

# **Preventing Youth Suicide by Building Resilience in our Schools**

State College, PA  
June 21, 2016

***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



Live



Laugh



Love

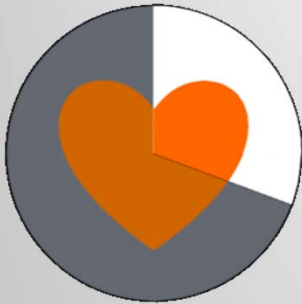


Play

## Prevalence of mental illness



# Prevalence of mental illness



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

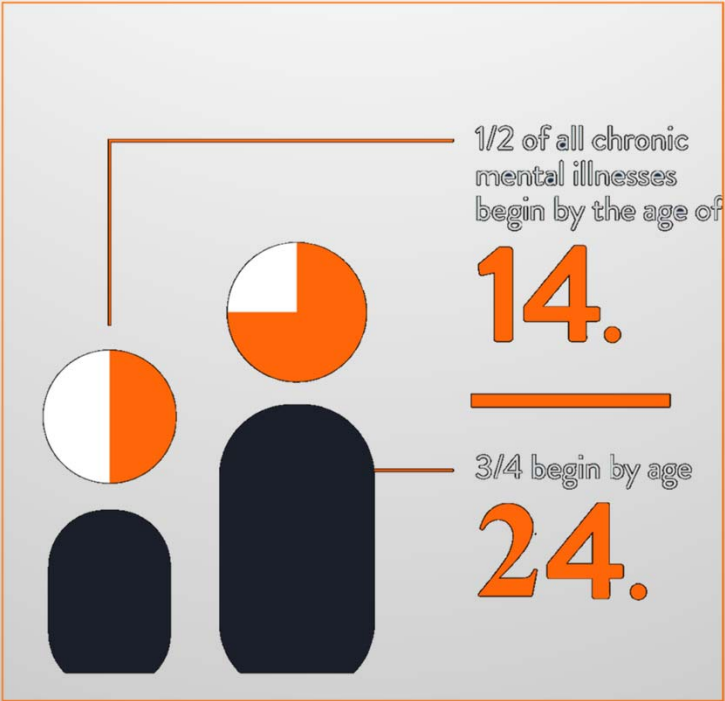
Which means...

**79%**

of children with a mental health disorder

**DO NOT RECEIVE  
TREATMENT**

# Prevalence of mental illness



# 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 2<sup>nd</sup> leading cause of death for youth ages 12-18 years**
- In 2013, 179 children age 15 and younger died by suicide.

