

Session Three:

Building Resilient Kids and Communities

You are muted throughout the ECHO session and please use chat to communicate.

Please provide in the chat section, your name and the organization you are affiliated with. Please also feel free to include what you hope to learn or gain from your participation today.

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Building Resilient Kids and Communities



Project Disclosure Statement

- ▶ We have no relevant financial relationships with the manufacturer(s) of any commercial products(s) and/or provider of commercial services discussed in this CME activity
- ▶ We do not intend to discuss an unapproved/investigative use of a commercial product/device in our presentation.

Promoting Resiliency: Individual and Community Strategies to Prevent Youth Suicide

Presenters:

Stephen Lassen, PhD, Professor, KU Pediatrics

Eve-Lynn Nelson, PhD, Professor, KU Pediatrics



Mitigating Potential Bias

- ▶ The information and recommendations involving clinical medicine is based on evidence that is currently accepted within the profession

Objectives:

1. To summarize individual strategies to promote resiliency and prevent youth suicide
2. To share resiliency strategies in the context of bullying and trauma
3. To summarize community-level strategies to promote resiliency and prevent youth suicide

Question

- ▶ Is there a suicide prevention plan in your school district or your community?
 - ▶ A There is a suicide prevention plan in my school district
 - ▶ B There is a suicide prevention plan in my community
 - ▶ C There is a suicide prevention plan in both my school district and my community
 - ▶ D There is not a suicide prevention plan in either my school district or my community
 - ▶ E I don't know

Suicide prevention efforts

- ▶ Target individuals at risk for suicide attempts
- ▶ Do not typically address promotion of protective factors
- ▶ **Social Ecological Framework of Suicide Risk & Protective factors**
 - ▶ **Individual level:** history of depression and other mental illnesses, hopelessness, substance abuse, certain health conditions, previous suicide attempt, violence victimization and perpetration, and genetic and biological determinants
 - ▶ **Relationship level:** high conflict or violent relationships, sense of isolation and lack of social support, family/ loved one's history of suicide, financial and work stress
 - ▶ **Community level:** inadequate community connectedness, barriers to health care (e.g., lack of access to providers and medications)
 - ▶ **Societal level:** availability of lethal means of suicide, unsafe media portrayals of suicide, stigma associated with help-seeking and mental illness. Focus on reducing risk (means restriction, awareness campaigns)

What is resilience?

- ▶ “Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.” (APA)
- ▶ Resilience is ordinary, not extraordinary
- ▶ Resilience does not mean the absence of distress or difficulty
- ▶ Resilience is not an “all-or-nothing” trait
- ▶ Lack of resilience is a key risk factor in suicidal behavior



Protective factors

- ▶ Strong connections to individuals, families, communities
- ▶ Problem-solving and conflict resolution skills
- ▶ Effective stress management strategies
- ▶ Cultural, religious, or personal beliefs that discourage suicide
- ▶ Self-esteem and a sense of purpose or meaning in life
- ▶ Effective clinical care for mental, physical, and substance abuse disorders
- ▶ Easy access to a variety of clinical interventions and support for help seeking




In the beginning...


- ▶ Identify stakeholders
- ▶ Identify existing resources
- ▶ Identify specific community needs
- ▶ Determine how to improve surveillance


