M.A.D. – H.O.P.E.
presents
SUICIDE PREVENTION TRAINING
CONNECT ~ EDUCATE ~ EMPOWER

Our mission is to eliminate youth suicide by empowering school communities with opportunities for interpersonal connectedness, accurate information about youth suicide, and practical tools designed to prevent it.
Why We Are Here…
Youth Suicide Statistics

- Suicide is the second leading cause of death in Washington for youth 10-24 years.

- In 2016, 39% of Whatcom Native Americans in 8th grade reported being depressed in the last 12 months.
Why We Are Here…
Youth Suicide Statistics

• In 2016, 19% of male and 35% of female Whatcom County 8th graders reported being depressed in the last 30 days.

• 30% of LGBTQ report at least one suicide attempt in the past year
VIDEO

Time Machine by Austin Mansell

DISCUSSION!
Three Core Elements of Suicide

Overcoming the Universal fear of death

Feel like a burden

Feel disconnected from friends, family school

How To Respond

Communicating with a Person who is Considering Suicide
How To Respond

- ANY SUICIDAL INTENT MUST BE TAKEN SERIOUSLY
- Be GENUINE and PRESENT
- LISTEN - without judgment
- ACKNOWLEDGE pain
- HONOR thoughts and emotions expressed
- Express LOVE and CONCERN
CONNECTION PREVENTS SUICIDE!

• Many depressed people report that it is their connection to a loved one that keeps them from acting on suicidal thoughts.

• The need to BELONG is SO POWERFUL = it can prevent suicide
Friends don’t keep a deadly secret!

If a friend tells you they are suicidal or they say “no”, but you’re not convinced, tell a trusted adult.
Practice
Words Matter

1. Find ‘Words Matter’ worksheet in your packet.
2. Turn to the person sitting next to you.
3. Notice ineffective language in the left column.
4. Notice effective language in the right column.
5. One partner will read a statement from the ‘Ineffective Language’ column.
6. The other partner will respond with the corresponding statement from the ‘Effective Language’ column.
Ask the Question

Are you thinking about killing yourself?
Are you thinking about suicide?
Example of an Intervention

- The ‘trust your gut’ check in.
  - I’ve been worried about you because lately you’ve been…
  - OR: I wanted to let you know that I care about you and have noticed…
  - OR: I wanted to talk with you because I noticed…
- Listen without judgment.
- Ask the question directly.
  - I’m worried that you might be very sad, depressed, really upset or even suicidal.
  - Are you thinking about killing yourself?
  - OR: Are you thinking about suicide?
- Listen with compassion.
  - Use Words that Matter to respond.
  - Remember you are not trying to fix or correct anything.
- Get adult help -
  - We need to get some adult help.
  - Is there someone you feel comfortable talking to? Who? I know you like_____, I like _____. Lets go talk with him/her.
  - If in immediate danger, call 911, stay with the person, unless you are endangered, until help arrives.
M.A.D.-H.O.P.E
Peer Educator Program

Peer Educators
“eyes & ears”

Trusted Adults
(School Staff)
“support & referral”
Thank you!
Stigma of Suicide

&

Depression
Stigma is a problem of knowledge, attitudes and behavior

(Lack of Knowledge) Ignorance → (Attitude) Prejudice → (Behavior) Discrimination

Keeps people who need help from seeking it
Stigma of Depression

• Externalized stigma
  • Cultural belief that it’s not a legitimate disorder
  • Cultural belief that stoicism, hard work and personal initiative are cure-alls

• Internalized stigma
  • Self shame
  • Character weakness
  • “Damaged goods”
Myths & Biases

Certain myths and/or biases about suicide are created by trying to reason about the suicidal mind from a non-suicidal place.
TRUTH:

Suicidal thinkers perceive themselves to be a burden to others and believe their death will be a relief or blessing to their friends and family.
TRUTH:

Suicidal thinkers look like me or you.
People who make suicidal statements do need our attention. Because, over 70% of those who threaten suicide go on to attempt or complete suicide. Take statements made on social media seriously!
TRUTH:

Talking about suicide will not plant the idea in someone’s head

Talking about suicide may be the *only* way to prevent it
TRUTH:

Suicide is the most preventable form of death.

YOU can care.

YOU can take action to prevention suicide!