

Warning Signs for Youth Suicide

AUGUST 20-21, 2013

SPONSORED BY:

NATIONAL CENTER FOR THE
PREVENTION OF YOUTH SUICIDE



No child lost to suicide

A Life in the Community for Everyone

SAMHSA

Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services



American Association
of Suicidology



SUICIDE AWARENESS
VOICES OF EDUCATION



AMERICAN FOUNDATION FOR
Suicide Prevention

GLS Plenary, Washington, DC, June 12, 2013

Clinical Relevance?



- One in three Americans contact a mental health provider or service in the year prior to dying by suicide; 20% had contact in the last month (Luomo et al, 2002).
- Conservative estimate = 31.3% of those who die by suicide were receiving mental health treatment at the time of their death (CDC, 2012).
 - Over 80% of suicidal youth received some form of mental health treatment, most (>55%) started treatment before onset of suicidal behaviors (Nock et al., 2013).
- One in ten patients are seen in the E.D. within two months prior to dying by suicide (Knesper, 2010).
- Warning signs matter to the public **AND** clinicians!

Motto (1992)



- “If we cannot predict suicide, what can we do?”
 - We can evaluate our data by both subjective and objective measures to estimate how likely it is that a person will commit suicide. We thus can predict the risk of suicide rather than the *suicide itself*.”
- “*There is no avoiding subjectivity...an intuitive judgment*”

IS PATH WARM?



- **I** **Ideation**/threatened or communicated
- **S** **Substance Abuse**/excessive or increased
- **P** **Purposeless**/no reasons for living
- **A** **Anxiety, Agitation/Insomnia**
- **T** **Trapped**/feeling no way out
- **H** **Hopelessness**

- **W** **Withdrawal** from friends, family, society
- **A** **Anger** (uncontrolled)/rage/seeking revenge
- **R** **Recklessness**/risky acts - unthinking
- **M** **Mood** changes (dramatic)

Why now?



What he said...

- Considerable growth in knowledge base over last 10 years
- YOU are doing great work
- Youth are becoming engaged!
- Public needs to know...and wants to know

Assessing a Patient's Risk for Suicide Begins with Understanding Research-Based Risk Factors



Front porch forecasters

First Expert Panel on Warning Signs Addressed:

November 2003, Wellesley, MA



- What defines a “warning sign” of suicide and suicidal behaviors?, i.e., is a warning sign best defined as a behavior associated with acute (near-term) risk?
- What time-frame best defines imminent or acute risk?
 - Is this a reasonable definition of a “warning sign?”
- For purposes of highlighting an early detection prevention model, how are warning signs to be differentiated from risk factors?
- Do we have empirically-based warning signs of suicide and suicidal behaviors and, if so, what are these? ...and are there different signs for different outcomes?

Questions to be Reviewed and Addressed by Expert Panel



- What do we know from psychological autopsy studies of youth?
- What does the data suggest regarding near-term suicide risk in case control studies?
- Are there differences across youth age groups or populations?

- What do youth who have made life-threatening suicide attempts, as well as family members of youth who have died by suicide know that informs this discussion?
- How should the public respond?
- What is the most effective way to disseminate the information?

Representatives from...



- AAS
- SAVE
- AFSP
- The Jed Foundation
- SAMHSA
- NIMH
- IHS
- VA
- Numerous academic and clinical content experts

Immediate Goals



- Consensus Recommendations
- More consistent (and valid) public education message that people can digest, understand, and use!

NATIONAL CENTER FOR THE
PREVENTION OF YOUTH SUICIDE



No child lost to suicide

www.preventyouthsuicide.org

Amy Kulp, MS

Director, National Center for the Prevention of Youth Suicide
Deputy Director, American Association of Suicidology

Mission Statement

The Mission of the National Center for the Prevention of Youth Suicide (NCPYS) is to advance the understanding of and programmatic efforts to ***reduce the number of suicide attempts and suicide deaths among youth*** through research, prevention programs, heightened awareness, education and training, and necessary collaborations among agencies and organizations concerned about the health and welfare of youth.



