



Youth Suicide Prevention

Exploring Teen Suicide Trends and Insights

Presented by

Natasha Donnelly, RN, PhD, Millennium Fellow

and

Jane Ann Miller, MPH

NC-VDRS Data: Suicide 0-17

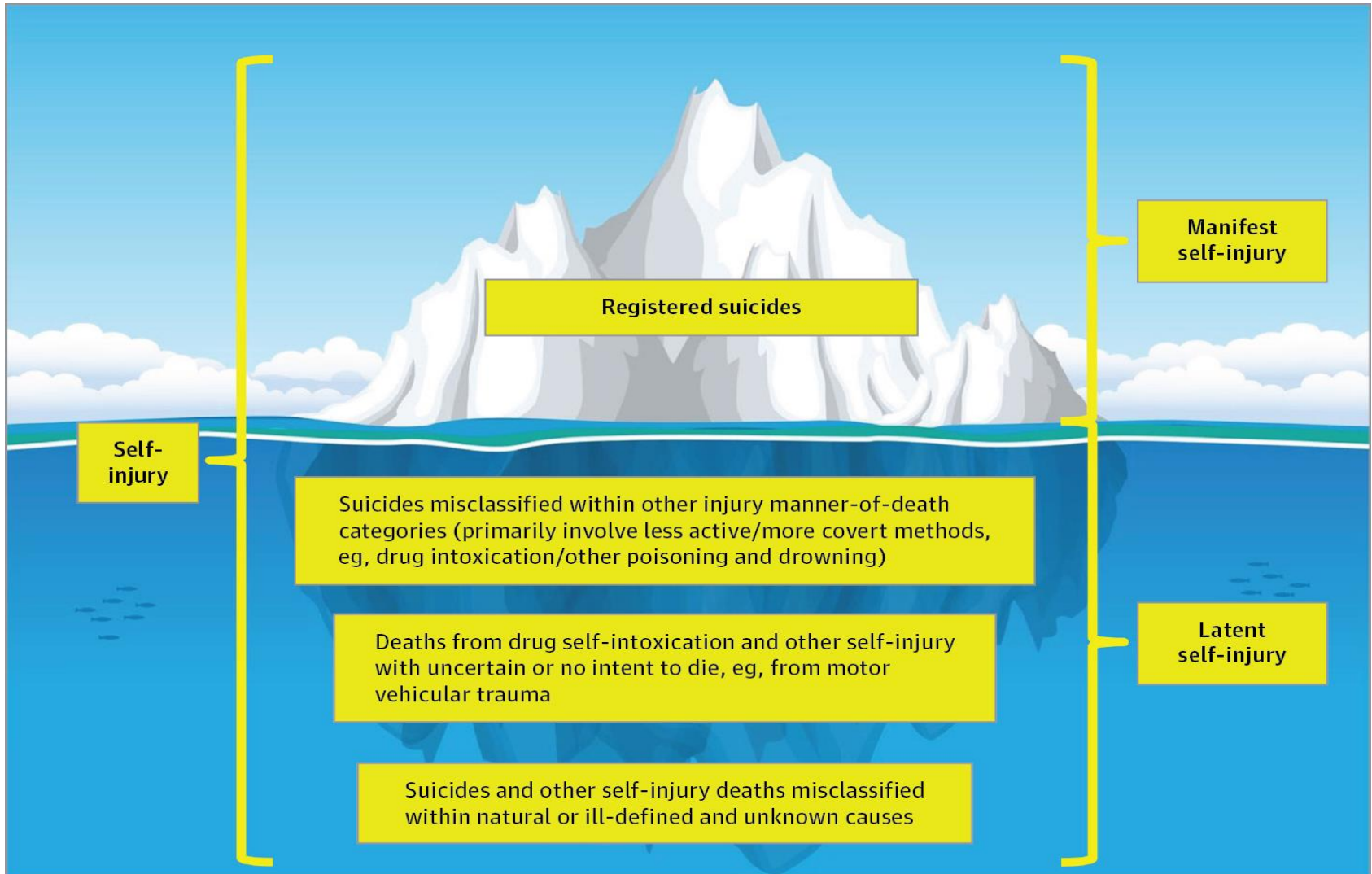
Types of Information Gathered by NC-VDRS

- **Demographics (victim and suspect)**
- **Circumstances of the event**
- **Alcohol/Drug use by the victim**
- **Type of location where the event happened**
- **Type of weapon used**
- **Relationship between the victim and suspect**

Understanding Youth Suicide Case Definition

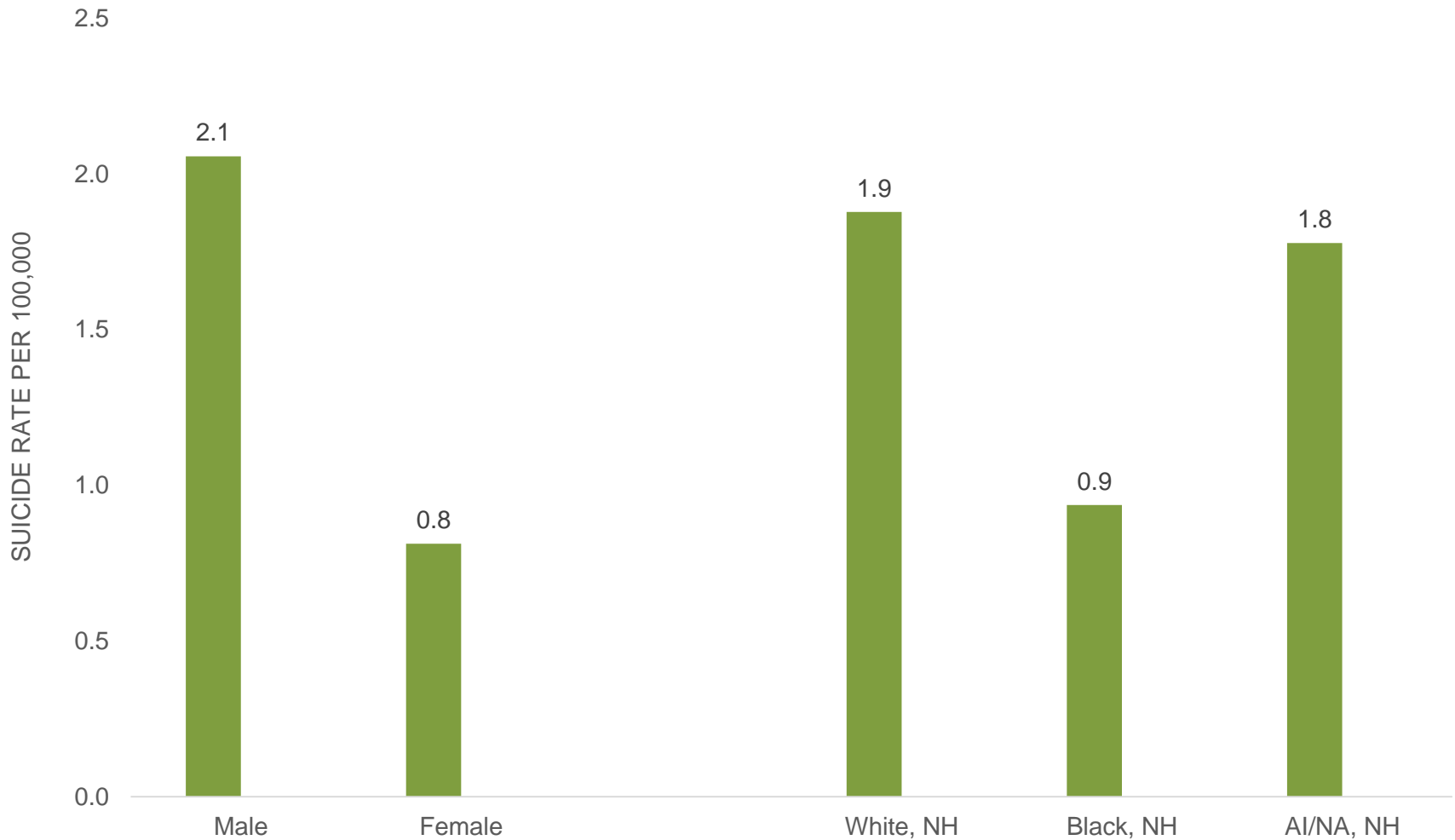
- *Suicides that occur in children younger than age 10 do not meet the VDRS case definition*
- **According to the Centre for Suicide Prevention:**
- **Uncertainty exists around whether children younger than 10 have the developmental maturity to act on suicidal thoughts**
 - Children can have the intent to cause self-injury or death
 - Act on these emotions without an understanding of lethality or finality of the act itself
- **Suicides in children younger than age 10 are rare**
 - When they do occur, largely underreported (commonly reported as accidents)