## 10 Leading Causes of Death by Age Group, United States – 2013

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 4,758	Unintentional Injury 1,316	Unintentional Injury 746	Unintentional Injury 775	Unintentional Injury 11,619	Unintentional Injury 16,209	Unintentional Injury 15,354	Malignant Neoplasms 46,185	Malignant Neoplasms 113,324	Heart Disease 488,156	Heart Disease 611,105
2	Short Gestation 4,202	Congenital Anomalies 476	Malignant Neoplasms 447	Malignant Neoplasms 448	Suicide 4,878	Suicide 6,348	Malignant Neoplasms 11,349	Heart Disease 35,167	Heart Disease 72,568	Malignant Neoplasms 407,558	Malignant Neoplasms 584,881
3	Maternal Pregnancy Comp. 1,595	Homicide 337	Congenital Anomalies 179	Suicide 386	Homicide 4,329	Homicide 4,236	Heart Disease 10,341	Unintentional Injury 20,357	Unintentional Injury 17,057	Chronic Low. Respiratory Disease 127,194	Chronic Low. Respiratory Disease 149,205
4	SIDS 1,563	Malignant Neoplasms 328	Homicide 125	Congenital Anomalies 161	Malignant Neoplasms 1,496	Malignant Neoplasms 3,673	Suicide 6,551	Liver Disease 8,785	Chronic Low. Respiratory Disease 15,942	Cerebro-vascular 109,602	Unintentional Injury 130,557
5	Unintentional Injury 1,156	Heart Disease 169	Chronic Low. Respiratory Disease 75	Homicide 152	Heart Disease 941	Heart Disease 3,258	Homicide 2,581	Suicide 8,621	Diabetes Mellitus 13,061	Alzheimer's Disease 83,786	Cerebro-vascular 128,978
6	Placenta Cord. Membranes 953	Influenza & Pneumonia 102	Heart Disease 73	Heart Disease 100	Congenital Anomalies 362	Diabetes Mellitus 684	Liver Disease 2,491	Diabetes Mellitus 5,899	Liver Disease 11,951	Diabetes Mellitus 53,751	Alzheimer's Disease 84,767
7	Bacterial Sepsis 578	Chronic Low. Respiratory Disease 64	Influenza & Pneumonia 67	Chronic Low. Respiratory Disease 80	Influenza & Pneumonia 197	Liver Disease 676	Diabetes Mellitus 1,952	Cerebro-vascular 5,425	Cerebro-vascular 11,364	Influenza & Pneumonia 48,031	Diabetes Mellitus 75,578
8	Respiratory Distress 522	Septicemia 53	Cerebro-vascular 41	Influenza & Pneumonia 61	Diabetes Mellitus 193	HIV 631	Cerebro-vascular 1,687	Chronic Low. Respiratory Disease 4,619	Suicide 7,135	Unintentional Injury 45,942	Influenza & Pneumonia 56,979
9	Circulatory System Disease 458	Benign Neoplasms 47	Septicemia 35	Cerebro-Vascular 48	Complicated Pregnancy 178	Cerebro-vascular 508	HIV 1,246	Septicemia 2,445	Septicemia 5,345	Nephritis 39,080	Nephritis 47,112
10	Neonatal Hemorrhage 389	Perinatal Period 45	Benign Neoplasms 34	Benign Neoplasms 31	Chronic Low. Respiratory Disease 155	Influenza & Pneumonia 449	Influenza & Pneumonia 881	HIV 2,378	Nephritis 4,947	Septicemia 28,815	Suicide 41,149

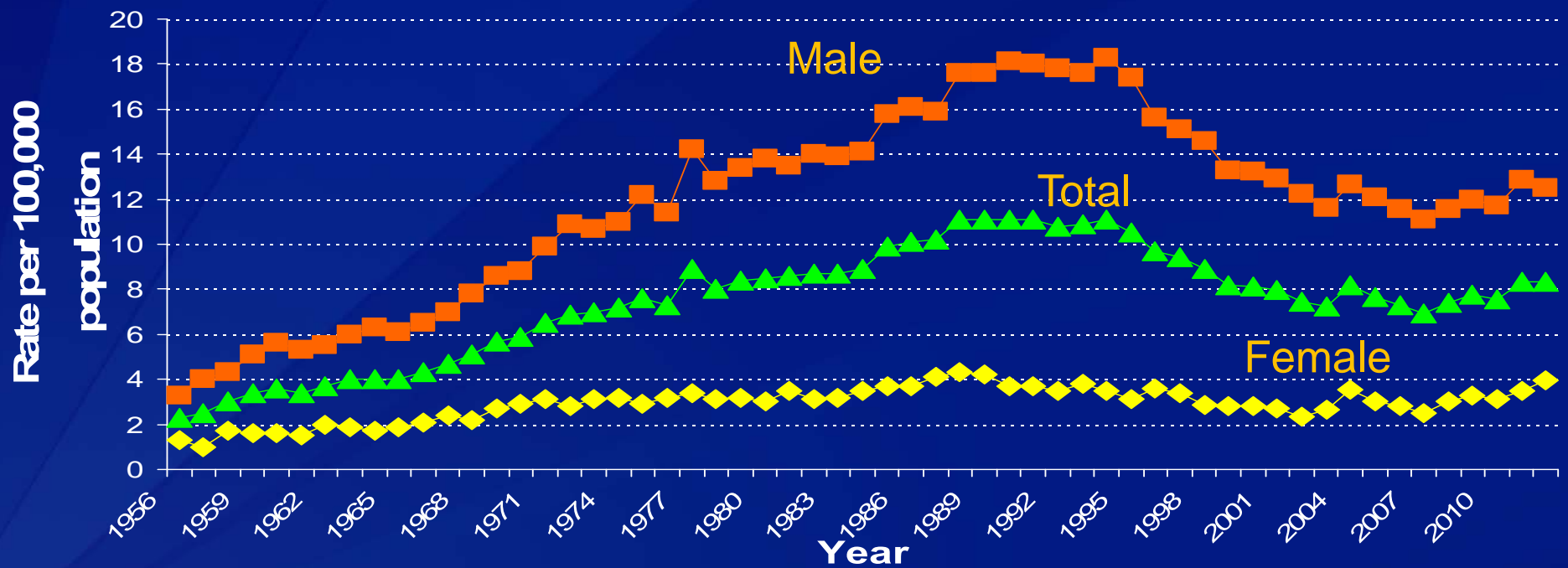
Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.  
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

