

***Preventing youth suicide so they have the
opportunity to live to their full potential***

Illinois Youth Suicide Prevention Project
Capacity-Building in Higher Education

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Today's Presentation

We want a society where people can live to their full potential; however, the reality is that a variety of circumstances can lead a person to feel helpless, even attempt to take one's life.

Today's Presentation

- The reality of youth suicide
- Risk factors and warning signs
- Illinois Youth Suicide Prevention Project
- Statewide “Gatekeeper” Training for Educators
- Training overview – faculty and students
- Statewide Rollout & Communications
- What can school personnel do to prevent suicide
- Resources
- Q&A

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Suicide is a public health problem.

- Complex problem associated with multiple factors:
 - Individual (biological, psychological)
 - Environmental (physical, interpersonal, community, societal)
- Requires a school-wide effort

The reality of youth suicide

National Data

Youth - ages of 10 and 24

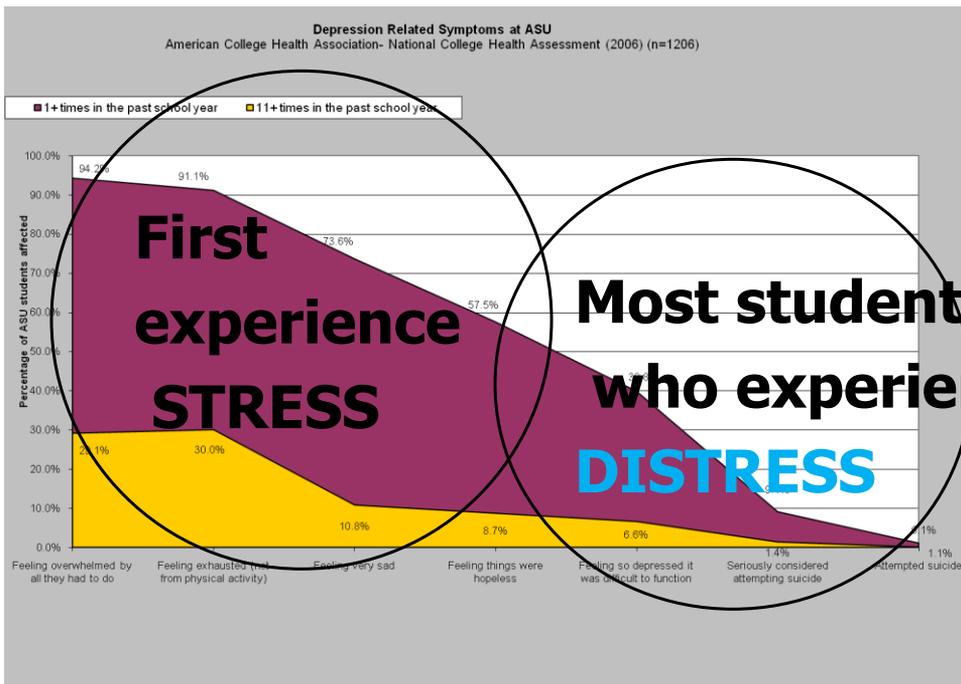
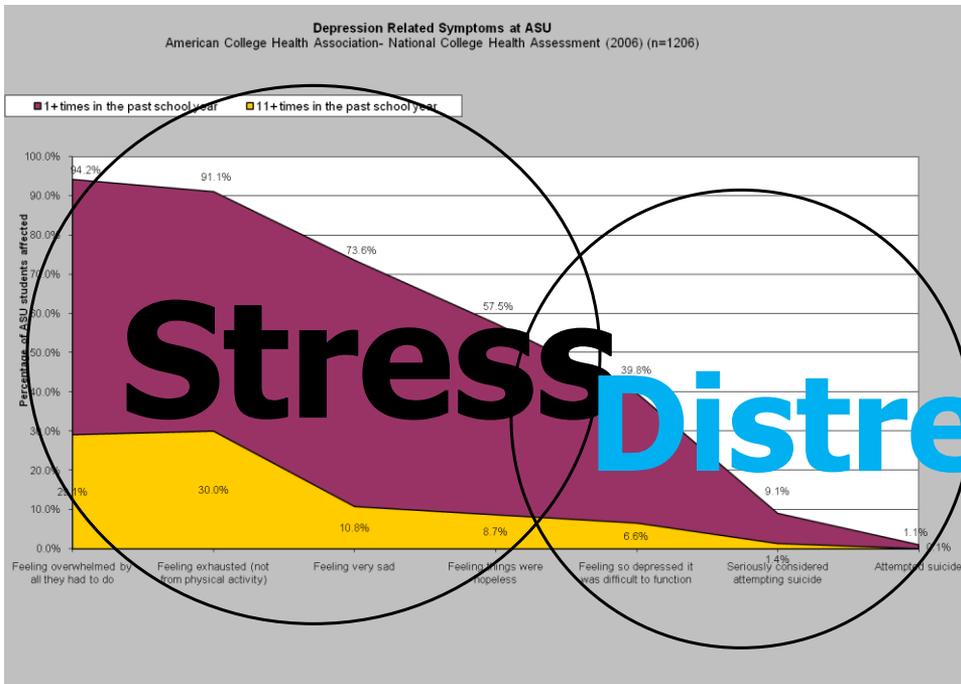
- Suicide
 - suicide is the third leading cause of death
 - approximately 4400 young lives lost each year in the U.S.
- Suicide Attempt
 - 149,000 youth receive medical care for self-inflicted injuries at Emergency Departments across the U.S.

