

Adolescent Suicidality: Prevention, Intervention, and Postvention Response

*WA Poison Center- Overdose Awareness Series
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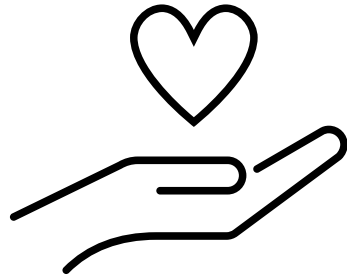
Speaker Disclosure

I have no actual or potential conflict of interest in relation to this program/presentation.



take care

We will be talking about suicide and suicide deaths. Please do what you need to take care of yourself.





Learning Objectives & Overview

- 1. Identify lethal means restriction and safety planning techniques for suicidal crises
- 2. Learn brief interventions for managing suicidal risk
- 3. Identify postvention responses to a suicidal crisis



National Concern

Suicide is the 2nd leading cause of death among adolescents and young adults between the ages of 10 and 24 years.

Suicide death among youth increased overall during the pandemic.



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Bridge, J., Ruch, D., et. al.



Trends

Attempts

Self-harm cutting/ piercing and self-harm poisoning were within the top 10 causes of non-fatal emergency department visits in the U.S.

In Washington State and nationally, females attempted suicide more frequently, yet males died by suicide more often by a ratio of at least 4:1.

Deaths

Age Range: under 18

Means:

60% by hanging, strangulation, suffocation
29% by firearms

Age Range: 18 - 24

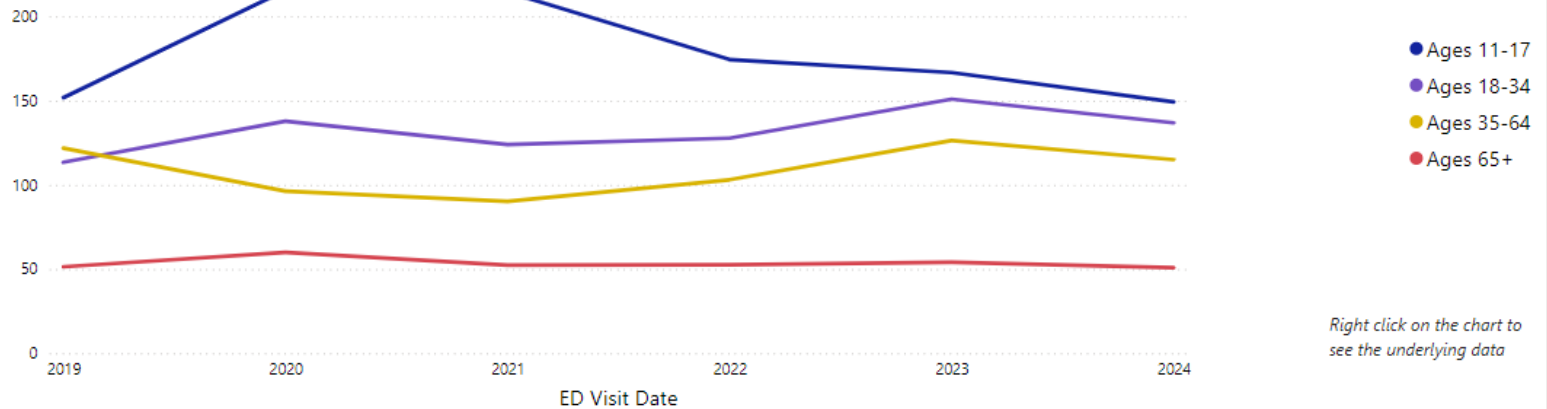
Means:

53% by firearms
32% by hanging, strangulation, suffocation



ED Visits

Statewide Rate of Non-Fatal Suspected Any Drug Overdose ED Visits per 10,000 ED Visits by Age Group