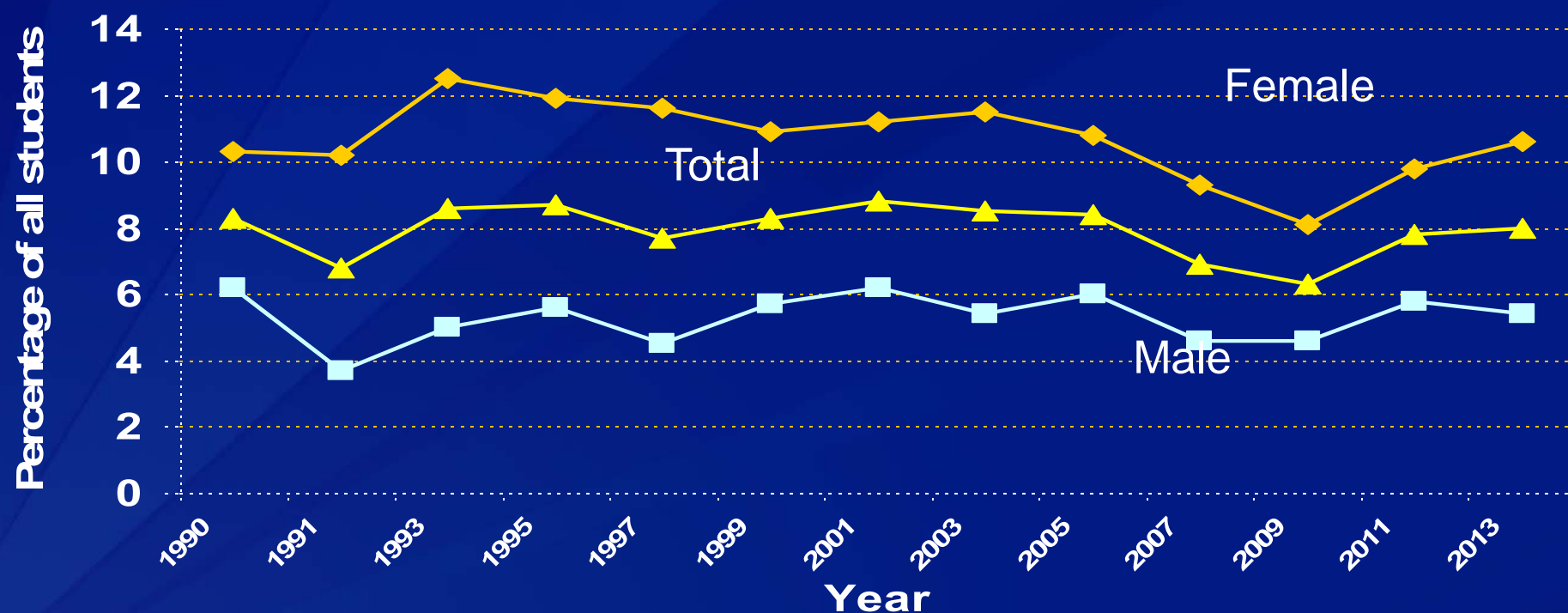


## Suicide rates among persons aged 15-19 years -- United States, 1956-2012



Source: CDC vital statistics

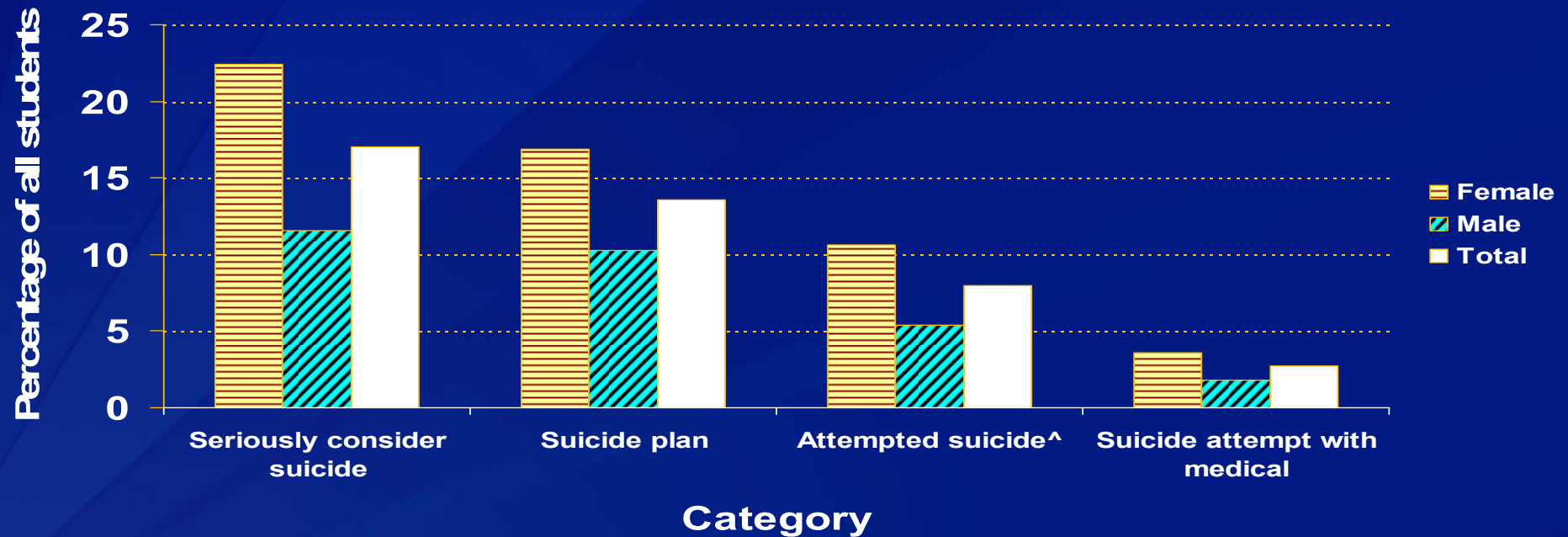
## Percentage of high school students who report suicidal behavior\* by sex – U.S., 1990-2013



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



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)

