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at Thomas Jefferson University

Youth Suicide Prevention

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Agenda

- Youth suicide myths and epidemiology
- Prevention strategies
- Resources

Youth Suicide

Myths

Myth #1: Suicides happen without warning

- Most people who attempt or die by suicide have communicated their distress or plans to at least one other person

Myth #2: Suicide is an act of aggression, anger, or revenge

- Most people who kill themselves do so because they feel they do not belong or are a burden on others
- They think that their death will free their loved ones of this burden
- Many suicides occur in ways and in places that the person hopes will ease the shock and grief of those they left behind

Myth #3: Talking about suicide makes people more likely to kill themselves

- There are no iatrogenic effects of asking about suicide (Gould et al., 2005)
- Talking about suicide gives one an opportunity to express thoughts and feelings about something they may have been keeping secret
- Discussion brings it into the open and allows an opportunity for intervention

Myth #4: Suicidal teens overreact to life events

- Problems that may not seem like a big deal to one person, particularly adults, may be causing a great deal of distress for the suicidal teen
- We have to remember that perceived crises are just as concerning and predictive of suicidal behavior as actual crises

Myth #5: Suicide cannot be prevented

- Most people are acutely suicidal between 24-72 hours
- Providing help and intervention during this time makes it less likely that they will make another attempt
- A caring, concerned individual can help someone in distress
- Taking someone's feelings seriously and listening can truly save a life