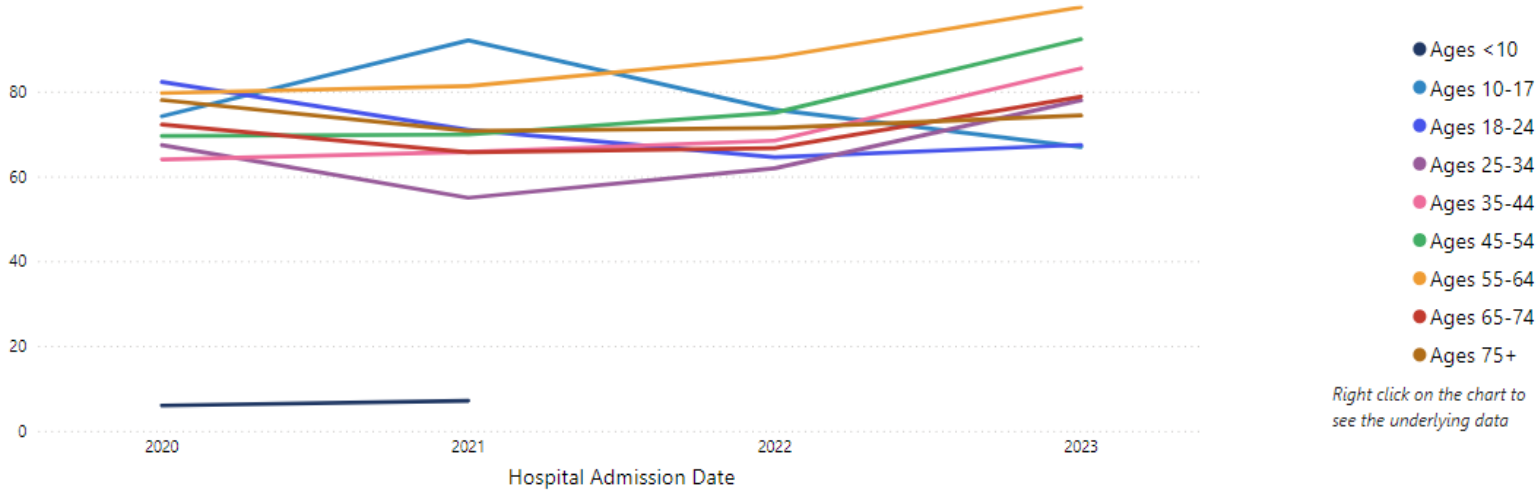


Right click on the chart to see the underlying data



Overdose Hospitalizations

Statewide Rate of All Drug and Opioid Overdose Hospitalizations per 100,000 Population by Age Group



Right click on the chart to see the underlying data



Treatment



Interventions



Prevention



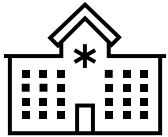


“Are you thinking about suicide?”



Intentional Overdose Treatment

What happens when someone overdoses?



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Emergency Department

- Patient enters the hospital's care

Medically Admitted/ ICU

- Hospitalization for physical treatment of overdose

Psychiatric Admission

- Inpatient psychiatric services

Intensive Outpatient or Partial Hospitalization Programs

- Typically, 2 to 4 hours of treatment, 3 to 7 days a week

Outpatient Services

- Weekly therapy

Overdose Treatment & Interventions

Emergency Department

Medically Admitted/ ICU

Psychiatric Admission

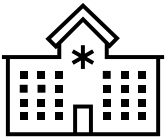
Intensive Outpatient or
Partial Hospitalization
Programs

Outpatient Services

Psychiatric consultation, psycho-education, emotional support, safety planning, risk assessment, lethal means reduction, etc.

Dialectical Behavioral Therapy (DBT), individual therapy, case management, family advocacy, safety planning, risk assessment, lethal means reduction, etc.

DBT, evidenced-based treatment, family component, individual therapy, psychiatric/ medication management, case management, safety planning, risk assessment, lethal means reduction, etc.