- 2<sup>nd</sup> 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

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

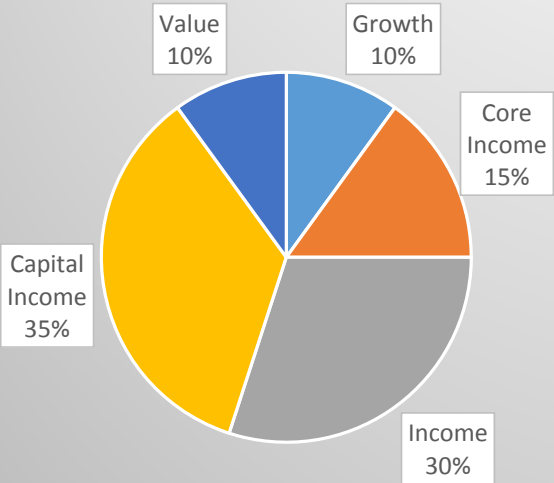


- What do you want?
- What are you doing to about it?
- How is that working?
- What is your plan?

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

In Investing...

Investments



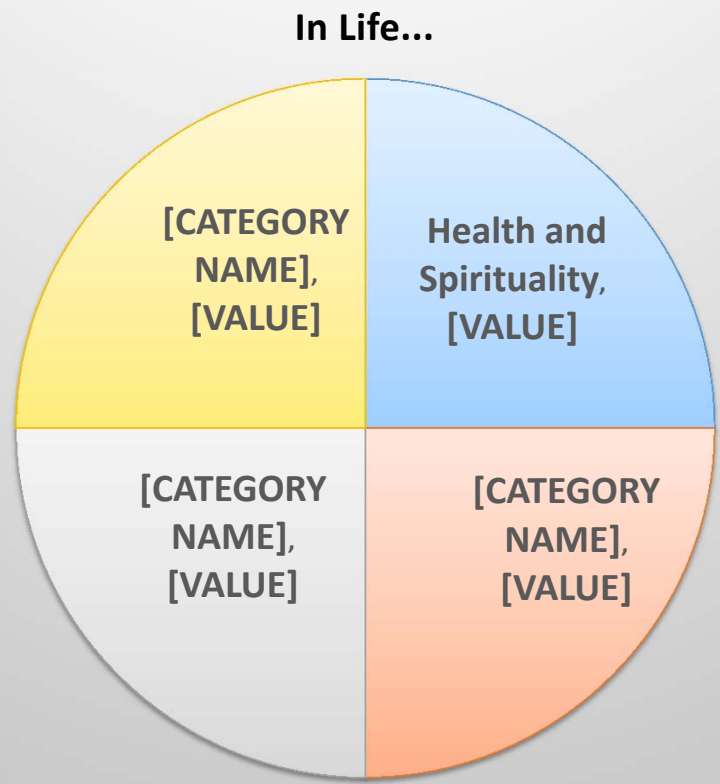
In Life...

