

Preventing Youth Suicide in Delaware

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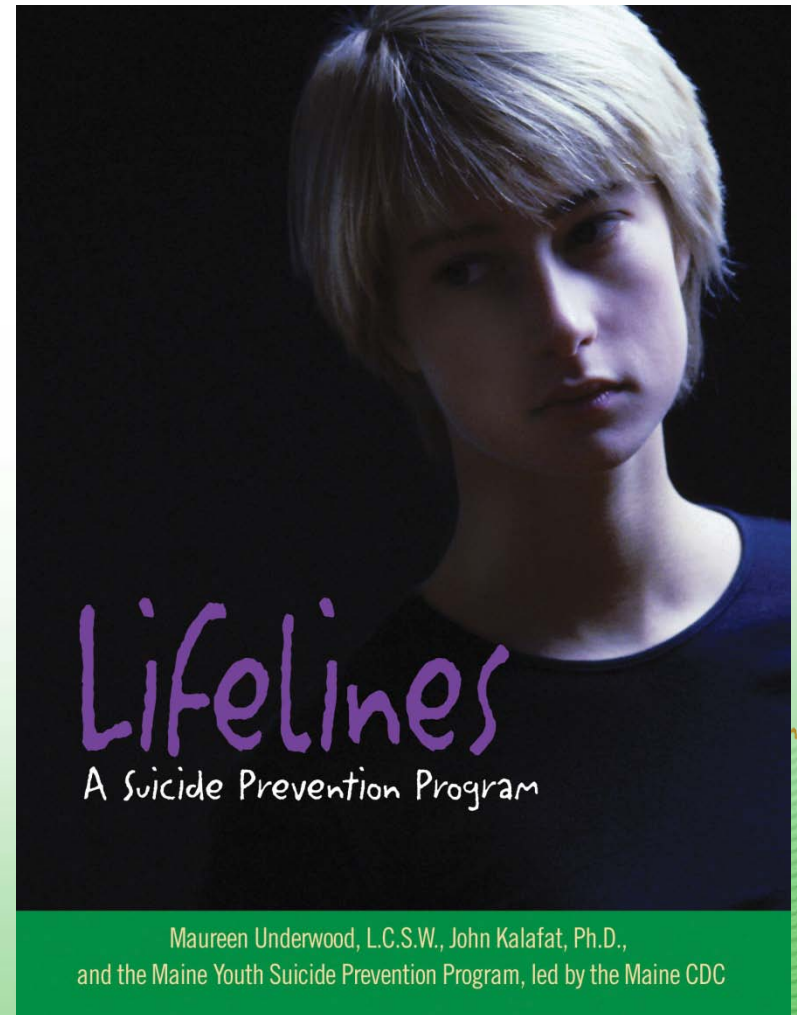
Lifelines

A Suicide Prevention Program



The *Lifelines* Program

- Administrative Readiness Consultation
- Faculty and Staff Training
- Parent Workshop
- Student Curriculum



Lifelines Objectives



1. To increase the probability that persons who come into contact with potentially suicidal adolescents:

- a. can more readily identify them
- b. know how to respond to them
- c. know how to rapidly obtain help for them
- d. will be consistently inclined to take such

action

2. To make sure troubled youth are aware of and have access to helping resources so that they are inclined to seek help as an alternative to suicide

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FACTS

- In 1999, Surgeon General of U.S. urges call to action to prevent Suicide. He defines the issue as a “Public Health Hazard.”
- 10th leading cause of death nationally, 13th leading cause of death in DE
- Suicide deaths outnumber Homicide Deaths
- 80% individuals considering suicide give a warning to a friend or a family member
- A person dies by suicide about every 14.2 minutes in the United States
- Everyday, approximately 101 Americans take their own life
- On average, one Delawarean dies by suicide every four days

Suicide Deaths by Gender Delaware, (2006-2010) All Races

Gender	# Suicide Deaths	% Suicide Deaths
Male	400	75.5%
Female	130	24.5%

- 88% of MALE suicides were to WHITE MALES
- 30% of all suicides fall within the ages of 25-44 years
- 50% of all suicides are committed by firearms

Suicide in Delaware (2005-2009)

County	Suicide Rate	Homicide Rate
New Castle	10.1	7.5
Kent	11.4	4.1
Sussex	12.1	3.6
Delaware	10.1	6.2

How Real Is Youth Suicide?

- Every year, there are approximately 10 suicides for every 100,000 youth
- Every day, there are approximately 11 youth suicides
- Every 2 hours and 11 minutes, a person under the age of 25 dies by suicide



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2011 Delaware Youth Risk Behavior Survey

During the past 12 months, did you ever seriously consider attempting suicide? **Yes Males 10.3 % N= 1147 Females 16.7% N= 1106**

During the past 12 months, did you make a plan about how you would attempt suicide? **Yes Male 8.7% N=1150 Female 11.8% N=1105**

During the past 12 months, how many times did you actually attempt suicide?

