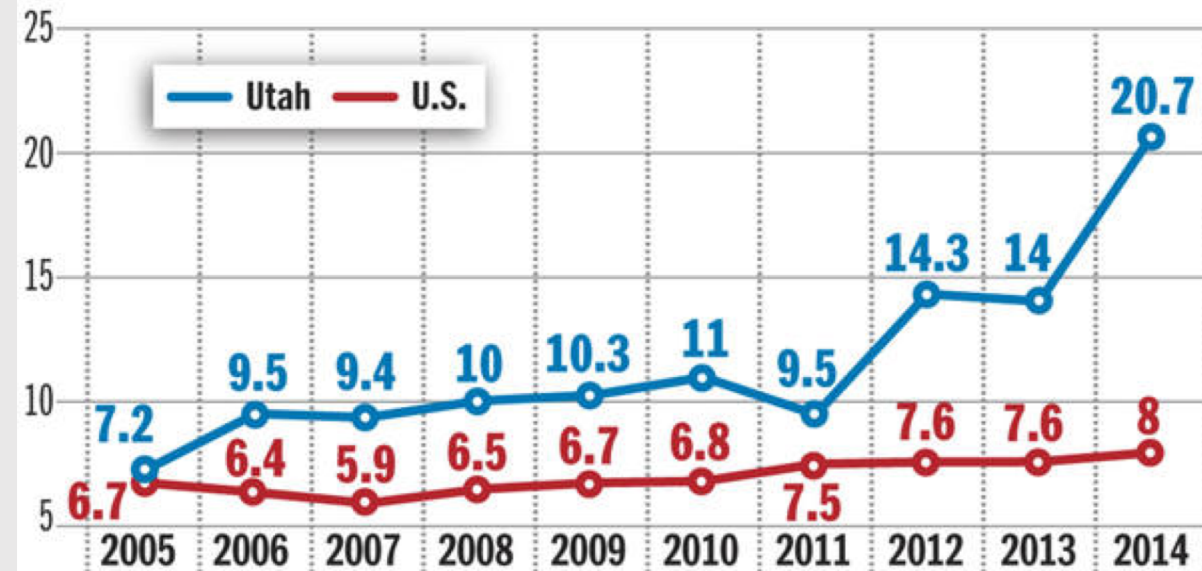


Teen suicide fatalities

Suicide fatalities per 100,000 population ages 14-19, Utah and United States, 2005-2014



SOURCE: Utah Department of Health

DESERET NEWS GRAPHIC



SUICIDE PREVENTION IN SECONDARY SCHOOLS

BY JUSTIN VANCE





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[HTTP://5010.MATHED.USU.EDU/FALL2018/JVANCE/](http://5010.MATHED.USU.EDU/FALL2018/JVANCE/)



