

Working with Youths and Suicide in a Substance Abuse Setting
Track: Wellness

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<input type="checkbox"/>	STEP 2	Statewide age-adjusted rate
<input type="checkbox"/>	STEP 3	Suicide and Ethnicity
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<input type="checkbox"/>	STEP 8	American Indian or Alaska Native adolescents drug and alcohol prevention and treatment should be appropriately sensitive and may include or incorporate American Indian or Alaska Native value.
<input type="checkbox"/>	STEP 9	Suicide and Substance Abuse
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STEP 1: Statewide Suicide Prevention Council

- The Statewide Suicide Prevention Council was established was established in 2001, by the Alaska Legislature, after a series of “suicide clusters”
 - The Council is responsible for advising legislators and the Governor on ways to improve Alaskans’ health and wellness by reducing suicide, improving public awareness of suicide and risk factors, enhancing suicide prevention efforts, working with partners and faith-based organizations to develop healthier communities, creating a statewide suicide prevention plan and putting it in action, and building and strengthening partnerships to prevent suicide.
 - Suicide was considered an “epidemic”¹ when the Council was created.

STEP 2: Statewide age-adjusted rate

- Between 2000 and 2009, there were 1,369 confirmed suicide deaths in Alaska.
- At least one suicide occurred in 176 Alaskan communities.
- Over the last ten years, the rate of suicide has remained consistently high.

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- The statewide age-adjusted rate has been 20/100,000 people or higher for eight of the ten years.
- Some regions have had age-adjusted rates much higher than that as you see in the table beside. The data is provided by the Bureau of Vital Statistics. 2009 data is provisional.

STEP3: Suicide and Ethnicity

- Suicide rates among Alaska Native peoples are higher than for any other ethnicity in the state, and are the highest of any ethnicity in the United States.
- In 2009, the age-adjusted rate for Alaska Native peoples was 32.8/100,000 people.
- For White or Caucasian people, the age-adjusted rate was 17.7/100,000.14 That is a *difference of nearly 2:1*.
- Looking at Alaska suicide rates over time shows that same disparity, with a cumulative crude rate of 38.8/100,000 for Alaska Native peoples and 16.5/100,000 for non-Native peoples.

STEP 4: Suicide and Age

- In Alaska, young people age 15-24 continue to have the highest rates of suicide.
- The age-specific suicide rate for young men age 15-24 is 56.1/100,000 and for young women is 16.6/100,000.
- For Alaska Natives, the rate for this age group is 141.6/100,000 for young men and 50.3/100,000 for young women

STEP 5: Substance Abuse and Adolescents

- Substance use rates were generally higher among American Indian or Alaska Native adolescents compared with national averages (Figure 1).
- The greatest differences were found for cigarette use (16.8 vs. 10.2 percent) and marijuana use (13.8 vs. 6.9 percent).
- The rate of nonmedical use of prescription-type drugs among American Indian or Alaska Native adolescents was almost twice that of the national rate (6.1 vs. 3.3 percent).
- The rate of past month alcohol use among American Indian or Alaska Native youths was similar to the national rate.

STEP 6: Substance Use by Gend

- Compared with the national averages the rate of past month for adolescent females, adolescent American Indian or Alaska Native females had higher rates of cigarette use (17.4 vs. 10.3 percent) and marijuana use (12.1 vs. 6.3 percent); rates of past month for alcohol use and nonmedical use of prescription-type drugs were similar (Figure 2).

- Similar patterns were found among adolescent males, with 16.3 percent of American Indian or Alaska Native males smoking cigarettes compared with 10.0 percent of males in the Nation and with 15.4 percent of American Indian or Alaska Native males using marijuana compared with 7.6 percent of males in the Nation as a whole.

