Survivor to Thriver

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Meeting of the Minds – Kansas City
The Warrior Wall

If you have a device, visit the address, type in code, then add the name of the person you wish to honor.

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Objectives:

- What is Suicidality? – Definitions & Differences
- Lived Experience
- Signs, Risk Factors, and Action Plans
- Risk Assessment & Interpretation
- Self Care
Suicide, Suicidality, Intent, and Ideation

- **Suicide**: the intentional, voluntary act of taking one’s life
- **Suicidality**: the tendency or likelihood for someone to attempt or die by suicide
- **Intent**: creating a plan or process to attempt suicide
- **Ideation**: having thoughts or exhibiting behaviors that may indicate an elevated risk of attempting suicide
- 10th leading cause of death (highest in middle age 45-54)
- Approx. 129 deaths per day
- 1 death = 25 attempts
- Females more likely to attempt
  - 3.5x more men die by suicide
- Problems with reporting? Can we trust the numbers?

(AFSP, 2018)
- Above average, and that’s not great:
  - Rank 13/50 for amount of suicides (we were 18 in 2016)
  - 1 person dies by suicide every 8 hours
- In the top 10 causes of death for three age groups:
  - 2nd (15-34)
  - 4th (35-54)
  - 8th (55-64)

(AFSP, 2018)
(MO DMH, 2016)
COMORBIDITY

Impacts **ALL** cultures and subgroups

Slightly Elevated Risk:
- pre-existing mental health condition
- chronic or terminal health issue
- chronic stress
- substance abuse
- trauma (ACES)
- self harm or previous attempts
- family history of attempts

(AFSP, 2018)
Risk Factors vs. Warning Signs

- **Risk Factor**: a characteristic about a person that may indicate a higher likelihood of a suicide attempt or death by suicide at some point in the lifetime

  - Includes:
    - Family attempts or previous attempts
    - History of self harm
    - Substance use
    - Mental illness or mental distress
    - Traumatic life event
    - Poverty
    - Perception of not belonging

- **Warning Sign**: an actively exhibited thought/behavior/interaction/etc. that may indicate someone is currently considering suicide

  - Includes:
    - Preoccupation or obsession with death
    - Isolation & withdrawing
    - Loss of interest in things or people
    - Giving away possessions, goodbye messages, or "wrapping up" loose ends
    - Creating a will
    - Stockpiling means
    - Severe, unexpected changes in mood

(AFSP, 2018)
Firearms involved in over half of suicides in 2017.

(AFSP, 2018)
ACES: ADVERSE CHILDHOOD EXPERIENCES

- Explores the impact (mentally and physically) of the presence of trauma
- Experiences not uncommon, but impact is substantial
- If you have one, you often have another
- Chronic exposure to these traumas compounds risk even more
- 68% of minors have experienced at least one trauma from the list
- One ACES = 2-5x more likely
- Six ACES = 30x more likely

(SAMHSA, 2018)
ACES Categories

- 1. Physical Abuse
- 2. Sexual Abuse
- 3. Emotional Abuse
- 4. Physical Neglect
- 5. Emotional Neglect
- 6. Exposure to Domestic Violence
- 7. Substance Use within the Home
- 8. Mental Illness in the Home
- 9. Parental Separation or Divorce
- 10. Incarcerated Household Member

(Dube, Anda, Felitti, 2001) (SAMHSA, 2018)
CONFIDENTIALITY & LIMITATIONS

- If you have time before a crisis develops, always tell those you are talking to about limits of your confidentiality

- **NEVER** tell someone that you will not tell someone else

- Three big breaches:
  1. Intent to harm self
  2. Intent to harm others
  3. Abuse or neglect occurring to the person or by the person to another

- What do you do when someone brings this to a session?

  - Where do you go/Who do you call?
  - Can you leave the person alone?
  - What’s a follow up plan?

(ACA, 2014)
These forms are available for download

Find an assessment that works for YOU, there are several online

(Rockwood School District, 2018)
Career

PURPOSE

Passion
“Grief does not change you, it reveals you.” – John Green, The Fault in Our Stars
THE AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP)
Look These Up!

Mark Graham, founder Vets4Warriors crisis line

Jamie Tworkowski, founder To Write Love on Her Arms

Kevin Berthia, Golden Gate attempt survivor
Some Favorite Resources

Websites:
- The American Foundation for Suicide Prevention: afsp.org
  - Infographics, Fundraising, Local Resources, Signs/Risk Factors & more!
- To Write Love on Her Arms: twloha.com (always follow IG and Twitter)
  - Signs/Risk Factors, Blogs, Creative Expression Ideas, Inspiration, Music Connections
- Substance Abuse and Mental Health Services Administration (SAMHSA): samhsa.gov
  - FREE digital and print resources on everything mental health

If in doubt or immediate need, call 911 – you can request a CIT (Crisis Intervention Trained) officer if you wish.
Videos:

- Kevin Breel “Confessions of a Depressed Comic”
  - TED Talk on depression and stigma

- Shane Koyczan “To This Day”
  - TED Talk performance of a spoken word poem on bullying

- “Removed” (2013)
  - Short film with several parts; about foster care, trauma, and resilience

- Kevin Berthia “The Impact of Listening”
  - TEDx Talk on surviving an suicide attempt with the help of others

- Kevin Briggs:
  - "The Bridge Between Suicide and Life"
  - "Compassion Fatigue"
    - Several TED Talks and interviews; search by name or ‘Guardian of the Golden Gate’

- Kevin Hines “Surviving and Thriving After a Suicide Attempt”
  - Interview on his attempts, survival, recovery, and living with bipolar disorder
Resources cont.

Crisis Lines:

- National Suicide Prevention Lifeline: 1-800-273-8255
  - Online chat option available @ suicidepreventionlifeline.org
  - WILL connect you to local resources

- Vets4Warriors: 1-855-838-8255
  - Online Chat Option @ vets4warriors.com
  - Crisis line for veterans and military family

- Crisis Text Line: text 741741

- The Trevor Project: 1-866-488-7386
  - LGBT+ focused crisis line
  - text and online chat available @ thetrevorproject.org

Check your local counseling centers for crisis lines and text numbers; Many have them for the public, not just their consumers.
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References


