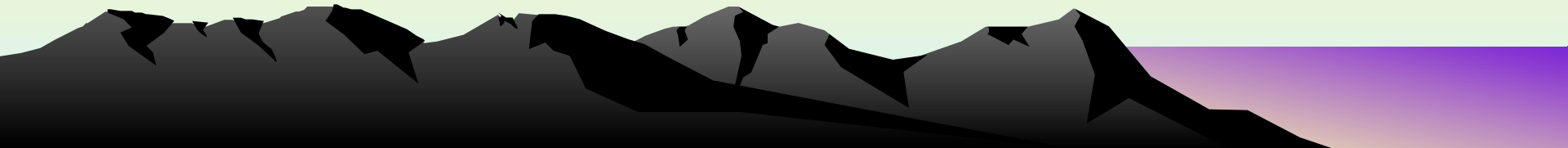


“Finding Hope on the Horizon”

Suicide Intervention Training: A Brief Overview



Suicide is less about death.....

and more about....

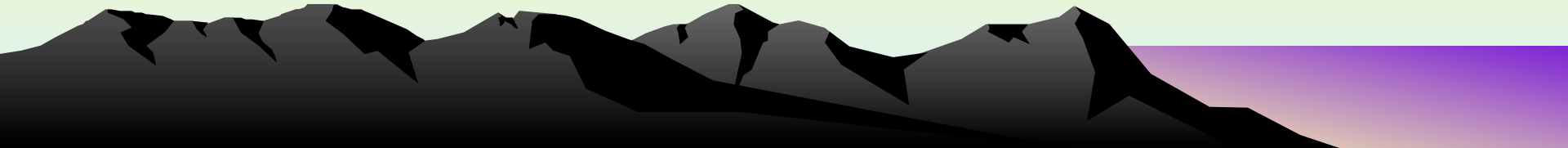
wanting the pain to end,

spirit sickness,

a coping strategy,

&

communication.



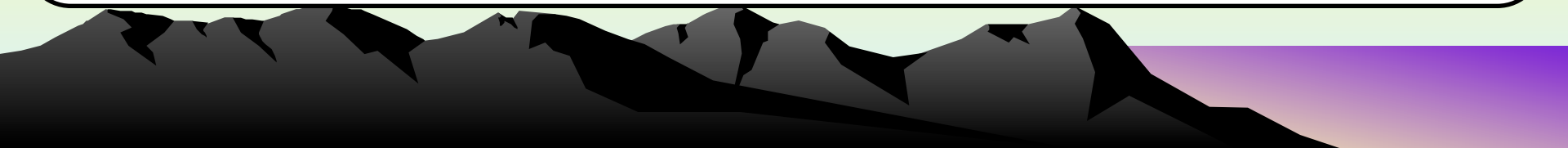
BC' s First Nations youth....

50+% communities have not experienced a youth suicide in 15 yrs.

90% youth suicides occurred in 10% of First Nation communities

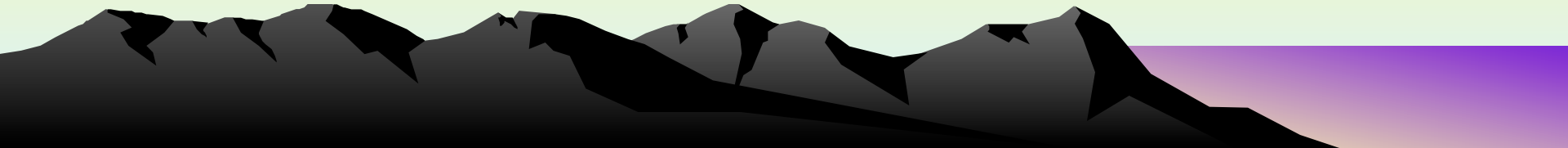
Cultural Continuity: Land claims, self-government, education, police, fire, health services, cultural facilities

* Chandler & Lalonde, 2004



Warning Signs

are the things you see,
or hear,
that cause you to wonder
if the person is considering
suicide.