Youth Suicide

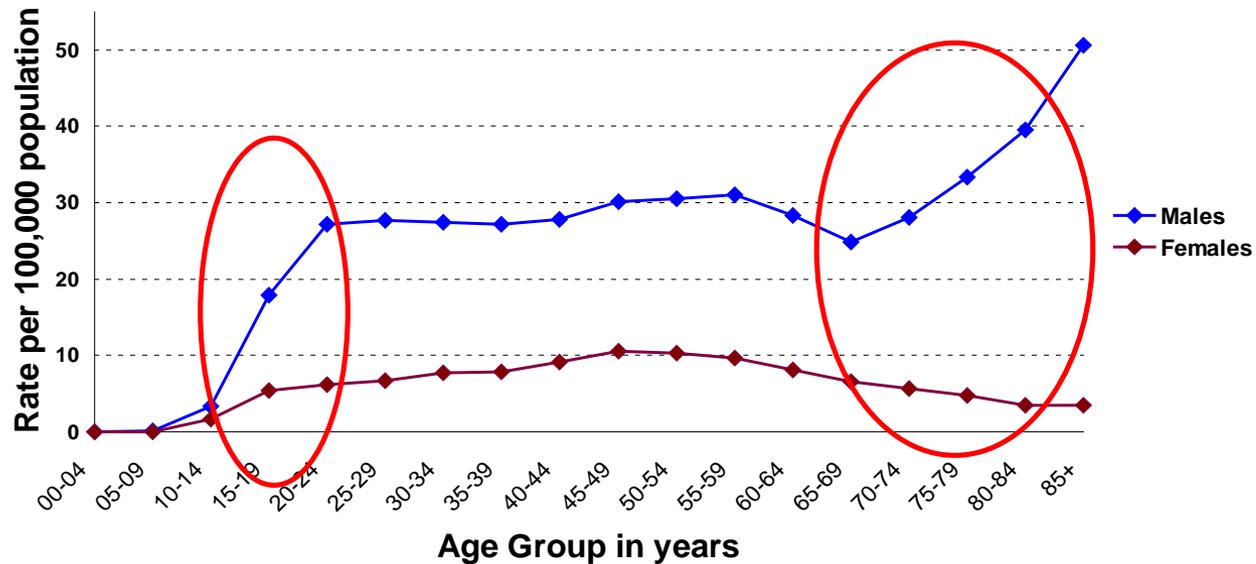
Epidemiology

10 Leading Causes of Death, United States

2017, All Races, Both Sexes

| Rank | Age Groups | | | | | | | | | | All Ages |
|------|-----------------------------------|-------------------------------|--|--|---|--------------------------------|--------------------------------|---|--|---|---|
| | <1 | 1-4 | 5-9 | 10-14 | 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65+ | |
| 1 | Congenital Anomalies 4,580 | Unintentional Injury 1,267 | Unintentional Injury 718 | Unintentional Injury 860 | Unintentional Injury 13,441 | Unintentional Injury 25,669 | Unintentional Injury 22,828 | Malignant Neoplasms 39,266 | Malignant Neoplasms 114,810 | Heart Disease 519,052 | Heart Disease 647,457 |
| 2 | Short Gestation 3,749 | Congenital Anomalies 424 | Malignant Neoplasms 418 | Suicide 517 | Suicide 6,252 | Suicide 7,948 | Malignant Neoplasms 10,900 | Heart Disease 32,658 | Heart Disease 80,102 | Malignant Neoplasms 427,896 | Malignant Neoplasms 599,108 |
| 3 | Maternal Pregnancy Comp. 1,432 | Malignant Neoplasms 325 | Congenital Anomalies 188 | Malignant Neoplasms 437 | Homicide 4,905 | Homicide 5,488 | Heart Disease 10,401 | Unintentional Injury 24,461 | Unintentional Injury 23,408 | Chronic Low. Respiratory Disease 136,139 | Unintentional Injury 169,936 |
| 4 | SIDS 1,363 | Homicide 303 | Homicide 154 | Congenital Anomalies 191 | Malignant Neoplasms 1,374 | Heart Disease 3,681 | Suicide 7,335 | Suicide 8,561 | Chronic Low. Respiratory Disease 18,667 | Cerebrovascular 125,653 | Chronic Low. Respiratory Disease 160,201 |
| 5 | Unintentional Injury 1,317 | Heart Disease 127 | Heart Disease 75 | Homicide 178 | Heart Disease 913 | Malignant Neoplasms 3,616 | Homicide 3,351 | Liver Disease 8,312 | Diabetes Mellitus 14,904 | Alzheimer's Disease 120,107 | Cerebrovascular 146,383 |
| 6 | Placenta Cord Membranes 843 | Influenza & Pneumonia 104 | Influenza & Pneumonia 62 | Heart Disease 104 | Congenital Anomalies 355 | Liver Disease 918 | Liver Disease 3,000 | Diabetes Mellitus 6,409 | Liver Disease 13,737 | Diabetes Mellitus 59,020 | Alzheimer's Disease 121,404 |
| 7 | Bacterial Sepsis 592 | Cerebrovascular 66 | Chronic Low. Respiratory Disease 59 | Chronic Low. Respiratory Disease 75 | Diabetes Mellitus 248 | Diabetes Mellitus 823 | Diabetes Mellitus 2,118 | Cerebrovascular 5,198 | Cerebrovascular 12,708 | Unintentional Injury 55,951 | Diabetes Mellitus 83,564 |
| 8 | Circulatory System Disease 449 | Septicemia 48 | Cerebrovascular 41 | Cerebrovascular 56 | Influenza & Pneumonia 190 | Cerebrovascular 593 | Cerebrovascular 1,811 | Chronic Low. Respiratory Disease 3,975 | Suicide 7,982 | Influenza & Pneumonia 46,862 | Influenza & Pneumonia 55,672 |
| 9 | Respiratory Distress 440 | Benign Neoplasms 44 | Septicemia 33 | Influenza & Pneumonia 51 | Chronic Low. Respiratory Disease 188 | HIV 513 | Septicemia 854 | Septicemia 2,441 | Septicemia 5,838 | Nephritis 41,670 | Nephritis 50,633 |
| 10 | Neonatal Hemorrhage 379 | Perinatal Period 42 | Benign Neoplasms 31 | Benign Neoplasms 31 | Complicated Pregnancy 168 | Complicated Pregnancy 512 | HIV 831 | Homicide 2,275 | Nephritis 5,671 | Parkinson's Disease 31,177 | Suicide 47,173 |

Suicide rates among all persons by age and sex--United States, 2017



How Does Pennsylvania Compare to the Nation?