Commitments





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



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.**

# Homepage

## YOUTH SUICIDE WARNING SIGNS

YOUTH HEALTHCARE PROFESSIONALS PARENTS/CAREGIVERS GATEKEEPERS ABOUT

**NO ONE WANTS TO LOSE A YOUNG PERSON TO SUICIDE**

**There is hope and there is help.**

For more information on the warning signs of suicide and what you can do to help, click on the image that best describes you.

**YOUTH**



**HEALTHCARE PROFESSIONALS**



**PARENTS & CAREGIVERS**



**GATEKEEPERS**



**NO ONE WANTS TO LOSE A YOUNG PERSON TO SUICIDE**

**There is hope and there is help.**

**What are the warning signs? Click [here](#) to find out...**

The Warning Signs on this site apply up to the age of 24. Click [here](#) for adult warning signs.



# Page for youth

**If you are concerned about someone, ask yourself the following questions. Has your friend or family member shown or shared any of the following:**

1. Talking 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 worried or on edge, seem unusually angry, or just don't seem normal to you?



## WHAT YOU CAN DO TO HELP

## HOW TO RESPOND



**If you know someone who has any of the warning signs, there are things that you can do to help:**

1. Ask them if they are okay and listen to them like a true friend.
2. Tell them you are worried and concerned about them and that they are not alone.
3. Talk to an adult you trust about your concerns and direct the adult to [this page](#).

DON'T KEEP SOMEONE'S SUICIDAL THOUGHTS AND PLANS A SECRET.

REMEMBER THAT BEING A GOOD FRIEND CAN HELP SAVE A LIFE


THANK YOU FOR CARING ENOUGH TO MAKE A DIFFERENCE

[www.youthsuicidewarningsigns.org](http://www.youthsuicidewarningsigns.org)



# Pages for Professionals, Parents and Caregivers, Gatekeepers

[YOUTH](#) [HEALTHCARE PROFESSIONALS](#) [PARENTS/CAREGIVERS](#) [GATEKEEPERS](#) [ABOUT](#)



## 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 and/or
- has 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](#) | [How to Respond](#) | [Finding Help](#)

## Youth Suicide 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
  - 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. Reflect what they share and let them know they 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

[HEALTHCARE PROFESSIONALS](#) [PARENTS/CAREGIVERS](#) [GATEKEEPERS](#) [ABOUT](#)

## 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 on edge, seem unusually angry, or just don't seem normal to you?

[How to Respond](#) | [Are you Still Concerned?](#) | [Finding Help](#)

## Second

Warning signs in anyone, you can help!

They are having thoughts of suicide about what you are observing in their behavior non-judgmentally and let them know they have been heard one treatments available that can help

[HEALTHCARE PROFESSIONALS](#) [PARENTS/CAREGIVERS](#) [GATEKEEPERS](#) [ABOUT](#)



## Gatekeepers

Gatekeepers are anyone who has a meaningful and important role may include grandparents and other relatives, neighbors, teacher pastors, coaches, mentors, etc. Gatekeepers generally have prior experience with the young people in their lives, either from regular interaction with them on a routine basis such that they would recognize have changed for that young person.

