

Suicide: an Invasive yet Preventable Disease

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“Suicide doesn’t happen without warning, and it doesn’t just affect a
“certain” type of person”

–American Association of Suicidology

Protective Factors

- Problem solving skills
- Clinical care
- Access to support
- Connectedness
- Ongoing relationships
- Self-esteem
- Extracurricular
- Cultural beliefs*

Cultural Continuity

- Self-government
- Land control
- Control over education
- Command Police and fire services
- Health services
- Control of cultural activities
- Language

What to do

- Exercise
- Diet
- Sleep
- Avoid alcohol

What to do 2

- School based interventions
- Support groups
- Community based programs
- River of Life Curriculum
- Spirituality
 - “Culture is treatment, and all healing is spiritual”

Culturally Specific Causes

- Urban AI/AN
- Colonization
- Marginalization
- Intergenerational trauma
- Acculturative stress

The things we bring with us

- Prior attempt
- FH mental d/o or substance abuse
- FH suicide
- FH of violence or divorce
- LGBT
- Exposure to other's suicidal behavior*

Question time

- What does LGBTQ stand for?
 1. Lesbian, gay, bisexual, transgender, questioning
 2. Lesbian, gay, bisexual, transgender, queer
 3. All of the above

Modifiable risk factors

- **Guns in home**
- Incarceration
- Homelessness
- TBI
- Smoking
- Sexual orientation acceptance
- Perfectionism
- Tolerant
- Axis 1 disorders
 - Mood disorder, anxiety, substance abuse, eating disorder, conduct disorder
- Axis 2 personality disorders
 - Cluster B

Question time

- What office based test can be performed to assess severity of depressive symptoms?
 1. Auchenbach
 2. PHQ-9
 3. Conners
 4. non of the above

Warning signs

- Talking about harm
- Research into ways
- Feeling hopeless
- Feeling trapped
- Burden
- Anxious or agitated
- Increase in substance use
- Extreme mood swings
- Sleeping too much/little
- Withdrawing/isolating

Importance of Social Media

- Facebook
- Instagram
- Twitter
- Snap chat
- Tinder
- Cyber calls for help

Final Question

- What is Tinder?
 1. Online store for camping gear
 2. Application for downloading music
 3. Location based-mobile dating application

Triggering events

- Rejection
- Legal troubles
- Financial troubles
- Loss of freedom
- Anything that leads to:
 - Shame
 - Guilt
 - Despair
 - Humiliation
 - Unacceptable loss of face
- **Exposure to suicide**

Postvention

- Each suicide intimately affects 6 people
- That makes 6 million survivors in the last 25 years
- Guilt and identification lead to copying
- 1-5% of suicides are contagion
- Some Native groups are higher risk, because of ties
 - Echo Clusters –suicide death resonates for months

10-steps

- Verify death
- Mobilize response team
- Assess impact and response
- Identify and refer
- Share info
- Deal with media
- Services with in 24 hours
- Honor
- Debrief

Statistics

- Leading cause of death in First Nations youth
- AI/AN highest rates in US
- Increase in attempts by 51% between 2005-2011
- 34,000 people kill themselves every year
- 376,000 visits to the ED for self-inflicted injuries
- Approx. 1 million people attempt annually
- In 2012, 2nd leading cause of death for 15-24yo
- 3rd leading for 10-14yo
- Firearms are 50%, suffocation 25%, poisoning 15%

Resources

- National Institute of Justice (nij.gov)
- Substance Abuse and Mental Health Services Administration (samhsa.gov)
- National Institute of Mental Health (nimh.nih.gov)
- Suicidology.org
- Centre for Suicide Prevention (suicideinfo.ca)
- riveroflifeprogram.ca
- YKHC.org
- Youmatter.suicidepreventionlifeline.org
- AAP.org

Resources

- Youth Suicide Prevention Program (YSPP.org)
- National Indian Child Welfare Association (nicwa.org)
- We R Native (wernative.org)
- Indian Health Service (IHS.org)
- Suicide Awareness Voices of Education (save.org)
- My email shaqbell@uw.edu

Thank you

- American Academy of Pediatrics
- Indian Health Service
- Committee on Native American Child Health
- My friends and family

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