Male N= 929

0	93.3%
1	2.2%
2 or 3 times	1.9%
4 or 5 times	.6%
6 or more times	2.1%

Female N=981

0	91.2%
1	4.3%
2 or 3 times	2.7%
4 or 5 times	.9%
6 or more times	.8%

*University of Delaware Center for Drug and Alcohol Studies

Suicide and Race

- Multiple race teens have considered, planned, and attempted suicide 2x more than any other single race
- 3x more multiple race teens were treated by a doctor or nurse for injuring themselves by means of injury, poisoning, or overdose

Suicide and Sexual Orientation

- LGBT (**Lesbian, Gay, Bisexual and Transgender**) teens are at higher risk for suicidal thoughts and attempts
- 2x more likely to attempt suicide than those who were non-LGBT
- If a teen does not have support from their peers, family and society, they are at a higher risk of dropping out of school, depression and suicide

Risk Factors

- Demographics
- Psychiatric history
- Drug/alcohol abuse
- Previous suicide attempt
- Family history of suicide
- Exposure to another's suicide
- Experience of stressful life events
- Personality factors
- Access to means



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Protective Factors

- Caring relationship with a trusted adult
- Sense of connection or participation in school
- Positive self-esteem and good coping skills
- Access to care for emotional/physical problems, substance abuse
- Cultural/religious beliefs that discourage suicide and promote self-preservation



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Myths And Facts About Suicide

- **Myth** Suicidal people keep their plans to themselves.
- **Fact** Most suicidal people communicate their intent sometime during the week preceding their attempt.

- **Myth** Once a person decides to complete suicide, there is nothing anyone can do to stop them, because they are sure they want to die.
- **Fact** Suicide is the most preventable kind of death, and almost any positive action may save a life. Most people are ambivalent



Answering Common Questions

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**Is Talking about Suicide
Just a Way for Someone
to Get Attention?**



**Can Talking about
Suicide Plant the Idea
in the Minds of
Vulnerable Teens?**

Warning Signs

F = Feelings

A = Actions

C = Changes

T = Threats

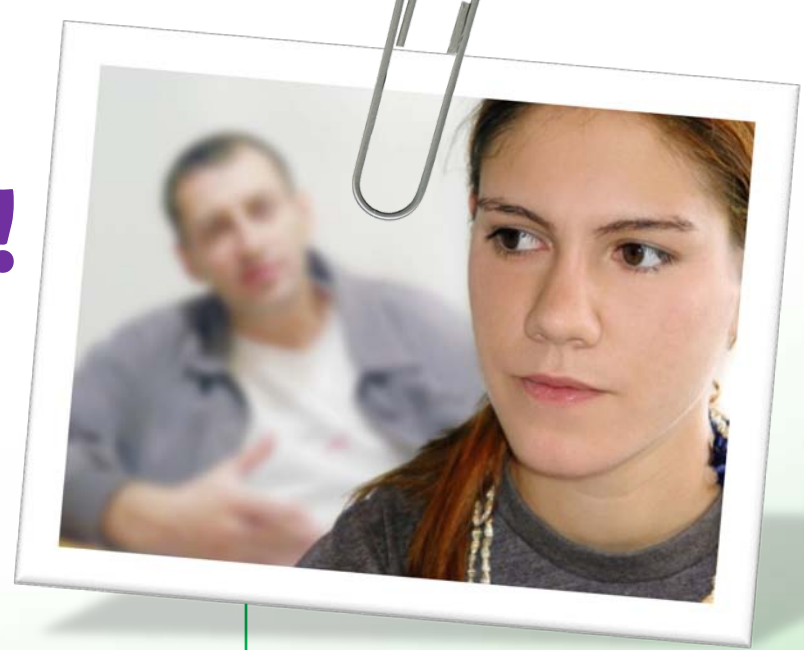
S = Situations



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Talk about Suicide!

1. Pick a good time
2. Be conversational
3. Be honest
4. Be direct
5. Listen to what your child has to say
6. If you get worried, ask more questions
7. Revisit the conversation



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If You Are Concerned . . .

- Don't worry about overreacting
- Be specific about your concerns
- Expect your child to discount your concerns
- Ask directly about suicide
- Seek professional consultation



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Ask Directly About Suicide

- “Sometimes when people [Warning signs], they are thinking about suicide,”
- “Are you thinking about suicide?”
- “Are you thinking about ending your life?”

- If you feel like you can't ask, connect the person to someone who can.

Seek Professional Consultation

- Spend some time listening first
- If possible, engage the person at risk in their follow up
- Some local resources:
 - Contact Lifeline:
 - 1-800-273-TALK
 - 1-855-517-1500 (Teen line)
 - delteenspace.org (Teen Chat)
 - Child Priority Response: 1-800-969-HELP
 - Mental Health Assoc. in DE
 - www.getrightsideup.org