Treatment Providers & Clinicians

Emergency Department

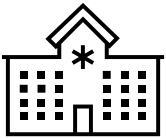
Medically Admitted/ICU

Psychiatric Admission

Intensive Outpatient or
Partial Hospitalization
Programs

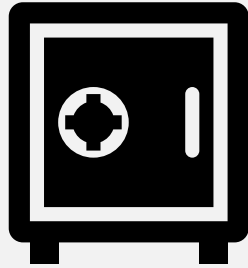
Outpatient Services

- Mental health evaluators
- Psychiatrists
- Psychologists
- Mental health therapists
- Social workers
- Case managers
- Family advocates
- Patient navigators
- Social service specialists

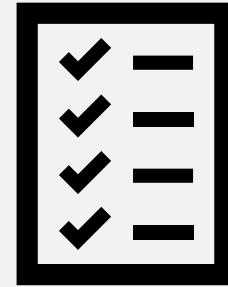


Intervention & Prevention

Both techniques are evidenced-based, meaning they have been shown to be effective in preventing self-harm during escalations.



Lethal Means Reduction/Restriction



Safety and Crisis Planning



Lethal Means Reduction

Securing dangerous items

- All medications are locked
- Removing firearms from the home
- Triple safe storage of firearms and ammunition
- Securing identified means (drowning, jumping, etc.)

Securing potentially dangerous items

- Securing sharps such as knives & razors
- Removing cleaning products from the home
- Sweeping for items that can be used for suffocation, strangulation, or hanging



Lethal Means Reduction

Safety Device Program at SCH

- Firearm lockboxes
 - Can be used for sharps, medications, etc.
- Cable locks
 - Can be used for larger firearms that do not fit in safes or in a lockbox.
- Trigger locks
 - Can be used on most firearms.

Provided at no cost to families



Lethal Means Reduction

Counseling on Access to Lethal Means (CALM) training

- Free training on talking to people to reduce access to lethal means
 - <https://zerosuicide.edc.org/resources/trainings-courses/CALM-course>



Safety Plans

Written document that details a plan to

- distract
- self-soothe
- get help

Helps guide choices and actions during difficult situations to help prevent someone from reaching a crisis.



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Triggers

Warning Signs

Coping Skills

Support from Parents or Caregivers

People and Resources to Call

Reasons to Live

Crisis Lines

Nearby Hospitals

Therapist's/ Agency's Crisis Lines

Making the Environment Safe



Safety Plans

Crisis Prevention Plan

Crisis Plan

Stanley-Brown Safety Plan

Safety Arc

Escalation Plan

Self-Care Plan

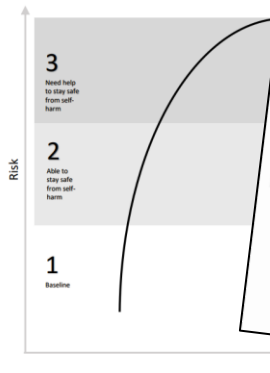


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Safety Plans are integrated into the child's electronic medical record so any staff member can view, refer to, and edit the plan.

Safety Plan Examples

Communication about safety



Safety Plan

3 Need help to stay safe from self-harm	Adults who I will tell when I'm at 3	What the adults will do when I'm at 3	If we need more help Contact information for your therapist, other professionals, and crisis services Name: _____ Phone: _____ Crisis text line: Text "text" to 747474 National Suicide Prevention Hotline: 1-800-273-8255 (toll-free) 1-888-628-7444 (toll-free) The Trevor Project (LGBTQ youth): 1-866-486-7888 or text "text" to 678787 TransLink: 1-866-833-4544 Go to the ER if needed
	Things I can do	People & Places that can distract	
	2 Able to stay safe from self-harm	Warning Signs Thoughts, feelings, actions/situations that I or others may notice when a crisis is starting	
1 Baseline			My reasons for living _____ _____ _____

Crisis Prevention Planning Worksheet

A Crisis Prevention Plan (CPP) is a plan that helps children and families prevent a small problem from turning into a crisis. Use your child's Coping Card to brainstorm ideas.

What is a Crisis Prevention Plan?
A CPP will help guide your choices and actions during difficult situations to prevent your child from reaching a crisis. This is not a plan to help at the height of a crisis, but a plan to help prevent the crisis in the first place.

How do we complete the CPP worksheet?
This worksheet will help you brainstorm ideas of what should be included on your child's CPP. While you may have ideas based on your experience, you will get a printed copy of the CPP Coping Card for ideas that may be helpful. Fill out the following sections as thoroughly as you can. Examples are provided for each section.

