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INTRODUCTION

[JacQuan Winters News Interview](#)



SUICIDE PREVENTION: IT MATTERS

By: The Kristen Amerson Youth
Foundation, Inc.

Presenters: JacQuan D. Winters, M.Ed.

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LEARNING OUTCOMES

- Participants will be able to describe facts concerning suicide and suicide prevention.
- Participants will be able to identify and recognize the warning signs of suicide.
- Participants will be able to define the process of suicide prevention intervention.



WHAT IS SUICIDE?

SUICIDE?

- **Suicide**
Death caused by self-directed injurious behavior with an intent to die as a result of the behavior.
- **Suicide attempt**
A non-fatal, self-directed, potentially injurious behavior with an intent to die as a result of the behavior; might not result in injury.
- **Suicidal ideation**
Thinking about, considering, or planning suicide.

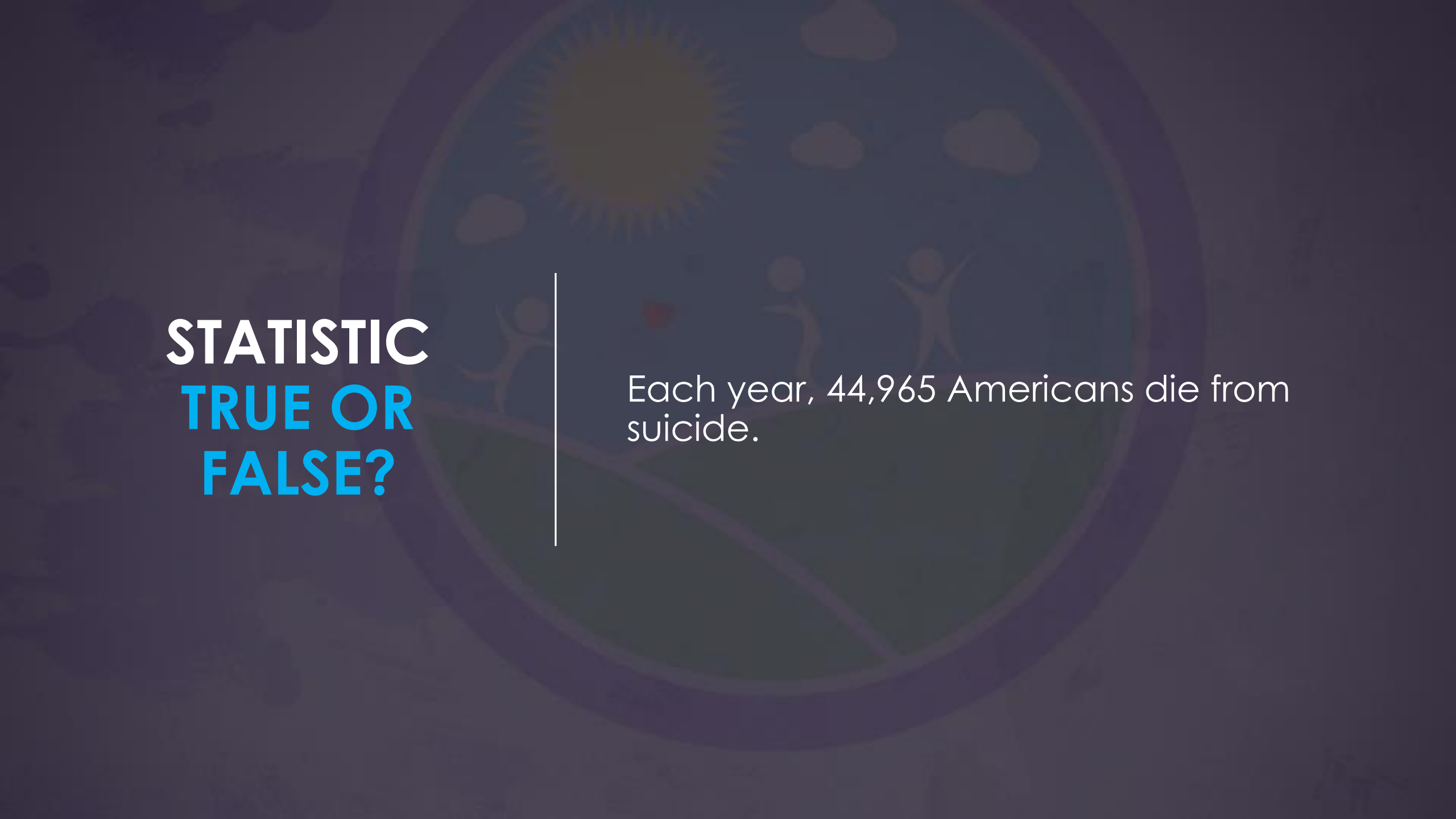


STATISTIC
TRUE OR
FALSE?

Suicide is the 15TH leading cause of death in the United States.

FALSE

Suicide is the 10TH
leading cause of
death in the United
States.



STATISTIC
TRUE OR
FALSE?

Each year, 44,965 Americans die from suicide.



TRUE

According to the Centers for Disease Control (CDC), each year, **44,965** Americans die from suicide.

STATISTIC