Supporting Children & Families Impacted by Trauma

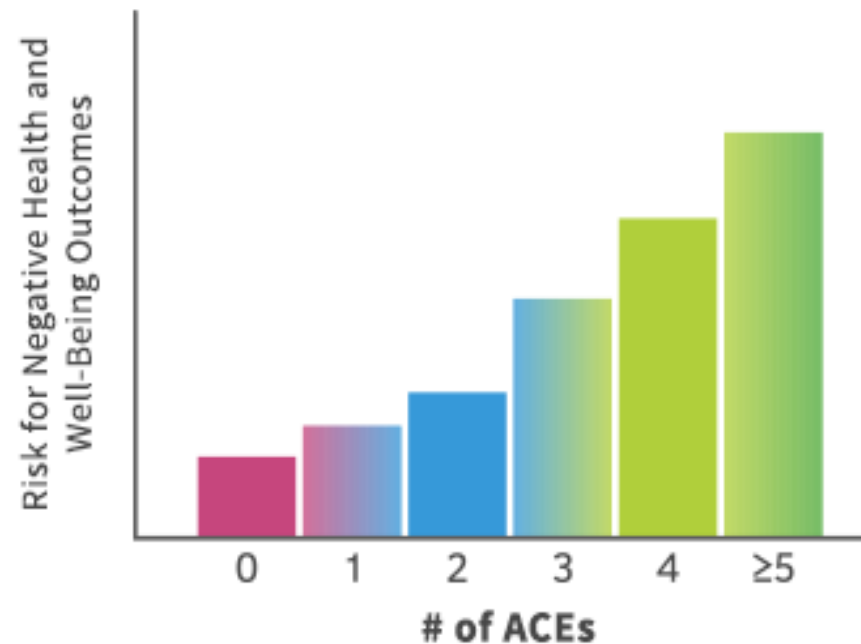
- ▶ Bullying—bully-victims at greatest risk
 - ▶ Identification
 - ▶ Remediation
- ▶ Preventing ACES (CDC, 2019)

ACES can have lasting effects on...

 **Health** (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)

 **Behaviors** (smoking, alcoholism, drug use)

 **Life Potential** (graduation rates, academic achievement, lost time from work)



Preventing Suicide

Preventing Suicide Strategies Closely Align with Preventing ACES strategies

Strengthen economic supports

Strengthen household financial security
Housing stabilization policies

Strengthen access and delivery of suicide care

Coverage of mental health conditions in health insurance policies
Reduce provider shortages in underserved areas
Safer suicide care through systems change

Create protective environments

Reduce access to lethal means among persons at risk of suicide
Organizational policies and culture
Community-based policies to reduce excessive alcohol use

Promote connectedness

Peer norm programs
Community engagement activities

Stone, D.M., Holland, K.M., Bartholow, B., Crosby, A.E., Davis, S., and Wilkins, N. (2017). *Preventing Suicide: A Technical Package of Policies, Programs, and Practices*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

Preventing Suicide Continued (Stone et al., 2017)

Teach coping and problem-solving skills

Social-emotional learning programs
Parenting skill and family relationship programs

Identify and support people at risk

Gatekeeper training
Crisis intervention
Treatment for people at risk of suicide
Treatment to prevent re-attempts

Lessen harms and prevent future risk

Postvention
Safe reporting and messaging about suicide

Preventing suicide: A community engagement toolkit (World Health Organization, 2018)

- ▶ “Suicide is shrouded in stigma, shame and misunderstanding. This means that people often do not or cannot seek adequate help. Prevention of suicide cannot be accomplished by one person, organization or institution alone; it requires support from the whole community.”
- ▶ Approaching as a long-term, multi-system continuous improvement process
- ▶ Toolkit key areas:
 - ▶ 1. Initial preparation
 - ▶ 2. Begin the conversation at the first meeting
 - ▶ 3. Create a community action plan
 - ▶ 4. Ongoing mobilization of the media
 - ▶ 5. Monitor and evaluate the community action plan
 - ▶ 6. Community feedback meeting.
 - ▶ 7. Each section provides advice on next steps in continuous improvement

Taking action: Individual-level

- ▶ Reach out! - Increase your social connectedness
- ▶ Model good self-care and maintain a hopeful outlook
- ▶ Support those in your sphere of influence

Taking action: Community-level

- ▶ Sponsor workshops that teach stress reduction skills
- ▶ Provide information about self-help tools and apps that promote coping
- ▶ Offer skill-building workshops focused on common stressors in your community
- ▶ Advocate for greater evidence-based health resources
- ▶ Utilize Media Resources to Spread the Message
 - ▶ Example: Suicide Prevention Month Ideas for Action, September 2019