STEP 7: Substance Use among Adolescents Living in Poverty

- The rate of past month cigarette use among American Indian or Alaska Native adolescents living in poverty was higher than the national average for adolescents living in poverty (19.1 vs. 10.6 percent) (Figure 3).
- The rate of past month use of marijuana (14.8 vs. 7.0 percent) (Figure 3).
- Rates of past month alcohol use and nonmedical use of prescription-type drugs did not differ significantly from the national averages for adolescents living in poverty

STEP 8: American Indian or Alaska Native adolescents drug and alcohol prevention and treatment should be appropriately sensitive and may include or incorporate American Indian or Alaska Native value.

- Children experience the emotions of grief like adults but have limited ability
When implementing interactive activities in the treatment center, for American Indian and Alaska Native youth: Avoid stereotypes.
- Identify and apply cultural norms and traditions that emphasize pride and health in order to discourage substance abuse.
- Determine the particular American Indian or Alaska Native characteristics of your target group, such as tribalism, Indian identity, spirituality, acculturation, and biculturalism. Treatment and Activities must reflect both ethnic-specific and tribal-specific components.
- Praise and use as role models contemporary and historical figures who are of specific significance for each American Indian/Alaska Native tribe.
- Highlight American Indian/Alaska Native contributions to the development of the United States and the emergence of world civilization.
- Include American Indian/Alaska Native culture and traditions.
- Support practices and events that promote ethnic cultural pride and higher self-esteem among American Indians/Alaska Natives.
- Include positive messages Promote respect for elders and promote interest in disappearing traditions. Acknowledge that there may be culturally acceptable use of a substance in specific settings, such as peyote use during Native American ceremonies or tobacco use in ceremonies.
- Facilitate skills training for achieving bicultural competence to offset pressures that might increase risk of substance abuse. Bicultural competence allows American Indian/Alaska Native youth to integrate majority cultural values,

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traditional values.

- Target the interventions, according to experts' recommendations, at reducing substance abuse initiation among youth as well as reducing actual use among older users. Implementation of substance abuse prevention activities must begin at an early age to be effective because of the very young age at which substance abuse is initiated among some American Indians/Alaska Natives.
- Involve the target audience in the development of substance abuse prevention campaign themes and messages and/or the design and implementation of additional interactive activities.

STEP 9: Suicide and Substance Abuse

- Alcohol and drugs play a role in the suicide problem in Alaska, but are not a cause of suicide.
- We know this from three sources of Alaska-specific information.
 - Alaska medical examiner's office
 - The Alaska Psychiatric Institute
 - The Alaska Trauma Registry.

STEP 10: Causes for Overdose

- One of the most common causes is depression

STEP 11: Depression and Adolescents Suicide

- Also the withdrawal symptoms that come with the Adolescent drug abuse as in the case of drug dependency.
- Can lead to feelings of helplessness and hopelessness.
- Symptoms Associated with Adolescent Drug Abuse
- Depression Associated to Adolescent drug abuse
- Some of the factors that can trigger Adolescent depression
- Treating Adolescent drug abuse and depression to prevent suicide
- Suicide Attempts
- Some suicide warning signs in Adolescents

STEP 12: How to effectively Prevent Adolescent Suicide

- One of the most important aspects of the Adolescent suicide prevention is support, such as family, relatives and friends.
- Some Adolescents needs to know that we support and love them and that we are willing to help them to find hope in life again.

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- As we mentioned on the past 2 slides, another effective way to prevent Adolescent suicide is to recognize the signs of suicidal thoughts and feelings, and seek professional help.
- Behavior Problems (such as controlling aggressive and impulsive behavior)
- All of the above issues can be difficult for an Adolescent to cope with and could lead to feelings of helplessness and discouragement, which in turn can turn to self-destructive thoughts , in order for the adolescent to make an escape from the pressures of life.
- Getting help for underlying problems, which almost always include Adolescent depression and substance abuse can lead to a more effective adolescent suicide prevention.
- Also our support as a the adolescent enters therapy can help them more effectively recover and know that there are people who want to help them deal with the issues of life.

For any additional information or questions please feel free to contact

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