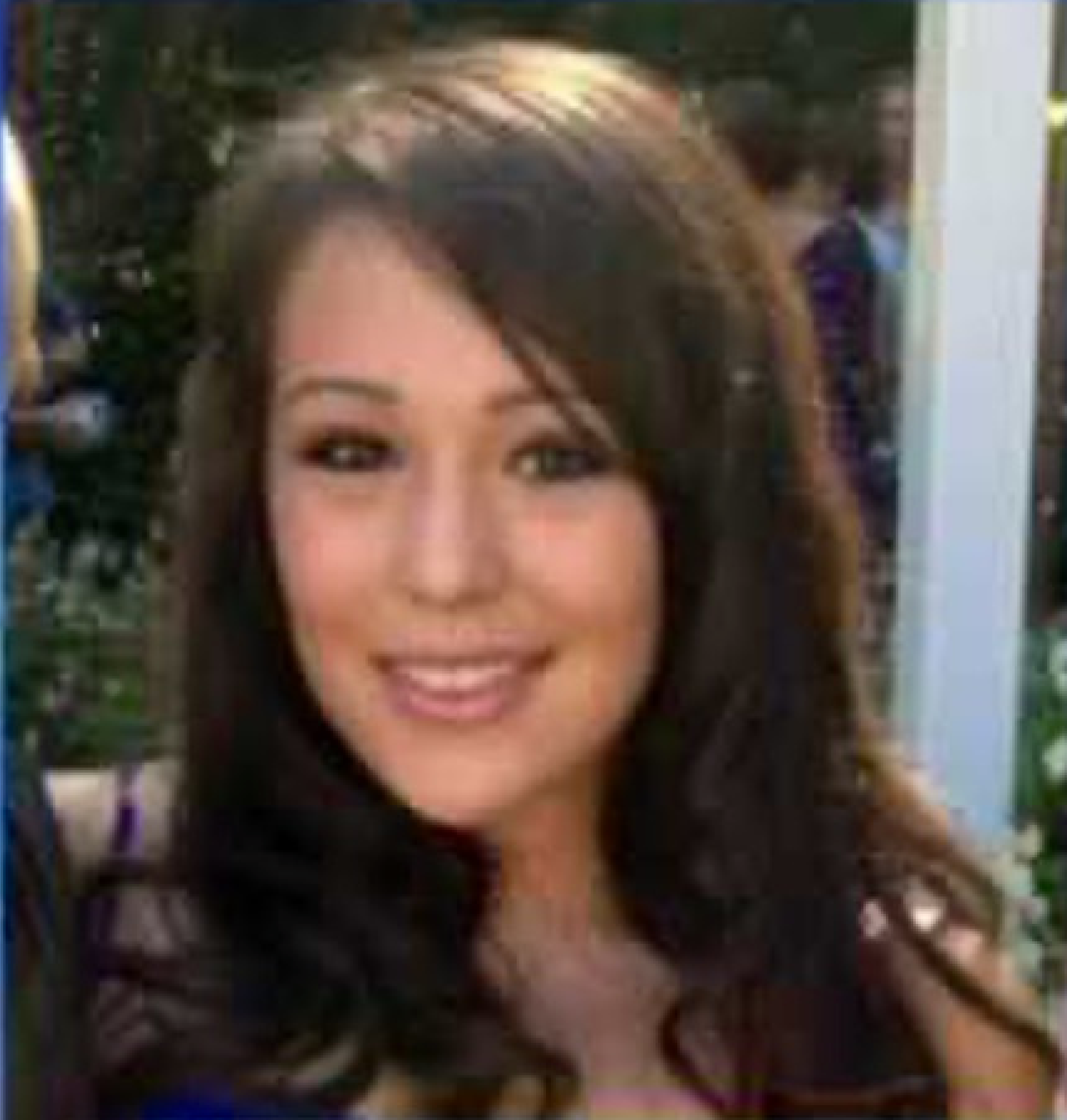




SUICIDE PREVENTION

Laura Reinke, LMFT



AUDRIE POTT CASE

**SEPT 2012: AUDRIE
POTT COMMITTED
SUICIDE EIGHT DAYS
AFTER SHE WAS
ALLEGEDLY SEXUALLY
ASSAULTED BY
THREE BOYS**

FOX FACTS

**PICTURES OF TEEN BEING ASSAULTED
WERE ALLEGEDLY SHARED ONLINE**

**AMERICA'S
newsroom**

MYTH

Suicide
can't be
prevented.

