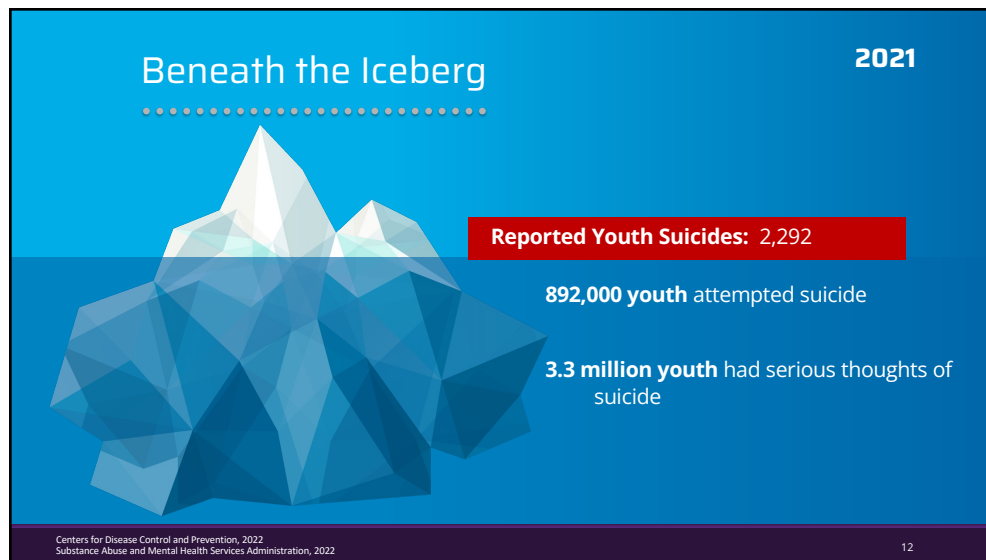
Youth Suicide Deaths, 2021

All Intents All Injury Deaths and Rates per 100,000
 Data Years: 2021, United States, 9 to 18, Both Sexes, All Races, All Ethnicities
 ICD-10 Codes: V01-Y36,Y85-Y87,Y89,*U01-*U03

Intent	Deaths	Population	Crude Rate	Age-Adjusted Rate
Unintentional	4,459	42,798,942	10.42	11.96
Homicide	2,268	42,798,942	5.30	6.28
Legal Intervention	19**	42,798,942	0.04**	0.05**
Suicide	2,292	42,798,942	5.36	6.26
Undetermined	149	42,798,942	0.35	0.39
Total	9,187	42,798,942	21.47	438.42

Centers for Disease Control and Prevention, 2022 11

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Protective Factors

Personal or environmental characteristics that help protect people from suicide.

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Protective Factors

- Connectedness to individuals, family, community, and social institutions
- Life skills (including problem-solving skills and coping skills)
- Resilience, optimism, self-esteem
- A sense of purpose or meaning in life
- Cultural, religious, or personal beliefs that discourage suicide
- Access to emotional support
- Access to effective behavioral health care

SPRC.org/Risk-and-Protective-Factors

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 **Short Answer Response**

Where do these protective factors show up in communities?

Share in the chat-pod

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Warning Signs

Warning Signs of Suicide: A Fact Sheet for Clinicians

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SUICIDE PREVENTION
LIFELINE

People who are considering suicide may show signs that they are thinking about or planning to attempt suicide. These are known as warning signs of suicide. Research evidence suggests that warning signs of suicide can vary from person to person. For this reason, it is important for clinicians to be aware of a range of warning signs. This fact sheet is intended to act as a brief reference tool to help clinicians recognize signs that may indicate a client (i.e., patient) is at immediate or acute risk of suicide (i.e., risk of suicide in the following minutes, hours, or days).

Common Warning Signs of Suicide

Talking about:

- Killing oneself
- Feeling unbearable pain
- Death or a recent fascination with death
- Feeling hopeless, worthless, or "trapped"
- Feeling guilt, shame, or anger
- Feeling like a burden to others
- Emotional distancing from family, friends, and community
- Social isolation and/or loss of social support systems

Changes in behavior or mood:

- A recent diagnosis or episode of depression, anxiety, psychosis, or emotional distress
- Changes in eating patterns
- Changes in sleep patterns
- Violent behavior or experiencing violence
- Expressing rage
- Helplessness
- Recent suicide attempt
- Planning a suicide attempt
- Increased substance use
- Losing interest in personal appearance or hygiene
- Withdrawing from family, friends, or community
- Saying goodbye to friends and family
- Giving away prized possessions

Other clinical presentations to consider in a clinical setting:

In addition to the common warning signs listed above, there are other clinical presentations that may appear to be normal but could be uncharacteristic of the client and indicate increased risk of suicide. Thoughtfully exploring these presentations could provide additional information about the client's safety and potential risk of suicide.