Examples of Hidden Suicides



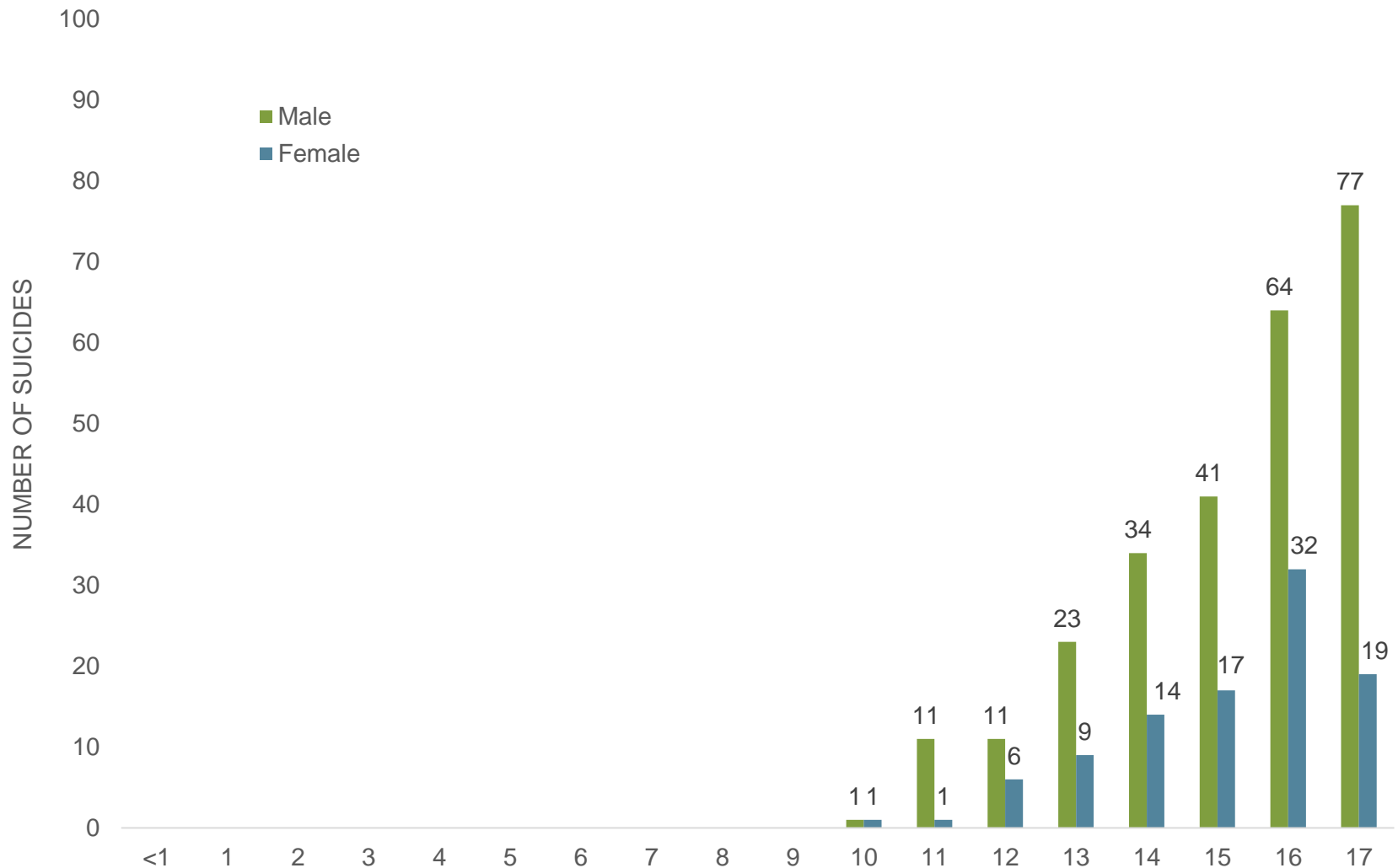
JAMA, 2018

Suicide Rates by Sex and Race/Ethnicity: North Carolina ages 0-17 (NC-VDRS, 2006-2016)