FACT

**Suicide while unpredictable
can be prevented.**

Important to be aware of genetic
history, mental health history
and environmental risk factors.

MYTH

Suicide always occurs without warning.

FACT

Warning signs include

- Talking about death/suicide
- Social withdrawal
- Feeling trapped
- Significant changes in routines
- Engaging in risky or self-destructive behavior
- Personality changes; i.e. increased anxiety/agitation

MYTH

Talking about suicide increases the chance a person will act on it.

FACT

Being sensitive and asking direct questions may reduce suicidal ideation and improve chances of the individual seeking treatment.

- *"Are you thinking about hurting yourself?"*
- *"Have you thought about suicide?"*
- *"Do you have access to weapons or objects that can be used to harm yourself?"*

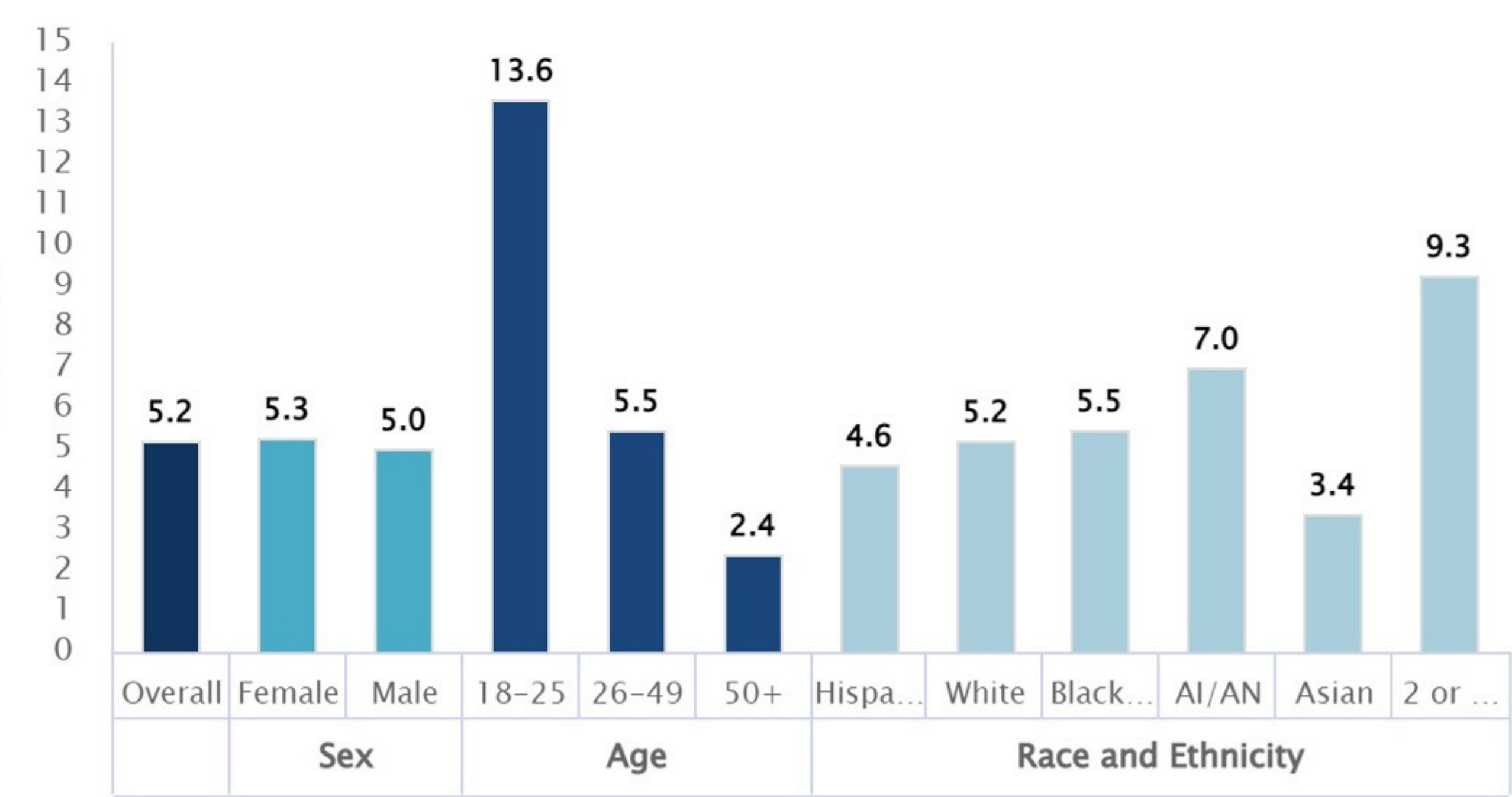
OBJECTIVES

- **Suicide Statistics:** What do we know?
- **Suicide and Depression:** What's the Connection?
- **Resilience factors:** What are Protective Factors?
- **Resources:** What should I do if I have concerns about a loved one?

