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

*Faculty/Presenter Disclosure*
*The presenter has no financial relationship to this program*