

Suicide Prevention Gatekeeper Training

March 1, 2016

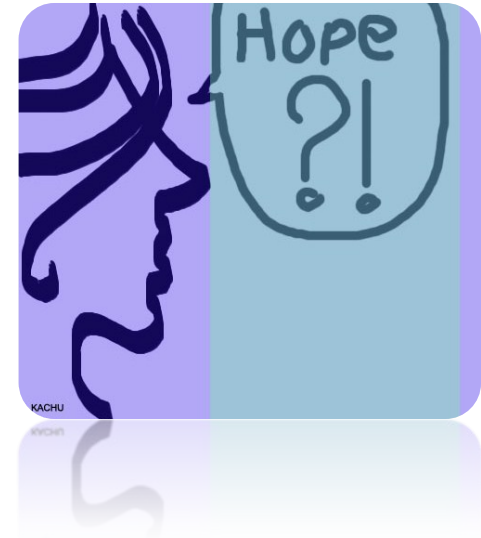
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Suicide in Kentucky

- Kentucky's suicide death rate is higher than the national average.
- Ranks 18th highest in 2014 with 727 documented suicide deaths.
- 65% by firearm in 2014.
- 2nd leading cause of death for youth/young adults
- Elderly have higher rate of suicide than youth.
- Highest at risk – middle-aged males



But with HELP comes HOPE.

Experts say suicide is preventable!



Risk Factors for Suicide*

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders and certain personality disorders
- History of trauma or abuse
- Major physical illnesses
- Alcohol and other substance use disorders
- Impulsive and/or aggressive tendencies
- Previous suicide attempt
- Hopelessness



*Adapted from the Suicide Prevention Resource Center
by National Suicide Prevention Lifeline

Risk Factors for Suicide*

- Family history of suicide
- Job or financial loss
- Loss of relationship
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help



*Adapted from the Suicide Prevention Resource Center
by National Suicide Prevention Lifeline

Risk Factors for Suicide*

- Lack of health care, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)



*Adapted from the Suicide Prevention Resource Center by National Suicide Prevention Lifeline



Protective Factors for Suicide*

- Effective clinical care for mental, physical and substance use disorders
- Easy access to a variety of clinical interventions
- Restricted access to highly lethal means of suicide
- Strong connections to family and community support



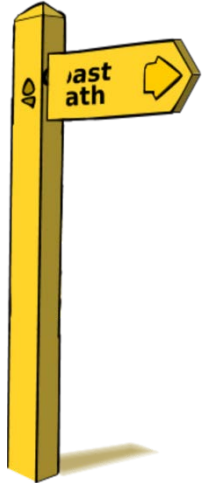
*Adapted from the Suicide Prevention Resource Center by National Suicide Prevention Lifeline

Protective Factors for Suicide



- Support through ongoing medical and mental health care relationships.
- Skills in problem solving, conflict resolution and handling problems non-violent way.
- Cultural and religious beliefs that discourage suicide and support self-preservation.

Warning Signs for Suicide*



- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.

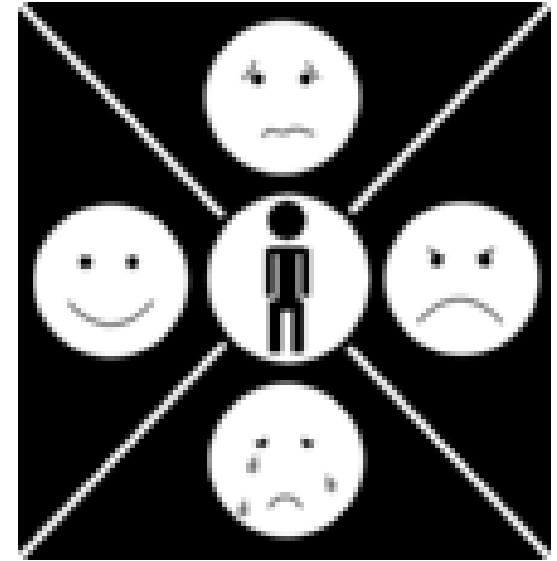
Warning Signs for Suicide*

- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.



Be Aware of Feelings*

- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't sleep, eat or work
- Can't get out of depression
- Can't make the sadness go away
- Can't see a future without pain
- Can't see themselves as worthwhile
- Can't get someone's attention
- Can't seem to get control



*Adapted by the National Suicide Prevention Lifeline from the American Association of Suicidology

How Can I Help My Friend?

- Ask directly if your friend is thinking about suicide.
- Be willing to listen.
- Allow their expressions of feelings, and accept those feelings.
- Be non-judgmental.
- Get involved. Become available. Show interest and support.
- Check in with your friend regularly.



How Can I Help My Friend?

- Don't act shocked.
- Be patient with yourself and the situation.
- Don't be sworn to secrecy.
- Seek support.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Take action. Remove means, such as guns or stockpiled pills, if you can do so safely.