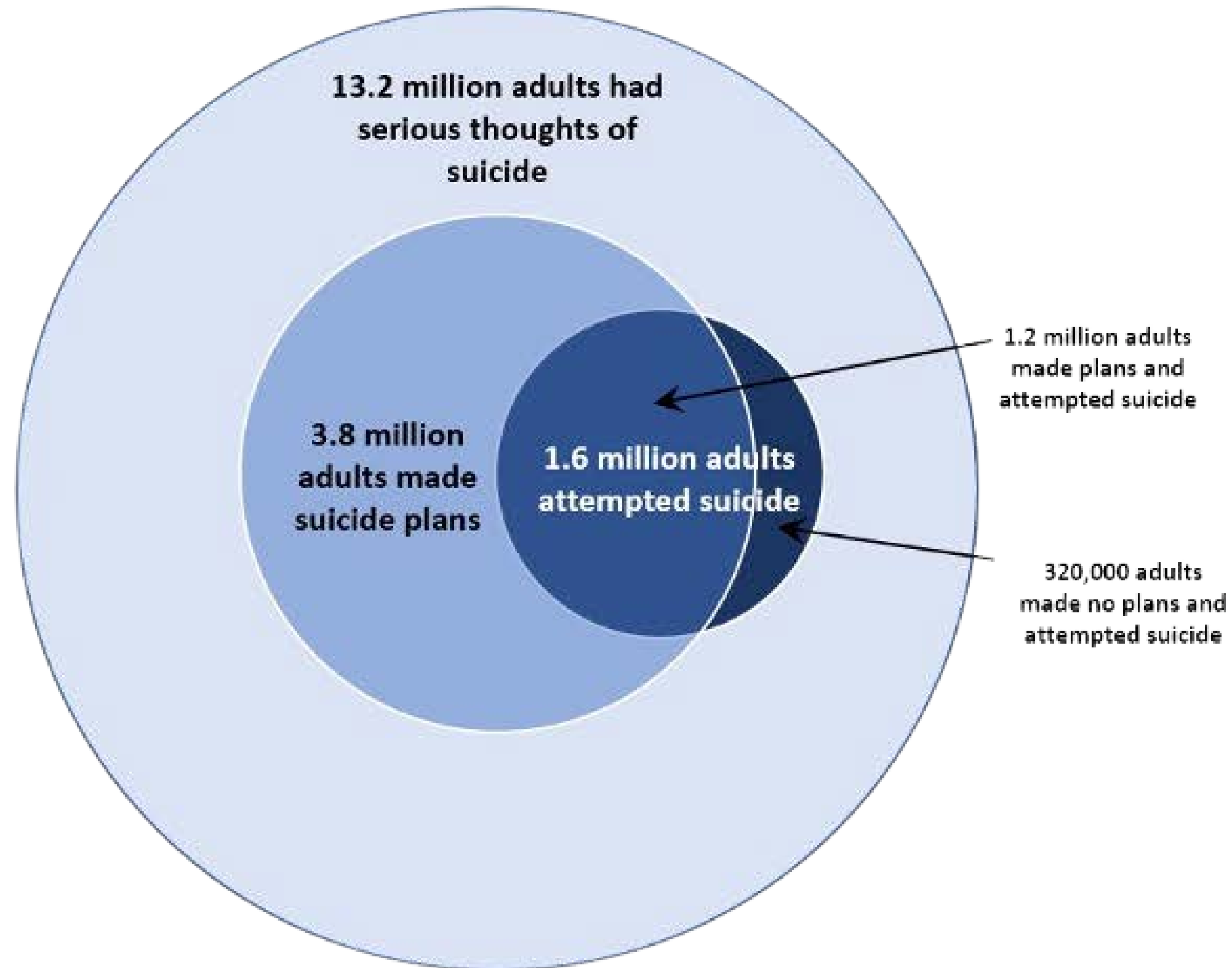
SUICIDE STATISTICS

Past Year Prevalence of Suicidal Thoughts Among US Adults (2022)

Data Courtesy of SAMHSA



SUICIDE STATISTICS



SUICIDE STATISTICS

- Centers for Disease Control and Prevention (CDC) WISQARS

Leading Causes of Death Reports (2021):

- Suicide was the **second** leading cause of death among individuals between the ages of 10-14 and 25-34.
- Suicide was the **third** leading cause of death among individuals between the ages of 15-24.
- Suicide was the **fifth** leading cause of death among individuals between the ages of 35 and 44.
- There were nearly two times as many suicides (48,183) in the United States as there were homicides (26,031).

What is Depression? (NIMH)

- Feelings of guilt, worthlessness, or helplessness
- Persistent sad, anxious, or "empty" feelings
- Feelings of hopelessness or pessimism
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue and decreased energy



What is Depression? (NIMH)

- Difficulty concentrating, remembering details, and making decisions
- Aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide, suicide attempts



Depression in Children/Teens

- Irritable or angry mood (rather than sadness)