Question

- ▶ Have you referred anyone to the National Suicide Prevention Lifeline?
 - ▶ A yes
 - ▶ B No

Community Safety: Suicide Prevention

Presenter:
Meg Fowler, MSW,
Headquarters Counseling Center
Kansas Suicide Prevention Resource Center

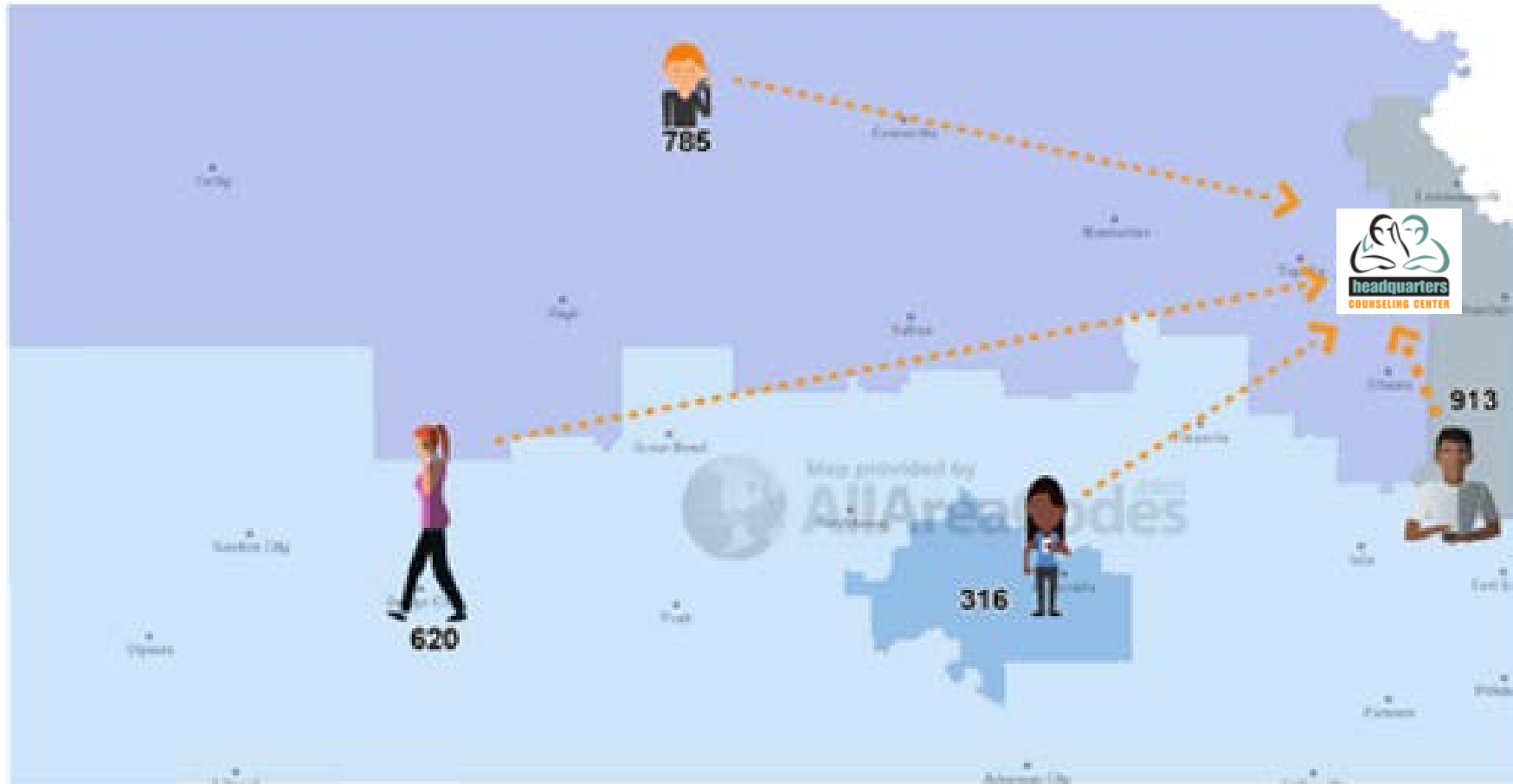
Headquarters, Inc



- ↳ National Suicide Prevention Lifeline Crisis Center
- ↳ Open since 1969
- ↳ Student Clinic providing therapy sessions
- ↳ Online chat service at www.headquarterscounselingcenter.org

