

Signs of Suicide

Albert Einstein High School
Staff/Trusted Adult Training
March 2018





By the end of this presentation, participants will have knowledge of...

- The suicide rates in Montgomery County, Maryland, and the United States (U.S.);
- The risk factors for suicide;
- The purpose of the Signs of Suicide Prevention Program (SOS);
- How Montgomery County Public Schools (MCPS) will be implementing SOS.



Suicide Rates and Risk Factors

- In 2010, according to the Substance Abuse and Mental Health Administration, 8% of youth aged 12-17 years in the U.S. Had experienced a major depressive episode. That is 1.9 million adolescents!
- In 2016, suicide was the second leading cause of death for children and adolescents aged 10-19 years in the U.S. and the third leading cause of death in Maryland (Centers for Disease Control and Prevention).
- Risk Factors Include:
 - Depression,
 - Substance abuse, and
 - History of previous attempts.



Suicide Rates and Risk Factors

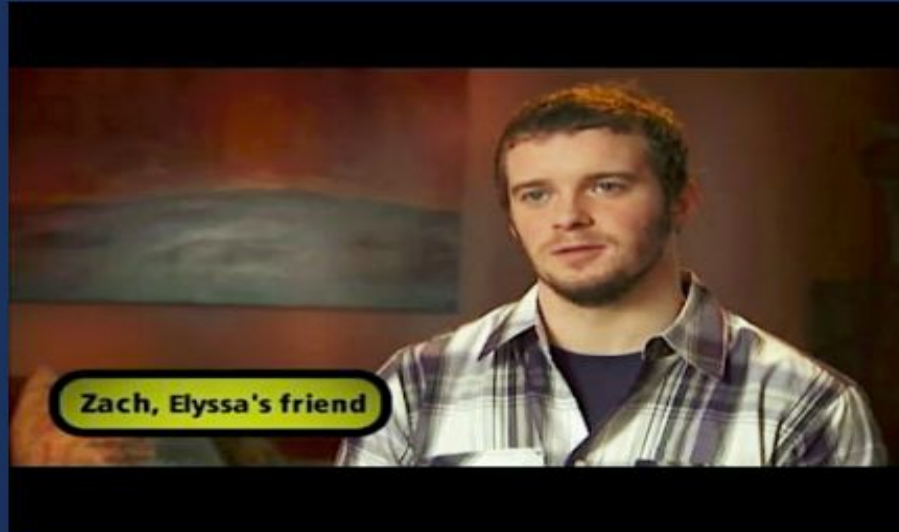
- In 2014, 248 youth between the ages of 6 and 18 years visited Montgomery County emergency rooms with self-inflicted injury listed as the principal or secondary diagnosis.
- In 2015, this number increased to 267 youth.
- For each of the Fiscal Years (FY) 2014, 2015, and 2016, just over 1,000 students were referred to the Montgomery County Crisis Center by MCPS staff members with 80% of the referrals due to risk of harm to self.
 - In FY 2017, over 1,300 student were referred to the Crisis Center.



The SOS Program: Purpose and Research

- Provides direct instruction to students about the signs of depression and suicidality because research shows that youth are more likely to turn to peers than adults when facing a suicidal crisis.
- Assists schools in addressing the problems of youth depression and suicide simultaneously and in an age-appropriate manner by using a universal approach to assist in the identification of at-risk youth.
- Supports parents, guardians, and school staff members by educating them on the warning signs of depression and suicide and the steps they should take if they encounter a youth who may be at-risk.

Friends for Life: Preventing Teen Suicide (Lesson 1 video)



https://drive.google.com/file/d/1fQTvYvm4r_AzRKmFaNykz3zx1n6ScD9R/view

Signs and Symptoms of Depression



- Depressed mood (may be sad, down, grouchy, or irritable);
- Changes in typical behavior (goes from sad/withdrawn to happy or happy to sad/withdrawn);
- Changes in sleeping patterns (too much, too little, or disturbed);
- Changes in weight or appetite (decreased or increased);
- Speaking and/or moving with unusual speed or slowness;
- Loss of interest or pleasure in usual activities.;
- Withdrawal from family and friends;
- Feelings of worthlessness, self-reproach, or guilt;
- Feelings of hopelessness or depression;
- Diminished ability to think or concentrate, slowed thinking, or indecisiveness;
- Thoughts of death, suicide, or wanting to be dead;
- Extreme anxiety, agitation, or enraged behavior;
- Neglect of physical health; or
- Excessive drug and/or alcohol use



ACT

- ACKNOWLEDGE that you see signs of depression or suicide in a friend/student
- CARE: show your friend/student that you care about them; and
- TELL a trusted adult so that you/they can get help.



Albert Einstein High School Implementation Plan

1. Staff Training--March, 2018 - Rolling Staff Meetings
2. Letter sent home to parents--Week of April 9, 2018
3. Student Trainings--through math classes
(tentative dates, dates may vary as classes are mixed grade level)
 - a. Grade 9--April 16, 2018
 - b. Grade 10-11 --April 17, 2018
 - c. Grade 12 & LFI--April 18, 2018

Questions