- Unexplained aches and pains
- Extreme sensitivity to criticism
- Withdrawing from some, but not necessarily all people



Depression Statistics



**10% of teens
struggle with
depression at
any given time**



**6.2% of men,
10.5% of
women, Major
Depressive
Episode
(NIMH, 2020)**



**Symptoms are
more common
in females
than males**



**Depression
occurs in people
from all
backgrounds &
walks of life**



**Only 30% of
depressed
individuals
receive
treatment**

Causes of Depression

- Life stresses
- Criticism
- Isolation
- Genetic predisposition
- Hormonal changes
- Unrealistic expectations (by self and others)
- Brain chemistry--serotonin, dopamine, or norepinephrine
- Trauma and/or abuse
- Loss



Suicide & Depression

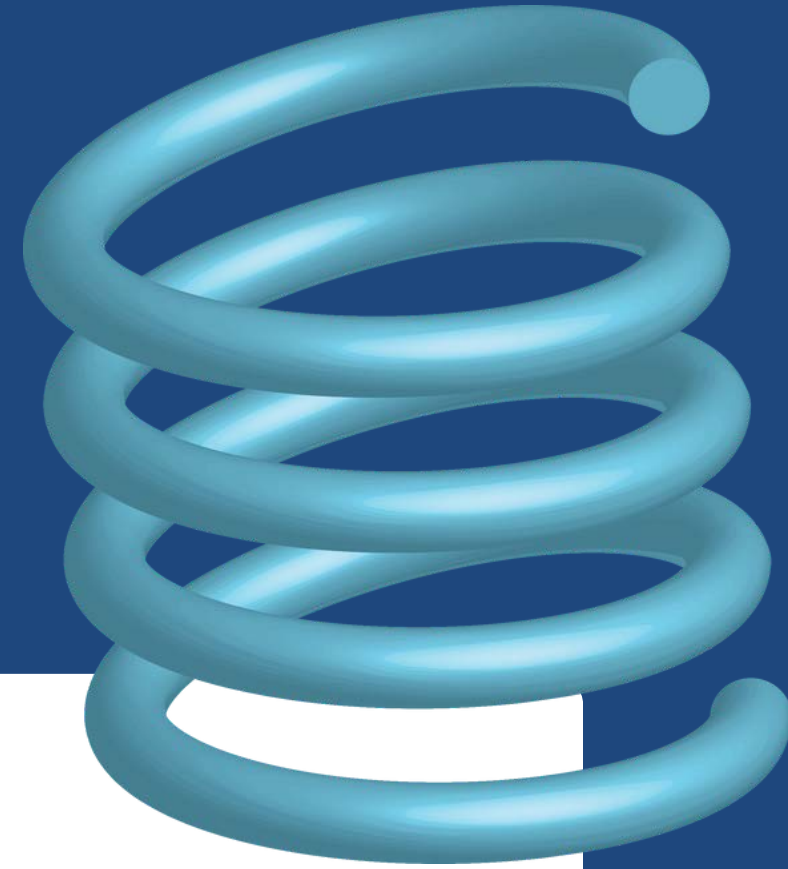
- **1 in 3 (36.2%) young adults ages 18-25 experienced a mental, behavioral, or emotional health issue in the past year (SAMHSA, 2023)**
- **19.5% of teens aged 12 to 17 had a major depressive episode in the past year. (SAMHSA, 2023)**
- **Suicide is the second-leading cause of death for teens and young adults, ages 10-34 (CDC, 2023)**
- **13.6% of adults 18-25 had serious thoughts of suicide in the past year (SAMHSA, 2023)**