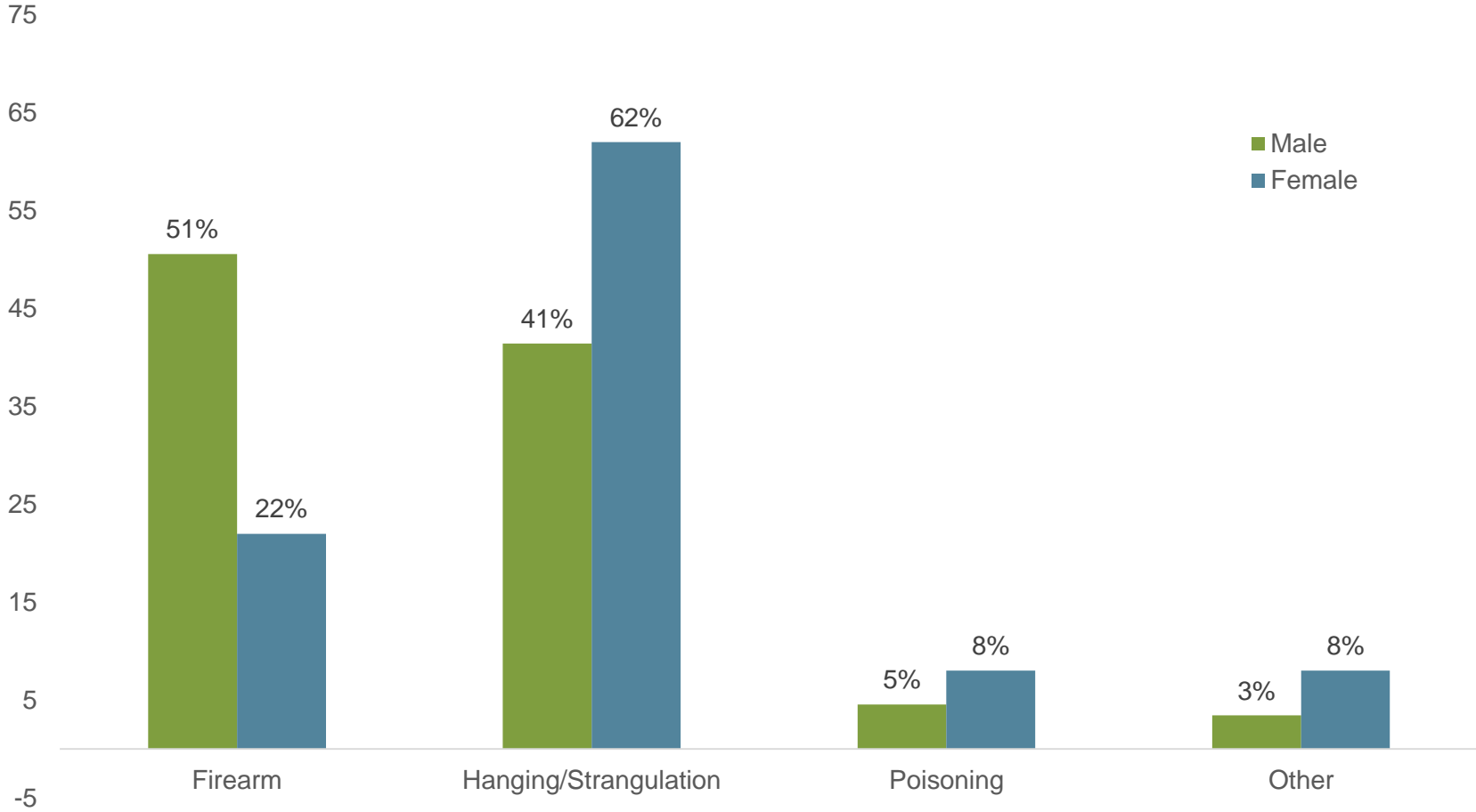
* Less than 5 deaths, rate suppressed

Suicide Counts by Age and Sex: North Carolina Residents ages 0-17 (NC-VDRS, 2006-2016)



*Note: N = 361

Method of Suicides: N.C. Residents ages 0-17 (NC-VDRS, 2006-2016)



Note: Other includes falls, drowning, motor vehicle, fire/burns and other causes of suicide.

Gendered differences in relation to method

- **Body image**
- **Gender identity**
- **Access to lethal means**
- **Peer pressure**
- **Social media influences**

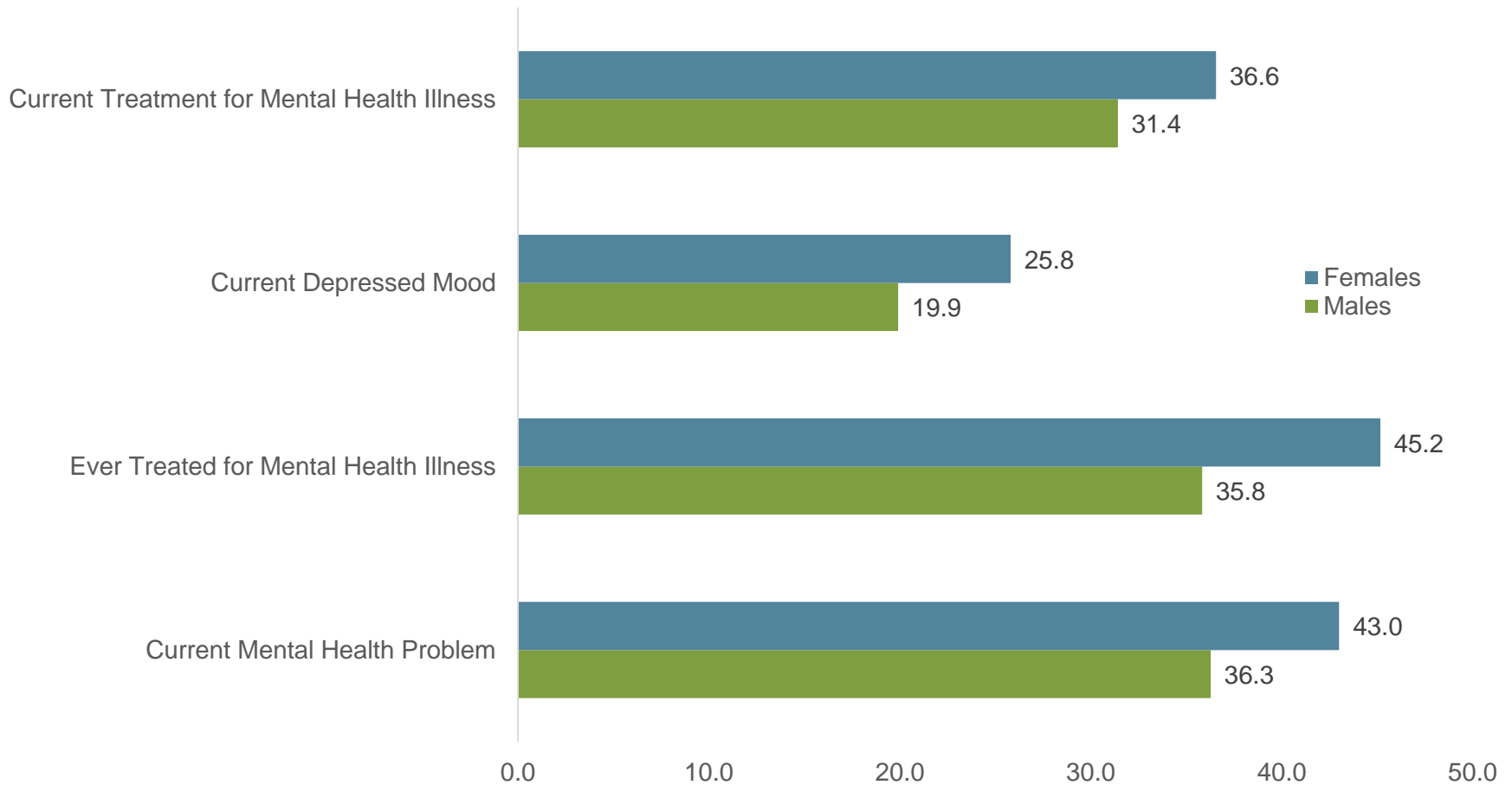
<http://www.cfah.org/hbns/2013/body-image-tied-to-suicidal-thoughts-in-young-teens>

