Teen Suicide
An exploration in recognition of signs, risks, and prevention

Objectives

By the end of the presentation, participants will be able to:

• describe the problem of suicide in the U.S. and for the teen population
• discuss 2 risk factors for teen suicide ideation and suicide
• identify 3 suicide prevention resource available to nurses
Suicide

Definitions

- **Suicide** - an intentional self injurious act committed by a person by various means
- **Suicide ideation** - the thinking process related to one's own personal death that includes death wish, making of a plan to achieve death, and consideration of method(s) for carrying out the plan
- **Completed suicide** - resultant death due to a self injurious act committed by a person

Suicide in the U.S.

The Data

• One American dies from suicide every 12 minutes—and over the past 20 years, there has been an escalation in suicide rates in every state of the country.

• In 2017 the Oklahoma suicide death rate was 19.1 compared to the national rate of 14.0. There were 756 deaths. This statistic places Oklahoma tied for 13th in state ranking for suicide as the leading cause of death.

Suicide in the U.S.  

The Data

- For the first time in decades, life expectancy for Americans is decreasing due to suicide.

- Current research suggests that in the U.S. there were 1.4 million suicide attempts and more than 47,000 suicide deaths.

- At no time in the history of the U.S, has the suicide rate been as high as the current rate and just a shocking, the incidence is still on the rise.

Suicide in the U.S.

The Data

- Rural counties are impacted the greatest by suicide compared to urban counties because the suicide rate in rural counties is double the rate in urban counties.

- Among females, suicide rates have skyrocketed to a 50% increase.

- Of all those who take their life, in the year prior to the suicide, 39% visited an E.D.


Teen Rates for Suicide

- Among young people ages 10-14, suicide is the third leading cause of death; ages 15-34, suicide is the second leading cause of death.

- Native American/Alaska Natives: suicide ranks as the second leading cause of death for age group 10-14; for the 15-34 age group the rate is 1.5 times higher than national average for the same age group of all other ethnicities.

- Hispanics in 9th-12th grades, 11.3% attempt suicide more than their African American or Caucasian peers.

- At some point in their young lives, approximately 50% of teens have thought about suicide at least once.

- 10% - 12% of teens attempt suicide, 8% attempt one or more times, however only 1 - 2% are successful.

- The range of attempts is 8 - 25 for every 1 successful suicide.


Suicide in the U.S.

The Data

• The impact - suicide touches whole communities. Each person who dies by suicide not only leaves behind 135 people who knew that person, but the impact of suicide, and the bereavement that follows this tragedy.
We are not bound by ropes but, by the thoughts inside our heads.

- Anonymous
Why Teens Commit Suicide

- Depression
- Trauma/Home Violence
- Bullying, especially LBGTQ teens
- Illicit Substance Abuse
- Peer Rejection
Risks

Mental Health Issues

• 1 out of 5 people who committed suicide visited a mental health provider the previous month

• Lower serotonin levels or metabolites in CSF, brainstem, or frontal cortex

9 out of 10 people who die by suicide have a mental health condition contributing to their death.

American Foundation for Prevention of Suicide 2018 Annual Report (n. d.)
Risks

- Biological Factors: family genetics
- Psychological Factors: revenge, guilt, hopelessness
- Cultural Factors: religion, family values, gender identity issues, sexual orientation issues, perspective on death; ethnicity is a major factor, as Caucasians have the highest reported rate beginning in 2015
- Environmental: diathesis-stress model (suicidal fantasies and loss: love, self-esteem, employment, freedom through incarceration, guilt feelings, and a close connection to someone who has previously committed suicide (copy cat).
- Societal: isolation, assisted suicide, suicide bombing
Methods & Means

- Firearm
- Suffocation/Hanging
- Poisoning/Medications

In this country the largest percent of all suicides (51%) are committed with firearms, and likewise the largest percent of all firearm deaths (60%) are suicide.

Followed by suffocation and hanging (26.7%) then poisoning (15.9%)
Suicide Prevention Resources

For Nurses

Suicide Safe

- Free Mobile App that helps nurses assess suicide risks among their patients, initiate and integrate suicide prevention strategies into their practice. The Suicide Safe app is based on SAMHSA's Suicide Assessment Five-Step Evaluation and Triage (SAFE-T) card

- https://www.youtube.com/watch?v=dFX4FuBazAU
Suicide Safe

• Applicable for use in behavioral health and primary care settings
• Provides educational material and SAFE-T approach
• Suggestions for initiating the conversation
• Provides treatment options

SAMHSA. (2015, March 11). SAMHSA’s Suicide Prevention App, Suicide Safe, for Health Care Providers [Video file] Retrieved from https://www.youtube.com/watch?v=dFX4FuBazAU
Prevention Courses

Preventing suicide in Emergency Department Patients-
https://training.sprc.org/enrol/index.php?id=30

Counseling on Access to Lethal Means (CALM) online course -
Prevention Resources

Seize the Awkward

- A campaign containing posters, social sharables, and videos for teens and young adults launched by the American Foundation for Suicide Prevention (AFSP) that has been viewed 13.5 million times.

- AFSP reports that individuals who have watched the videos and viewed the materials are 36% more likely than those who haven’t to have confidence in knowing how to support someone they know struggling with mental health issues like suicide ideation; feel at ease initiating a conversation about mental illness, and connecting those in need to help to.
Possible Signs to Watch
The Awkward Silence
Prevention Resources

- **National Suicide Prevention Lifeline**  1-800-273-TALK (8255)
  Free and confidential support for people in distress, 24/7

- **Tribal Training and Technical Assistance (TTA)**
  https://www.samhsa.gov/tribal-ttac

- **American Association of Suicidology (AAS)**
  http://www.suicidology.org

- **National Institute of Mental Health (NIMH)**

- **National Center for Injury Prevention and Control (NCIPC)**
  http://www.cdc.gov/ViolencePrevention/suicide/index.html

- **Indian Health Service (IHS)**
  http://www.ihs.gov/suicideprevention/

- **Children's Safety Network (CSN)**
  http://www.childrenssafetynetwork.org

- **Jed Foundation**
  https://www.jedfoundation.org/

- **Suicide Awareness Voices of Education (SAVE)**
  http://www.save.org
Questions
Kimethria L. Jackson

(405) 271-1491 ext. 43245

Kimethria-Jackson@ouhsc.edu