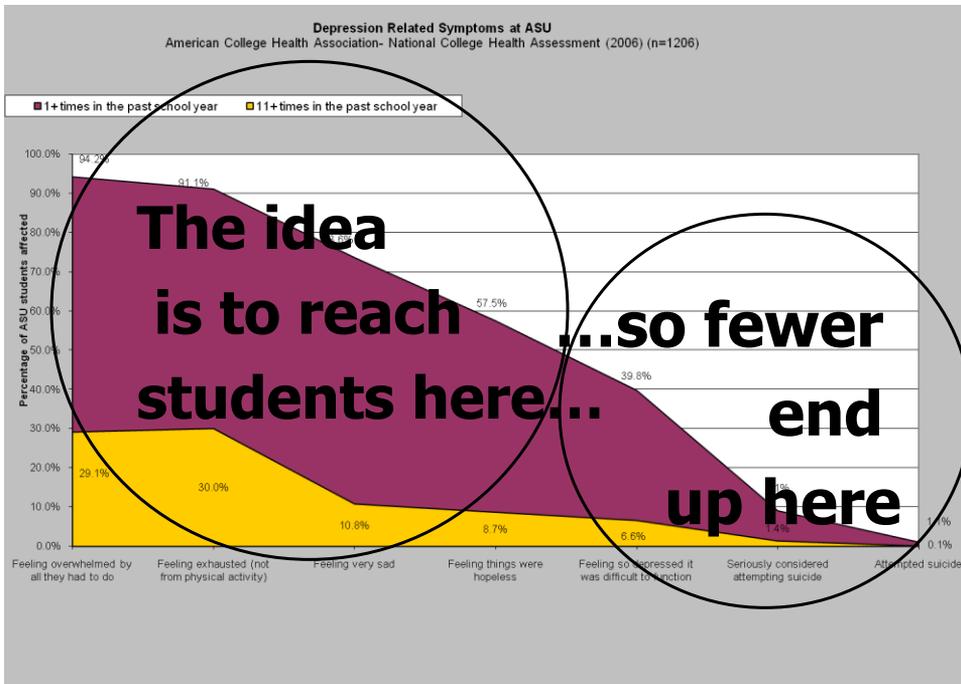
Deaths from youth suicide are only part of the problem. More young people survive suicide attempts than actually die.