<https://www.hsph.harvard.edu/means-matter/lethal-means-counseling/>

<https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>

<https://www.sprc.org/populations/adolescents>

Suicide Circumstances: Percentage with Mental Health Problems N.C. Residents ages 0-17 (NC-VDRS, 2006-2016)



Note: Number with circumstance information: 319 of 363 (87.9%)

Adverse Childhood Experiences

Adverse childhood experiences (ACEs) are a significant risk factor for substance use disorders and suicide attempts

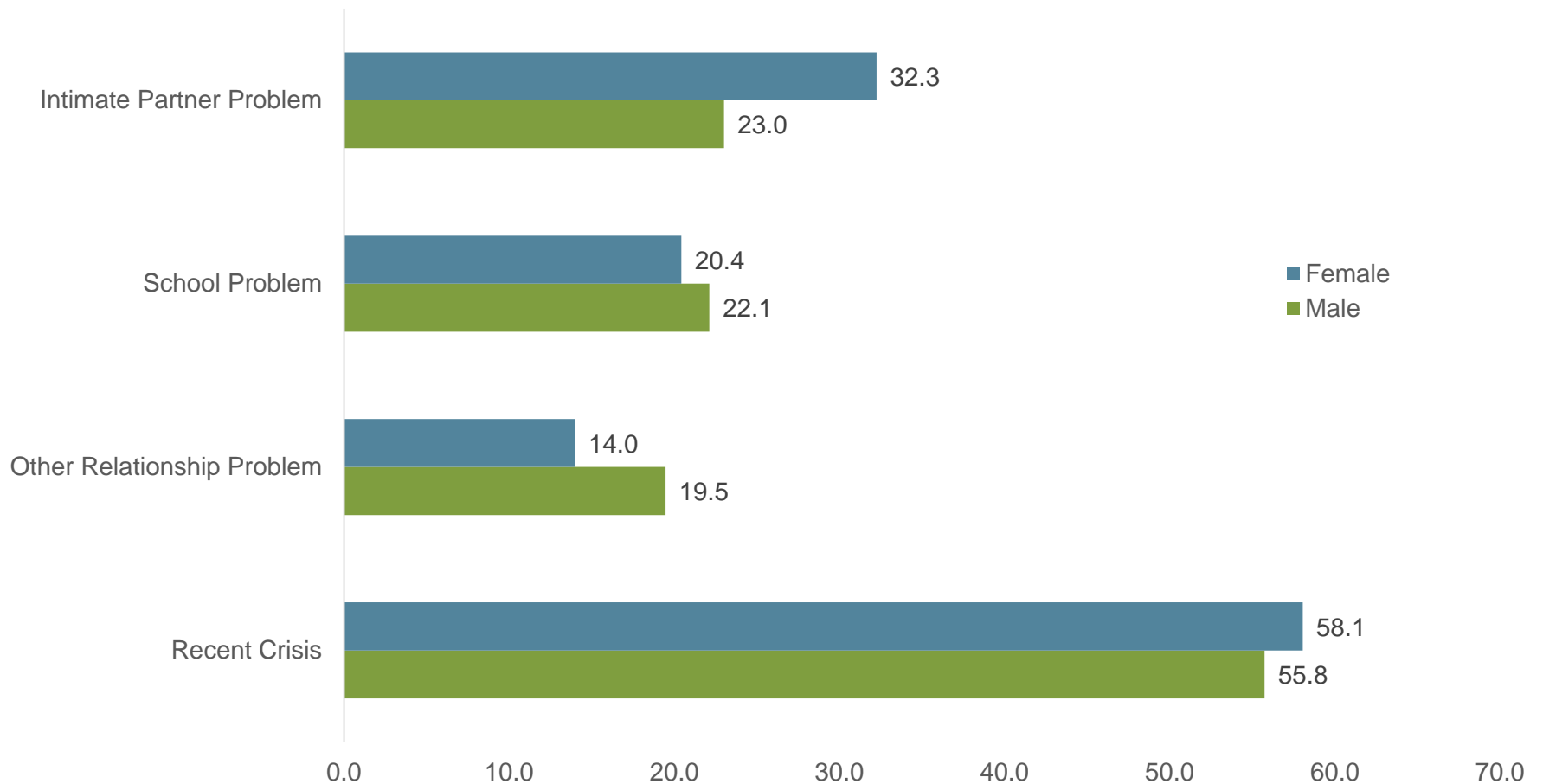
ACEs include:

- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Emotional neglect
- Intimate partner violence
- Mother treated violently
- Substance misuse within household
- Household mental illness
- Parental separation or divorce
- Incarcerated household member