Understanding Depression

- Based on the stress of life today (i.e. culture, politics, economy, work demands, etc.) family life feels unpredictable and overwhelming.
- “Crisis and challenge are part of the human condition: how we respond can make all the difference for family well-being and successful adaptation.” (Walsh, 2016)

Building Resilience:

Preventative/Proactive Approaches

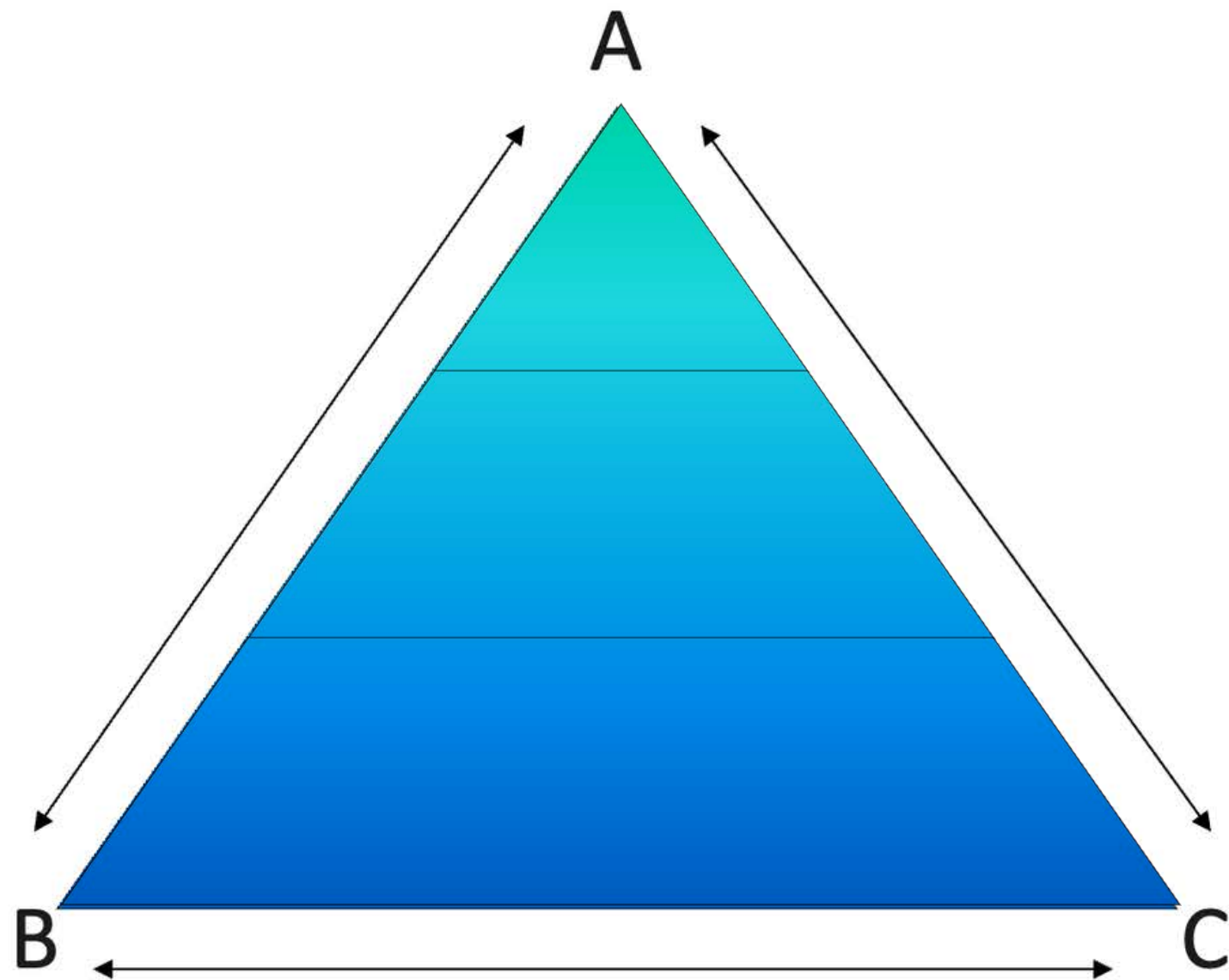


**Behavioral
Strategies**

**Cognitive
Strategies**

**Emotional
Strategies**

ABC MODEL



Affect

(feel)



**Behavior/
Biology**

*(do/physical
functioning)*



Cognitive

(think)

Behavioral Strategies



Good sleep hygiene



**Regular eating
routines with clean,
whole foods**



Regular exercise



Regular downtime

These are things you have control over!

Behavioral Strategies

