

WORKING TOGETHER TO SAVE LIVES

# Suicide Safety & Resilience

Chatham County Safety Net Planning Council, Inc.  
Prevent Suicide Today | Mindful Self-Compassion

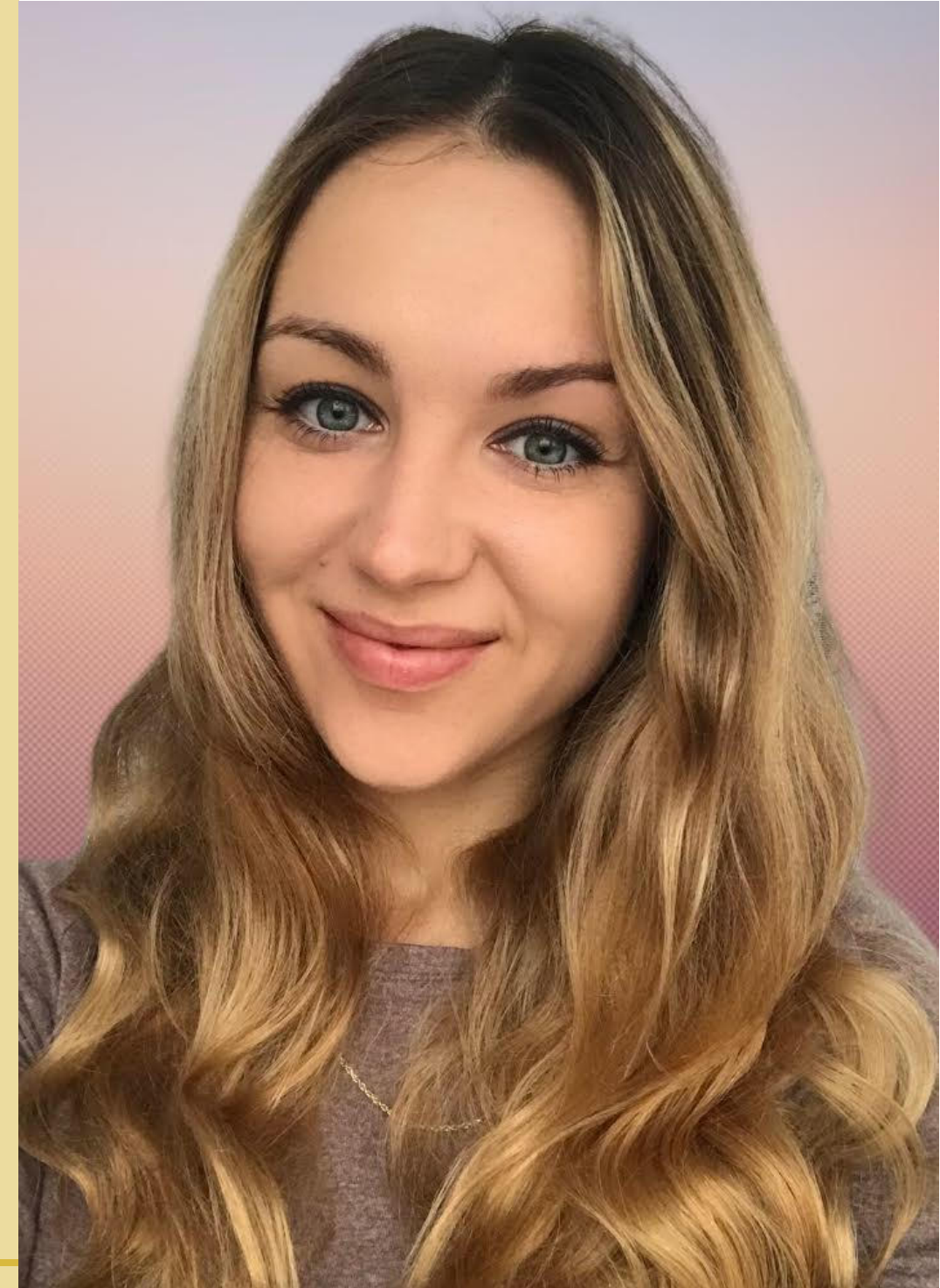
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# Presenter

