Preventing Youth Suicide by Building Resilience in our Schools

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Presenters:
Marisa Vicere
Jana Marie Foundation

Matthew Wintersteen, PhD
Thomas Jefferson University

Loren Davis, Rosaleen Xiong, Tiffany Chen
State College Area High School Students
Mental illness affects all aspects of life

A mental illness is a diagnosable illness that

• Affects a person’s thinking, emotional state and behavior

• Disrupts the person’s ability to
  ➢ Work or attend school
  ➢ Carry out daily activities
  ➢ Engage in satisfying relationships

Source: Youth Mental Health First Aid
Mental illness affects all aspects of life.
Prevalence of mental illness

One in five children has a mental illness.
Prevalence of mental illness

Only one in five children with a mental health disorder receives treatment

Which means...

79% of children with a mental health disorder do not receive treatment
Prevalence of mental illness

1/2 of all chronic mental illnesses begin by the age of 14.

3/4 begin by age 24.
Understanding the National Problem of Youth Suicide

• 4,874 people under age 25 died by suicide (12.7% of total).
• 1 young person dies by suicide every hour and 47 minutes.
• Suicide is the 2nd leading cause of death for youth ages 12-18 years
• In 2013, 179 children age 15 and younger died by suicide.

2013 CDC WISQARS Data, Accessed November 29, 2015
## 10 Leading Causes of Death by Age Group, United States - 2013

<table>
<thead>
<tr>
<th>Rank</th>
<th>&lt;1</th>
<th>1-4</th>
<th>5-9</th>
<th>10-14</th>
<th>15-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65+</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Congenital Anomalies 4,758</td>
<td>Unintentional Injury 1,116</td>
<td>Unintentional Injury 746</td>
<td>Unintentional Injury 11,619</td>
<td>Unintentional Injury 16,209</td>
<td>Unintentional Injury 15,354</td>
<td>Malignant Neoplasms 46,185</td>
<td>Malignant Neoplasms 113,324</td>
<td>Heart Disease 488,156</td>
<td>Heart Disease 611,105</td>
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<tr>
<td>2</td>
<td>Short Gestation 4,202</td>
<td>Congenital Anomalies 476</td>
<td>Malignant Neoplasms 447</td>
<td>Malignant Neoplasms 448</td>
<td>Suicide 4,878</td>
<td>Suicide 6,348</td>
<td>Malignant Neoplasms 11,349</td>
<td>Heart Disease 35,167</td>
<td>Heart Disease 72,568</td>
<td>Malignant Neoplasms 407,558</td>
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<td>3</td>
<td>Maternal Pregnancy Comp. 1,853</td>
<td>Homicide 337</td>
<td>Congenital Anomalies 179</td>
<td>Suicide 4,329</td>
<td>Homicide 4,236</td>
<td>Heart Disease 10,341</td>
<td>Unintentional Injury 20,357</td>
<td>Unintentional Injury 17,057</td>
<td>Chronic Low. Respiratory Disease 127,194</td>
<td>Chronic Low. Respiratory Disease 149,205</td>
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<td>4</td>
<td>SIDS 1,563</td>
<td>Malignant Neoplasms 328</td>
<td>Homicide 125</td>
<td>Congenital Anomalies 161</td>
<td>Malignant Neoplasms 1,496</td>
<td>Malignant Neoplasms 3,673</td>
<td>Suicide 6,551</td>
<td>Liver Disease 8,785</td>
<td>Chronic Low. Respiratory Disease 159,422</td>
<td>Cerebrovascular 109,602</td>
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<tr>
<td>5</td>
<td>Unintentional Injury 1,156</td>
<td>Heart Disease 169</td>
<td>Chronic Low. Respiratory Disease 75</td>
<td>Homicide 152</td>
<td>Heart Disease 941</td>
<td>Heart Disease 3,258</td>
<td>Homicide 2,581</td>
<td>Suicide 8,621</td>
<td>Diabetes Mellitus 13,061</td>
<td>Cerebrovascular 128,978</td>
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<tr>
<td>6</td>
<td>Placenta Cord. Membranes 953</td>
<td>Influenza &amp; Pneumonia 102</td>
<td>Heart Disease 73</td>
<td>Heart Disease 100</td>
<td>Congenital Anomalies 362</td>
<td>Diabetes Mellitus 684</td>
<td>Liver Disease 2,491</td>
<td>Diabetes Mellitus 5,899</td>
<td>Liver Disease 11,951</td>
<td>Diabetes Mellitus 53,751</td>
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<td>7</td>
<td>Bacterial Septis 578</td>
<td>Chronic Low. Respiratory Disease 64</td>
<td>Influenza &amp; Pneumonia 67</td>
<td>Chronic Low. Respiratory Disease 80</td>
<td>Influenza &amp; Pneumonia 197</td>
<td>Liver Disease 676</td>
<td>Diabetes Mellitus 1,952</td>
<td>Cerebrovascular 5,425</td>
<td>Cerebrovascular 11,364</td>
<td>Influenza &amp; Pneumonia 48,031</td>
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<tr>
<td>8</td>
<td>Respiratory Distress 522</td>
<td>Septicemia 53</td>
<td>Cerebrovascular 41</td>
<td>Influenza &amp; Pneumonia 61</td>
<td>Diabetes Mellitus 193</td>
<td>HIV 631</td>
<td>Cerebrovascular 1,687</td>
<td>Suicide 7,135</td>
<td>Chronic Low. Respiratory Disease 4,619</td>
<td>Influenza &amp; Pneumonia 56,979</td>
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<tr>
<td>9</td>
<td>Circulatory System Disease 458</td>
<td>Septicemia 35</td>
<td>Cerebrovascular 48</td>
<td>Complicated Pregnancy 178</td>
<td>Sickle Cell 508</td>
<td>HIV 1,246</td>
<td>Septicemia 2,445</td>
<td>Septicemia 5,345</td>
<td>Nephritis 39,080</td>
<td>Nephritis 47,112</td>
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<tr>
<td>10</td>
<td>Neonatal Hemorrhage 389</td>
<td>Puerperal Period 45</td>
<td>Benign Neoplasms 34</td>
<td>Benign Neoplasms 31</td>
<td>Chronic Low. Respiratory Disease 155</td>
<td>Influenza &amp; Pneumonia 449</td>
<td>Influenza &amp; Pneumonia 881</td>
<td>HIV 2,378</td>
<td>Nephritis 4,947</td>
<td>Septicemia 28,815</td>
<td>Suicide 41,149</td>
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</table>