- Are you getting time with friends to process emotions, discuss stressors or just have fun?
- Are you connecting with family?
- Are you reading books, playing games or watching movies that you enjoy?
- Do you have time to engage in activities that help to “fill your bucket?”

Cognitive Strategies



Ask “What are you thankful for today?”



Practice gratitude daily



Start a family gratitude chart/jar/bucket

Cognitive Strategies

*What is your
ONE WIN
for the day?*



Cognitive Strategies

Talk through problems:

- What can I DO in this situation?
- Is there any other way to view this situation?
- Am I confusing certainties with possibilities?



Emotional Strategies

Ask:



What zone are you in right now?

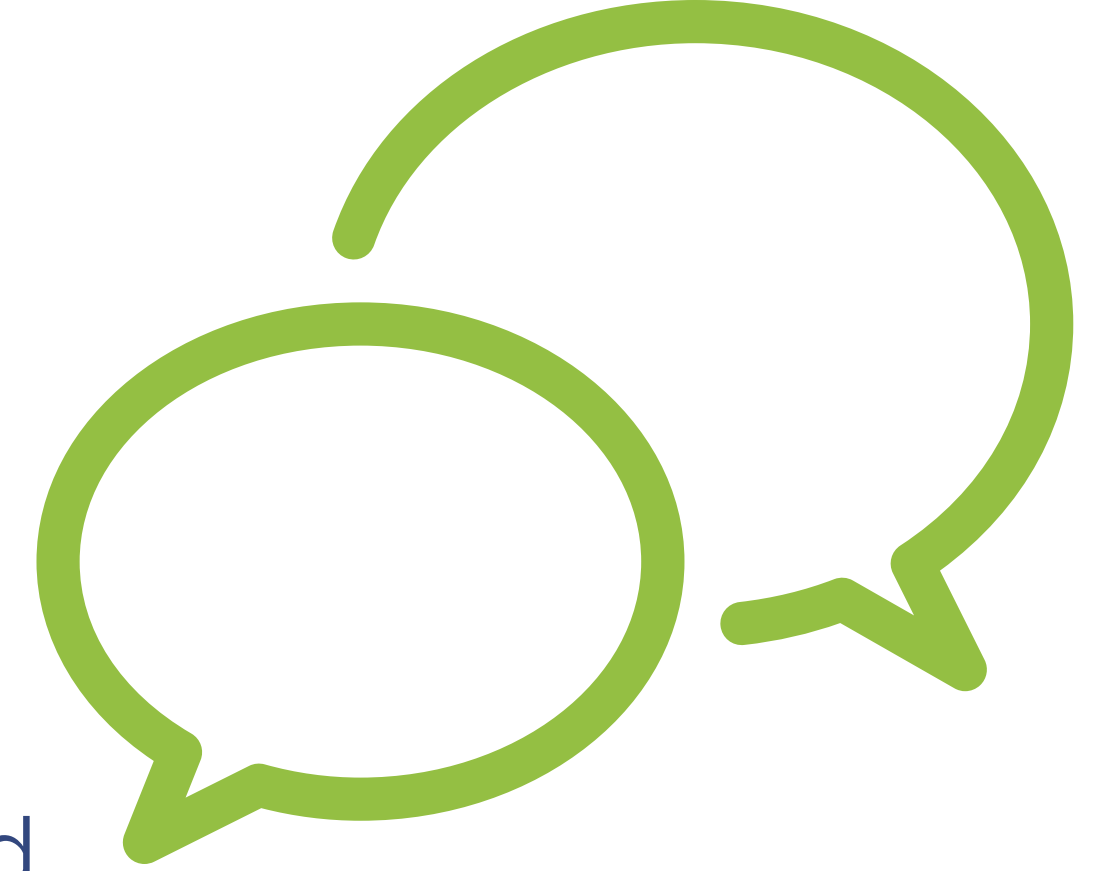
What can you do to move to blue zone?