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Program Director, CCSNPC

- Mindful Self-Compassion (MSC) Trained Teacher
- Applied Suicide Intervention Skills Training (ASIST)  
Master Trainer & SafeTALK Trainer
- Mental Health First Aid (MHFA) Instructor
- Trauma Sensitive Mindfulness (TSM) Instructor
- Trauma Sensitive Yoga (TSY) Instructor
- Community Resiliency Model (CRM®) Trainer







# Learning Objectives

## WHAT • WHY • HOW

- Recognize the need for suicide prevention & resilience
  - Describe the "Public Health Parable"
  - Explore how self-compassion supports intervention
  - Learn how to take the first steps to help a person at risk
  - Contribute to safety and wellbeing in the community
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# The Need is Real

## MENTAL HEALTH & TRAUMA

- Suicide is the 2nd leading cause of death for people ages 10 to 24.
  - 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.
  - 1 in 5 U.S. adults experience mental illness each year
  - 46% of U.S. youth under age 18 have had at least one adverse childhood experience (ACE), and 20% have had at least two.
  - 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
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# The River

## THE PUBLIC HEALTH APPROACH



PREVENTION

INTERVENTION

POSTVENTION

# Mindfulness & Self-Compassion

"PAIN IS INEVITABLE, SUFFERING IS OPTIONAL."

- Haruki Murakami

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# The effects of *harsh* self-criticism :

- SELF-CRITICISM CAN LEAD TO DEPRESSION, ANXIETY, AND RELATIONSHIP PROBLEMS.
- SELF-CRITICISM HAS BEEN LINKED TO EATING DISORDERS, SELF-MUTILATION, AND BODY DYSMORPHIC DISORDER.
- A TENDENCY TO CRITICIZE ONESELF LEADS TO PROJECTING NEGATIVE BELIEFS ONTO OTHERS RESULTING IN ISOLATION AND LONELINESS.
- SELF-CRITICAL INDIVIDUALS OFTEN FIND IT DIFFICULT TO ASSERT PERSONAL NEEDS AND DESIRES.