OUR PATH



MR. V



PREVENTION



PERCEPTION



POSTVENTION



MR. V AND THE CUP STORY

OUR PATH



MR. V



PREVENTION



PERCEPTION

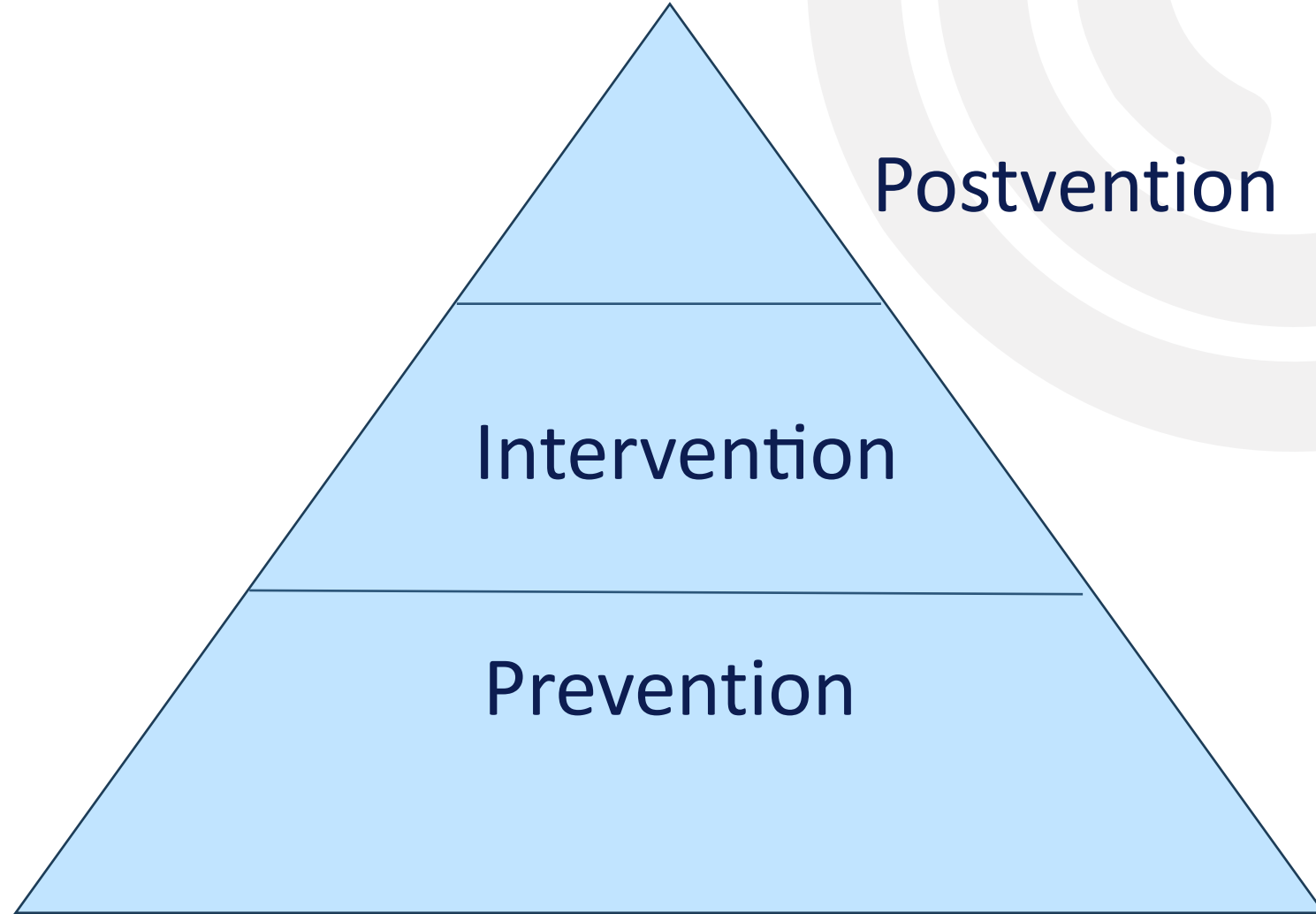


POSTVENTION

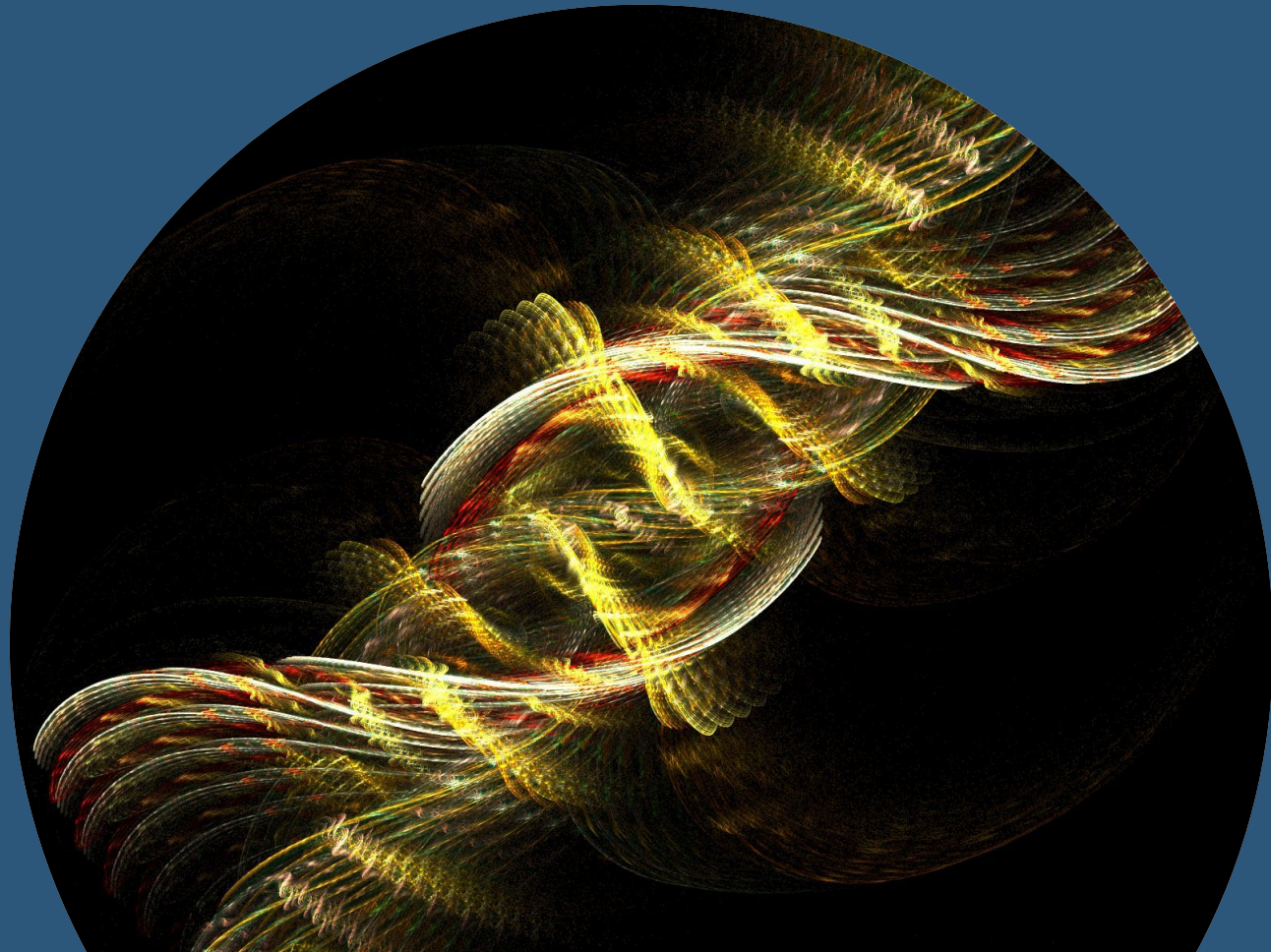
OUR PATH



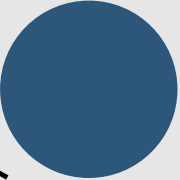
Mr. V

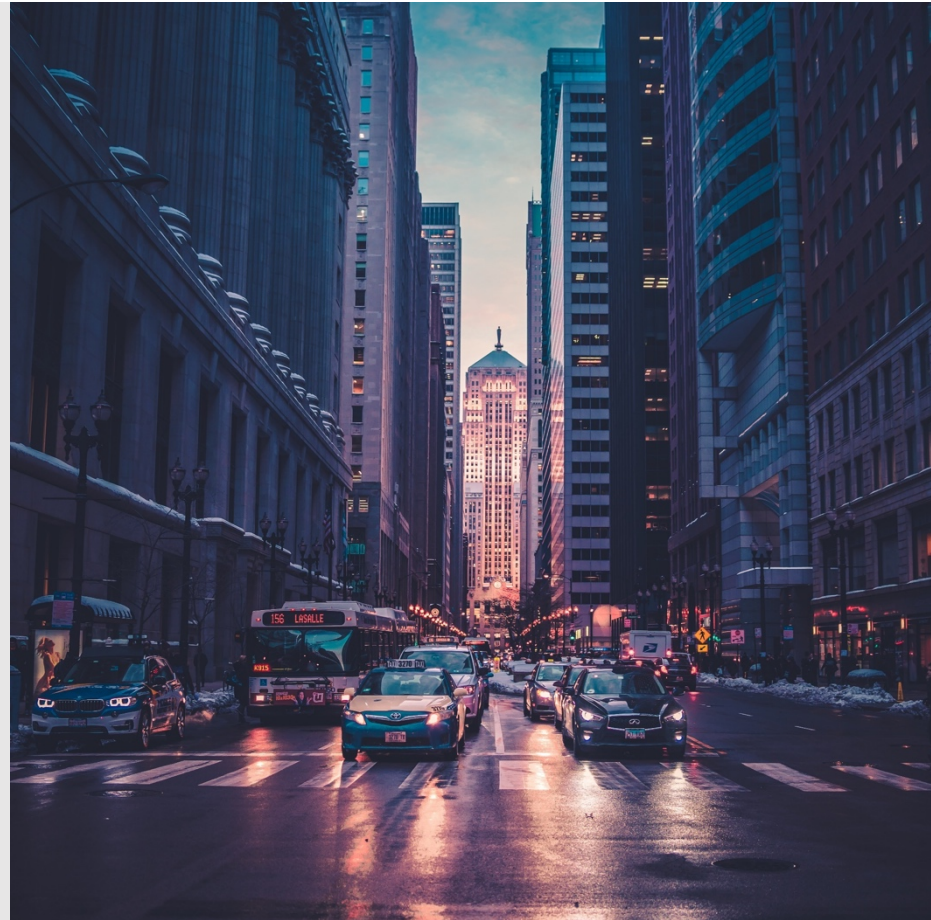


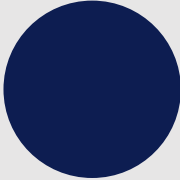
PREVENTION OF SUICIDE *RISK*



PREVENTION

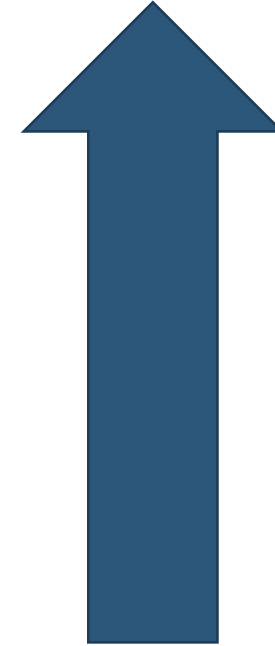

GENUINE COMMUNICATION




NEUTRAL VOCABULARY

PREVENTION

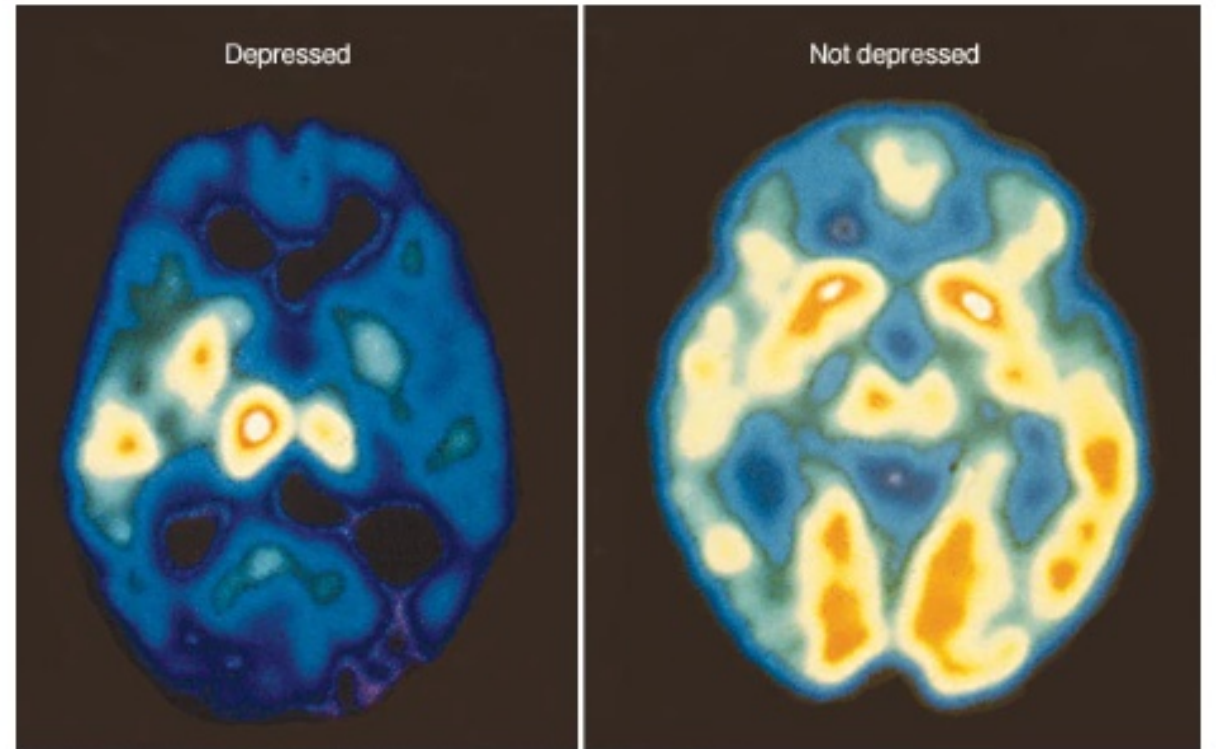
DISCOURAGE MACHISMO



ENCOURAGE POSITIVE SELF-ESTEEM

SUICIDE AND DEPRESSION EDUCATION

- Teen suicide rate is increasing
- Not a sign of weakness
- Source(s) of depression and suicidality
- Defining mental *crisis*



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PERCEIVING AND INTERVENING: THE SECOND TIER



CONTINUUM OF NEGATIVE THOUGHT PATTERNS

LEVELS OF INCREASING SUICIDAL INTENTION

CONTENT OF VOICE STATEMENTS