TRUE OR
FALSE?

Suicide is the 2ND leading cause of death for ages 10 – 24.



TRUE

Suicide is the 2nd
leading cause of
death for ages 10 – 24.



WHY IS SUICIDE PREVENTION IMPORTANT?

- According to the [National Hospital Ambulatory Medical Care Survey](#), administered by the US Centers for Disease Control and Prevention, the number of children and teens in the United States who visited emergency rooms for suicidal thoughts and suicide attempts doubled between 2007 and 2015, according to a new analysis. From the 300 emergency rooms sampled, the researchers tracked the number of children between 5 and 18 who received a diagnosis of suicidal ideation or suicide attempts each year.
- Diagnoses of either condition increased from **580,000** in 2007 to **1.12 million** in 2015

Birmingham 9-year-old takes her own life; family hopes to spare others their pain

Updated 2:09 PM;
Posted 2:09 PM



Linden family mourns 9-year-old who took her own life



▲ HIDE CAPTION

McKenzie Adams, 9, has dinner with her mother, Jasmine Adams-Head. [Photo provided by family]



Officials and volunteers are searching for a Sipsey Valley High School senior last seen early Monday morning near his family's camp house.

Carson Sanford was last seen at 8 a.m. Monday on Syrup Mill Road, in northern Tuscaloosa near the Fayette County line.