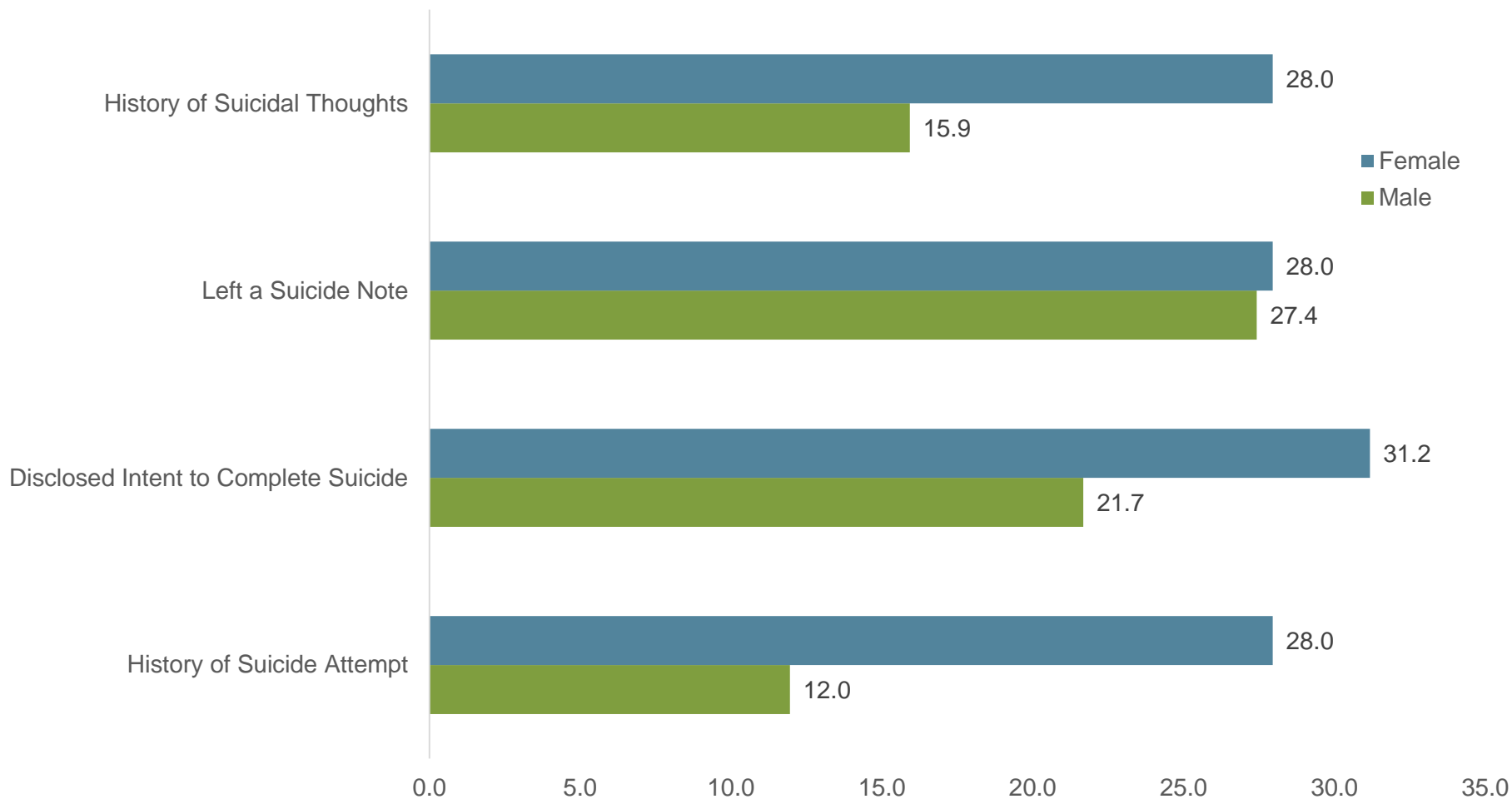
<https://www.sprc.org/news/adverse-childhood-experiences-suicide-attempts>

<https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences>

Suicide Circumstances: Percentage with Problem N.C. Residents ages 0-17 (NC-VDRS, 2006-2016)



Suicide Circumstances: Percentage with Precipitating Circumstances N.C. Residents ages 0-17 (NC-VDRS, 2006-2016)



What stopped you on the brink of suicide?

- Examples from stories written by those who remained alive following a serious suicide attempt, (Donnelly, N, 2013).

- Means Matter Campaign -

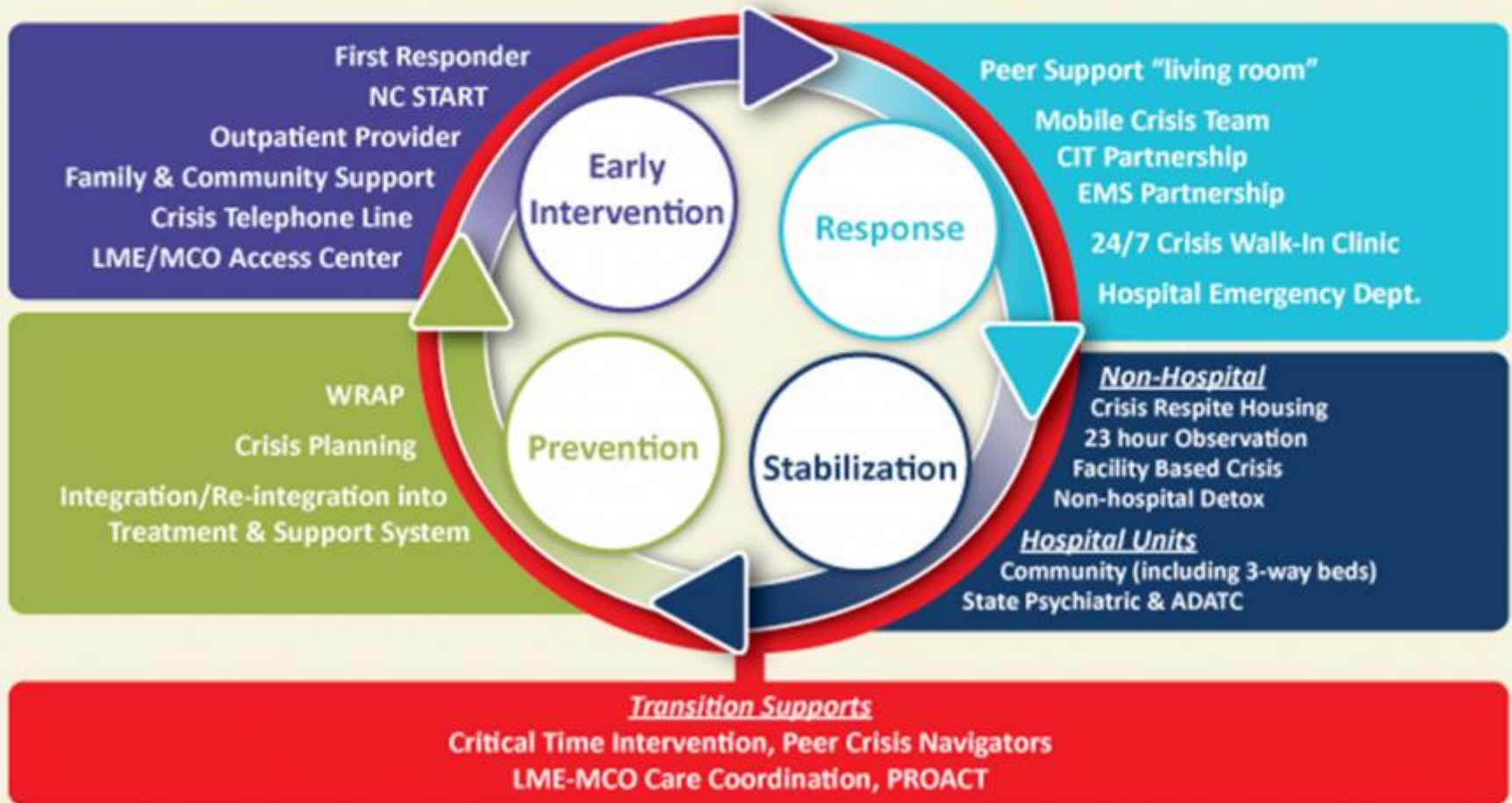
<http://www.hsph.harvard.edu/means-matter/>

Donnelly, N, (2013). A COMPARATIVE SOCIOLOGICAL ANALYSIS OF NARRATIVES WRITTEN BY THOSE WHO HAVE ATTEMPTED SUICIDE IN BRITAIN AND THE USA. PHD THESIS.

