



Ways we can prevent suicide: Recognize Red Flag Warnings

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Objectives

To develop:

awareness about “Red Flag” warnings--
internal and external

awareness about suicide risk factors

skills in suicide prevention by making
choices and decisions before situations
become dangerous

Disclaimer:

No single set of standards of care has been identified as the answer to all suicide assessment and prevention efforts.

This workshop only provides educational information and skills

It is not intended for professional certification or to substitute professional training in suicide prevention

It is not guaranteed to be effective

Introductions

Here's me;)

Who are you? (ideas only)

--where are you from

--what is your culture

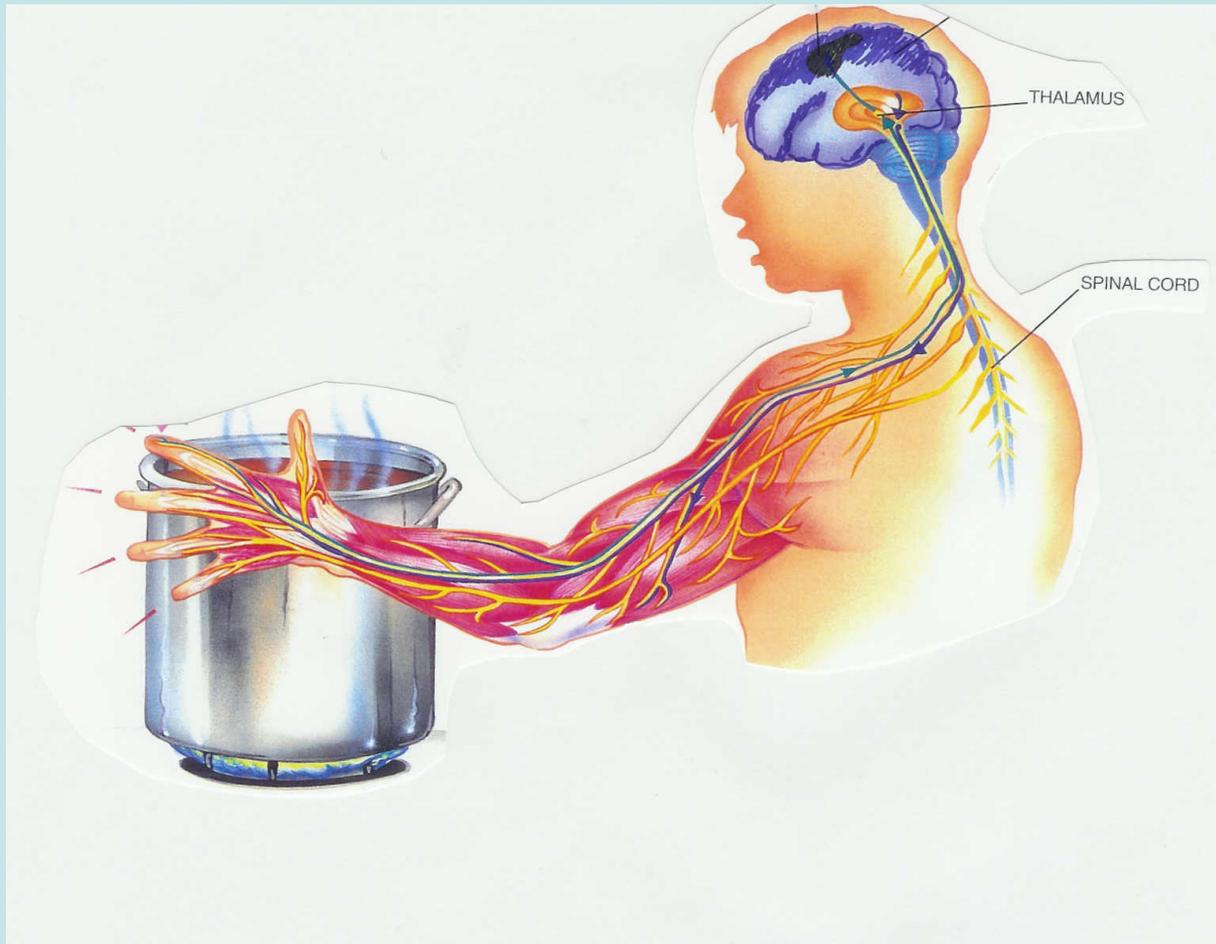
--who is your family

--do you have any hobbies

--if you were a professional wrestler, what would your nickname be

--what are your best reasons for being here today

Getting information to the brain

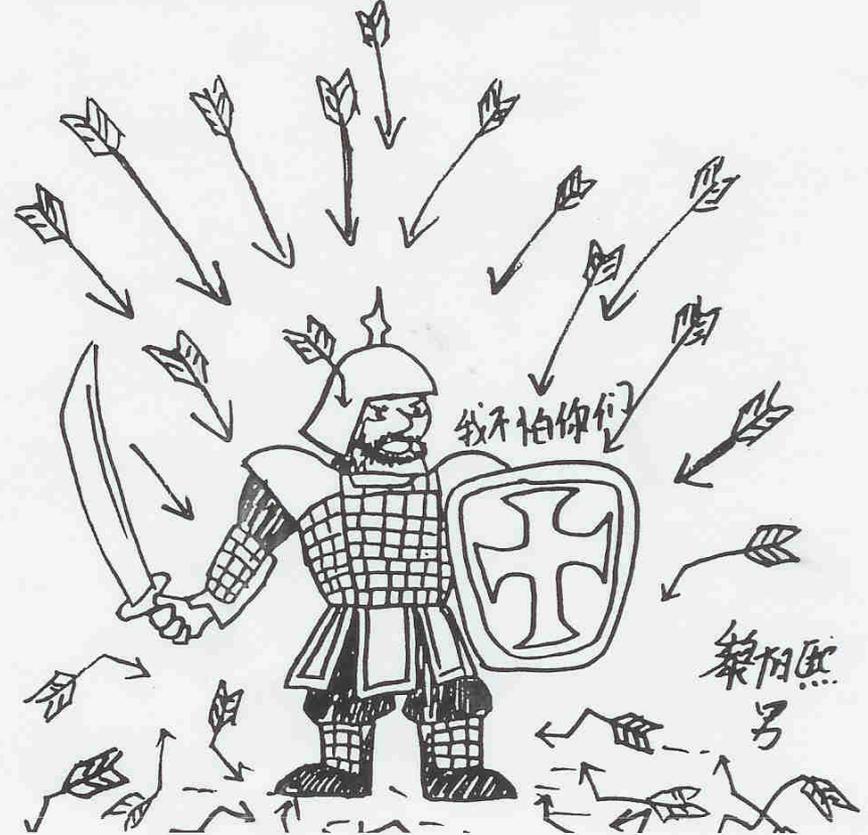


Awareness is empowering

RE OF ME *BEFORE* I TOOK BRAINWISE



E OF ME *AFTER* I TOOK BRAINWISE



Recognize Red Flag Warnings

Triggers

Cues

Signs

Clues

Indicators

Risk factors



Internal Red Flag Warnings

How would the
situation
make you
physically
feel inside?

External Red Flag Warnings

- Things you can see or observe

Red Flag Suicide Risks

Moods and Behaviors:

Being isolated, lonely or too alone

Being very stressed, angry, sad, rejected

Joking, teasing, or threatening about death or suicide

Hurting / self-harming

Giving important things away

Red Flags

Guns:

Not properly stored

(example: Loaded with
Ammo)

(example: Laying around
the house)

Not properly used

(example: Carried around
but not for hunting)

Red Flags

Alcohol / Drugs:

Homebrew

Hard alcohol, beer,
wine, etc.

Pills

Paint

Gas

Red Flags

Suffocation:

Rope

Wires

Chairs

Ladders

Plastic

Red Flags

Family and relationships

- break ups & divorces
- arguing & fighting
- blaming & shaming
- bullying & gossiping