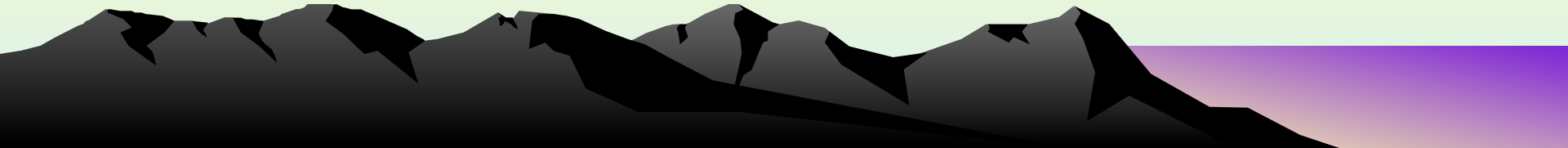


Triggers

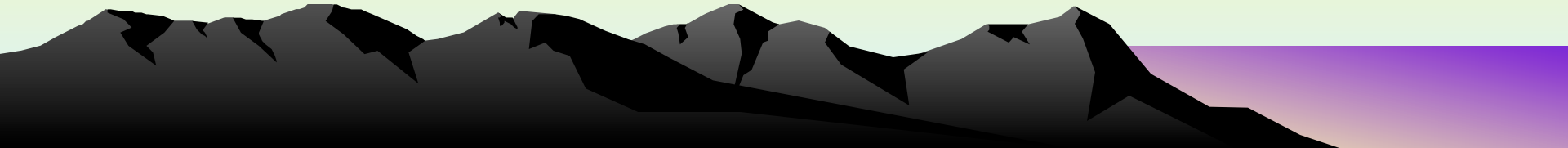
are stressful events
that occur,

or

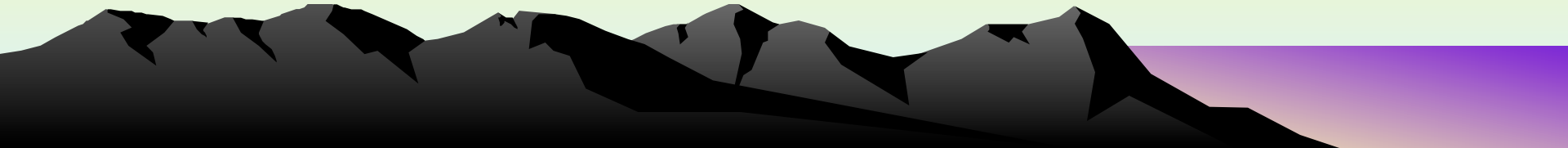
that a person fears will occur;
that result in thoughts of suicide.



These stressful events *increase*
feelings of
loss,
aloneness,
helplessness, &
hopelessness.



Asking about Suicide

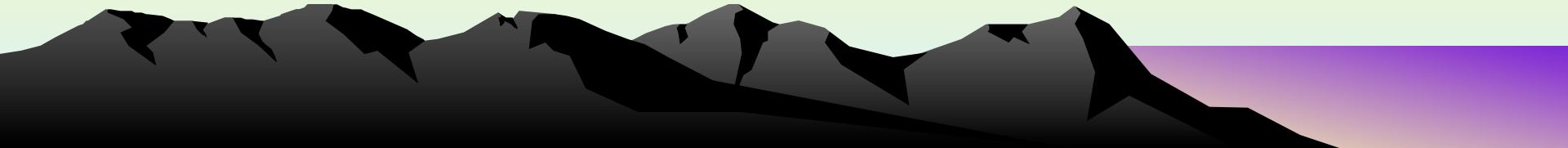


Recommended Script

“I have noticed (warning signs) and
I know (trigger).

Sometimes when people (brief
repeat of warning signs) and they
have (brief repeat of trigger) they
think about suicide.

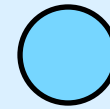
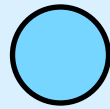
I am wondering if you are thinking
about killing yourself?”