15-Year-Old Nigel Shelby Dies by Suicide After Anti-Gay Bullying

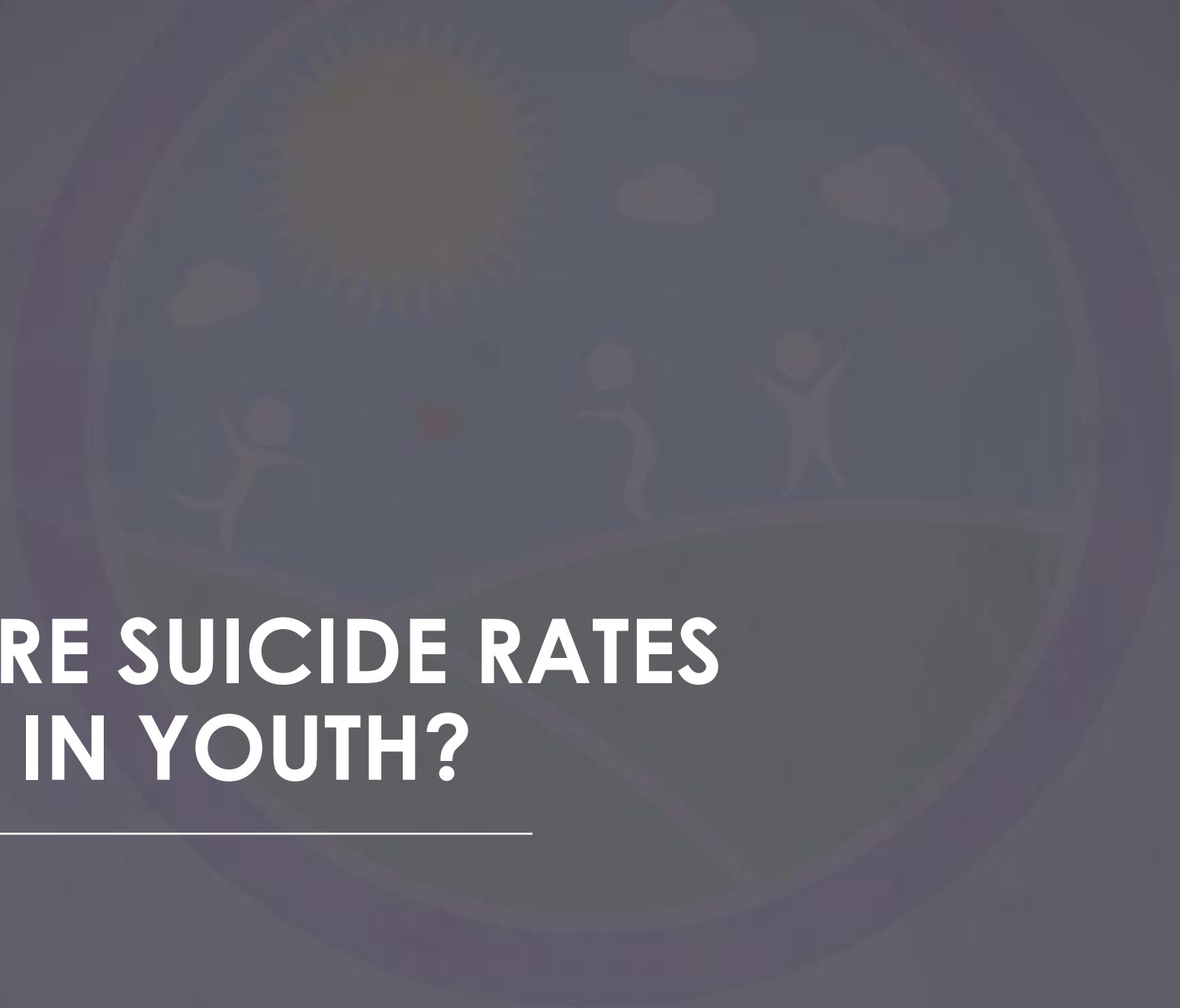


“These bullies have to be held accountable and until our state legislation shows that they have to do that, they are able to run amuck and do what they want,”

BY MIKELLE STREET

APRIL 22 2019 8:27 AM EDT





WHY ARE SUICIDE RATES RISING IN YOUTH?



WHAT ARE WE MISSING?

A faint, circular background illustration of a landscape. It features a sun with rays at the top, several clouds, and a green field at the bottom. In the middle ground, there are several stylized human figures, some appearing to be walking or standing. The entire scene is rendered in a light, muted color palette against a dark blue background.

WHAT CAN WE DO MOVING FORWARD?

A faint, circular background illustration of a landscape. It features a sun with rays at the top, several clouds, and stylized human figures in the foreground. The scene is set against a light sky and a green ground area. The entire illustration is rendered in a light, semi-transparent style against a dark blue background.

SIGNS OF SUICIDE

A large, faint, circular illustration in the background shows a group of stylized figures sitting around a table, possibly in a meeting or discussion. Above them is a sun with rays, and there are some clouds or abstract shapes in the sky. The entire scene is rendered in a light, muted color against a dark blue background.

SIGNS OF SUICIDE

– TALK

SIGNS OF SUICIDE – TALK

If a person talks about:

- Being a burden to others
- Feeling trapped
- Experiencing unbearable pain
- Having no reason to live
- Killing themselves



SIGNS OF SUICIDE – TALK

Direct Verbal Cues:

- “I’ve decided to kill myself.”
- “I wish I were dead.”
- “I’m going to commit suicide.”
- “I’m going to end it all.”
- “If (such and such) doesn’t happen, I’ll kill myself.”



