

HAZELDEN Lifelines®

PREVENTION

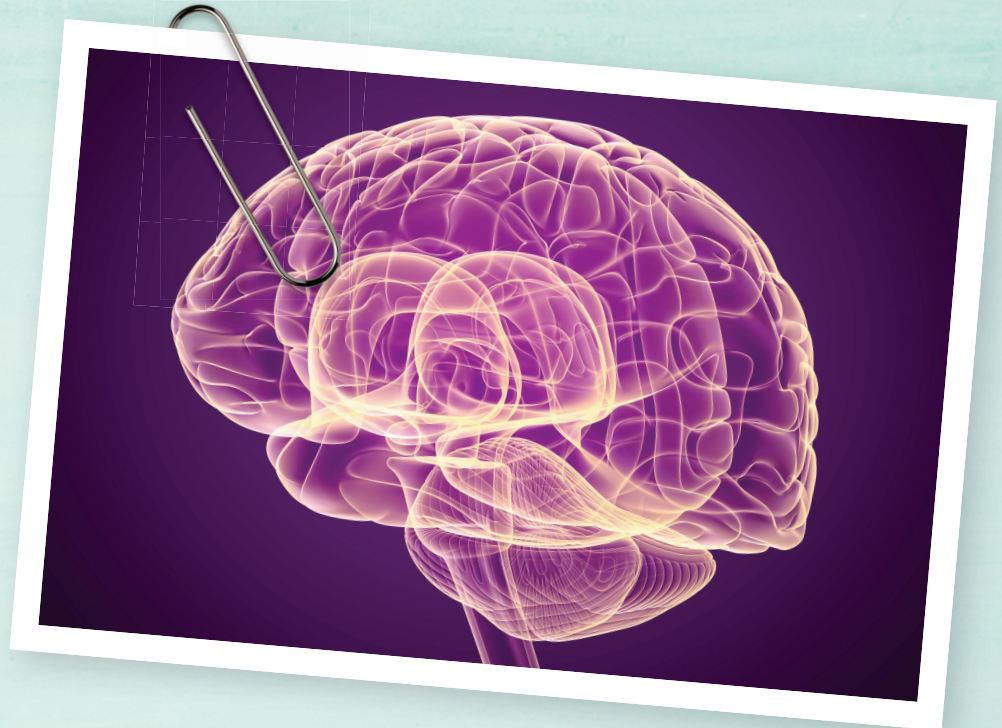
Raising Resilient Children in Challenging Times

Growing Up in the 21st Century

1. Culture of violence
2. Reality of terrorism
3. Change in family structure
4. A competitive climate is the norm
5. Earlier sexual development
6. Fantasyland of cyberspace



Another Complicating Factor: Adolescent Brain Development



Suicide Is Also a Concern

- Suicide ranks as either the second or third leading cause of death in youth ages ten to twenty-four.
- The age of deaths or attempts by the youngest group, ages ten through fourteen, has increased dramatically.



Why Talk about Youth Suicide?

“We teach our children about seat-belt safety; to stop, drop, and roll in case of fire; about the dangers of alcohol and other drug use; about safe sex practices — yet do not address what is the second leading cause of death in our youth — and that is suicide.”

— R. Scott Fritz



Answering Common Questions



Answering Common Questions

Can talking about suicide
plant the idea in the minds
of vulnerable youth?



Answering Common Questions

Is talking about suicide
just a way for someone
to get attention?

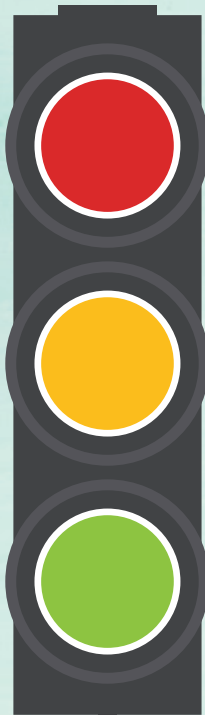


Answering Common Questions

What puts a youth
at risk for suicide?



Risk Factors and Warning Signs



Warning Signs

Risk Factors

Protective Factors



Warning Signs (FACTS)

Feelings

Actions

Changes

Threats

Situations



The Perfect Storm



What is our school doing about suicide prevention?



Lifelines Prevention Program

Program goal: To develop the school-based expertise and supports needed for responding to the problem of youth suicidal behavior



Lifelines Prevention Program Objectives

Students will

- recognize the threat of suicidal thoughts and behavior and take troubled peers seriously
- know relevant facts about suicide, including warning signs
- demonstrate positive attitudes about intervention and help-seeking behavior
- know how to respond to troubled peers
- know resources: be able to name one helpful adult and to understand how resources will respond

One Life Saved

What Your
Children Will Learn



Answering Common Questions

Are there other things
that can protect young
people from suicide risk?



Protective Factors

Personal, behavioral, or situational characteristics that contribute to resiliency and serve as a buffer against risk



Protective Factors for Youth

- Contact with a caring adult
- A sense of connection—
at school and in the community
- Positive self-esteem and good coping skills
- Access to care for emotional and physical problems
or for alcohol or other drug use
- Cultural or religious beliefs that discourage suicide
and promote self-preservation



How can you as parents foster protective factors for your children?