Listening

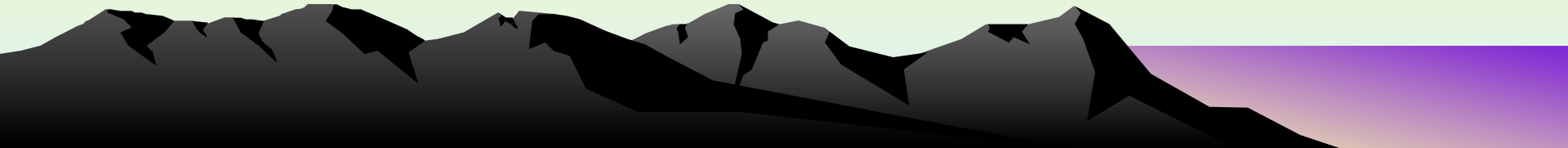
*Increases
hope!*

**Protective
Factors:**
what
keeps the
person
alive



**Risk
Factors:**
why the
person
wants to
die

Ambivalence:
wanting to die
& to live



Risk Factors (examples)

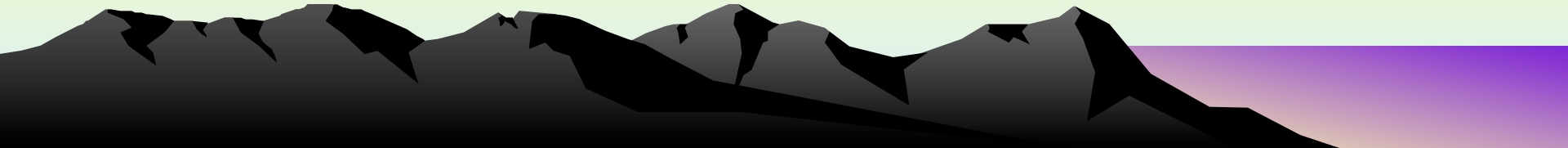
- Prior suicidal behavior
- Suicide of close family member/friend
- Personal/family history of substance abuse or mental health concerns
- Depression; anxiety; PTSD; insomnia
- Severe interpersonal conflict

Protective Factors (examples)

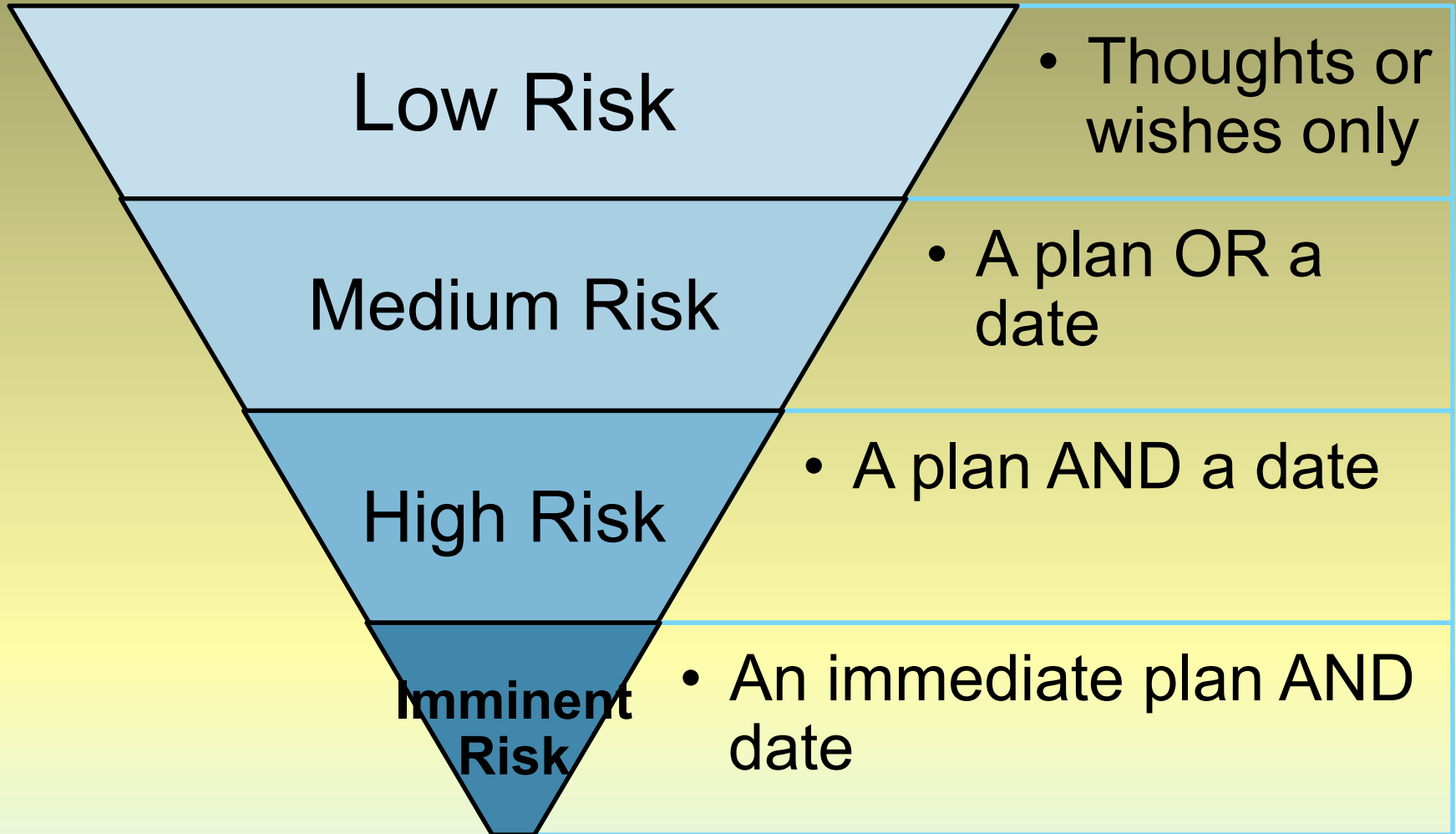
- Family and/or community connection
- Cultural & spiritual awareness/connection
- Success
- Positive belief about self
- Skills & Talents
- Opportunities - home, school & community