BUILDING A

Crisis Services Continuum

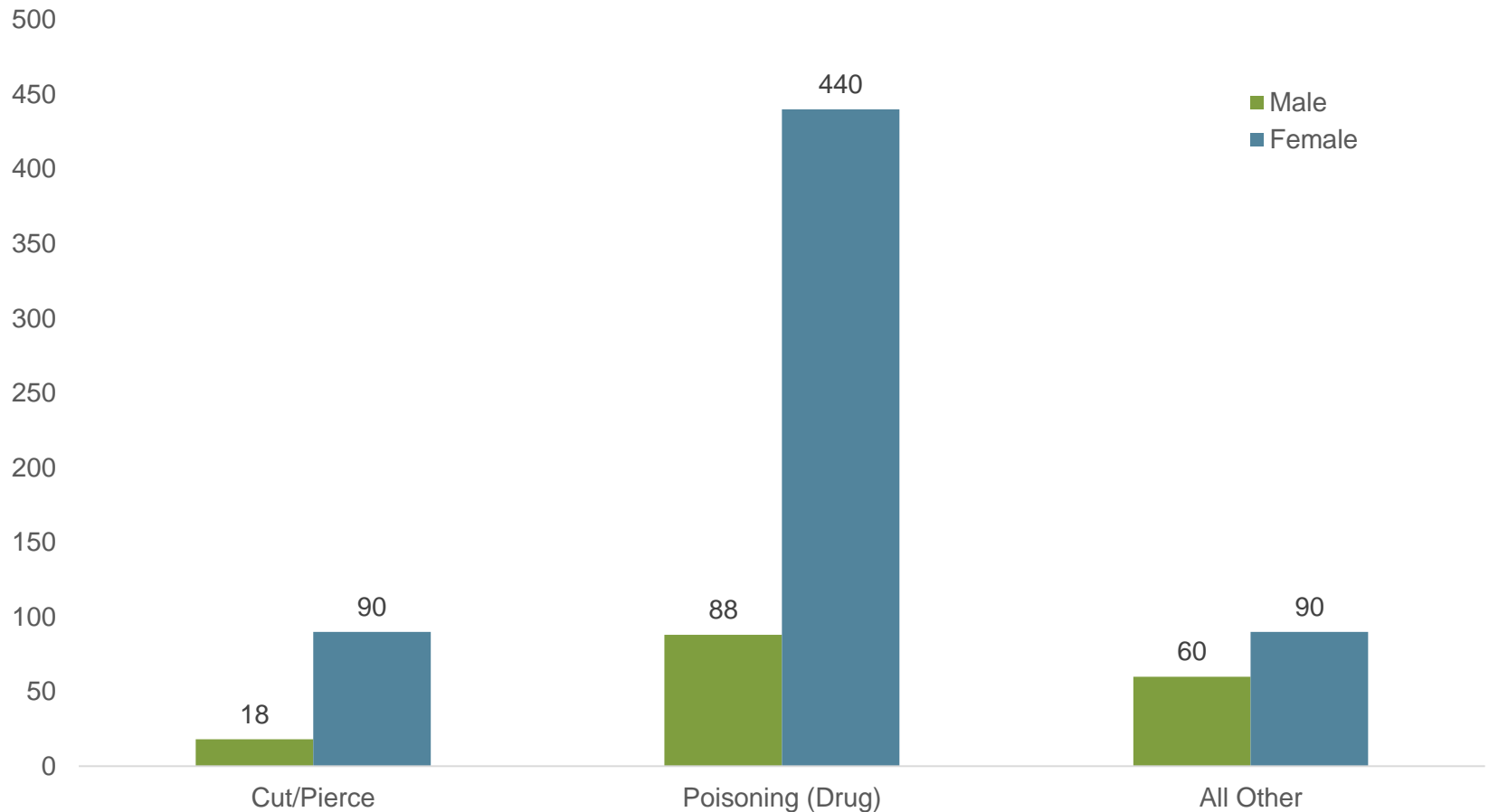
TO MATCH A CONTINUUM OF CRISIS INTERVENTION NEEDS



<http://crisissolutionsnc.org/local-community-solutions/>

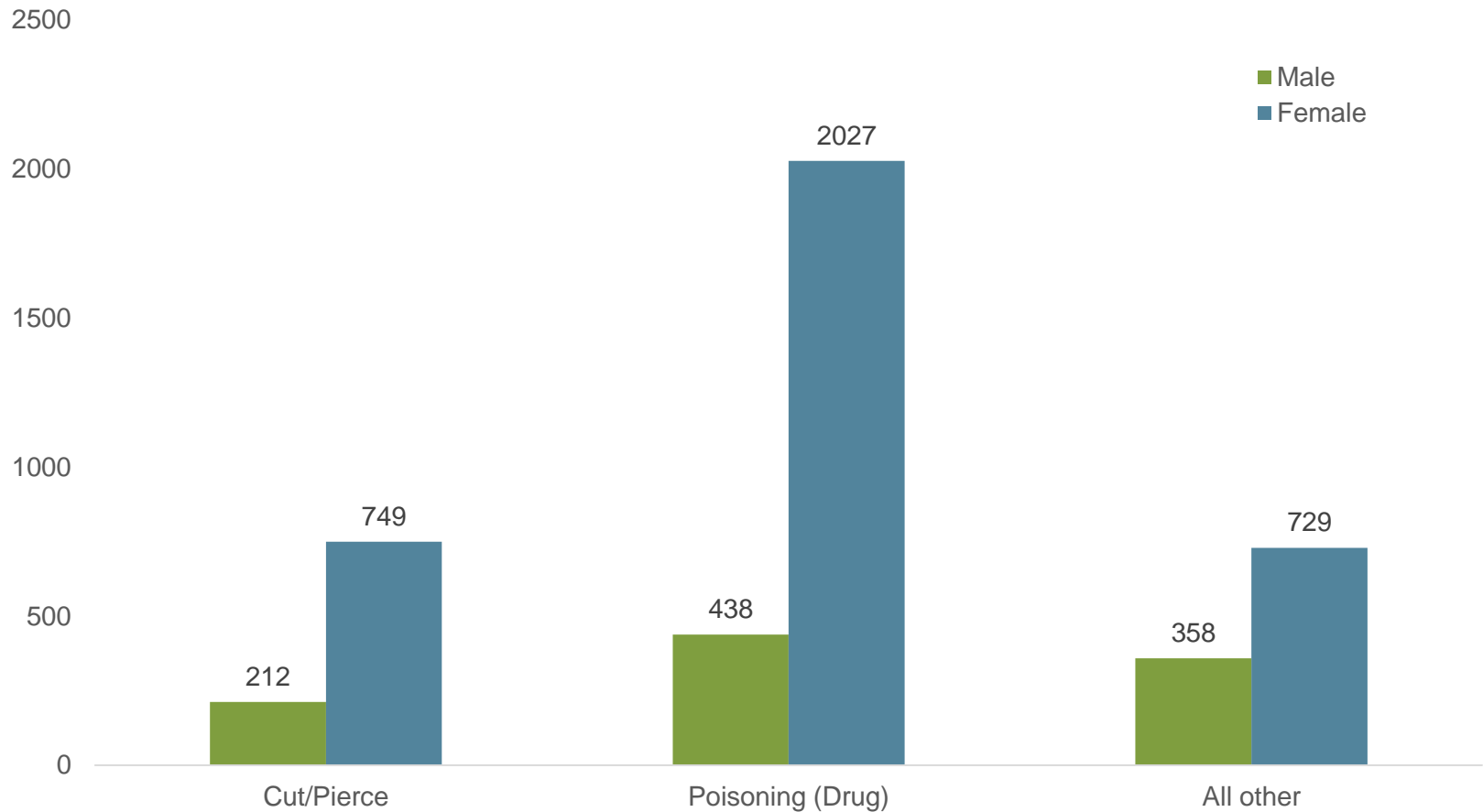
Suicide Attempts – NC Hospital and ED

Number of Suicide Attempt Methods by Sex for Ages 0-17: Hospitalization by North Carolina Residents (Hospital Discharge 2016)



***Note: 620 Hospitalizations for Females and 166 for Males**

Number of Self Inflicted Injuries by Sex for Ages 0-17: ED Visits by North Carolina Residents (NC DETECT, 2016-2017)

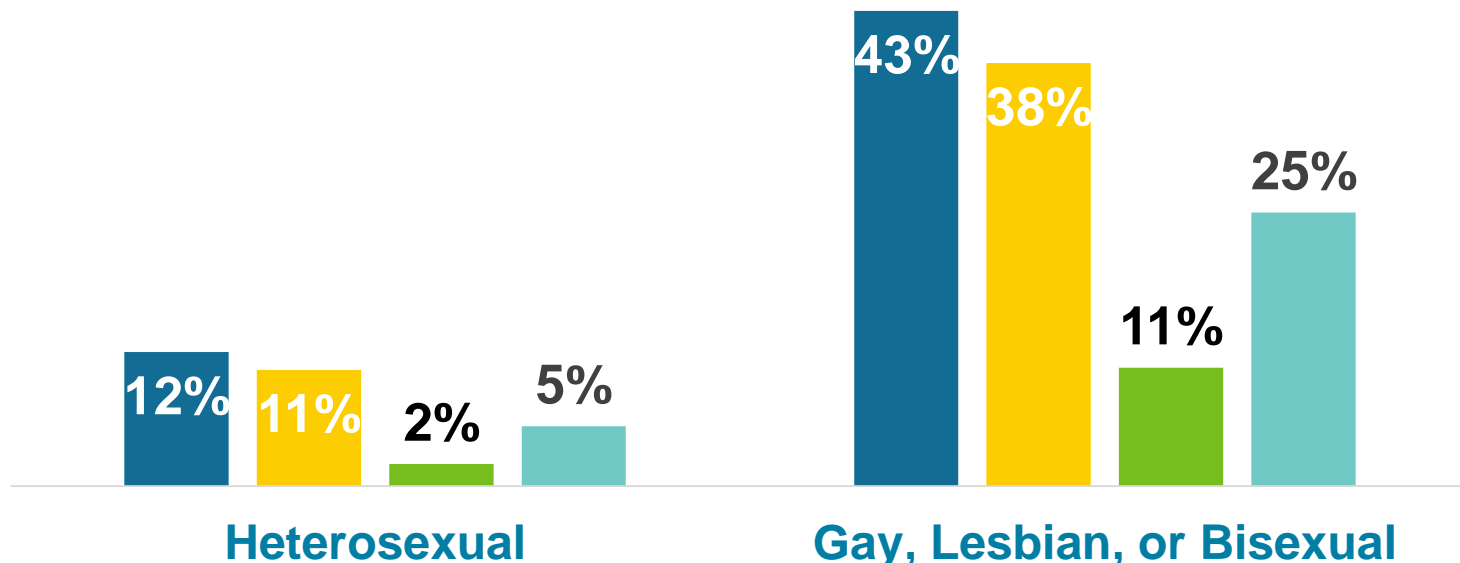


***Note: 3,505 ED Visits for Females and 1,008 for Males**

2017 High School Youth Risk Behavior Survey

Question	North Carolina 2017	United States 2017
Felt sad or hopeless (almost every day for 2 weeks or more in a row so that they stopped doing some usual activities, during the 12 months before the survey)	29.4	31.5