- Changes in energy levels
- Talking about feeling helpless
- Talking about worrying a lot of the time
- Unexplained somatic symptoms
- Phase of life problems

Disclaimer:
The content of this fact sheet is intended for informational purposes only and does not constitute or substitute for medical or clinical advice, consultation, diagnosis, intervention, or treatment from a licensed health care professional.

SPRC.org/Online-Library/Warning-Signs-of-Suicide-a-Fact-sheet-for-Clinicians/

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Warning Signs in Youth: **Communication**

- Wanting to go to sleep and never wake up (passive)
- Attempting suicide, killing myself (active)
- Pain – unbearable emotional distress
- Death, dying, or asking whether ___ could kill you
- Worrying a lot of the time

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Warning Signs in Youth: **Emotion**

- Expressing rage
- Feels hopeless, worthless, or “trapped”
- Feels overwhelming guilt, shame, or anger
- Feels like a burden to others

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Warning Signs in Youth: **Behavior**

- Changes in eating pattern
- Changes in sleep patterns
- Changes in energy levels
- Increased somatic complaints, unexplained symptoms
- Losing interest in personal appearance or hygiene

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Warning Signs in Youth: **Behavior**

- Increased alcohol or drug use
- Becoming violent
- Recklessness
- Fascination with highly violent, graphic content (movies, videos, social media)
- Social isolation: withdrawing from family, friends, or community
- Saying goodbye to friends and family
- Giving away prized possessions

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Potential Precipitating Events

- Significant loss: relationship, connection, aspiration, identity
- Suicide death (peer, family, revered person)
- Experiencing violence
- An arrest
- Serious financial problems

****Recent onset of depression, anxiety, extreme distress****

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Military Children and Suicide Risk

Protective Factors

- Military families are highly resilient.
- Military families are part of a community with shared values, mission, culture, and experiences.


Risk Factors

- Military children change schools 6-9 times during K-12.
- Military children experience more ACEs than nonmilitary peers.
- Military adolescents have higher rates of suicidal behaviors as compared to nonmilitary peers.

Clements-Nolle, K., Lensch, T., Yang, Y., Martin, H., Peek, J., & Yang, W. (2021).

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Short Answer Response

Who is likely to “see” warning signs?

- Communication
- Emotion
- Behavior
- Precipitating Events

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School Example

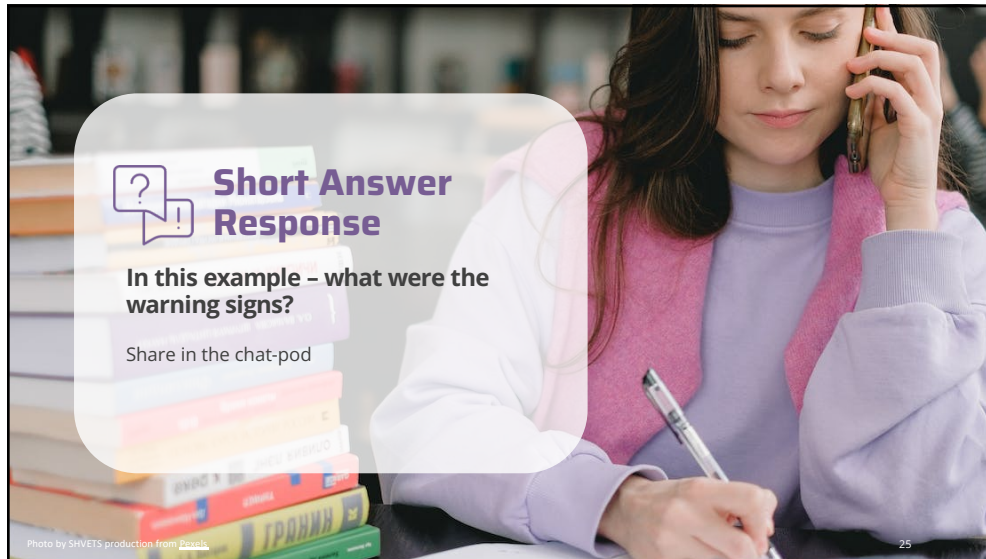
In Corsica High School, all teachers are trained each year to recognize warning signs of suicide and to follow specific gatekeeper training.