Kansas Suicide Prevention RESOURCE CENTER

- ↳ Providing suicide prevention training and technical assistance to communities across the state
- ↳ Online resources at www.kansassuicideprevention.org





Federal Communications Commission

Proposed number 988

- ↳ 3 digit code to directly link to NSPL
- ↳ Would likely make it easier for Americans who are in crisis to access potentially life-saving resources.

Youth Suicide Prevention Resources




Erika's Lighthouse - A Beacon for Hope



The screenshot shows the homepage of Erika's Lighthouse. At the top, there is a blue navigation bar with links for Educators, Teens, Parents, Blog, Get Involved, Contact, and Resource Portal. Below this is a white navigation bar with the Erika's Lighthouse logo (a lighthouse icon) and the text 'Erika's Lighthouse', followed by links for Classroom Programs, Teen Empowerment, Parent Handbook, Depression Toolbox, About, and Donate. The main content area features a background image of a young woman with long brown hair looking upwards and to the right. Overlaid on this image is the text: '15 Years of Success as A Beacon of Hope for Adolescent Depression'. Below this is a sub-headline: 'Effective school-based teen depression awareness programs promoting conversations, help-seeking and empowerment — at no cost, ever.' At the bottom of the image is a red button with the text 'EXPLORE PROGRAMS'.

Educators Teens Parents Blog Get Involved Contact Resource Portal

 Erika's Lighthouse

Classroom Programs Teen Empowerment Parent Handbook Depression Toolbox About Donate

15 Years of Success as A Beacon of Hope for Adolescent Depression

Effective school-based teen depression awareness programs promoting conversations, help-seeking and empowerment — at no cost, ever.

[EXPLORE PROGRAMS](#)



More Than Sad

More Than Sad has taught over a million students and educators how to be smart about mental health.

Purchase More Than Sad to receive the two More Than Sad films, *Teen Depression* and *Preventing Teen Suicide*, and download the free facilitator tools for each program below.

High School Students

This program teaches teens to recognize the signs of depression in themselves and others, challenges the stigma surrounding depression, and demystifies the treatment process.

[Get materials >](#)

Parents

This program teaches parents how to recognize signs of depression and other mental health problems, initiate a conversation about mental health with their child, and get help.

The download below includes both English and Spanish materials.

[Get materials >](#)

Teachers

This program teaches educators to recognize signs of mental health distress in students and refer them for help. The program complies with the requirements for teacher education suicide prevention training in many states.

[Get materials >](#)



Trainers

Local Sources of Strength trainers are a key ingredient to the sustainability and success of Sources of Strength. We want our trainers to be fully equipped to deliver world class trainings with fidelity to the Sources of Strength model. The Trainer section exists to support trainers with materials, ongoing training and community with other trainers.



Peer Leaders

The simple truth is that without Peer Leaders, Sources of Strength has no impact. Please use this section to gain ideas, share success, and gain inspiration to make a strong impact in your community!



Crisis Resources

- ↴ Call 911 if there is a medical emergency or you are unsure of your safety
- ↴ National Suicide Prevention Lifeline 800-273-8255
- ↴ Headquarters Counseling Center 785-841-2345
- ↴ Crisis Text Line Text “Kansas” 741741
- ↴ Trevor Project 1-866-488-7386
- ↴ Online Chat
 - ↵ <https://suicidepreventionlifeline.org> and click “chat”
- ↴ Kansas Suicide Prevention Resource Center for safety planning guide
 - ↵ <http://www.kansassuicideprevention.org/safety-planning/>

Thank You!

See you on next Friday for ECHO session:
*Hospitalization and Follow-Up:
What to Expect*