Risk Assessment

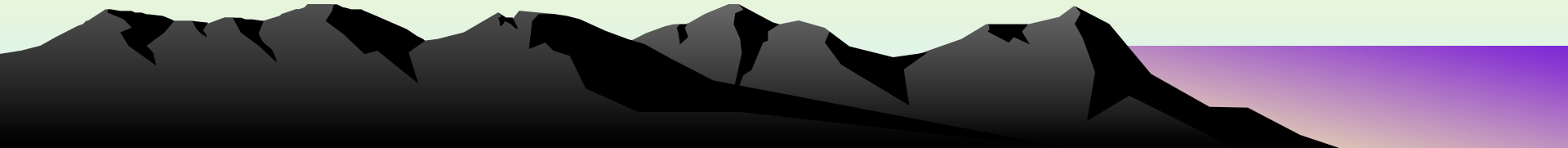
- Thoughts only?
- A plan OR date?
- A plan AND date?
- An immediate plan AND date?
- Prior attempts



Estimating Risk

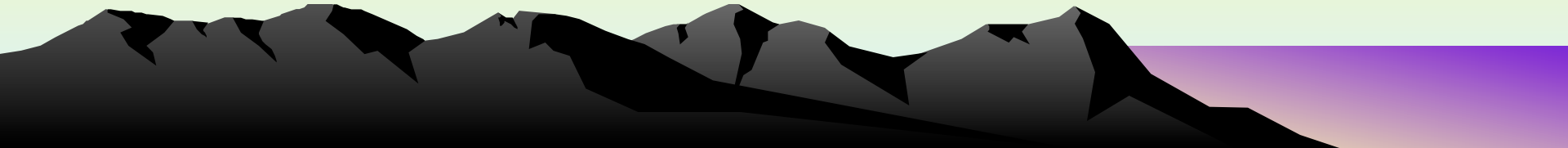


Safety Planning



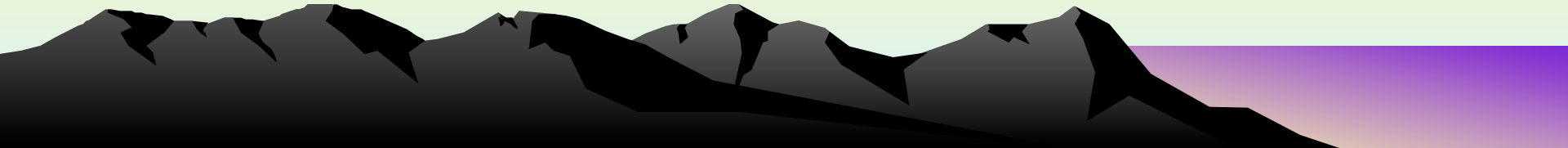
Safe Plan - Written

1. Distraction techniques (i.e. physical activity, carving, music, drawing)
 2. Friends/supportive adults
 3. Safe place to go
 4. Community Resources/ Professional numbers
 5. 24 hour and emergency numbers
-