# What is self-compassion?

## "TO SUFFER WITH"

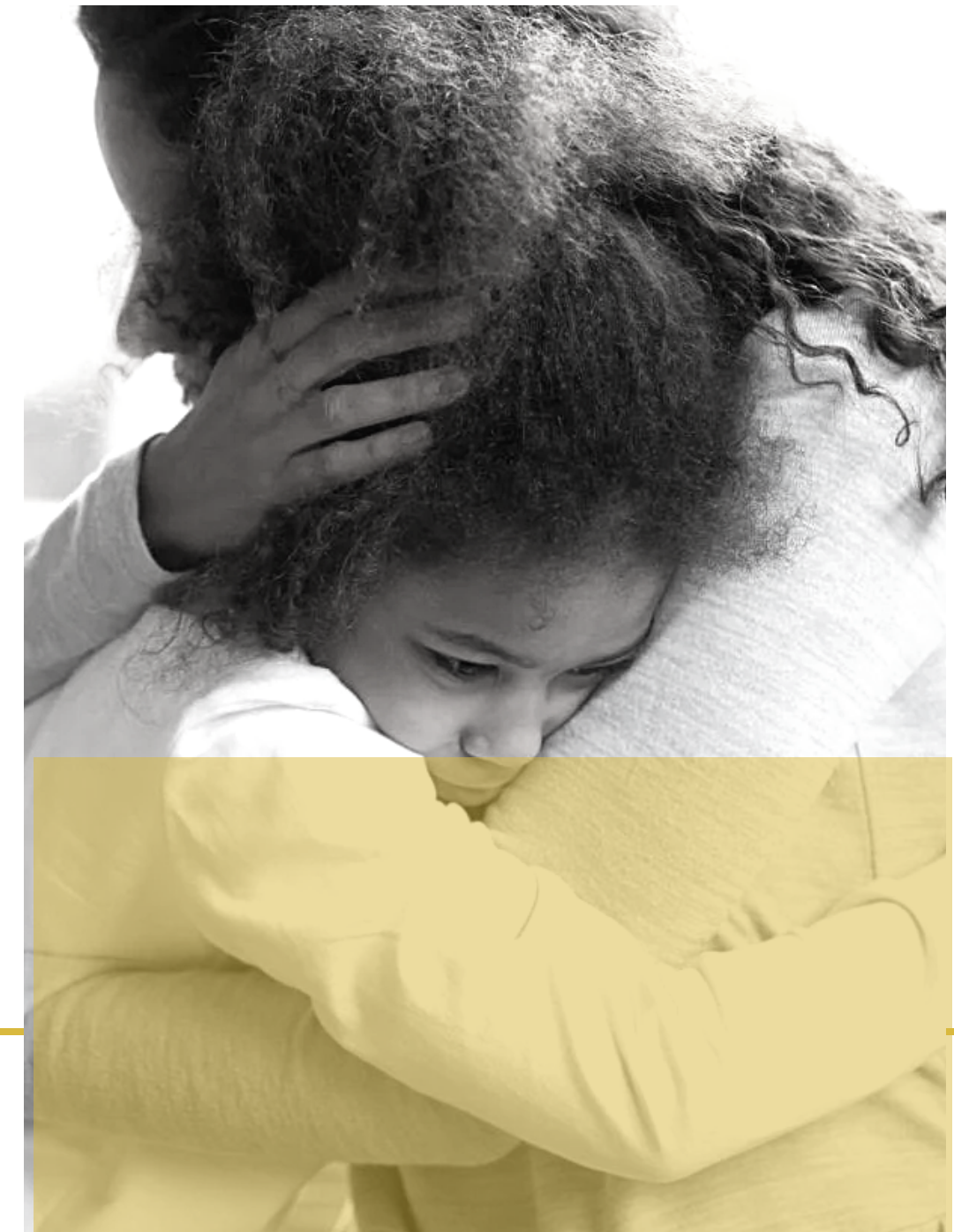
### **Compassion**

is the courage to see the cause of suffering and the willingness to alleviate it.

### **Self-compassion**

is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering.

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# How self-compassionate are you?

With self-compassion we treat ourselves  
the way we would treat a good friend.







# 78%

—  
OF PEOPLE ARE MORE COMPASSIONATE  
TOWARD OTHERS THAN THEY ARE  
TOWARD THEMSELVES.



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**PAUSE**

WHAT YOU ARE DOING

**ASK**

"WHAT DO I NEED?"

**RECOGNIZE**

BODY, EMOTIONS & THOUGHTS

**KINDLY RESPOND**

TO YOUR NEEDS

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# Mindful & Compassionate Response

# Keeping Safe for Now

“YOU DROWN NOT BY FALLING INTO A RIVER,  
BUT BY STAYING SUBMERGED IN IT.”

- Paulo Coelho

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***Myth: People who talk about suicide won't really do it.***




Uncover the facts

**FACT:** As many as 75% of people who attempt suicide do or say something to indicate their state of mind and intentions before they act.



***Myth: Asking about suicide may give someone the idea.***



Uncover the facts

**FACT:** Asking someone about suicide will not "put the idea in their head." In fact, many people having suicidal thoughts often feel relieved when someone asks.