SIGNS OF SUICIDE – TALK

Indirect Verbal Cues:

- “I’m tired of life, I just can’t go on.”
- “My family would be better off without me.”
- “Who cares if I’m dead anyway.”
- “I just want out.”
- “I won’t be around much longer.”
- “Pretty soon you won’t have to worry about me.”



STATISTIC
TRUE OR
FALSE?

On average, one person dies by suicide every 10 hours in the state of Alabama.



TRUE

On average, one person dies by suicide every 10 hours in the state of Alabama.

STATISTIC
TRUE OR
FALSE?

Suicide is the 13TH leading cause of death in the [Alabama](#).

FALSE

Suicide is the 11TH
leading cause of
death in the [Alabama](#).

QUESTION

In 2016, how many people ages 10 to 24 died by suicide in [Alabama](#)?

QUESTION

In 2016, **98** people ages 10 to 24 died by suicide in **Alabama**.



SIGNS OF SUICIDE – BEHAVIOR

SIGNS OF SUICIDE – BEHAVIOR

Specific things to look out for include:

- Increased use of alcohol or drugs.
- Looking for a way to kill themselves, such as searching online for materials or means.
- Acting recklessly.
- Withdrawing from activities.
- Isolating from family and friends.
- Sleeping too much or too little.
- Visiting or calling people to say goodbye.
- Giving away prized possessions.
- Aggression.



STATISTIC
TRUE OR
FALSE?

Suicide is the 3RD leading overall cause of death for ages 10 – 24 in Alabama.



TRUE

Suicide is the 3RD
leading overall cause
of death for ages 10 –
24 in Alabama.

FILL IN THE BLANK

- Suicide is the ___ leading cause of death for ages 10-14 in Alabama.
- Suicide is the ___ leading cause of death for ages 12-18 (middle and high school ages) in Alabama.
- Suicide is the ___ leading cause of death for college-age youth ages 18-22 in Alabama.

FILL IN THE BLANK

- Suicide is the 4TH leading cause of death for ages 10-14 in Alabama.
- Suicide is the 3RD leading cause of death for ages 12-18 (middle and high school ages) in Alabama.
- Suicide is the 3RD leading cause of death for college-age youth ages 18-22 in Alabama.

CDC's WISQARS National Data Reporting (2015)



SIGNS OF SUICIDE

– MOOD

SIGNS OF SUICIDE – MOOD

- People who are considering suicide often display one or more of the following moods:
 - Depression
 - Loss of interest
 - Rage
 - Irritability
 - Humiliation
 - Anxiety
 - Relief/Sudden Improvement



STATISTIC
TRUE OR
FALSE?

For every suicide, 5 people attempt suicide.



FALSE

For every suicide, 25 people attempt suicide.

STATISTIC
TRUE OR
FALSE?

Everyday, approximately 50
Americans die by suicide.



