



Resources and Conversation for Change

September 10, 2020



Welcome! Please enjoy this helpful information

Training will begin promptly at 8:25AM

There will be two, 10-min breaks today

Agenda and handout links are being shared regularly in CHAT

Breakout rooms are individual links; found on the Agenda

Pre-test survey needs completed for CEUs (*please do so before 8:25AM*)

Please use the Q&A for questions, which will be answered during training



• What leads to suicide?

- According to the American Foundation for Suicide Prevention (AFSP), there's no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair.
 - **Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated.**
 - Conditions like depression, anxiety and substance use issues, especially when unaddressed, increase risk for suicide.
 - Yet it's important to note that most people who actively manage their mental health conditions go on to engage in life.

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	Heart Attack	Suicide
Examples of Risk Factors (Individual level) Indicate that someone is at higher risk for heart attack or suicide	<ul style="list-style-type: none"> • Tobacco use • Obesity • High LDL cholesterol • Physical inactivity 	<ul style="list-style-type: none"> • Prior suicide attempt • Mood disorders • Substance abuse • Access to lethal means
Examples of Protective Factors (Individual level) Indicate that someone is at lower risk for heart attack or suicide	<ul style="list-style-type: none"> • Exercise • Sound diet • High HDL cholesterol • Stress management 	<ul style="list-style-type: none"> • Connectedness • Availability of physical and mental health care • Coping ability
Examples of Warning Signs Indicate that someone is having a heart attack or is seriously considering suicide	<ul style="list-style-type: none"> • Chest pain • Shortness of breath • Cold sweat • Nausea • Lightheadedness 	<ul style="list-style-type: none"> • Threatening to hurt or kill oneself • Seeking a means to kill oneself • Hopelessness • Increasing alcohol or drug use • Dramatic mood changes

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Suicide Warning Signs



TALK

Experiencing unbearable pain
Being a burden to others
Killing themselves
Feeling trapped
Having no reason to live



BEHAVIOR

Increased use of alcohol or drugs
Withdrawing from activities
Giving away prized possessions
Isolating from friends & family
Looking for a way to kill themselves, such as searching online for materials or means
Sleeping too little or too much
Visiting or calling people to say goodbye
Acting recklessly
Aggression



MOOD

Depression
Loss of interest
Irritability
Anxiety
Humiliation
Rage

afsp.org



American Foundation for Suicide Prevention

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- *If you notice any of warning signs of suicide in anyone, you can help!*
 1. Ask if they are ok or if they are having thoughts of suicide
 2. Express your concern about what you are observing in their behavior
 3. Listen attentively and non-judgmentally
 4. Reflect what they share and let them know they have been heard
 5. Tell them they are not alone
 6. Let them know there are treatments available that can help
 7. If you are or they are concerned, guide them to additional professional help

