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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

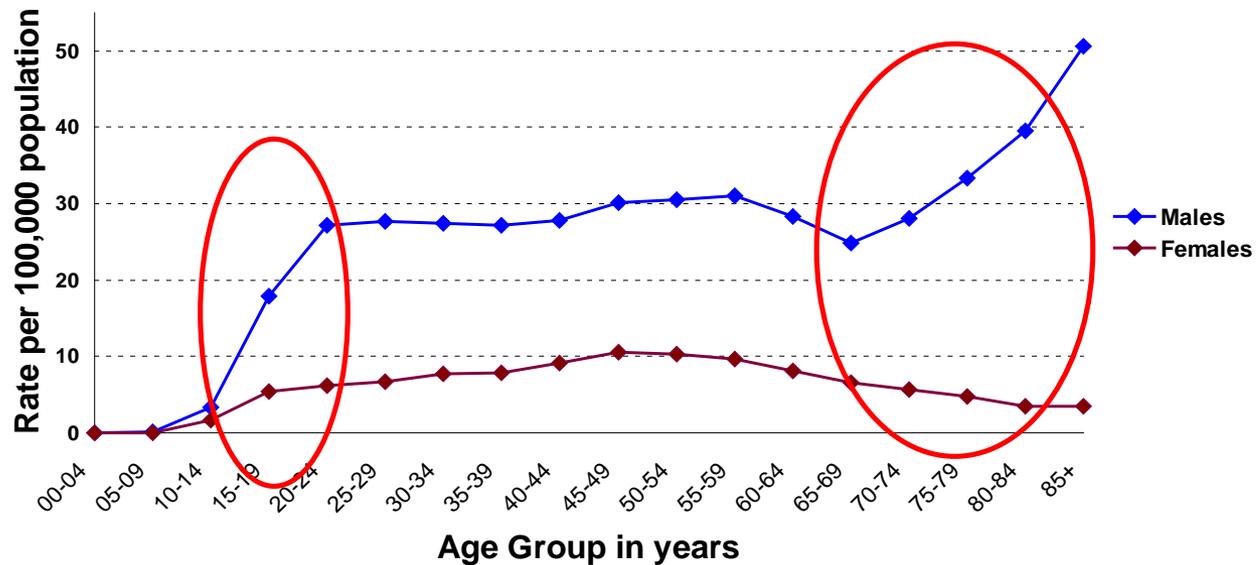
Youth Suicide

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

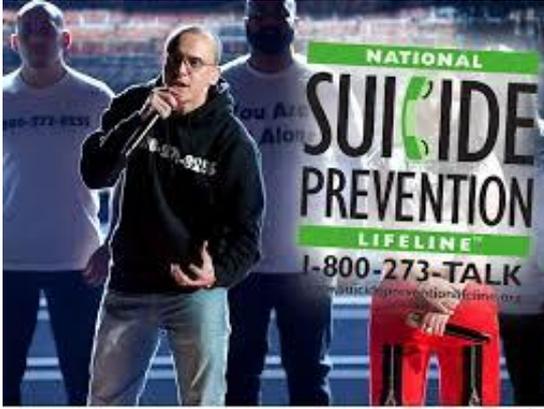
Family of California synagogue shooting suspect: "We are shocked..."