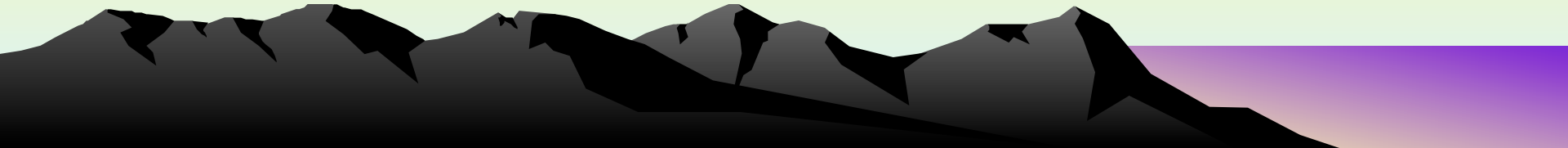


24 Hour Information

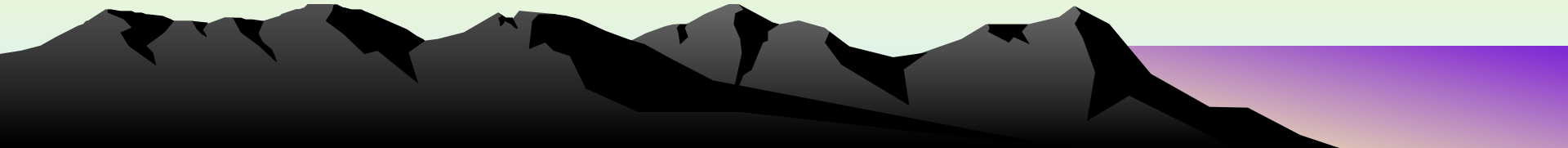
- Suicide Hotline (24 hrs) 1-800-784-2433
- Native Youth Crisis Hotline 1-877-209-1266
- Kids Help Phone (24 hrs) 1-800-668-6868
- Websites for Youth:
 - www.youthinbc.ca
 - www.kidshelpphone.ca
- Websites for Caregivers:
 - ww3.suicideinfo.ca/youthatrisk/
 - www.teenmentalhealth.org