Data Source: National Vital Statistics System, National Center for Health Statistics, CDC. 
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.
Suicide rates among persons aged 15-19 years -- United States, 1956-2012

Source: CDC vital statistics
Percentage of high school students who report suicidal behavior* by sex – U.S., 1990-2013

Source: Youth Risk Behavior Surveillance System
*At least one attempt during the 12 months preceding the survey
Suicidal ideation and behavior among high school students by category and sex* -- United States, 2013

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage of all students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seriously consider suicide</td>
<td>23.5%</td>
</tr>
<tr>
<td>Suicide plan</td>
<td>15.0%</td>
</tr>
<tr>
<td>Attempted suicide^</td>
<td>9.0%</td>
</tr>
<tr>
<td>Suicide attempt with medical</td>
<td>2.5%</td>
</tr>
</tbody>
</table>

Female: Light orange, Male: Light blue, Total: Light green

Source: CDC Youth Risk Behavior Survey
* During the 12 months preceding the survey
^One or more times
Pennsylvania Statistics

• 14.5% of high school students seriously considered suicide
• 11.3% had a suicide plan
• 6.9% of youth attempted suicide
• 29% sometimes thought life was not worth living

(All data are trending up)

• 2nd leading cause of death in high school students in PA
• LEADING cause of death in 10-14 year-olds in PA in 2013 (37% of all deaths in 2013)
Warning Signs for Youth Suicide
Risk Factors vs. Warning Signs

• Risk Factor:
  • A measureable characteristic, variable, or hazard that increases the likelihood of the development of an adverse outcome
  • A risk factor precedes the outcome in time
    • Examples: mental illness (especially depression and other mood disorders), victimization, LGBTQ, being male?

• Warning Sign:
  • A measureable change in behavior, thoughts, feelings, or other indicators in the near future (e.g., minutes, days, up to 1 week) prior to a life-threatening suicidal behavior
    • Relates to current, episodic functioning with proximal relationship to behavior
    • This is what clinicians want to know
Suicide Prevention / Warning Signs

1. Talking about or making plans for suicide
2. Expressing hopelessness about the future
3. Displaying severe/overwhelming emotional pain or distress
4. Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
   - Withdrawal from or changing in social connections/situations
   - Recent increased agitation or irritability
   - Anger or hostility that seems out of character or out of context
   - Changes in sleep (increased or decreased)
If you notice warning signs for suicide in anyone, you can help!

1. Ask if they are ok or if they are having thoughts of suicide
2. Express your concern about what you are observing in their behavior
3. Listen attentively and non-judgmentally
4. Reflect what they share and let them know they have been heard
5. Tell them they are not alone
6. Let them know that there are treatments available that can help
7. If you are or they are concerned, guide them to professional help
When difficulties are encountered, youth tend to be quite resilient.
Positive psychology, mindfulness, and hardiness are the pillars of resilience.
Positive psychology, mindfulness, and hardiness are the pillars of resilience.