Seriously considered attempting suicide (during the 12 months before the survey)	16.2	17.2
Made a plan about how they would attempt suicide (during the 12 months before the survey)	13.8	13.6
Attempted suicide (one or more times during the 12 months before the survey)	8.2	7.4
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	3.1	2.4

2017 High School Youth Risk Behavior Survey

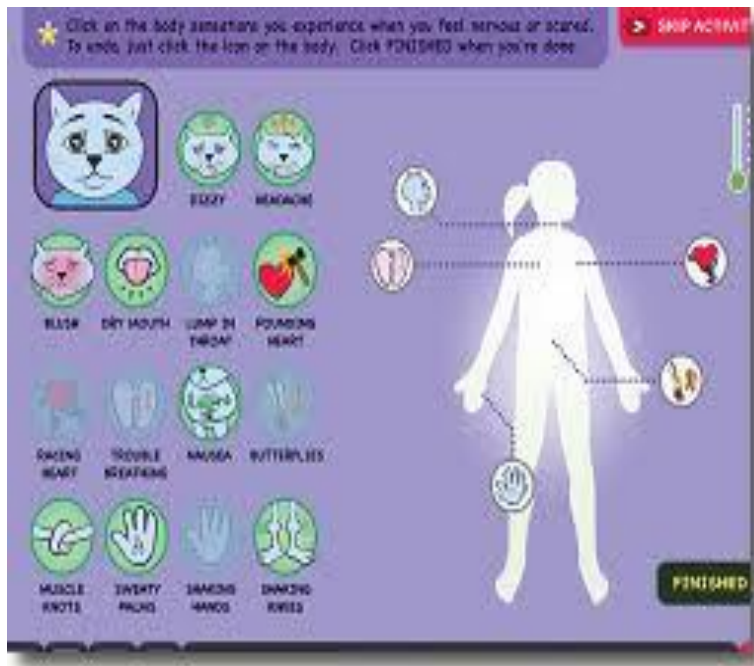


- **Seriously Considered Attempting Suicide During Past 12 Months**
- **Made a Plan for Suicide Attempt During Past 12 Months**
- **Made a Suicide Attempt During the Past 12 Months That Resulted in an Injury Needing Treatment by a Medical Professional**
- **Attempted Suicide During the Past 12 Months**

Help students cope with anxiety and resiliency

Anxiety Strategies

The Coping Cat



<http://www.cebc4cw.org/program/c-a-t-project/detailed>

Resilience Project

The resilience project is dedicated to helping and protecting today's youth.



