

Youth Suicide: A Reality



Self-harm and suicide – ‘preventing’
and ‘minimising’ damaging behaviour



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Why this workshop....

- Why now?
- What are you doing to support suicide prevention?
- What are you doing to support children and young people who self-harm?

Take a couple of minutes to jot your answers down...



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The purpose of this programme of work is ...

To “Build a Suicide Safer Community”, we need to..

- To work with and support children and young people in a community that demonstrates a commitment to suicide prevention
- To provide compassionate care and support to those bereaved by suicide.
- To promote the mental health and wellness of its citizens.



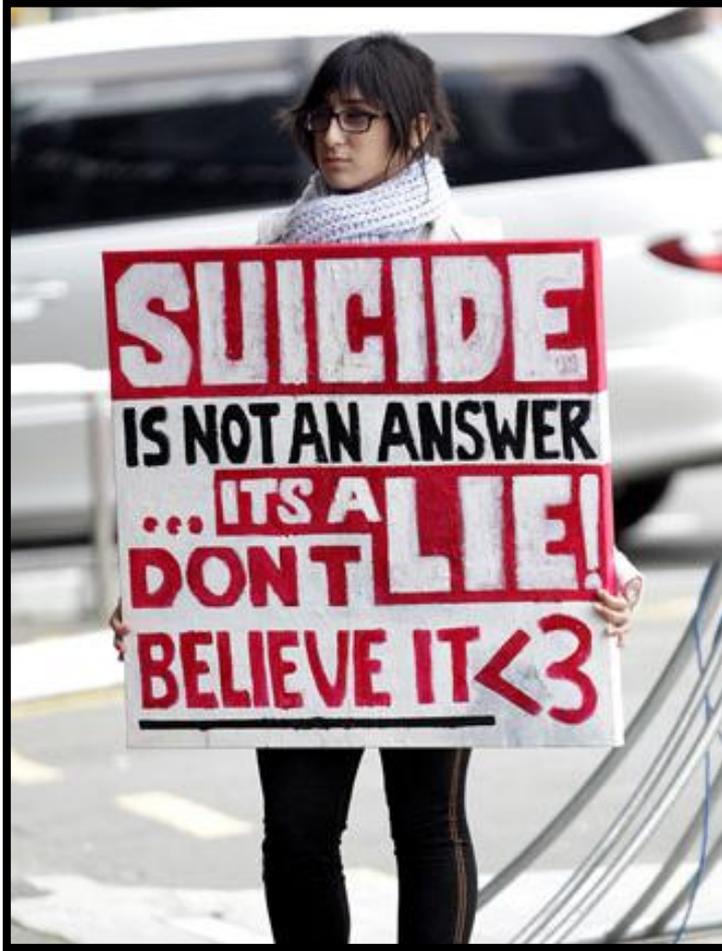
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Number of suicides by age group and gender in UK (2009)

Age (years)	5-14	15-24	25-34	35-44	45-54	55-64	65-74	75+	All
Males	4	332	564	830	712	457	219	195	3313
Females	3	84	133	195	191	148	81	97	932
Total	7	416	697	1025	903	605	300	292	4245

World Health Organization (2012) *Number of Suicides by Age Group and Gender: United Kingdom of Great Britain and Northern Ireland 2009*. Available at: http://www.who.int/mental_health/media/unitkingd.pdf (accessed December 2012).



Facts -

Completed suicides by under 12 yr olds – are rare.

In the UK the overall suicide rate is approx 13 per 100,000 population

But, 17 per 100,000 in adolescence

Teenage suicide rates in Europe & USA increased since the 1950's

In the mid -1980's 20% of suicides in the Western world were adolescents



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Youth Self-harm

Module 1: PowerPoint slide 1.19

How common is self-harm? (2)

Highest rate of self-harm was found among
13 to 15-year-old girls.

Green H, McGinnity A, Meltzer H, Ford T & Goodman R (2005) *Mental Health of Children and Young People in Great Britain 2004*. London: Palgrave.

Rates in young women (15 to 19 year olds) noted to
rise since 1980s.

Hawton K, Saunders K & O'Connor R (2012) *The Lancet* **379** (9834) 2373–2382.

Hawton *et al*/also found a marked rise in the
number of young men self-harming.

Hawton K, Saunders K & O'Connor R (2012) *The Lancet* **379** (9834) 2373–2382.

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Native American tribes struggle with youth suicides

On Feb. 12, Richard Stone, left, and Tyler Owens stand near a tree where a Native American girl and her father both committed suicide in Sacaton, Ariz.