Goal: Reduce the Rate of Youth Suicide Attempts and Deaths by:

- Engaging and empowering youth as partners
- Disseminating the warning signs of suicide
- Partnering with other organizations to increase the development and use of best practices
- Targeting at-risk groups of youth in efforts
- Developing strategies to move prevention efforts upstream



U OK? Campaign



Youth Advisory Board

- High school and college students
- Committed, motivated, and diverse youth volunteers across the US with the opportunity to attain and apply leadership skills
- Quarterly meetings to discuss ongoing projects, upcoming projects, or new ideas to support the NCPYS mission



YAB Recruitment

**We are recruiting new youth leaders for our
2013-2014 Youth Advisory Board.**

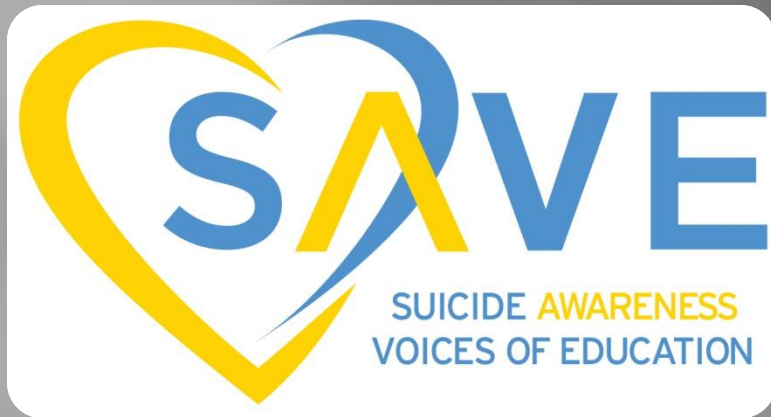
**Please pick up an application from the
AAS Exhibit Table and distribute to all
interested youth**

Application Deadline: July 15th

For more information, go to:

www.preventyouthsuicide.org






The mission of SAVE is to prevent suicide through public awareness and education, reduce stigma and serve as a resource to those touched by suicide.

AFSP's Mission

The American Foundation for Suicide Prevention (AFSP) is dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.

AFSP's Mission Confirmed

 ***“There is every reason to expect that a national consensus to declare war on suicide and to fund research and prevention at a level commensurate with the severity of the problem will be successful, and will lead to highly significant discoveries as have the wars on cancer, Alzheimer’s disease, and AIDS.”***

*– Institute of Medicine, Reducing Suicide:
A National Imperative (2002)*



A Comprehensive Approach

AFSP

- 🌀 Funds scientific research
- 🌀 Offers educational programs for professionals
- 🌀 Educates the public about suicide prevention
- 🌀 Promotes policies and legislation
- 🌀 Provides support, information, opportunities for involvement for those bereaved by suicide, people at risk and their families

A National Organization Working Locally



- 🌀 AFSP has a network of 60 chapters, in 39 States
- 🌀 Chapters raise funds & awareness, deliver programs
- 🌀 We organize 300 annual Out of the Darkness Walks that increase constituents, add resources, reduce discrimination, misinformation
- 🌀 We have a public policy office in Washington, DC
- 🌀 AFSP is a grassroots organization that is driven by science ... combining knowledge with passion

Why is AFSP Involved in the Warning Signs Collaboration



- 🕒 Youth Suicide Prevention is a high priority for AFSP
- 🕒 We offer programs for high schools and colleges that will benefit from this initiative
- 🕒 We bring scientific and clinical expertise that can help
- 🕒 We bring expertise on LGBT youth
- 🕒 Consensus on youth warning signs will benefit researchers, clinicians, gatekeepers and the public



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THANK YOU

Visit WWW.AFSP.ORG
for more information

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