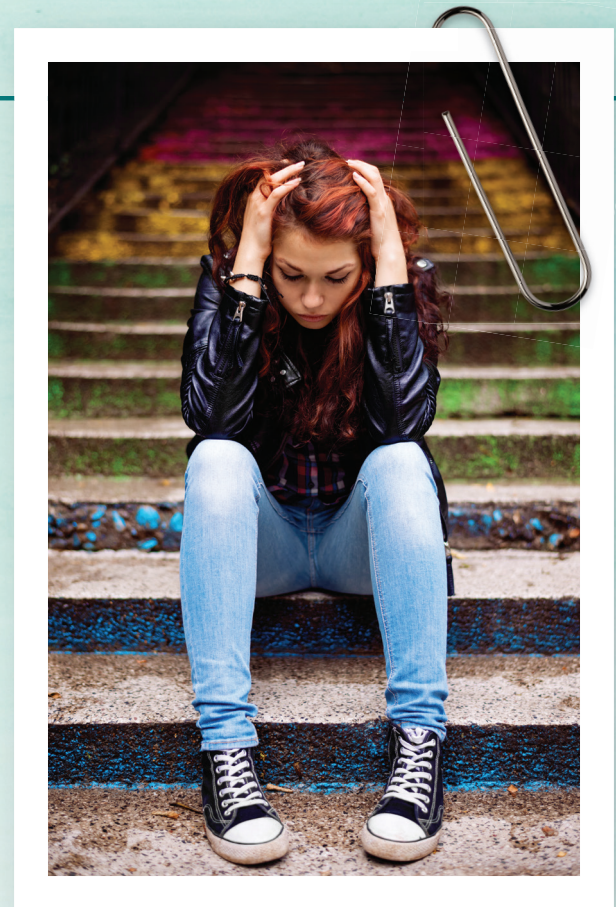
Fostering Protective Factors

- Teach your children it's okay to ask for help.
- Help children identify trusted adults.
- Encourage participation in school and community activities.
- Acknowledge your child's efforts.
- Be a good listener, as often as you can.



How to Talk with Your Children

- Pick a good time.
- Be conversational.
- Be honest.
- Be direct.
- Listen to what they have to say.
- If you hear something that worries you, use the three magic words: **“Tell me more.”**
- Revisit the conversation.



If You're Worried . . .

- Act immediately if you have concerns about suicide or if your child talks about suicide!
- Call a local resource.
- If your local resource can't help, call the National Suicide Prevention Lifeline: 1-800-273-8255.



What Happens If You Need to Get Help?



What Is a “Mental Health Evaluation”?

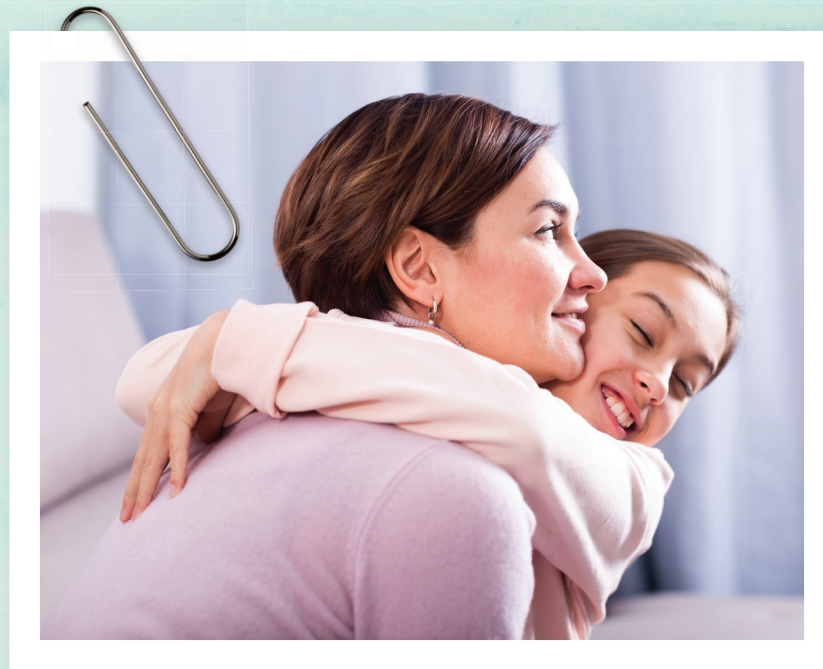
- An assessment provided by a licensed mental health professional to determine whether your child would benefit from mental health services.
- Mental health services for youth may include
 - play therapy
 - individual and/or group counseling
 - medication
 - help in the “least restrictive setting,” which is usually outpatient treatment
- If there is a concern that your child is at risk for suicide, a specific evaluation will be conducted to determine whether suicide is a risk.

Questions to Ask in an Evaluation

- Have you determined whether my child is at risk for suicide?
- What factors did you consider in making that determination?
- What appears to be the reason for my child's risk?
- Are you helping my child create a safety plan?
- What type of follow-up are you recommending?
- How can I help make a safe environment for my child?
- What can the school do to be part of my child's safety net?

The Bottom Line?

Becoming Partners in Prevention



How Can You Be a Partner in Prevention?

- Be an advocate for your child!
- Become educated about youth suicide.
- Be alert to what's going on with young people in your community.
- Be nosy—ask about rumors or gossip—and monitor the Internet.
- Monitor behavior, especially alcohol use.
- Know your resources.
- If your child needs mental health services, be an educated consumer.
- Stay concerned.



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