***Myth: People who die by suicide were unwilling to seek help.***




Uncover the facts

**FACT:** Studies show that more than half of suicide victims sought professional help within six months of their death.



***Myth: If a person is going to attempt suicide,  
nothing will stop them.***

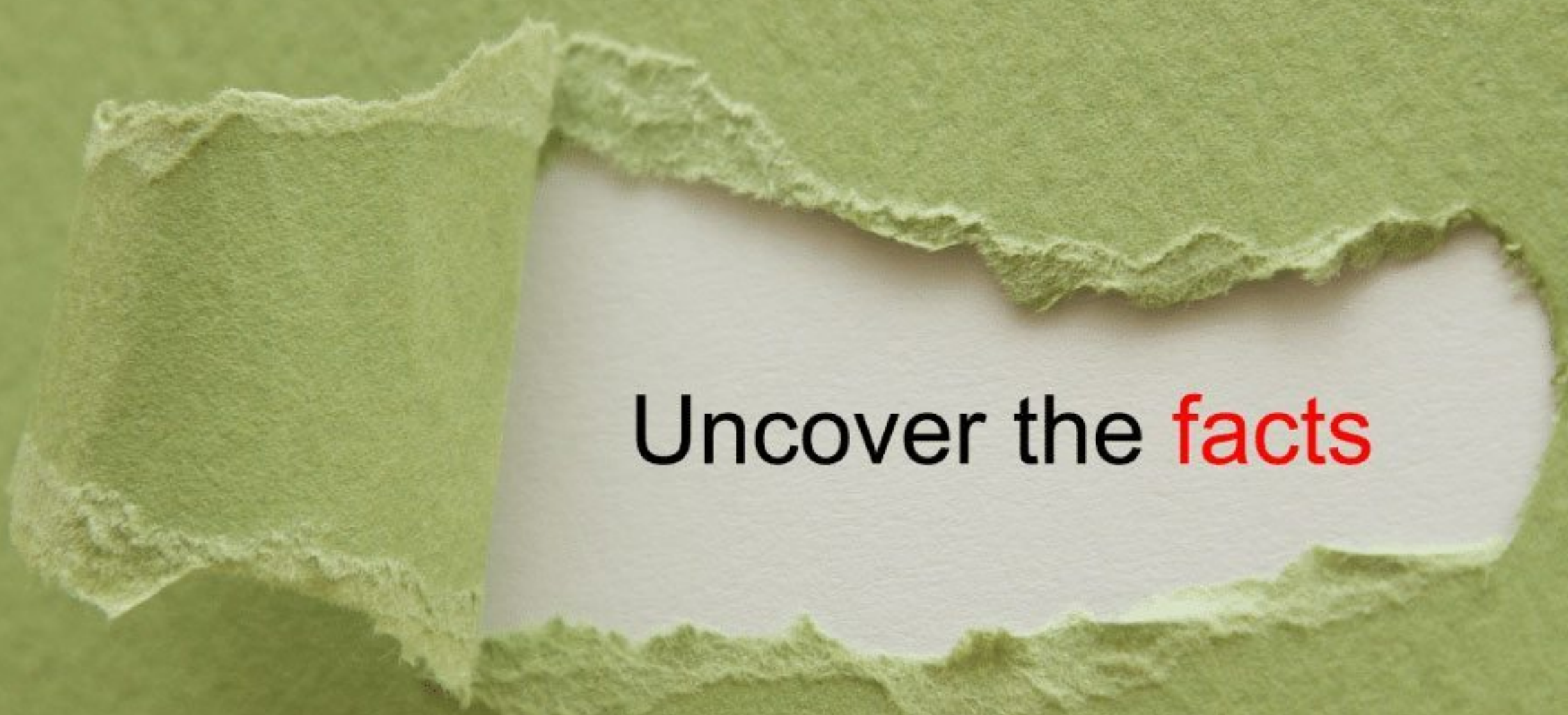


Uncover the facts

**FACT:** Most who attempt suicide remain uncertain of the decision until the final moment. Most suicidal people don't wish for death – they wish for the pain to stop.



***Myth: Anyone who tries to kill him or herself  
has a mental health condition.***



Uncover the **facts**

**FACT:** 54% of people who died by suicide did not have a known mental health condition.

# Suicide Risk Factors

WHILE THERE'S NO SINGLE CAUSE, SUICIDE MOST OFTEN OCCURS WHEN STRESSORS EXCEED A PERSON'S ABILITY TO COPE.