What strategy works for you when you're in the ____ zone?

See other uses: [OCMH Feelings Thermometer \(wi.gov\)](https://www.wi.gov/ocmh/feelings-thermometer)

Depression: How to Help

Start the Conversation and Listen



- I have been feeling concerned about you lately.
- Recently, I have noticed some differences in you and wondered how you are doing.
- I wanted to check in with you because you have seemed pretty down lately.
- When did you begin feeling like this?
- Did something happen that made you start feeling this way?
- How can I best support you right now?
- Have you thought about getting help?

Depression: How to Help

What to Say



- You are not alone in this. I'm here for you.
- You may not believe it now, but the way you're feeling will change.
- I may not be able to understand exactly how you feel, but I care about you and want to help.
- When you want to give up, tell yourself you will hold on for just one more day, hour, minute—whatever you can manage.
- You are important to me. Your life is important to me.
- Tell me what I can do now to help you.

Depression: How to Help

What **NOT** to Say



- It's all in your head.
- We all go through times like this.
- Look on the bright side.
- You have so much to live for. Why do you want to die?
- I can't do anything about your situation.
- Just snap out of it.
- What's wrong with you?
- Shouldn't you be better by now?

Depression: How to Help

Support/Encourage

- Provide whatever assistance the person needs (and is willing to accept).
- Have realistic expectations.
- Lead by example.
- Encourage activity.
- Pitch in when possible.

So encourage one another and build one another up, just as you are doing.

1 Thessalonians 5:11



Suicide Prevention: How to Help

- Ask
- Be there
- Keep them safe
- Help them connect
- Follow-up



Help for the Helper

Take Care of Yourself

- Remember the symptoms of depression aren't personal.
- Speak up for yourself—communicate honestly.
- Set boundaries—you can't “fix” the depression.
- Stay on track with your own life.
- Seek support (keep your bucket full).



Contact a Professional When...

- Significant change in typical behavior patterns
- Loss of interest in favorite activities
- Change in eating/ sleeping habits
- Avoidance of activities/people
- Your parental instinct tells you to



Resources

- 988 Lifeline: (website)
 - <https://988lifeline.org/help-yourself/youth/>
- SAMSA Suicide Prevention Awareness Month:
 - <https://www.samhsa.gov/newsroom/observances/suicide-prevention-month>
- Prevent Suicide Wisconsin :
 - <https://www.preventsuicidewi.org/county-crisis-lines>
- NIMH:
 - <https://www.nimh.nih.gov/health/topics/suicide-prevention>

Resources

- **Crisis Text Line: Text MHA to 741741**
- **Christian Family Solutions: 1-800-438-1772, press #1**
- **Christianfamilysolutions.org**
 - *Breathing Techniques Toolkit*
 - *Managing Stress as a Parent Toolkit*
- **Blogs**

**What did you
think of the
*presentation?***

TAKE OUR BRIEF SURVEY



Do you have any
questions?



Laura Reinke, LMFT

Contact information



Email

lreinke@wlcfs.org



Website

ChristianFamilySolutions.org



Call us

800-438-1772

A large, stylized cross logo in a light blue color, positioned on the left side of the image. The cross is composed of four rounded, leaf-like shapes that meet at a central point.

healing help hope

ChristianFamilySolutions.org