

Overview on Suicide Prevention

Youth Mental Health First Aid (YMHFA) Resource

Leon Leader Charge, Consultant TYRC



Opening in a Good Way

Learning Objectives

- Participants will have an increased knowledge of evidence-based practices that assist in suicide prevention.
- Participants will have an increased knowledge of cultural protective factors and how readiness to change are impactful in Indigenous communities.
- Participants will have an increased knowledge on the Youth Mental Health First Aid (YMHFA) curriculum and how to access this resource.

Suicide Prevention EBPs

- Question Persuade and Refer (QPR)
- Applied Suicide Intervention Skills Training (ASIST)
- SafeTalk
- Sources of Strength
- Mental Health First Aid (MHFA)
- Youth Mental Health First Aid (YMHFA)
- Reconstructing Resilience: a no-cost three-part virtual series throughout the 2022-2023 school year focusing on practical ideas and tools that adults can use to support young people in developing the skills and resilience that they need to recover from both the COVID and mental health crises.
- samfound.org: provides a no-cost suicide prevention training.

Risk and Protective Factors

- Risk Factors: Characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes. (SAMHSA)
- Protective Factors: Characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor's impact. Protective factors may be seen as positive countering events. (SAMHSA)

Risk Factors

- Risk factors are those individual and social-environmental characteristics associated with an increased likelihood of substance use
 - Community domain – community disorganization and crime
 - Community attitudes and norms towards substance abuse
 - Availability of illicit drugs
 - Socioeconomic factors
 - Family domain – parental monitoring, encouragement, and attitudes towards substance abuse
 - Poor academic performance
 - Peer/individual domain – Antisocial behavior, individual/friends' attitude/use towards substance use (SAMHSA NHSDA 1999)

Protective Factors

- Protective factors are those features of an individual and social environment that increase the likelihood that a juvenile will abstain from substance use
 - Religious/spirituality beliefs
 - Commitment to school
 - Exposure to prevention messages in school – class, films, lectures, assemblies
 - Family communication
 - High self esteem
 - Coping and problem-solving skills actions against substance use
 - Perceived prevalence for substance abuse
 - (NHSDA, 1999)

Cultural Protective Factors

- Positive attitude
- Values and beliefs
- Ceremony
- Smudging
- Drumming
- Dancing
- Social connectedness
- Parental resilience
- Talking circles
- Cultural connectedness





Cultural Protective Factors

- Personal wellness
- Positive self image
- Self – efficacy
- Familial and non familial connectedness
- Positive opportunities
- Positive social norms
- In a study of suicide attempts among AI/AN youth, the authors concluded that increasing protective factors was more effective at reducing the probability of a suicide attempt than was decreasing risk factors. (Borowsky et al. 1999)



Cultural Protective Factors - Resources

- Circle of courage
 - Belonging, mastery, independence, & generosity
 - Gathering of Native Americans
- Zero suicide – medicine wheel
 - <https://zerosuicide.edc.org/toolkit/toolkit-adaptations/indian-country>
 - Zero suicide workforce survey
 - Roadmap to resilience - <https://roadmaptoresilience.wordpress.com/>



Individual Readiness to Change

- Trans Theoretical Model – Stages of Change
 - Pre-contemplation
 - Contemplation
 - Preparation
 - Action
 - Maintenance



Community Readiness Model - CRM

Assessing community readiness for change and increasing community capacity for suicide prevention. Creating a climate that makes healthy community change possible.

- Define community
- Conduct key respondent interviews
- Score to determine readiness level
- Develop strategies/conduct workshops
- Create community change

Community Readiness Model - CRM

- Dimensions of readiness for suicide prevention
- Key factors that influence your community's preparedness to take action on suicide prevention
 - Community efforts
 - Community knowledge of efforts
 - Leadership
 - Community climate
 - Community knowledge about the issue
 - Resources related to the issue

Community Readiness Model - CRM

Stages of Community Awareness:

1. No awareness
2. Denial/resistance
3. Vague awareness
4. Preplanning
5. Preparation
6. Initiation
7. Stabilization
8. Confirmation/Expansion
9. High level of community ownership

Youth Mental Health First Aid (YMHFA)

Designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

YMHFA is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. (mentalhealthfirstaid.org)

Youth Mental Health First Aid

- Informs adults about common mental health concerns among youth.
- Reduces stigma.
- Teaches adults how to recognize signs and symptoms of mental health and substance use problems in youth.
- Provides adults with skills to use a 5-step action plan to help a youth who may be facing a mental health problem or crisis, such as suicide.

Youth Mental Health First Aid

- Help offered to a young person experiencing mental health challenge, mental health disorder, or mental health crisis. The first aid is given until appropriate help is received or until a crisis is deescalated


Mental Health First Aid Action Plan - ALGEE

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self–help and other support strategies
- Self care as a first aid is important

Questions, Comments, or Feedback?

Closing





This project was supported by Grant #15PJDP-21-GK-04048-MUMU awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice.

The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect those of the Department of Justice.