If you are concerned about someone, ask yourself the following questions. Has anyone 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?
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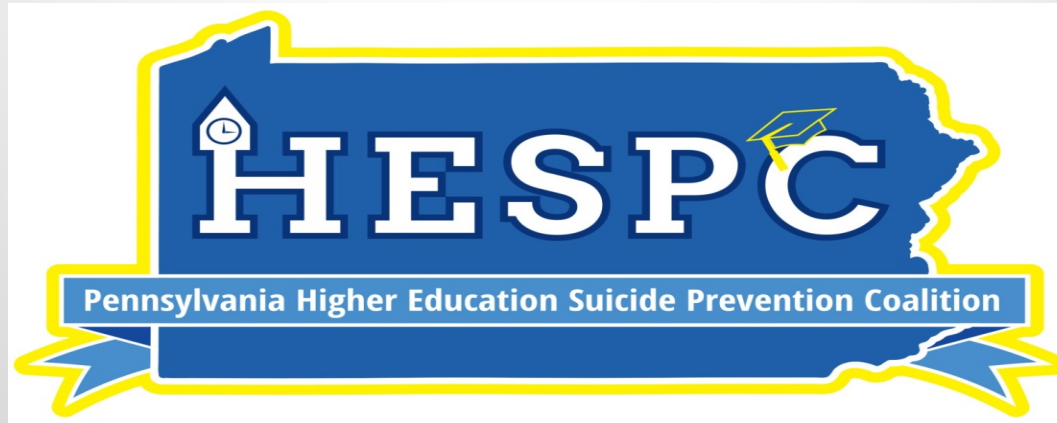
[How to Respond](#) | [Are you Still Concerned?](#) | [Finding Help](#)

## How to Respond

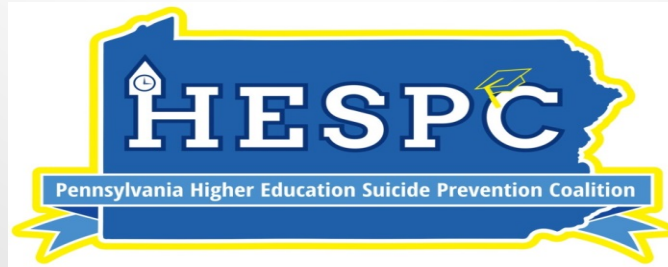
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[www.youthsuicidewarningsigns.org](http://www.youthsuicidewarningsigns.org)



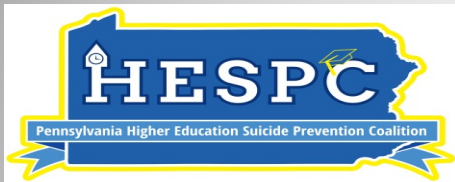
**Who are we?**  
**Why are we here?**  
**What do we do?**



## Who are we?

100 PA campuses involved  
80 Campuses, 8 States represented at  
conference

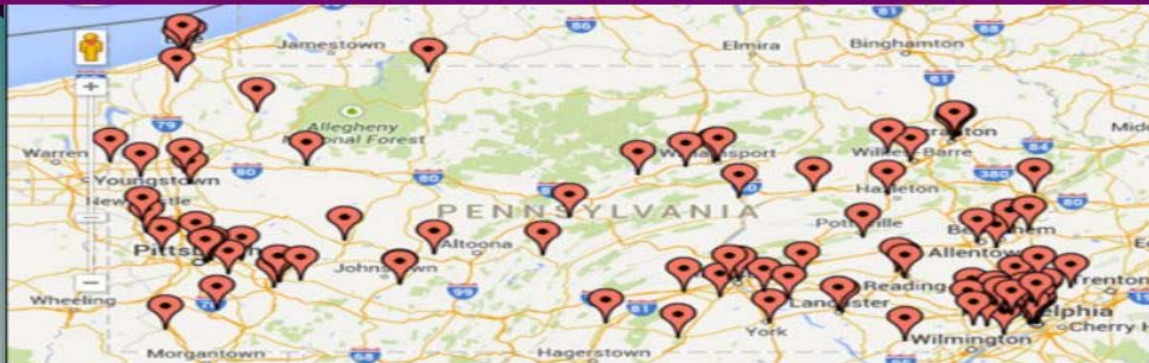




# PAYSPI

Pennsylvania Youth Suicide Prevention Initiative

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## 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](http://www.payspi.org)

# Thank You!



*Empowering young people. Enhancing their communities.*

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[www.janamariefoundation.org](http://www.janamariefoundation.org)

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