Nation

- 44,965 deaths in 2016
- 436 ages 10-14 (2.1 rate)
- 2,117 ages 15-19 (10.0 rate)

Firearms

- 22,938 all ages (51.0%)
- 160 ages 10-14 (36.7%)
- 942 ages 15-19 (44.5%)

Nationally, 53.8% of firearm deaths in 2016 were ruled as suicides.

Pennsylvania

- 1,960 deaths in 2016
- 18 ages 10-14 (2.4 rate)
- 78 ages 15-19 (9.5 rate)

Firearms

- 972 all ages (49.6%)
- 7 ages 10-14 (38.9%)
- 38 ages 15-19 (48.7%)

In Pennsylvania, 63.8% of firearm deaths in 2016 were ruled as suicides.

Prevention Strategies

Overview of Strategies

- School-based education
- Community engagement
- Working with local media
- Lethal means restriction
- Continuity of care

School-Based Education Programs

- QPR (question, persuade, refer)
- More Than Sad (AFSP)
- Pennsylvania's Garrett Lee Smith grant program
- www.preventsuicidepalearning.com

Areas of focus:

- Teacher awareness and brief responsiveness
- Counselor and psychologist assessment and intervention
- <https://www.preventsuicidepa.org/act71/> for more details about specific trainings

Community Engagement

- Connection
- Connection
- Connection

Working with Local Media: Impact of Messaging

Werther Effects (copycat suicides)

- Over 100 studies show media effects on suicide
- Celebrity suicide effects
 - Robin Williams-10%
 - Marilyn Monroe-12%
- Frequency, Placement, Method effects



Sorrows of Young Werther
W. Von Goethe, 1774

"Actions Have Consequences..."

Month after release:

- 29% increase in suicides for 10-17 yr olds
- Highest month rate in 5 yrs
- Mostly boys

9 months after release:

- **195 more deaths by suicide in this age group than normally expected**

CNN Health » Food | Fitness | Wellness | Parenting | Live Longer Live TV U.S. Edition

Teen suicide rates spiked after debut of Netflix show '13 Reasons Why,' study says

By Dr. Edith Bracho-Sanchez, CNN
Updated 3:08 PM ET, Tue April 30, 2019

Netflix

Netflix's "13 Reasons Why" tells the story of a teenage girl's decision to end her life

0:05 / 1:53

More from CNN

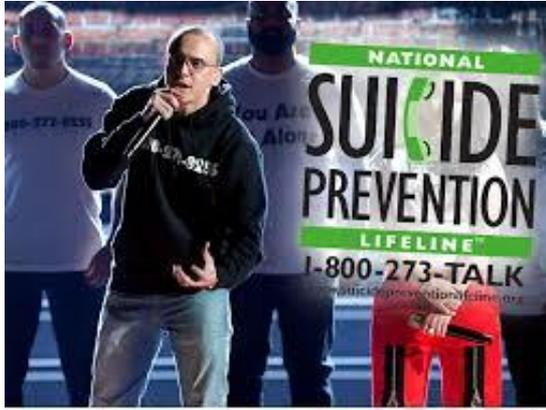
Family of California synagogue shooting suspect: "We are shocked..."

"I thought it was my apartment," Dallas officer says 19 times in...