Ms. Gomez, a social studies teacher, was concerned about Tina, one of her students, because she knew Tina’s mother is currently deployed.

One day, she overheard Tina telling a friend that her boyfriend had just dumped her, that she’d given up trying to pass math, and thought her friend, Jamal, who had taken his life recently, had the right idea.

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Short Answer Response

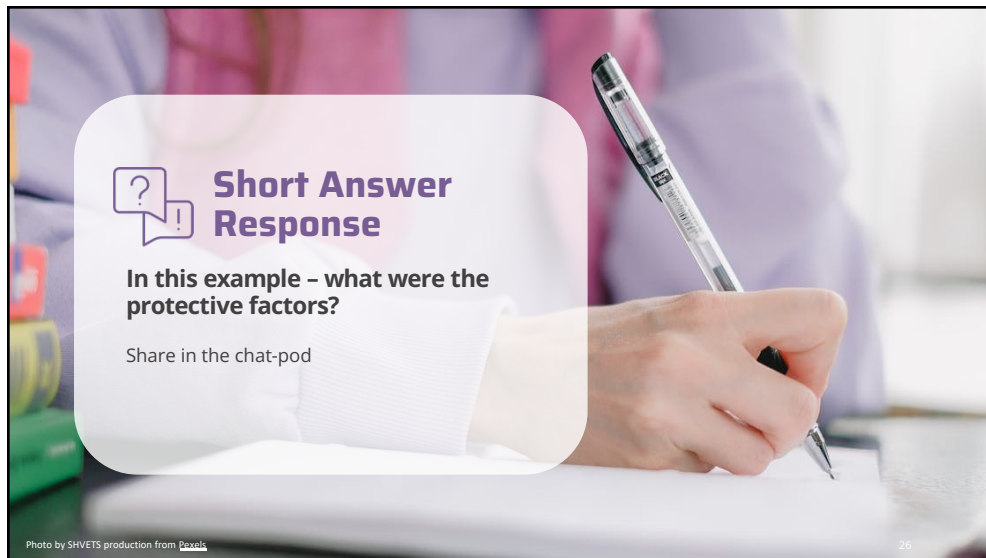
In this example - what were the warning signs?

Share in the chat-pod

Photo by SHVETS production from [Pexels](#)

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Short Answer Response

In this example - what were the protective factors?

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Personalized Coping Plan

Self-managing emotions and preventing crisis

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Crisis Safety Plan

STANLEY - BROWN SAFETY PLAN

Crisis Response Plan

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Making the Environment Safer

“Very few people who have their suicide plans delayed or interrupted go on to die by suicide.”

(Daigle, 2005; Owens, Horrocks, & House, 2002)

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Individual Crisis Support: Who Can Help?

Role	Readiness	Consent
Parent, Guardian, or Caregiver	Willing to offer support	Youth
Older/Adult Siblings	Understand warning signs	Parent or Guardian
Teacher, Coach/Mentor, Spiritual Leader	Know what to do to help	Caregiver
Counselor		
Friends, Peers		

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Transforming Communities

Expanding the tapestry of protection for our youth

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Transforming Communities

7 Key Elements

- **Unity**
- Data
- Planning
- Fit
- Integration
- Communication
- Sustainability



TheActionAlliance.org/Sites/default/files/TransformingCommunitiesPaper.pdf

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Identify Leaders and Partners and Build Their Capacity

1. Create a list of individuals and organizations
2. Reach out to community leaders
3. Set up ways to collaborate
4. Address the needs of the group related to suicide loss (postvention)
5. Educate leaders about suicide prevention
6. Formalize partnerships

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Military Families/Communities

1. Identify and include existing resources in your community that serve military families.
2. Gain commitments to support service to youth and collaborate in the process.
3. Involve military-connected families in strategic planning.
4. Establish shared understanding of unique strengths and needs of military families with non-military-connected organizations.
 - Military Culture basic training <https://psycharmor.org/militaryculture>
5. Ensure integration in your strategic planning, resource networking, education.

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Call to Action

Let's get started weaving the community safety net

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Create a List of Potential Partners

- Who has access to the groups most at risk for suicide?
- Who could represent the diversity of cultures in the community?
- Which organizations could impact the community's specific risk factors for suicide?
- Which community leaders have the needed skills, local influence, resources, and potential funding?
- Which community partners have personal experience related to suicidal thoughts, attempts, or deaths (also known as "lived experience")?