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## Environmental



- *Financial problems*
- *Relationship problems*
- *Stressful events or loss*
- *Criminal legal problems*

## Historical



- *Previous suicide attempts*
- *Family history of suicide*
- *Childhood abuse, neglect or trauma*

## Health



- *Chronic illness or pain*
- *Brain injury*
- *Mental health problems*
- *Substance use problems*



# CDC Risk Factors Diagram



# Suicide Warning Signs

**MOST PEOPLE WHO SUICIDE EXHIBIT ONE OR MORE WARNING SIGNS, EITHER THROUGH WHAT THEY SAY OR WHAT THEY DO.**

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## Talk



- *Being a burden*
- *Death / no reason to live*
- *Feeling hopeless*
- *Unbearable pain*

## Behavior



- *Use of alcohol / drugs*
- *Changes in sleep*
- *Giving away possessions*
- *Isolating from others*

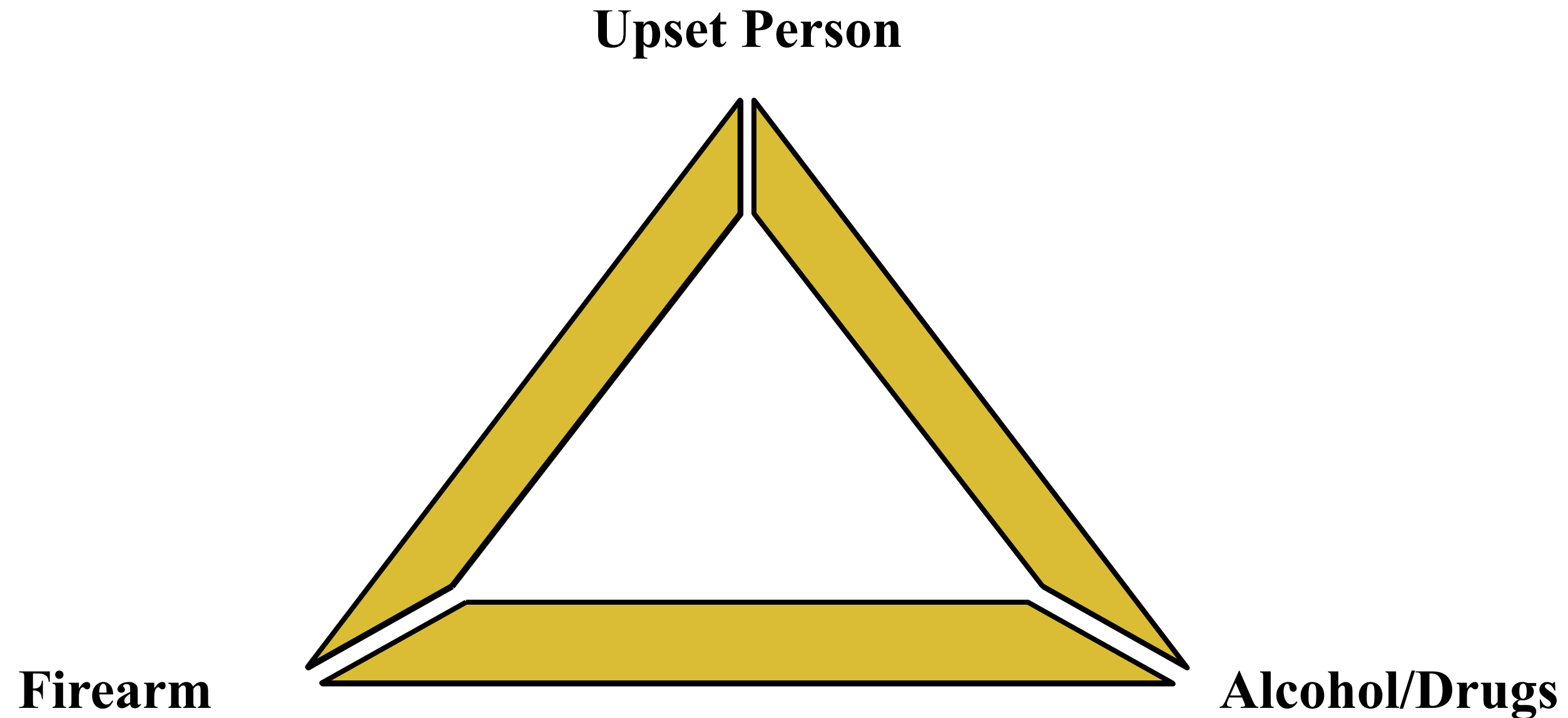
## Mood



- *Depression / anxiety*
- *Humiliation / shame*
- *Loss of interest*
- *Sudden improvement*