BINGE WORTHY
PLAYOFFS

J. Bridge et al, Jrnl. Of Amer. Acad. of Adolescent Psychiatry, April 2019

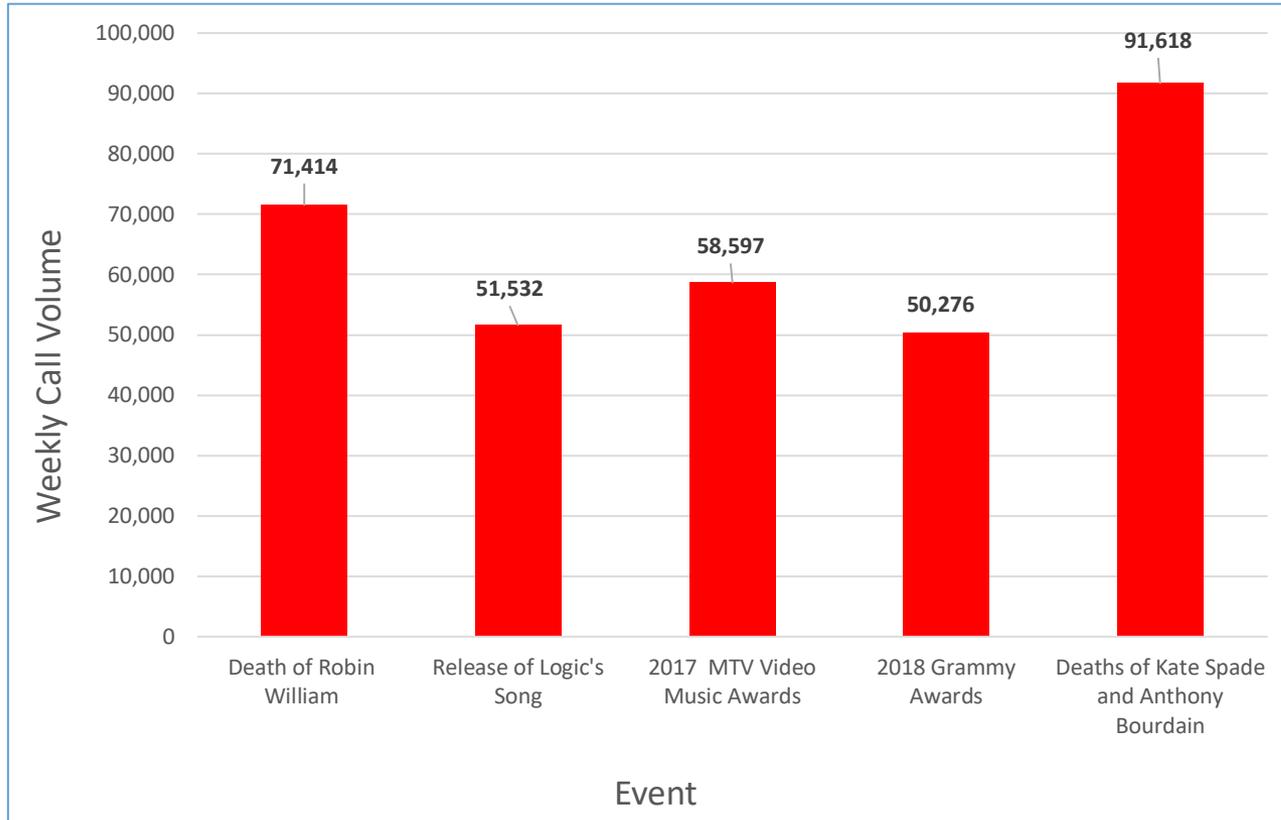
Logic's 1-800-273-8255



Logic's song named after the Lifeline was released in April 2017, and the song's video came out in August 2017. *The song became a #1 hit globally, and **the video has been seen by over 200m people.** Both were nominated for Grammy Awards; the song was performed at Grammys & MTV's VMAs.*

- Calls increased 26% after VMA and 30% after Grammys
- Avg. daily calls six months later (after song's release): 31% increase over prior six months