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Results of American College Health Association survey (2012)

- 7.1% of students had seriously contemplated suicide
- 1.2% have made a suicide attempt
- In the twelve month period prior to the survey, over 60% of the sample reported feeling very sad, under half (45%) reported feeling hopeless and 31% reported feeling so depressed as to not be able to function
- Only 6.9% of males and 12.9% of females reported a diagnosis of depression. Therefore, there are a large number of undiagnosed students





Risk Factors

Several factors can put a young person at risk for suicide; however, having these risk factors does not always mean that suicide will occur.

Risk factors:

- History of previous suicide attempts
- Family history of suicide
- History of depression or other mental illness
- Alcohol or drug abuse
- Stressful life event or loss
- Easy access to lethal methods
- Exposure to the suicidal behavior of others
- Incarceration

Warning Signs

Signs that might indicate a young person is considering suicide:

- A suddenly worsening school performance
- A fixation with death or violence
- Unhealthy peer relationships
- Violent mood swings or a sudden change in personality
- Indications that the teen is in an abusive relationship
- Other risky behaviors
- Signs of an eating disorder
- Difficulty in adjusting to gender identity
- Bullying
- Depression

Warning Signs (high risk)

The warning signs below may mean someone is at high risk for suicide.

- Talking about wanting to die or kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Warning signs and corresponding action steps

Call 9-1-1 or seek immediate help from a mental health provider when you hear or see any one of these behaviors:

- Someone threatening to hurt or kill themselves
- Someone looking for ways to kill themselves: seeking access to pills, weapons, or other means
- Someone talking or writing about death, dying, or suicide

Seek help by contacting a mental health professional or calling 1-800-273-TALK for a referral should you witness, hear, or see anyone exhibiting any one or more of these behaviors:

- Hopelessness
- Rage, anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped—like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family or society
- Anxiety, agitation, unable to sleep, or sleeping all the time
- Dramatic mood changes
- No reason for living; no sense of purpose in life

Connectedness

Connectedness -

The degree to which a person or group is socially close, interrelated or shares resources with other persons or groups.

Preventing Suicide through Connectedness

- Many of the risk factors for suicide are related to the concept of connectedness
- Connectedness Between Individuals
- Connectedness of Individuals and Their Families
- Connectedness Among Community Organizations and Social Institutions

What can you do to help promote connectedness?

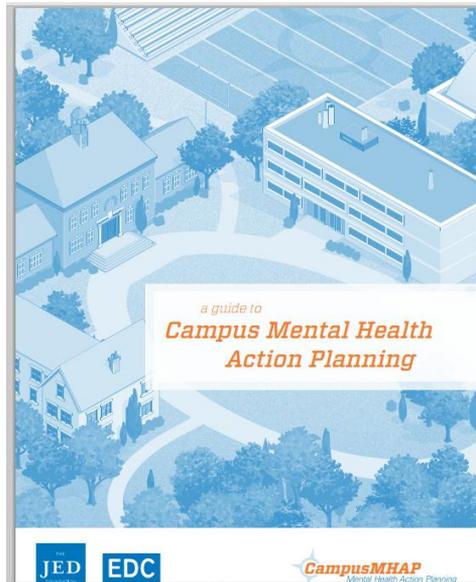
Illinois Youth Suicide Prevention Project

- 3-year grant-funded program – SAMHSA 1U79SM060429-01
- Targets youth ages 10-24
- Purposes of IYSP include
 - Advancing the state suicide prevention strategic plan
 - Enhancing Primary Prevention
 - Increasing Linkage to Services
 - Increasing Protective Factors/Decrease Risk Factors for students
 - Promote National Suicide Prevention Lifeline
- Core Activities include
 - Expansion of the “It Only Takes One” website
 - Professional competency
 - Stakeholder’s meetings
 - Consensus meeting (2013)/conference (2014)
 - System Change (annually)
 - Gatekeeper Training in Secondary/Post-Secondary Systems