Resilience is the ability to persevere to success while flourishing.
Positive psychology, mindfulness, and hardiness are the pillars of resilience.
Positive psychology, mindfulness, and hardiness are the pillars of resilience

• Stop what you are doing
• Take a mindful breath
• Observe what you are doing and what you are thinking
• Proceed

STOP 3-4 times per day
Positive psychology, mindfulness, and hardiness are the pillars of resilience

Different Approaches To Well-Being/Life Satisfaction

- **The Pleasant Life**
  - As many pleasures as possible
  - The skills to amplify the pleasures

- **The Engaged Life**
  - Knowing your signature strengths
  - Re-crafting your work, love, friendship, leisure and parenting to use those strengths
  - Achieving more *flow* in life

- **The Meaningful Life**
  - Knowing your signature strengths
  - Using them in service of something bigger than yourself

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Positive psychology, mindfulness, and hardiness are the pillars of resilience

- What do you want?
- What are you doing to about it?
- How is that working?
- What is your plan?
Positive psychology, mindfulness, and hardiness are the pillars of resilience
Positive psychology, mindfulness, and hardiness are the pillars of resilience

In Life...

Health and Spirituality, [VALUE]

[CATEGORY NAME], [VALUE]

[CATEGORY NAME], [VALUE]

[CATEGORY NAME], [VALUE]
Positive psychology, mindfulness, and hardiness are the pillars of resilience.

You build resilience with **behaviors**.
So what does this look like in practice?

A Panel Discussion
Are you still concerned? Here is how you can get more help.

If you think that your child or another youth may need help right now, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Your call is free and confidential. Trained crisis workers in your area can assist you and the youth in deciding what they need right now.

Remember, if anyone is harming themselves now or has just harmed themselves, call 911 or take them to an emergency room immediately.
**Healthcare Professionals**

The following signs may mean that a youth is at risk for suicide, particularly in youth who have attempted suicide in the past:
- **Risk is greater if the warning sign is**: new anxiety, new or increased and possibly related to an anticipated or actual painful event, loss, or change.
- Finally, the presence of more than one of the following warning signs may increase a youth’s risk for engaging in suicidal behaviors in the near future.

**Youth Suicide Warning Signs**

1. Talking about or making plans for suicide
2. Expressing hopelessness about the future
3. Displaying severe or overwhelming emotional pain or distress
4. Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
   - Withdrawal from or change in social connections/situations
   - Changes in sleep (increased or decreased)
   - Anger or hostility that seems out of character or out of context
   - Recent increased agitation or irritability

**How to Respond**

If you notice any of these warning signs in anyone, you can help!

1. Ask if they are ok or if they are having thoughts of suicide
2. Express your concern about what you are observing in their behavior
3. Listen attentively and non-judgmentally
4. Refine what they share and let them know you have been heard
5. Tell them they are not alone
6. Let them know there are treatments available that can help
7. Guide them to professional help

**Parents and Caregivers**

If you are concerned about your son or daughter, ask yourself the following questions. Has your son or daughter shown or shared any of the following:

1. Talk about wanting to die, be dead, or about suicide, or are they cutting or burning themselves?
2. Feeling like things may never get better, seeming like they are in terrible emotional pain (like something is wrong deep inside but they can’t make it go away), or they are struggling to deal with a big loss in their life?
3. Or is your gut telling you to be worried because they have withdrawn from everyone and everything, have become more anxious or stressed, seem unusually angry, or just don’t seem normal to you?

**Gatekeepers**

**To Respond**

Any of these warning signs in anyone, you can help!

- Ask: are you ok or if they are having thoughts of suicide
- Express your concern about what you are observing in their behavior
- Listen attentively and non-judgmentally
- Reflect what they share and let them know you have been heard
- Guide them to professional help

Visit [www.youthsuicidewarningsigns.org](http://www.youthsuicidewarningsigns.org)
Who are we?
Why are we here?
What do we do?
Who are we?
100 PA campuses involved
80 Campuses, 8 States represented at conference
Protected: Higher Education Suicide Prevention Coalition

Welcome to the Pennsylvania Higher Education Suicide Prevention Coalition page. This is a private page for those participating in the coalition. This allows us to share content with each other that we may not want to have available to the general public.

If you would like something posted here, please contact Rose Milani.
For more information or to learn how you can prevent youth suicide, please go to:

www.payspi.org
Thank You!