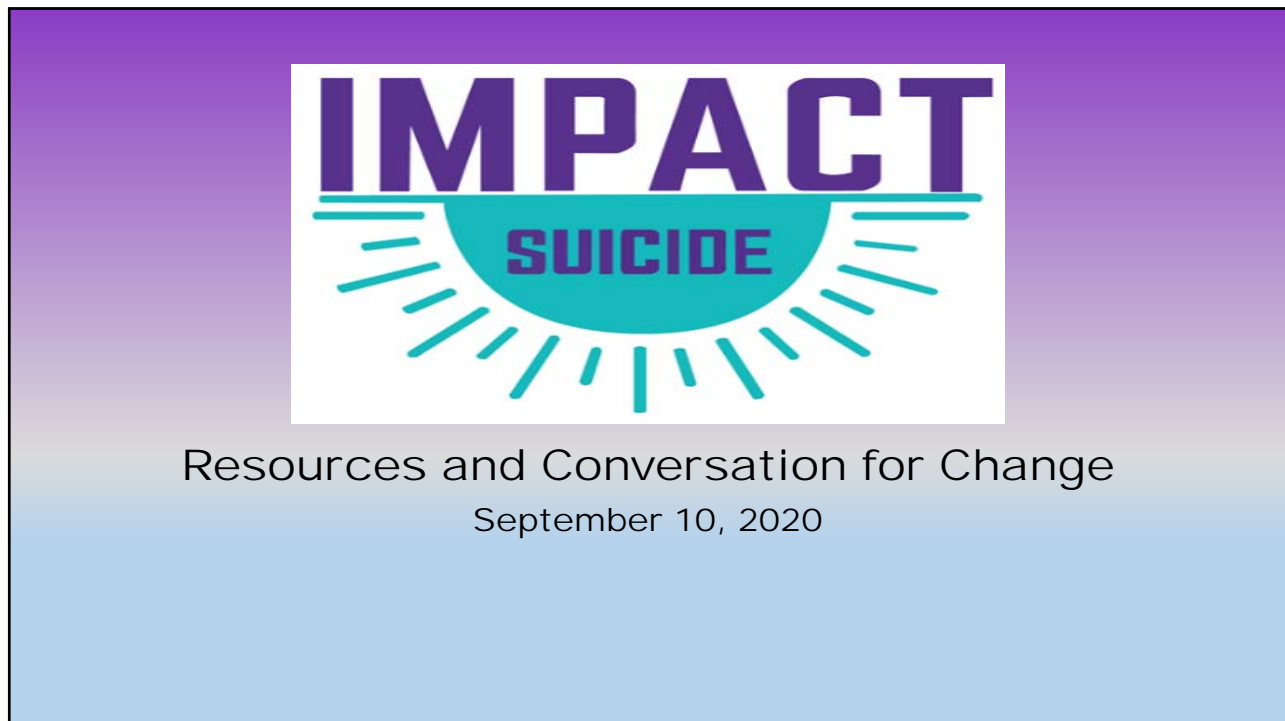


KEEP
TALKING
ABOUT
MENTAL
HEALTH

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MAKE A SAFETY PLAN
TEXT HOME TO 741-741
CALL 1-800-273-8255
5528
Impact
SUICIDE



IMPACT
SUICIDE

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Five Signs of Emotional Suffering



Personality Change



Agitated



Withdrawal



Poor Self-Care



Hopelessness



IT'S OKAY TO ASK FOR HELP



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Disclosure

All speakers have no actual or potential conflict of interest in relation to this conference or presentation

Social Worker & Licensed Clinical Professional Counselors

OSF Healthcare is a licensed Social Worker continuing education sponsor by the State of Illinois

Continuing Education credits pending approval

(IL License #159.000855)

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How many tickles does it take to make an octopus laugh?

Ten-Tickles!!



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Nursing Continuing Education

OSF Healthcare (OH-353) is approved as a provider of nursing continuing professional development by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)



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- **The Perfect Storm:** Secondary consequences of social distancing may increase the risk of suicide

Social Isolation: Social connections play a key role in suicide prevention

- Concern for how social isolation and loneliness may increase suicide risk
- Decreased Access to Community and Religious Support: The effects of closing churches and community centers may add to social isolation and potential risk for suicide

Barriers to Mental Health Treatment:

- Perception that MH services are not prioritized, fear of going to ED, lack of childcare
- Reduced access to MH services could negatively impact people experiencing thoughts of suicide

Exacerbation of physical health problems

Economic Stress: employment, school closing, lack of childcare

- Existing research suggests that sustained economic stress could be associated with higher US suicide rates in the future

Seasonal Variation in Rates

Effects of new coverage and national anxiety

Firearm Sales

Healthcare Professionals

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Opportunities!

- Physical Distance, Not Social Distance
- Tele-Mental Health
- Increase Access to Mental Health Care
- Distance-Based Suicide Prevention
- Media Reporting

Silver Lining?

Suicide rates have declined in the period after past national disasters (9/11), Why? One hypothesis, “pulling together effect” whereby the shared experience might support one another, strengthening social connectedness

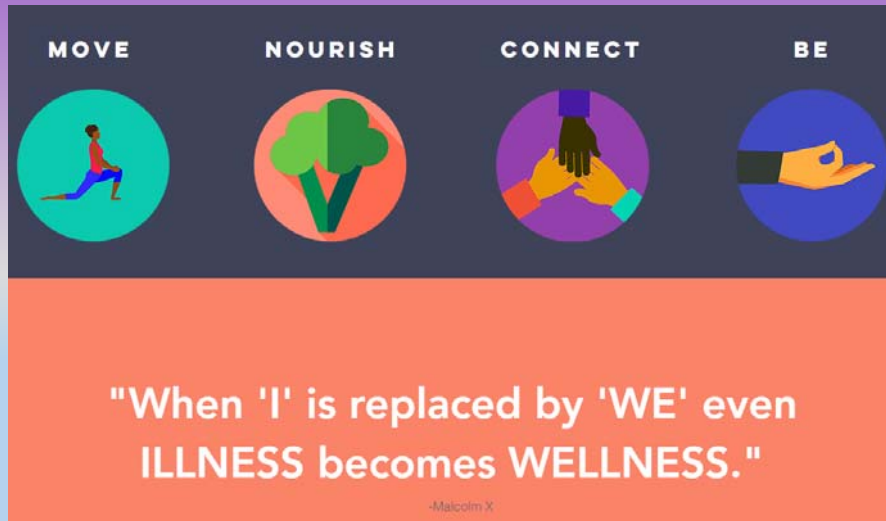
Epidemics and pandemics may also alter one’s views on health and mortality, making life more precious, death more fearsome, and suicide less likely



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On with the Conference!



MOVE **NOURISH** **CONNECT** **BE**

"When 'I' is replaced by 'WE' even ILLNESS becomes WELLNESS."

-Malcolm X