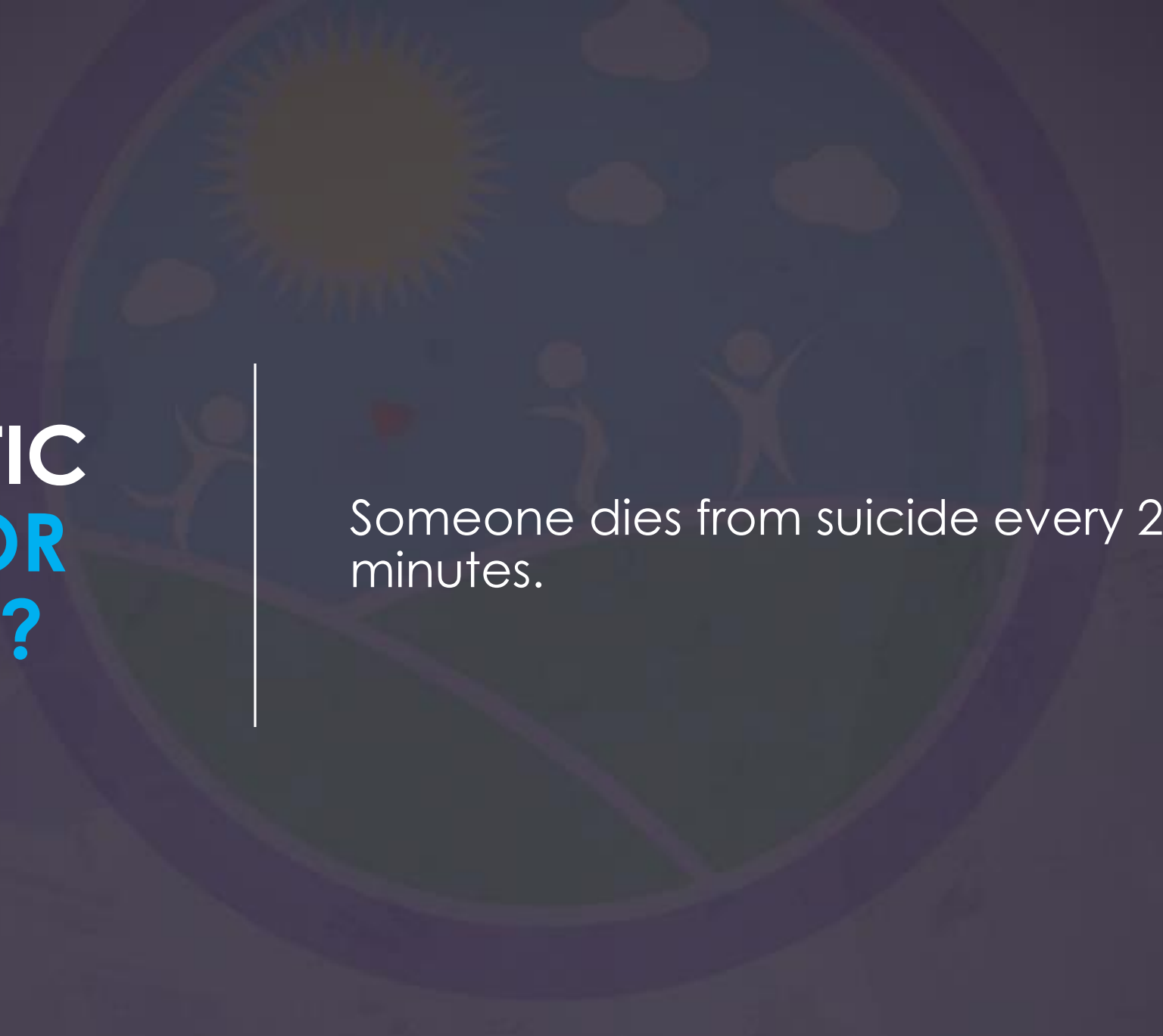
FALSE

Everyday, approximately 123
Americans die by suicide.



MATH

$123 \times 25 \times 365 = 1,122,375$ people
attempt suicide each day



STATISTIC
TRUE OR
FALSE?

Someone dies from suicide every 20 minutes.



FALSE

Someone dies from suicide every 12 minutes.

SIGNS OF SUICIDE – RISK FACTORS

- Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.
 - Mental Health Condition
 - Family history of suicide
 - Abuse, neglect or trauma
 - Stressful life events, such as: financial crisis, loss of loved one, divorce, etc.
 - Previous suicide attempts
 - Drug & Alcohol Use



A faint, circular background illustration of a landscape. It features a sun with rays at the top, several clouds, and a horizon line. Below the horizon, there are stylized figures of people, some appearing to be in motion or dancing. The entire scene is rendered in a light, monochromatic style against a dark blue background.

PREVENTING SUICIDE

PREVENTING SUICIDE

- Suicide is the **most preventable** kind of death, and almost any positive action may save a life.
- **70%** of all people who die by suicide give some warning of their intentions to a friend or family member.
- When intervening with a suicidal person:
 - Take suicide threats seriously.
 - You should be prepared to **ask** directly if they are thinking about killing themselves.
 - Listen nonjudgmentally & be prepared to **persuade** the person to seek professional help.
 - Be knowledgeable of mental health resources & **refer** the person of concern to the appropriate resource.