Linda Davidson/The Washington Post

Posted: Sunday, March 9, 2014 7:30 pm | Updated: 8:02 am,

Mon Mar 10, 2014.

By Sari Horwitz

The Washington Post |



SACATON, Ariz. — The tamarisk tree down the dirt road from Tyler Owens’ house is the one where the teenage girl who lived across the road hanged herself.

Don’t climb it, don’t touch it, admonished Owens’ grandmother when Tyler, now 18, was younger. There are other taboo markers around the Gila River Indian reservation — eight young people committed suicide there over the course of a single year.

“We’re not really open to conversation about suicide,” Owens said. “It’s kind of like a private matter, a sensitive topic. If a suicide happens, you’re there for the family. Then after that, it’s kind of just, like, left alone.”

But the silence that has shrouded suicide in Indian country is being pierced by growing alarm at the sheer number of young Native Americans taking their own lives — **more than three times the national average, and up to 10 times on some reservations.**

A toxic collection of pathologies — poverty, unemployment, domestic violence, sexual assault, alcoholism and drug addiction — has seeped into the lives of young people among the nation’s 566 tribes. Reversing their crushing hopelessness, Indian experts say, is one of the biggest challenges for these communities.

“The circumstances are absolutely dire for Indian children,”

MailOnline

Hannah Smith, 14, hanged herself in her bedroom ten days ago after being targeted by trolls on Ask.fm.



Father of suicide girl, 14, attacks Ask.fm's Latvian bosses after they claim she trolled HERSELF

**Executives at Ask.fm carried out internal investigation into abusive posts
98% were 'sent from a computer with same IP address as Hannah's'**

**Tragic teenager was found hanged after suffering months of abuse
She received posts telling her to 'kill herself, cut herself and 'drink bleach'
Founders of website have said they will hand over details of her abusers
Belgium-based teenager who sent vile posts reveals himself online**

By [NICK FAGGE](#)

PUBLISHED: 10:53, 11 August 2013

Impact, can be to overwhelm us...



Suicide contagion



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'Suicide Awareness' requires a process:

- Acknowledgement of the stigma – impact on us all
- A change in language – historical and current connections with crime and 'sin'.
- Opportunities to decide an approach
- A framework to support local communities

- Better equipped children & children's professionals
- A proactive, explicit approach to building trauma sensitive environments
- **Acknowledgement of the impact of an omission of hope and belonging in a child/adult's life = high risk of suicide**



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Youth Suicide: A Reality

Lets start by having a conversation with young people....



- Working with young people and their families.
- Understanding the behaviour.
- Professional response to self-harm and suicidal behaviour



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Exercise 1 : Show film...

Individually write down in the following order

- Feelings provoked for you
- Your thoughts
- Your Observations



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Group Form – Hand in on leaving workshop – many thanks

Feelings provoked	Your thoughts	Your observations



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Exercise 2: Share your notes

Agree key points for feedback

- Go into groups of three – five
- Complete the Group Form
- Share what you feel safe in sharing



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FLASH CARD 1

‘We don’t talk about suicide’

Shared view by children and adults.

- Consider the language of suicide.
- Consider historical references and attitudes.
- Share the information from the general knowledge section.

“A third of people in the UK would still not talk to anyone about their feelings if they were suicidal.”

YouGov survey pub Samaritans 2011



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Child line's new findings..

News, 9th January 2014.



- “Alarming” increase in calls related to self-harm and suicide, reports ChildLine
- **Calls to ChildLine about self-harm and suicide have increased by more than a third in the past year, according to a new report from the organisation.**
- ChildLine’s report, *Can I Tell You Something?*, found that number of young people calling about self-harm increased by 41% in the past year. This is the second year in succession that the number has increased.
- Where age was known, 70% of the contacts ChildLine received about self-harm came from young people aged between 12-15 years.
- **In addition, there was a 33% increase in young people talking about suicidal thoughts and feelings. For 16-18 year olds, suicide was the third most common reason to contact ChildLine.**
- While 17 year olds are the age group most commonly affected by issues relating to suicide, the biggest increase year-on-year was among 12-15-year-olds.
- ChildLine also reported an **87% increase in the number of calls relating to cyberbullying in the past year.** Young people told ChildLine that the 24-hour nature of online bullying means there's no escape and can lead to serious feelings of isolation, low self-esteem and, in a few cases, even suicide.

FLASH CARD 2

Young people's thoughts

Quotes from the film include:

“I'd support my friend...”

“If you're sad, imagine how sad they must be...”

“You need the right counsellor...”