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Systems Change Meeting

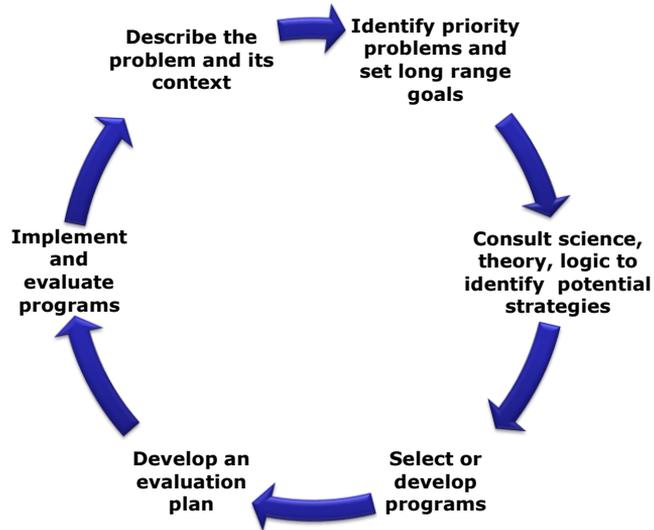
Youth Mental Health



Addressing Suicide on Campus



Strategic Action Planning

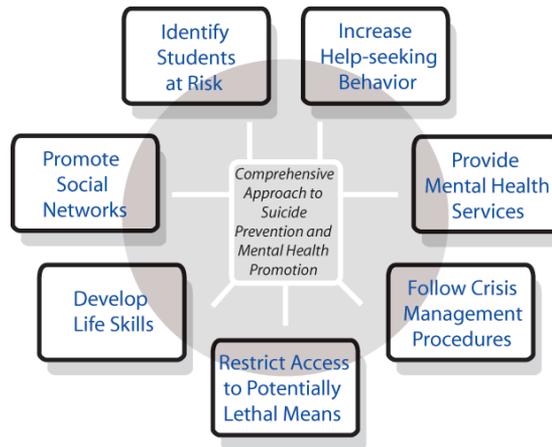


Social Ecological Framework

- Individual factors
- Interpersonal factors
- Institutional factors
- Community factors
- Public policy

DeJong & Langford, 2002; Dahlberg & Krug, 2002

Jed Foundation/Suicide Prevention Resource Center Comprehensive Approach



Gatekeeper Training

Role of Educators

- On the front lines with students every day.
- May notice worrisome behavior and appearance.
- Have existing relationships with students, and they care.
- Educators can be the “eyes and ears” - not mental health experts, but can take small steps to a big difference.
- Goal is to **Connect with students** and then **Connect the Right students to the Right resource**: crisis, counseling, psych, social work, ally

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Benefits of “Gatekeeper” Training

- A key strategy for prevention/early intervention and part of the national strategy for suicide prevention.
- Reduces the number of undetected students in schools and moves them into treatment as early as possible.
- Reduces the anxiety about responding to an at-risk student.
- Reduces stigma associated with mental illness.
- Enhances safety for individual student, school and community.

A “gatekeeper” is any individual (i.e., not a mental health professional) trained to identify individuals at risk of psychological distress and connect them to treatment or supporting services as appropriate.

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Kognito At-Risk Suite for Educators

- Suite includes 9 courses:
 - 3 for secondary school personnel
 - 6 for higher ed personnel & students
 - Special modules for LGBTQ and Veterans
- Award-winning **online** training platform
- NREPP*/SPRC Best Practices Registry Listed
- Research Proven
- Broad Adoption
 - 10 State Agencies – AZ, CA, NY, OH
 - 400 Institutions of Higher Ed



Middle and High School



Higher Ed Faculty & Staff



Higher Ed Students

* At-Risk for College Students

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What Makes Kognito Trainings Special?

- **Fun, engaging, effective**
- Designed especially for **education community**
- Hands on **practice**
- Private **role play** with intelligent avatars
- Individualized, real-time **feedback**
- **Easy to implement** campus wide



at-risk

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How do Kognito trainings work?

