SUICIDE PREVENTION IN SECONDARY SCHOOLS

BY JUSTIN VANCE
MR. V AND THE CUP STORY
OUR PATH

MR. V

PREVENTION

PERCEPTION

POSTVENTION
OUR PATH

Mr. V

Postvention

Intervention

Prevention
PREVENTION OF SUICIDE RISK
PREVENTION
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
PERCEIVING AND INTERVENING:
THE SECOND TIER
# Continuum of Negative Thought Patterns

<table>
<thead>
<tr>
<th>Levels of Increasing Suicidal Intention</th>
<th>Content of Voice Statements</th>
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<tbody>
<tr>
<td>Low Self-esteem</td>
<td>You're incompetent, stupid. You're not very attractive. You're going to make a fool of yourself.</td>
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<td>2. Voices rationalizing self-denial. Thoughts praising and approving selflessness and asceticism.</td>
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<td>3. Cynical attitudes toward others combined with self-attacks leading to alienation and distancing.</td>
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<td>A Tendency Toward Isolation</td>
<td>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.</td>
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<td>4. Thoughts influencing isolation. Rationalizations for time alone, but using time to attack oneself.</td>
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<td>Psychological Pain</td>
<td>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).</td>
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<td>5. Vicious self-abusive thoughts and self-accusations (accompanied by intense angry affect).</td>
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<td>Just be by yourself. You're miserable company anyway; who'd want to be with you? Just stay in the background, out of view.</td>
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<td>You idiot! You bitch! You creep! You stupid shit! You don't deserve anything; you're worthless.</td>
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<td>Substance Abuse</td>
<td>6. Thoughts urging excessive use of substances followed by self-accusations (weakens inhibitions against self-destructive actions, while increasing guilt and self-reproach).</td>
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<td>Sense of Hopelessness</td>
<td>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.)</td>
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<td>Progressive Withdrawal from Favored Activities</td>
<td>8. Voices influencing person to give up priorities and favored activities.</td>
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**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.**

**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.**

**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
THANK YOU
FOR MY REFERENCES, FOLLOW THE LINK PROVIDED ON MY WEBPAGE

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