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Engage Potential Partners

Plan your approach

- Who
- What
- Why

What's in it for me? (WIFM)

- Benefits
- Barriers

Be clear about your "ask"

Key Elements	Leading Questions
The 3 W's: Who What Why	<ul style="list-style-type: none"> • <i>Who</i> are you and whom do you represent? • <i>What</i> do you or your organization do? • <i>Why</i> is your organization doing this work? What need are you serving?
Benefits & Barriers	<ul style="list-style-type: none"> • How will the potential partner's participation benefit you and your organization? What is the value-added to the potential partner of collaborating with you? • What are the potential barriers to working together? How will you address these barriers?
Your Ask	<ul style="list-style-type: none"> • <i>What specifically</i> are you asking the potential partner's organization to do? • <i>What are the immediate next steps</i> that you would like the potential partner to take?

SPRC.org/wp-content/uploads/2022/11/Topic2_Question3_FrameYourAsk.pdf
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Set Up Ways to Collaborate

- Leadership group
- Recurring meetings for community partners
- Communication channels
- Shared goals

CommunitySuicidePrevention.org/element/unity/Working-with-Coalitions-Advisory-Groups/
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Live - home, neighborhood
Health - medical/behavioral care
Identity - group or affinity
Worship - faith/spiritual practice
Safety - law enforcement/EMS
Play - arts, dance, YMCA, MWR
Culture - heritage, military
School - academics, band, sports, clubs, teams
Employers

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Live - home, neighborhood
Health - medical/behavioral care
Identity - group or affinity
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Play - arts, dance, YMCA, MWR
Culture - heritage, military
School - academics, band, sports, clubs, teams
Employers

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Call to Action

What step will you take in the next week to strengthen your community's network of support for youth/children?

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Short Answer Response

What step will you take next week to strengthen your community's support network for youth/children?

Share in the chat-pod.

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Resources

- Military OneSource - [Military Life Guides: Suicide Prevention](#)
- Psych Armor - [The Basics of Military Culture](#)
- [Preventing Suicide: A Toolkit for High Schools](#)
- [Warning Signs of Suicide: A Fact Sheet for Clinicians](#)
- [Warning Signs of Suicide: A Fact Sheet for Family and Community Members](#)
- [Transforming Communities](#)
- [Community-Led Suicide Prevention Strategic Planning](#)
- [Suicide Prevention Resource Center Partnerships and Collaboration](#)
- [Suicide Prevention Resource Center - Military Children and Suicide Risk](#)
- [Crisis Response Plan](#)
- [Stanley-Brown Safety Plan](#)

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OneOp Webinar



[OneOp.org/Learn/160002/](https://oneop.org/Learn/160002/)



Understanding Childhood Traumatic Loss Through the Lens of Multidimensional Grief Theory

Traumatic losses or stigmatized deaths, such as suicide, can amplify psychological distress in grieving youth. Military service providers are uniquely positioned to help support children facing suicide-related losses. This webinar describes manifestations of trauma and grief in children, how their intersection can impact learning and behavior, and how to know when a grieving child is in need of therapeutic intervention.

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OneOp Webinar



Addressing Maladaptive Grief Reactions Among Youth

A "one-size-fits-all" approach to grief support is typically ineffective. Thus, it is a critical task of service providers to determine which type of grief support and practice elements are most appropriate based on the unique needs and strengths of the children they serve. This session describes assessment and interventions for youth who have experienced traumatic loss.

[OneOp.org/Learn/160003/](https://oneop.org/Learn/160003/) 

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Citations

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Citations

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- Substance Abuse and Mental Health Services Administration. (2022). Key substance use and mental health indicators in the United States: Results from the 2021 National Survey on Drug Use and Health (HHS Publication No. PEP22-07-01-005, NSDUH Series H-57). Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/report/2021-NSDUH-Annual-National-Report>.

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Questions?
Closing Comments?

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Continuing Education



This webinar has been approved for **1.5 continuing education (CE) credit hours** from the following:

- The University of Texas at Austin, Steve Hicks School of Social Work
- The Commission for Case Manager Certification
- The National Council on Family Relations
- The Patient Advocate Certification Board
- American Association for Family and Consumer Sciences
- Certificates of Attendance

Evaluation Link

Go to the event page for the evaluation and post-test link.

[Continuing Education](#)

Questions?

Email us at oneopfamilydevelopment@gmail.com



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Upcoming Webinar



Afraid to Ask: Talking to Youth About Suicide

Thursday, November 16, 2023 | 11 AM ET

This webinar discusses how service providers can assist parents in talking with their children about suicide.

Continuing education credits are available!



RSVP on the webinar event page!



OneOp.org/Learn/160006/

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