- **Assume a role**
- **Engage in virtual conversations** with At-Risk student avatars with memory and emotion that **respond like real students**
- Navigate conversations using **dialogue options**: topics (blue) and tactics (grey)
- Hear your character speak and **experience the student's response**
- **Pitfalls and best practice options**
– learn from mistakes, forge new patterns based on what works



- Links to national and local **resources**
- Print **certificate**, course **summary** and link to supplementary information

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Learning Objectives



1. **Recognize warning signs** that a student may be suffering from psychological stress.
2. **Initiate a conversation** with a student to build resiliency and help the student identify sources of support.
3. Upon discovering that a student experiences anxiety, depression, substance abuse or other concern, **refer the student to appropriate support**.
4. **Ask a student about possible suicidal thoughts and plans, and connect the student to the appropriate support immediately.**

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Kognito's At-Risk for University Faculty training simulation.

Demo link (temporary)

<http://demos.kognito.com/?k=3667142c3f7dd4386d6a35f70b57425f>

Kognito's Veterans on Campus training simulation.

Demo link (temporary)

<http://demos.kognito.com/?k=33985738d0a8aab3f2197a736cac576a>



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Resources

Resources

National Suicide Prevention Lifeline

NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

Feeling lost, lonely, desperate?



When it seems like there's
no hope, there is **help**.

If you feel trapped... if you feel you have no one to turn to... if you've been feeling down for a while and you're not exactly sure why...
It's important to talk to someone. You can talk to someone **right now** by calling the Lifeline. Help is available at any time of the day or night—and it's completely free and confidential. We're here to listen and to help you find your way back to a happier, healthier life.

If you or someone you know is thinking about suicide,
call the National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

With help comes hope.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK

Resources

The Lifeline
is **FREE**,
confidential, and
always available.

HELP
a loved one,
a friend,
or yourself.

Community crisis centers
answer Lifeline calls.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

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NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK (8255)
suicidepreventionlifeline.org

**Learn the
Warning
Signs.**

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ♦ Talking about wanting to die or to kill oneself.
- ♦ Looking for a way to kill oneself, such as searching online or buying a gun.
- ♦ Talking about feeling hopeless or having no reason to live.
- ♦ Talking about feeling trapped or in unbearable pain.
- ♦ Talking about being a burden to others.
- ♦ Increasing the use of alcohol or drugs.
- ♦ Acting anxious or agitated; behaving recklessly.
- ♦ Sleeping too little or too much.
- ♦ Withdrawing or feeling isolated.
- ♦ Showing rage or talking about seeking revenge.
- ♦ Displaying extreme mood swings.

Suicide Is Preventable.

Call the Lifeline at 1-800-273-TALK (8255).

With Help Comes Hope

Resources

The screenshot shows the SPRC website with the following elements:

- Browser tabs: ACHA-NCHA Data, Colleges and Universities
- Address bar: www.sprc.org/collegesanduniversities
- Navigation: About SPRC, Contact Us, FAQ, Search this site, Login
- Header: SPRC • Suicide Prevention Resource Center, Promoting a public health approach to suicide prevention, SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) suicidepreventionlifeline.org
- Menu: Suicide Prevention Basics, News & Events, Training Institute, Best Practices Registry, Library & Resources, Who We Serve
- Section: Who We Serve
- Sub-section: Colleges and Universities
- Text: "These web pages are designed specifically for college and university personnel. Our aim is to provide background information, research, resources, and practical examples to support campus suicide prevention and mental health promotion. We welcome your feedback. Send suggestions to webmasters@sprc.org."
- Image: A group of diverse young people smiling.
- Text: "Even with access to low- or no-cost mental health treatment provided by most four-year residential colleges and universities and more community colleges strengthening linkages to community mental health services, many students who experience mental health problems or are suicidal are not receiving help. For example, counseling center directors report that the vast majority of students who die by suicide are not clients of the counseling center (Gallagher, 2006). In addition, only a small number of students who report being depressed are receiving treatment (American College Health Association, 2008; Eisenberg et al., 2007b)."
- Related Resources: 2012 Revised national strategy for suicide prevention, Goals and objectives for action; Campus Mental Health Action Planning (Campus MHAP) Guide; Campus Mental Health Action Planning (CampusMHAP) Webinar Series; CampusMHAP Webinar I: Building Momentum. View All Related Resources
- Related Research: A psychometric investigation of the suicide opinion questionnaire; Ed: Link; A randomized clinical trial of a brief, mailed intervention for students at risk of depression.