Share young people's quotes in pack

*What do the children in your local communities
and schools think about youth suicide?*



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Stigma & Suicide

- Stigma can have a negative impact on our sense of hope
- We therefore need to consider how we can **reduce the stigma whilst also increasing our understanding**



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The impact of suicide on families and friends

Survivors can:

- feel dishonourable
- stigmatise their grief
- experience an impact on their sense of belonging in the community
- **be more vulnerable to P.T.S.D (due to complex grief process)**



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Suicide most stigmatised of human activities

STIGMA = Fear + Ignorance

- Normal & Healthy
- Helps us keep safe
- Amygdala part of brains fear equipment

Loss of fear =
removes a barrier
towards suicide

Where Fearless ness is encouraged
= IN PREVENTION EXAMINE MORE

Drive this
out!



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The importance of hope & belonging

Workshop 2: PowerPoint slide 2.8

Hope

'Hope;
we ridicule those who have too much of it.
We hospitalize those who have too little.
It is dependent on so many things yet indisputably necessary to most.
Those who have it live longer.
Words cannot destroy it.
Science has overlooked it.
A day without it is dreadful.
A day with an abundance of it guarantees little.'

Reproduced with kind permission from Ronna Jevne.

Jevne R (1991) *It All Begins With Hope: Patients, caregivers and the bereaved speak out*. San Diego: Lura Media.

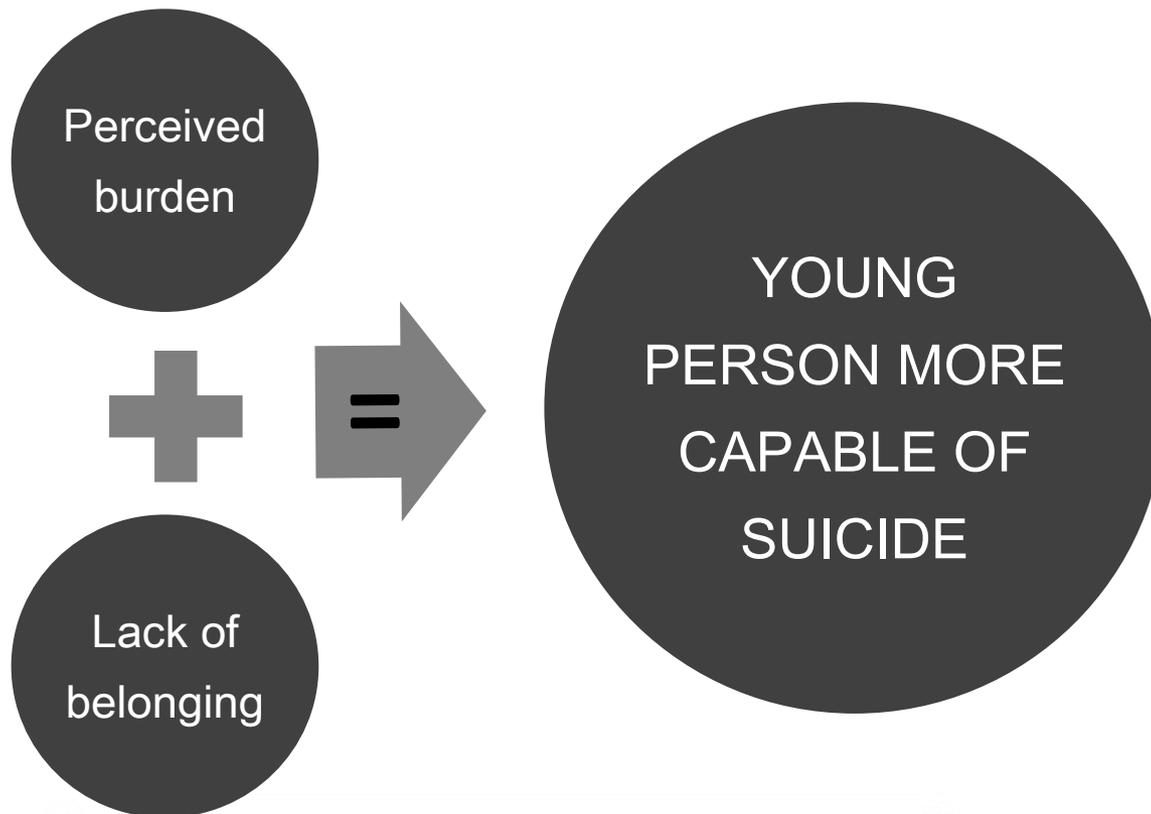
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A model to understand thought processes and the act of suicide



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Break

- Option go to Slide 28
- (Slides 24 – 27 Consider Depression & Young people)



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Many suicides are committed by people who are depressed.

An American helpline....