<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/resilience/Pages/Clinical-Assessment-Tools.aspx>

Consider therapeutic environments – adapting indoor and outdoor spaces.



<https://behindthegardens.home.blog>

Help reduce academic anxiety for students living with mental health issues!

Consider a 504 plan for a Student with a mental health diagnosis!

Under Section 504 of the Rehabilitation Act (Pub L No. 93-112, 1973) and the Americans with Disabilities Act (Pub L No. 101-336, 1990), provides for a student who is not eligible for special education under an IEP but who requires accommodations in regular education on the basis of bona fide medical need, as documented by a physician and validation by the educational home



Plan

Welcome to the 4th Grade - Dwayne Reed

<https://www.youtube.com/watch?v=XBLcuGunRxU>

Crisis Services – Program these into your phones!

CRISIS TEXT LINE |

Text HOME to 741741

You can text from anywhere in the United States, anytime, about any type of crisis.

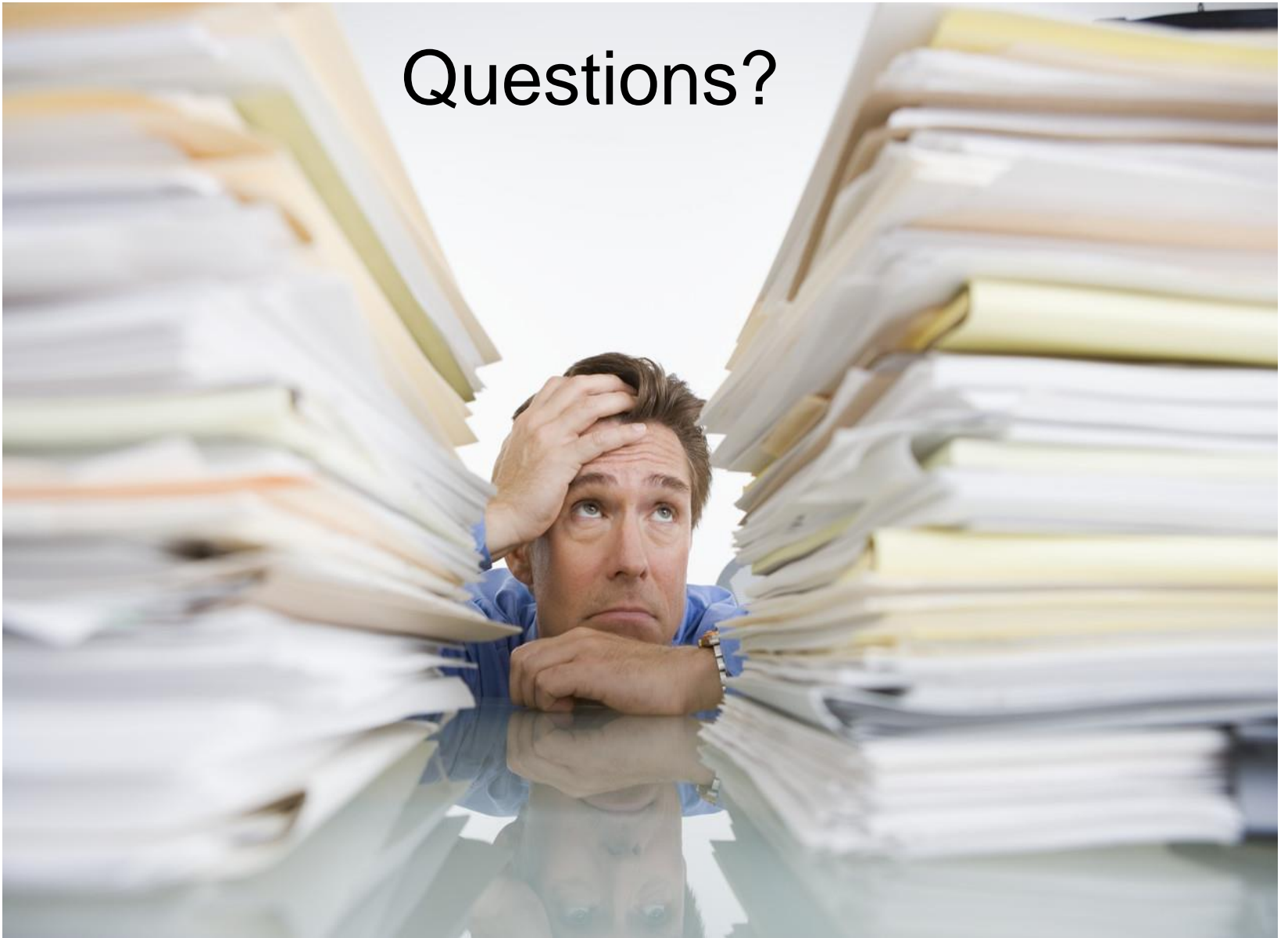


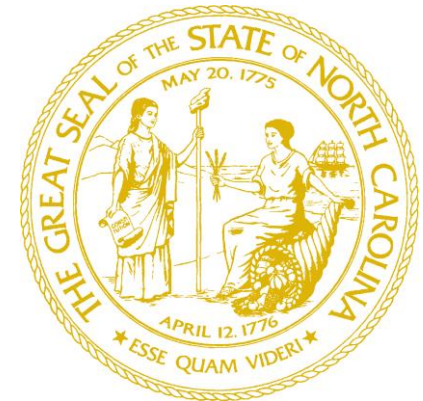
Call 1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources.

<https://suicidepreventionlifeline.org/>

Questions?





Jane Ann Miller, MPH
Injury Prevention Consultant
Injury and Violence Prevention Branch

North Carolina Division of Public Health
jane.miller@dhhs.nc.gov
919.707.5430

Natasha Donnelly, PhD
Mental Health Consultant
natasha@hereandnowconsultancy.com