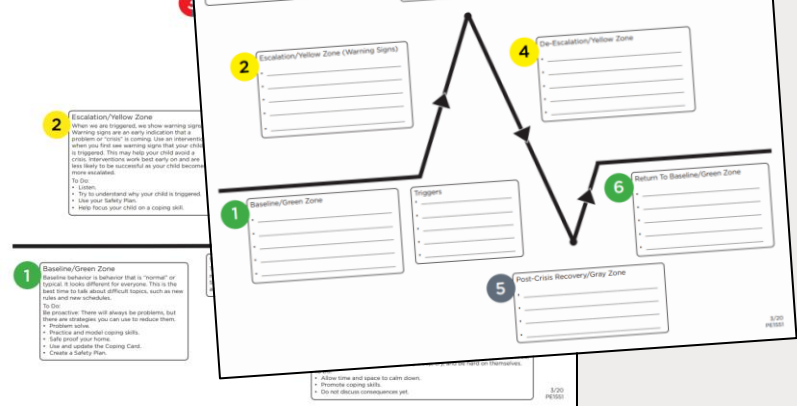
Triggers:
List the things that seem to trigger your child - things that make your child most sad, upset, anxious or distressed.
Examples:
Hearing "no," unexpected change of plans, being yelled, loud noises, arguments, not understanding homework, etc. Be as specific as possible. Hearing "no" is much more effective if you can specify what your child will stay out later than "correction."
1. _____ 6. _____
2. _____ 7. _____
3. _____ 8. _____
4. _____ 9. _____
5. _____ 10. _____

To Learn More
• Psychiatry and Behavioral Medicine Unit 200-987-2025
• Ask your child's healthcare provider
seattlechildrens.org

Free Interpreter Services
• In the hospital, ask your nurse
• From outside the hospital, call the toll-free Family Interpreting Line: 1-866-486-7827. Tell the interpreter the name or extension you need.

1 of 3
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Escalation Cycle



STANLEY - BROWN SAFETY PLAN

STEP 1: WARNING SIGNS:

1. _____
2. _____
3. _____

STEP 2: INTERNAL COPING STRATEGIES – THINGS I CAN DO TO TAKE MY MIND OFF MY PROBLEMS WITHOUT CONTACTING ANOTHER PERSON:

1. _____
2. _____
3. _____

STEP 3: PEOPLE AND SOCIAL SETTINGS THAT PROVIDE DISTRACTION:

- | | |
|-----------------|-----------------|
| 1. Name: _____ | Contact: _____ |
| 2. Name: _____ | Contact: _____ |
| 3. Place: _____ | 4. Place: _____ |

STEP 4: PEOPLE WHOM I CAN ASK FOR HELP DURING A CRISIS:

- | | |
|----------------|----------------|
| 1. Name: _____ | Contact: _____ |
| 2. Name: _____ | Contact: _____ |
| 3. Name: _____ | Contact: _____ |





STEP 5: PROFESSIONALS OR AGENCIES I CAN CONTACT DURING A CRISIS:

1. **Clinician/Agency Name:** _____ **Phone:** _____

Emergency Contact : _____

2. **Clinician/Agency Name:** _____ **Phone:** _____

Emergency Contact : _____

3. **Local Emergency Department:** _____

Emergency Department Address: _____

Emergency Department Phone : _____

4. **Suicide Prevention Lifeline Phone:** 1-800-273-TALK (8255)

STEP 6: MAKING THE ENVIRONMENT SAFER (PLAN FOR LETHAL MEANS SAFETY):

1. _____

2. _____

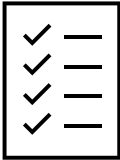
5. _____

STEP 2: INTERNAL COPING STRATEGIES – THINGS I CAN DO TO TAKE MY MIND OFF MY PROBLEMS WITHOUT CONTACTING ANOTHER PERSON:

1. _____

2. _____

3. _____



Coping Strategies For Managing Distress

Self-soothe- engage the 5 senses when feeling overwhelmed

1. Sight- watch the sunset
2. Sound- listen to your favorite song
3. Taste- eat your comfort food
4. Touch- put a soft blanket on your
5. Smell- use scented lotion



Coping Strategy: TIPP Skill

T

TIP THE TEMPERATURE of your face with COLD WATER* (to calm down fast)

- Holding your breath, put your face in a bowl of cold water, or hold a cold pack (or zip-lock bag of cold water) on your eyes and cheeks.
- Hold for 30 seconds. Keep water above 50°F.