- Depression is a mental health disorder. It causes chemical imbalances in the brain, which can lead to despondency, lethargy, or general apathy towards life.
- Almost half of 14- and 15-year-olds have reported feeling some symptoms of depression, which makes coping with the extensive stresses of adolescence all the more difficult. Symptoms of depression in youth are often overlooked or passed off as being typical "adolescent turmoil."
- Another serious problem that can lead teens to suicide - or aid in their plans to end their lives - is the easy access many of them have to firearms, drugs, alcohol, and motor vehicles. For the general population, about 30% of suicides involve firearms. Of all firearm-related deaths that occur, about 80% are suicides

Depression affects 2 in every 100 children under 12 years old, and 5 in every 100 teenagers. (R.C.P.)

In this country...



Most people, children as well as adults, feel low or 'blue' occasionally. Feeling sad is a normal reaction to experiences that are stressful or upsetting.

- When these feelings go on and on, or dominate and interfere with your whole life, it can become an illness. This illness is called 'depression'.
- “A depressive illness is an over-whelming feeling, which dulls thinking, impairs concentration, saps energy, interest in food, sex, work and everyday activities and disrupts sleep.” (*Aware: Helping to defeat depression*)



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Prevalence of depression on the rise

1% ↓ 0 – 5 yr olds

1% ↑ 6 – 11 yr olds

3% ↑ 12 – 18 yr olds



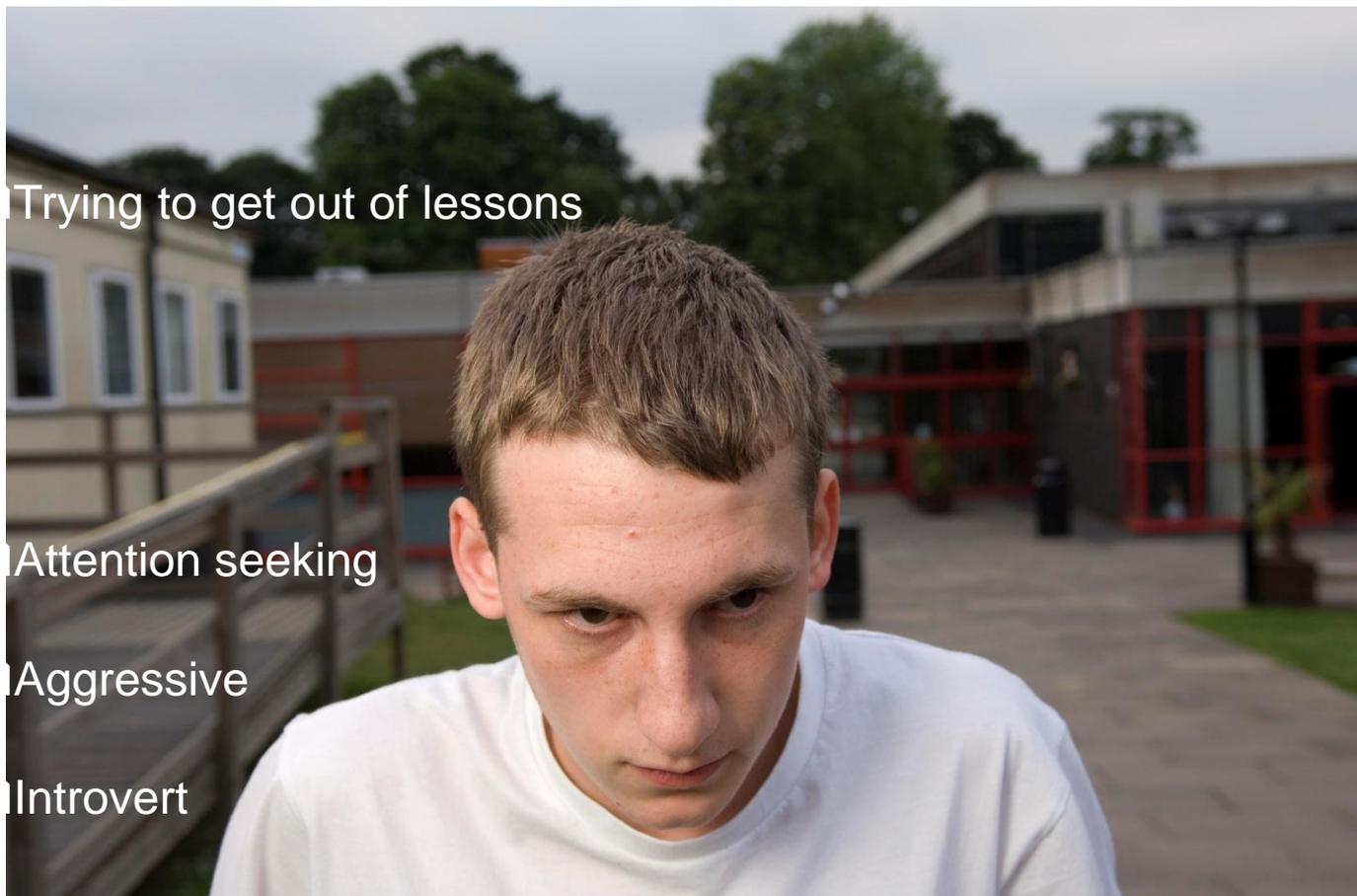
NICE GUIDELINES:

Young People and Depression 2005



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A pupil 's behaviour can often be dismissed or misinterpreted as:



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Key themes to consider when we are thinking about suicide prevention

- Evidence of Hope
- Language of suicide
- Reducing Stigma
- Myths & Facts – introducing the role of fearlessness
- Risk v resilience factors
- Suicide Loss survivors
- **Trauma Sensitive Services/Learning Environment Checklists**



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Preventing Youth Suicide - Tips for Parents and You

- Suicide is the third leading cause of death among youth between 10 and 19 years of age. However, *suicide is preventable*.
- Children who are contemplating suicide frequently give warning signs of their distress.
- Parents, teachers, and friends are in a key position to pick up on these signs and get help.
- Most important is to never take these warning signs lightly or promise to keep them secret.

When all adults and students in the school/community are committed to making suicide prevention a priority—and are empowered to take the correct actions—we can help children before they engage in behaviour with irreversible consequences.



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Suicide Awareness Day

Everybody's business...



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Suicide Awareness Day

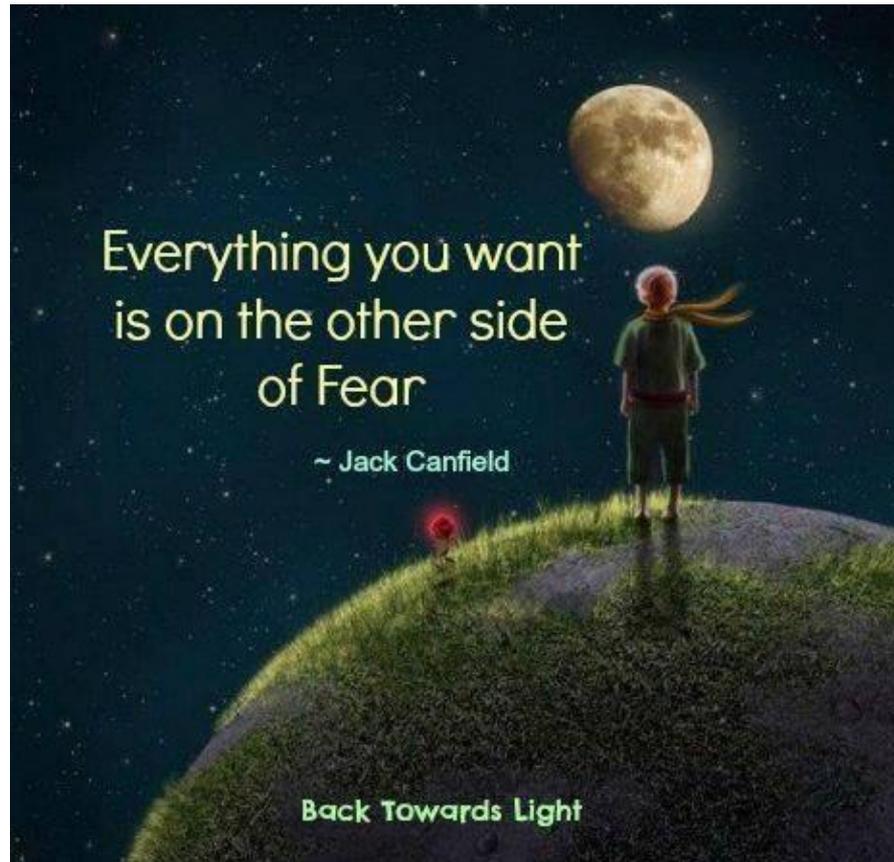
What are you going to do?

- Share two things....
- Share your ideas with the group



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For more information about wellbeingprojects and Jude Sellen, your facilitator's work, visit www.wellbeingprojects.co.uk and 'Like' www.facebook.com/wellebingprojects
Copies of the Short Film Pack 'Youth Suicide : A Reality' are available to purchase today



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