Preventing Suicide – Resources

- National Suicide Prevention Hotline – 1-800-273-8255 (TALK)
- Crisis Text Line – Text “HOME” to 741741
- Survivors of Suicide (SOS) – Local Support Group
 - Meets on the 2nd Thursday of each month
- Indian Rivers Mental Health Center (IRMHC)
- National Alliance on Mental Illness (NAMI – Tuscaloosa)
- American Foundation for Suicide Prevention (AFSP)
- Family Counseling Service
- Tuscaloosa Mental Health Alliance
- Kristen Amerson Youth Foundation
- GeneSight



A large, faint, circular illustration in the background depicts a school scene. At the top, a sun with rays and several clouds are visible. Below, a group of stylized human figures, including children and adults, are shown in various poses, some appearing to be in a classroom or outdoor setting. The entire illustration is rendered in a light, muted color against a dark blue background.

HOW **IS** YOUR SCHOOL PRACTICING SUICIDE PREVENTION?

HOW CAN YOUR SCHOOL PRACTICE SUICIDE PREVENTION

Practices for Suicide Prevention:

- Educate administration, teachers, students, and parents on mental health & suicide
 - Don't be afraid of the topic.
- Annual Trainings & Professional Development
 - QPR
 - Mental Health First Aid
- Peer Support Programs
- Meditation Rooms (Teachers & Students)
- Social & Emotional Learning Practices
- Practice Resiliency with Students



HOW CAN YOUR SCHOOL PRACTICE SUICIDE PREVENTION – Cont.

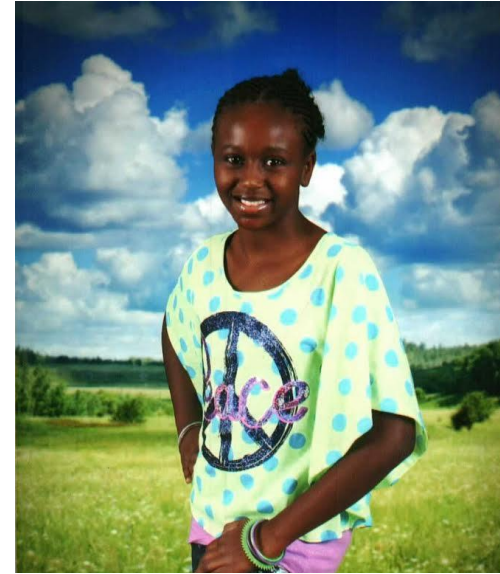
Practices for Suicide Prevention:

- Help ensure a positive and safe school environment
- School-based Mental Health Support (Therapy)
- School-wide Campaigns About Mental Health & Suicide
- Require suicide prevention hotline number(s) be included on the back of student ID cards
- Offer evening parent seminars at no cost that cover a variety of topics, to include substance use and prevention, bullying, mental health, depression, suicide awareness, suicide prevention, and internet safety



WHO ARE WE?

- 501(c)3 Nonprofit Organization
- The **Mission** of the Kristen Amerson Youth Foundation is to promote healthier lives for youth through providing resources for suicide prevention and preventative educational experiences.
- The **Vision** of the Kristen Amerson Youth Foundation is to empower and affect positive change with youth who are enduring personal struggles.
- Only Youth Suicide Prevention Organization in Tuscaloosa, AL.



Suicide loss survivor turns grief into action by writing book to help save other children in crisis

Christine Killimayer

11 months ago



JacQuan Winters and his sister, Kristen Amerson, before she died by suicide at 11 years old in 2014 (Courtesy: JacQuan Winters)





PREVENTING SUICIDE

[Suicide Prevention Youtube Video](#)

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**STAY
CONNECTED**



KristenAmerson
• Youth Foundation •

Stop Youth Suicide by
Being Proactive with
Prevention

www.kristenamersonyouth.org

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|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
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Tuscaloosa, AL 35407 |
|  @kamersonyouth |  205-826-9740 |
|  @kristenamersonyouth |  info@kristenamersonyouth.org |

A large, faint circular logo is centered in the background. It features a sun with rays at the top, a landscape with a green field and a blue sky, and several stylized human figures in the foreground. The logo is rendered in a light, semi-transparent color against the dark blue background.

THANK YOU