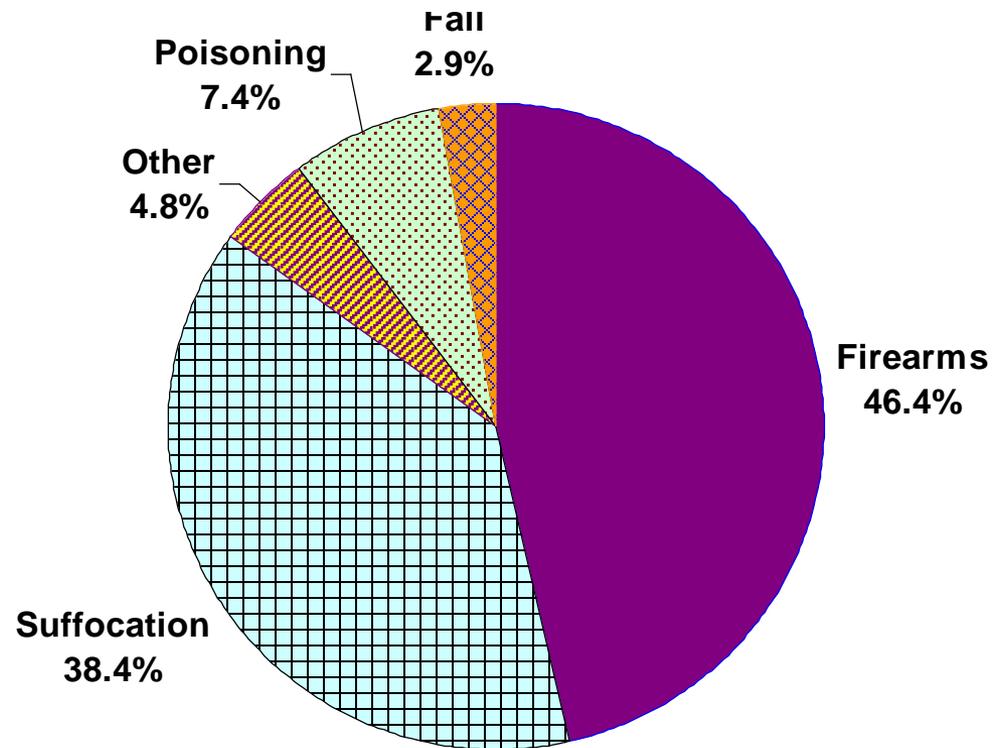
Historical Impact: Media Events & Lifeline Calls



Call volume data shown for the week after event. Volume shatters records, particularly with media after Kate Spade and Anthony Bourdain's deaths.

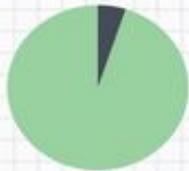
Means Matter

Suicide by method among persons aged 10-24 years – United States, 2017



ATTEMPTS & DEATHS

Attempts By
Firearm vs. All
Means



■ Firearms (5%)
■ All Means (95%)

Firearm Suicide
Deaths vs. All
Means



■ Firearms (53%)
■ All Means (47%)

Firearms account for less than 5% of all US suicide attempts, but more than 50% of all US suicide deaths.¹⁰

Individuals who die by suicide using a gun are less likely to have had a previous suicide attempt by any method than are individuals who die by suicide using something other than a gun. We do not get a second chance with these individuals and we often first learn of their risk when they are already dead.¹¹

Case-control Studies: Guns in the Home and the Method of Suicide*

| | |
|---|---------|
| Use of gun for suicide if kept in home | 67- 88% |
| Use of gun if not kept in home | 6-23% |
| Firearms & alcohol use (OR [95% CI]) | 7.3 |
| Bought gun within 2 weeks of suicide | 3% |

*Brent, 1993; Kellerman, 1992; Shah, 2000

Lethal Means Restriction

- Firearms
 - Distribution of gun locks
 - Gun shop project
- Train safety
- Medication return
- Jump barriers



Continuity of Care

- Major gaps exist between all levels of care
 - Identification to referral
 - Referral to entering care
 - Outpatient care to inpatient care
 - Inpatient care to outpatient care
- We must improve access and communication!

Important Resources for All

- National Suicide Prevention Lifeline
 - 1-800-273-TALK (8255)



- Crisis Text Line
 - Text "PA" to 741-741



www.preventsuicidepa.org

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