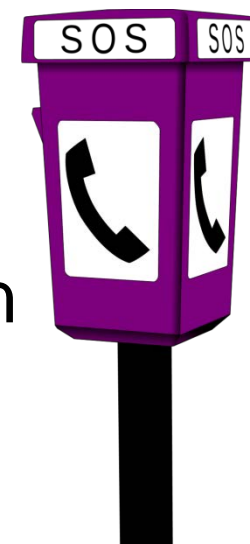
How Can I Help My Friend?



- Practice active listening
- Acknowledge the speaker.
- Respond verbally.
- Summarize what you hear.
- Look the part.
- Take care of yourself.

How Can I Help My Friend?

- Get help from agencies specializing in crisis intervention and suicide prevention.
 - National Suicide Prevention Lifeline
1-800-273-TALK (8255)
<http://www.suicidepreventionlifeline.org>
 - Community Crisis Line Contact Information
<http://dbhdid.ky.gov/crisisnos.aspx>
- Encourage (and offer to accompany) your friend to seek help and support.
- Discuss safety or “crisis coping plan” resources.



Safety Planning

The following are essential elements to explore and include in the development of your safety plan*:



- Recognize warning signs.
- Use your own coping strategies – without contacting another person.
- Socialize with others who may offer support as well as distraction from the crisis.

Safety Planning*

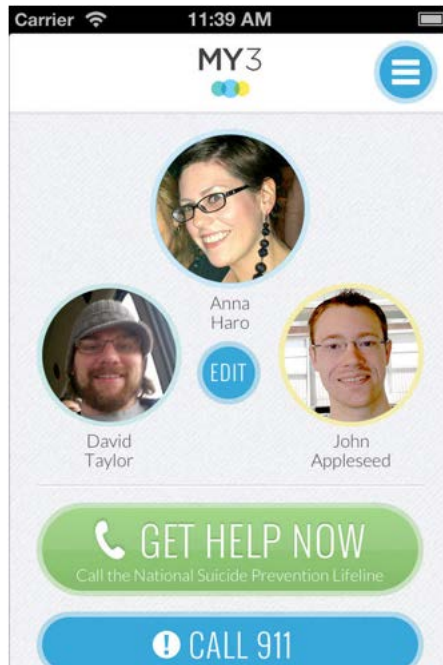
- Contact mental health professional or agency.
- Ensure your environment is safe.
- A safety plan is designed to start at step one and continue through the steps until you feel safe.
- Keep your plan in a place where you can easily access it (your wallet or cell phone) when you have thoughts of hurting yourself.

*Adapted by National Suicide Prevention Lifeline from the Safety Plan Template developed by Barbara Stanley and Gregory K. Brown



Safety Planning Apps

- My3
- Virtual Hope Box



Suicidal Communications on Social Media

- Writing about wanting to die or to kill oneself.
- Writing about feeling hopeless or having no reason to live.
- Writing about feeling trapped or in unbearable pain.
- Writing about being a burden to others.
- Writing about seeking revenge.
- Facebook, Tumblr, My Space, YouTube have reporting mechanisms around suicidal communications.



Ways to Strengthen Your Support Network*

- Create a Circle of Trust
- Maintain a Healthy and Positive Outlook
- Strengthen Communication Skills
- Keep an Open Mind
- Show Appreciation
- Your World
- Your Social Networks
- Safety Planning



*Adapted from National Suicide Prevention Lifeline

Suicide-Safer Communities*

- Leadership/Steering Committee
- Background Summary
- Suicide Prevention Awareness
- Mental Health and Wellness Promotion
- Training
- Suicide Intervention & Ongoing Clinical/Support Services
- Suicide Bereavement
- Evaluation Measures
- Capacity Building/Sustainability



*<https://www.livingworks.net/community/suicide-safer-communities>

Zero Suicide in Health and Behavioral Health Care

ZERO Suicide
IN HEALTH AND BEHAVIORAL HEALTH CARE

www.zerosuicide.com

WHAT IS ZERO SUICIDE?

Zero Suicide is a commitment to suicide prevention in health and behavioral health care systems, and also a specific set of tools and strategies. It is both a concept and a practice.

Its core prepositions are that suicide deaths for people under care are preventable.

www.zerosuicide.com



For clinical or community training opportunities or suicide prevention technical assistance, contact me at

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**suicidepreventionlifeline.org
suicidology.org
Zerosuicide.com
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The logo for the state of Kentucky, featuring the word "Kentucky" in a large, white, serif font. Below it, the phrase "UNBRIDLED SPIRIT" is written in a smaller, white, sans-serif font. To the right of the text is a stylized white silhouette of a horse's head in profile, facing right. The horse's mane is depicted with flowing red and blue lines. A small "TM" trademark symbol is located to the right of the horse's head.

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