I

INTENSE EXERCISE* (to calm down your body when it is revved up by emotion)

- Engage in intense exercise, if only for a short while.
- Expend your body's stored up physical energy by running, walking fast, jumping, playing basketball, lifting weights, etc.

P

PACED BREATHING (pace your breathing by slowing it down)

- Breathe deeply into your belly.
- Slow your pace of inhaling and exhaling way down (on average, five to six breaths per minute).
- Breathe *out* more slowly than you breathe *in* (for example, 5 seconds in and 7 seconds out).

PAIRED MUSCLE RELAXATION (to calm down by pairing muscle relaxation with breathing out)

- While breathing into your belly deeply tense your body muscles (*not* so much as to cause a cramp).
- Notice the tension in your body.
- While breathing out, say the word "Relax" in your mind.
- Let go of the tension.
- Notice the difference in your body.



Postvention responses to a suicidal crisis

1. Home Safety Strategies
2. Home Safety Planning
3. Safety Planning
4. Connection to ongoing mental health care



Home Safety Strategies

Safety Proofing the Home

Secure and lock up objects your child could use to hurt themselves or others, such as:

- All medicines, drugs, and alcohol – including all over-the-counter medicines and vitamins.
- Toxic chemicals – like bleach, cleaning products, yard products, and pest poisons.
- Sharps – such as knives and razors.
- Items that could be used for strangulation/suffocation – such as belts, cords, ropes, zip-ties, plastic bags, and sheets.
- Firearms and ammunition – be triple safe by keeping firearms unloaded and locked, and ammunition locked separately from firearms.
- Items that may be easily broken or used as a weapon, if your child has destructive or aggressive behaviors.

Make sure that your child does not know where the locked items are hidden.



Home Safety Strategies

Supporting your Child

- Structure and routine are one of the most useful tools in the home to manage severe behaviors.
- Use your child's Safety Plan, Coping Card, and Escalation Cycle to help them manage difficult emotions and problem solve through the use of skills.
- At home, maintain a “low-key” atmosphere and keep your regular routine.
- Follow your typical house rules and pick your battles. Safety is your greatest concern.
- Encourage your child to attend school, unless told not to by your child's provider.



Home Safety Planning Worksheet

• Safety Proof the Home

Safety concerns in my home

Suicide/Self Harm

- Strangulation/Suffocation - belts, scarves, sheets, cords, zip-ties, plastic bags and ropes
- Overdose/ingestion - including all over-the-counter medicines, drugs and alcohol, and toxic chemicals such as bleach, cleaning products, yard products, and pest poisons
- Firearms and ammunition - be triple safe by keeping firearms unloaded and locked, and ammunition locked separately from firearms
- Sharps/tools - such as knives razor, craft supplies, and tools
- Other:



Home Safety Planning Worksheet

• Home Safety Sweep

Kitchen

1. _____
2. _____
3. _____
4. _____
5. _____

Child's Bathroom

1. _____
2. _____
3. _____
4. _____
5. _____

Other Bathroom(s)

1. _____
2. _____
3. _____
4. _____
5. _____

Child's Bedroom

1. _____
2. _____
3. _____
4. _____

Living Room/Family Room

1. _____
2. _____
3. _____
4. _____
5. _____

Other Bedroom(s)

1. _____
2. _____
3. _____
4. _____
5. _____

Other Living Spaces/Basement

1. _____
2. _____
3. _____
4. _____
5. _____

Garage/Tool Shed/Outdoor Areas

1. _____
2. _____
3. _____
4. _____



Connection to ongoing mental health care

- WA Mental Health Referral Service
 - Call [833-303-5437](tel:833-303-5437) Monday to Friday, 8 a.m. to 5 p.m.

***Hope**





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