- recent losses of friends or family

Putting it all together

Be able to spot or recognize danger (external)

If you feel uneasy about something, pay attention,
then think more about the reason why

Make great choices before things get out of control

Help others make great choices by encouraging
them

Putting it all together

Be open to getting some help by asking for it, and talking about what's going on

Offer others help by asking them if they would like to talk, by listening to them, and asking them if they would like you to help them connect with someone who is highly trained

Putting it all together

Make sure you have someone who is wise or well-trained that you can get-a-hold of and talk to if you recognize red flags in yourself

Make sure that you get-a-hold of, and talk with someone who is wise or well-trained if you recognize red flags in others

Make sure you have several people who are wise and well-trained, that you can talk to, and get-a-hold of

Pulling it all together

Make sure you know a few Suicide Prevention Hotlines:

National Suicide Prevention Lifeline at 1-800-273-8255, a free, 24-hour hotline available to anyone.

You can also call the Alaska Careline at 1-877-266-4357

Make sure you know other helpful community resources: VPSO, ICWA, BHA, CHA, School Counselor, Religious leaders

With you in mind

Keep building your:

Listening skills

Talking skills

Decision making skills

Coping skills

(including forgiveness)

Leadership abilities

Purpose, strengths and daily successes

Cultural knowledge

Practice Wellness

Sleeping

Eating

Exercising

Finally

Do the best you can! You do make a difference

Realize there are many things outside of your control

Always get help and use support!

References

- BrainWise For Grades 6-12

A Guide to Building Thinking Skills in Young People - 10 Wise Ways to stop and think

www.brainwise-plc.org

- Gatekeeper Suicide Prevention Training

James Gallanos, LCSW, Department of Health and Social Services, Behavioral Health, Office of Prevention and Early Intervention Services, **(907) 465-8536**