# The Lethal Triad



*When these three are present—risk of violence is high.*

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**TELL**

THE PERSON WHAT YOU NOTICED

**ASK**

"ARE YOU THINKING ABOUT SUICIDE?"

**LISTEN**

TO THEIR STORY

**KEEP SAFE**

BY REMOVING THE MEANS &  
CONNECTING TO RESOURCES

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Respectful &  
Persistent  
Inquiry



**COLUMBIA-SUICIDE SEVERITY RATING SCALE**  
*Screen with Triage Points for Primary Care*

Ask questions that are in bold and underlined.		Past month	
Ask Questions 1 and 2		YES	NO
1) <b><u>Have you wished you were dead or wished you could go to sleep and not wake up?</u></b>			
2) <b><u>Have you had any actual thoughts of killing yourself?</u></b>			
If YES to 2, ask questions 3, 4, 5, and 6. If NO to 2, go directly to question 6.			
3) <b><u>Have you been thinking about how you might do this?</u></b> e.g. "I thought about taking an overdose but I never made a specific plan as to when where or how I would actually do it....and I would never go through with it."			
4) <b><u>Have you had these thoughts and had some intention of acting on them?</u></b> as opposed to "I have the thoughts but I definitely will not do anything about them."			
5) <b><u>Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?</u></b>			
6) <b><u>Have you ever done anything, started to do anything, or prepared to do anything to end your life?</u></b>  Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, took out pills but didn't swallow any, held a gun but changed your mind or it was grabbed from your hand, went to the roof but didn't jump; or actually took pills, tried to shoot yourself, cut yourself, tried to hang yourself, etc.  If YES, ask: <b><u>Was this within the past 3 months?</u></b>		Lifetime	
		Past 3 Months	

**Response Protocol to C-SSRS Screening**

Item 1 Behavioral Health Referral

Item 2 Behavioral Health Referral

Item 3 Behavioral Health Consult (Psychiatric Nurse/Social Worker) and consider Patient Safety Precautions

Item 4 Behavioral Health Consultation and Patient Safety Precautions

Item 5 Behavioral Health Consultation and Patient Safety Precautions

Item 6 Behavioral Health Consult (Psychiatric Nurse/Social Worker) and consider Patient Safety Precautions

Item 6 3 months ago or less: Behavioral Health Consultation and Patient Safety Precautions

# The Road to Hope & Healing

"GRIEF IS THE PROOF THAT LOVE IS  
STILL THERE."

- Tessa Shaffer

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# Free 24/7 Crisis Services

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**IT'S OKAY TO ASK FOR HELP**

## **National Suicide Prevention Lifeline Network**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) | 1-800-273-TALK (8255)

## **Crisis Text Line**

Text TALK or HELP to 741-741

## **Georgia Crisis and Access Line**

[www.mygcal.com](http://www.mygcal.com) | 1-800-715-4225

## **Also visit your:**

- Primary care provider
- Local psychiatric hospital
- Local walk-in clinic
- Local emergency department
- Local urgent care center

# Contribute to Community Safety

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## INDIVIUALS WHO PRESENT WITH SUICIDAL OR HOMICIDAL IDEATION

- Take people seriously when they threat suicide
- Identify resources and share with others
- Volunteer to tell your story
- Promote physical and mental health
- Practice kindness and compassion toward yourself and others



# Thank You!

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YOU ARE MY HERO



[asist@chlink.org](mailto:asist@chlink.org)



912.661.0577



SafetyandResilience