Program Expectations



Self Care



Create your own Safety Plan

Distractions



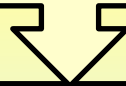
Friends/Supportive Adults



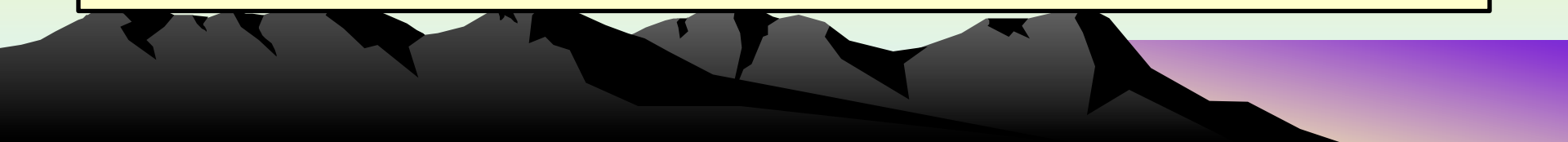
Safe Place



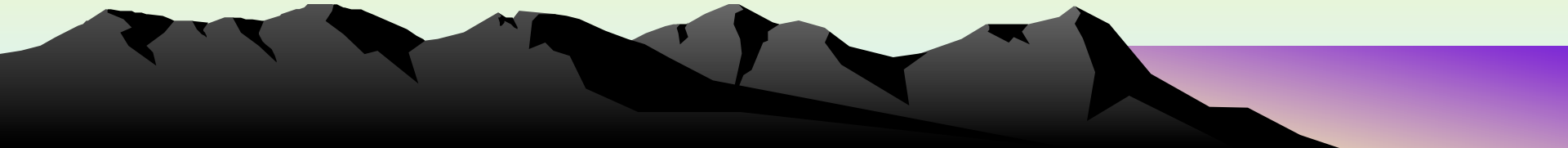
Professionals



Emergency Contacts

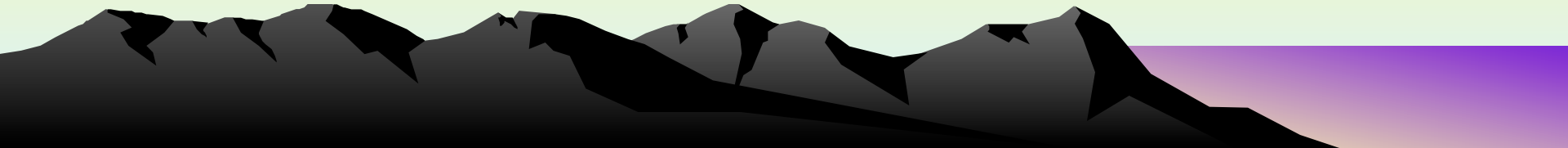


References & Reading



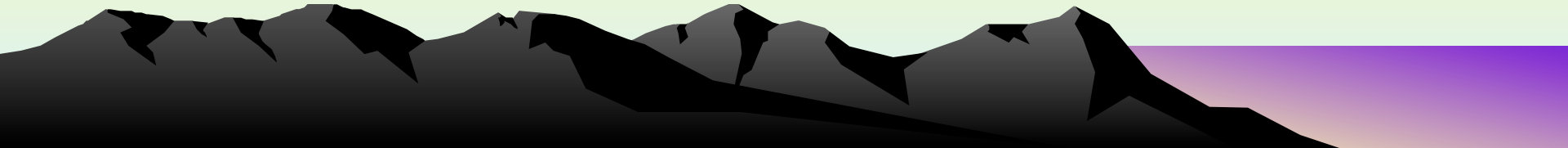
References & Helpful Information

- “Cultural Continuity as a Hedge Against Suicide in Canada’s First Nations” (Chandler & Lalonde) web.unvic.ca
- “Darkness Calls” Healthy Aboriginal Network. www.ccamhr.ca/resources/Darkness_Calls.pdf
- Improving the mental health of youth by the effective translation & transfer of scientific knowledge www.teenmentalhealth.org



References & Helpful Information Cont'd

- “Looking for Something to Look Forward to.”
BC Coroners Service. Child Death Review.
www.gov.bc.ca
- “Standards for the Assessment of Suicide” —
National Suicide Prevention Lifeline's
Certification and Training Subcommittee
(Some terms accredited to Rudd & Joiner)
*Added by presenter to model.

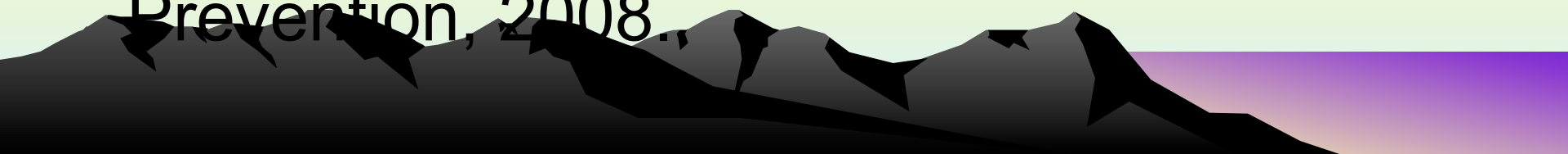


Recommended Reading

Blauner, Susan Rose. How I Stayed Alive when My Brain was Trying to Kill Me: One Person's Guide to Suicide Prevention. Harper Collins Publishers, 2002.

Lukas, Christopher & Henry Seiden. Silent Grief: Living in the Wake of Suicide. Jessica Kingsley Publishers. Rev. Ed. 2007

Tattered Teddies: An Interactive Handbook about the Awareness and Prevention of Suicide in Children. Centre for Suicide Prevention, 2008.



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“Finding Hope in Times of Crisis”

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Updated: February 2011