Low Self-esteem

1. Self-critical thoughts of everyday life, self-depreciation.
2. Voices rationalizing self-denial. Thoughts praising and approving selflessness and asceticism.
3. Cynical attitudes toward others combined with self-attacks leading to alienation and distancing.

You're incompetent, stupid. You're not very attractive. You're going to make a fool of yourself.

You're too young and inexperienced to apply for this job. You're too shy to make any new friends. Why go on this trip? It'll be such a hassle. You'll save money by staying home.

Why go out with her (him)? She's cold, unreliable; she'll reject you. She wouldn't go out with you anyway. You can't trust men (women).

A Tendency Toward Isolation

4. Thoughts influencing isolation. Rationalizations for time alone, but using time to attack oneself.

Just be by yourself. You're miserable company anyway; who'd want to be with you? Just stay in the background, out of view.

Psychological Pain

5. Vicious self-abusive thoughts and self-accusations (accompanied by intense angry affect).

You idiot! You bitch! You creep! You stupid shit! You don't deserve anything; you're worthless.

Substance Abuse

6. Thoughts urging excessive use of substances followed by self-accusations (weakens inhibitions against self-destructive actions, while increasing guilt and self-recrimination).

It's okay to use drugs, you'll be more relaxed. Go ahead and have a drink, you deserve it....You weak-willed jerk! You're nothing but a drugged-out, drunken freak.

Sense of Hopelessness

7. Thoughts urging withdrawal or removal of oneself completely from the lives of people closest. (Rational, moral justification for immoral acts, e.g., one's children would be better off if one left or committed suicide.)

See how bad you make your family (friends) feel. They'd be better off without you. It's the only decent thing to do -- just stay away and stop bothering them.

Progressive Withdrawal from Favored Activities

8. Voices influencing person to give up priorities and favored activities.

What's the use? School doesn't matter any more. Why bother even trying? Nothing matters anyway.

OTHER SIGNS

Giving away prized possessions

Despondency and distress following a critical life event

“I’ve had it” “I can’t take it anymore”

Any other behavior that is unusual for the student



PLEASE

INTERVENE

POSTVENTION

- Contagion effect
- High Risk Monitoring
- Recognizing sadness vs depression and valuing sadness

The ER Team: A Delphi Study

A circular inset image showing a city skyline at sunset or sunrise. The sun is low on the horizon, casting a warm glow over the buildings. The skyline includes several tall skyscrapers, with one prominently displaying the 'Allianz' logo. The foreground shows a street with cars and lower-rise buildings.

THANK YOU

FOR MY REFERENCES, FOLLOW
THE LINK PROVIDED ON MY
WEBPAGE



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