<http://www.sprc.org/collegesanduniversities>

Resources

The screenshot shows the SPRC website with the following elements:

- Browser tabs: ACHA-NCHA Data, Garrett Lee Smith Youth
- Address bar: www.sprc.org/grantees/grantees-technical-assistance-meetings-and-webinars
- Navigation: About SPRC, Contact Us, FAQ, Search this site, Login
- Header: SPRC • Suicide Prevention Resource Center, Promoting a public health approach to suicide prevention, SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) suicidepreventionlifeline.org
- Menu: Suicide Prevention Basics, News & Events, Training Institute, Best Practices Registry, Library & Resources, Who We Serve
- Section: Who We Serve
- Sub-section: Grantees
- Section: Garrett Lee Smith Youth Suicide Prevention Grantees Technical Assistance Meetings and Webinars
- Text: "These pages provide materials from the annual technical assistance meetings for SAMHSA suicide prevention grantees and group technical assistance events that occur throughout the year. You will find resources for topics such as evaluation, stigma, and discrimination, working with survivors, cultural competence, screening, and project management, as well as many others."
- Text: "Materials from Recent Webinars"
- List of resources with links: Suicide Prevention Screening: Transitioning from TeenScreen Apr 10, 2013; Suicide Prevention Screenin-Transitioning from TeenScreen_FINAL.pdf; Strategic Communications Planning Webinar.pdf; Strategic Communications Planning Webinar Chat Transcript Recording March 19 2013.docx; Make Your Campaign Count: How to Communicate Effectively Mar 10, 2013; Using Cross-Site Evaluation Data for Campus Grantees Mar 5, 2013; Training, RNS, and EIRP Data Collection for Cohort 7 State and Tribal Grantees Feb 12, 2013.
- View all materials
- Table of materials:

| Campus Grantee Meeting Materials | State and Tribal Grantee Meeting Materials |
|----------------------------------|--|
| Apr 16, 2012 | Apr 16, 2012 |
| Jan 25, 2011 | Feb 14, 2011 |
| Feb 2, 2010 | Mar 15, 2010 |
| Jan 8, 2009 | Jan 5, 2009 |
| Jan 8, 2008 | Dec 10, 2007 |
| Jan 17, 2007 | Dec 12, 2006 |
| Dec 13, 2005 | Dec 13, 2005 |

<http://www.sprc.org/grantees/grantees-technical-assistance-meetings-and-webinars>

The Jed Foundation



<http://www.halfofus.com/>



American Foundation for Suicide Prevention

the **Truth** about **Suicide**: Real Stories of Depression in College

A FILM FROM THE AMERICAN FOUNDATION FOR SUICIDE PREVENTION



Possible additional activities

Once you've trained your staff as gatekeepers, here are some additional activities for your school community

- Plan events around a health observance
 - Suicide Prevention Week/Day
 - *Work Suicide Prevention Day is September 10, 2013*
 - *National Suicide Prevention Week is September 8-14, 2013*
 - Teen Dating and Violence Prevention Month (*February*)
 - Sexual Assault Awareness and Prevention Month (*April*)
 - National Night Out (*August*)
 - National Bullying Prevention Month (*October*)
 - Domestic Violence Awareness Month (*October*)
- Include a suicide prevention component in existing programs, such as:
 - Bullying prevention initiatives
 - Domestic violence/sexual violence prevention initiatives
- Participate in community events – e.g., candle light vigils, walkathons, etc.
- Write an article for the school newspaper
- Encourage the school to include information about the National Suicide Prevention Lifeline on the school website
- Have students write a paper on suicide prevention

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Q&A



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