"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

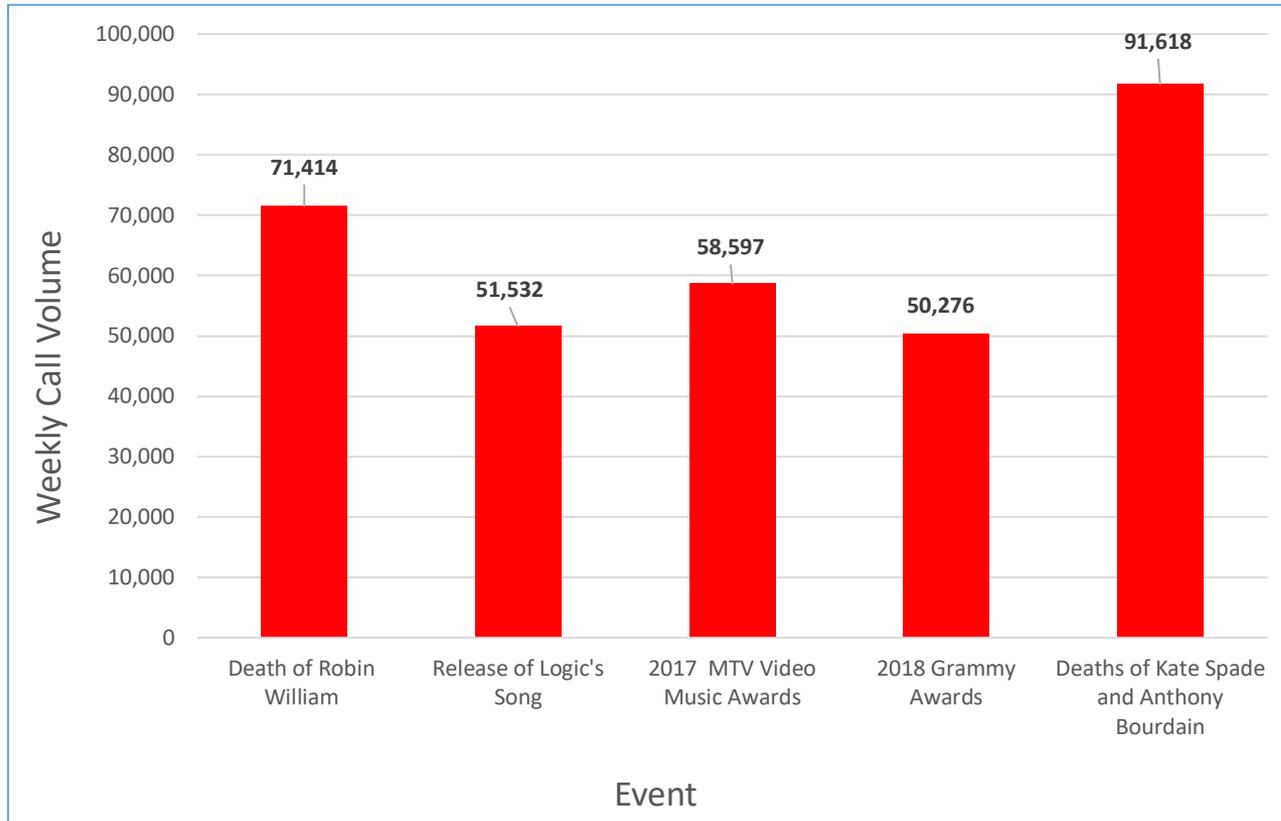
Logic's 1-800-273-8255



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

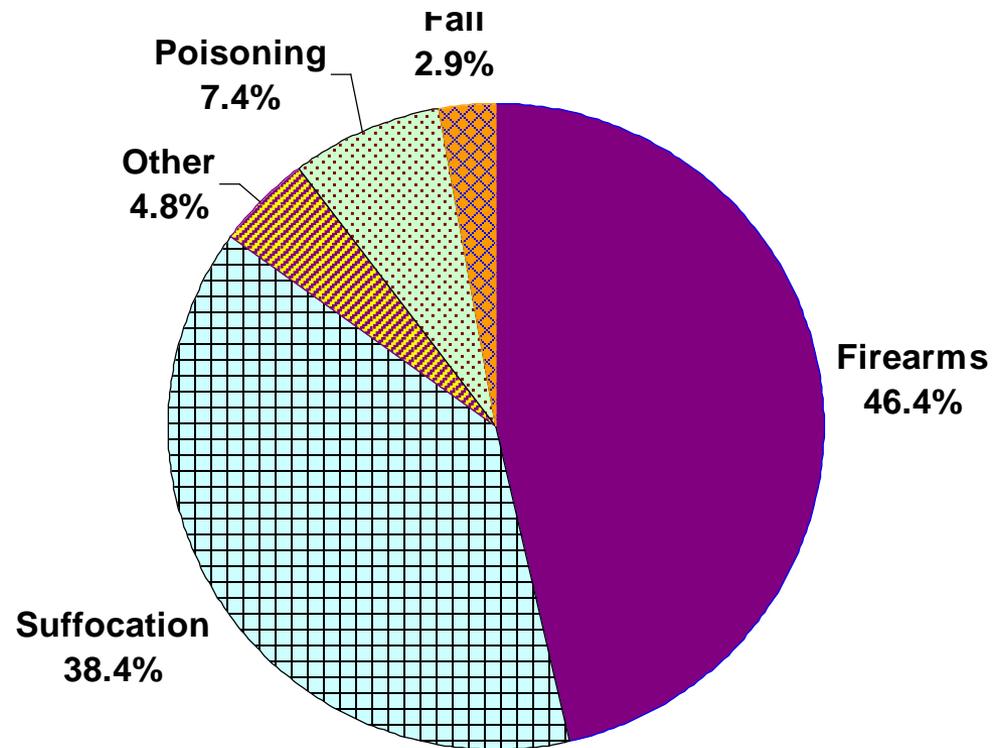
Historical Impact: Media Events & Lifeline Calls



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

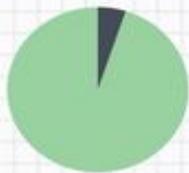
Means Matter

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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