

**DISTRICT
204**

MENTAL HEALTH
SYMPOSIUM



SATURDAY, MARCH 4

PRESENTED BY:



Helping Students Feel & Perform Better: Parents as Protectors of Teen Mental Health

presented by

Michael Bushman
American Foundation for
Suicide Prevention





An Introduction to Suicide Prevention

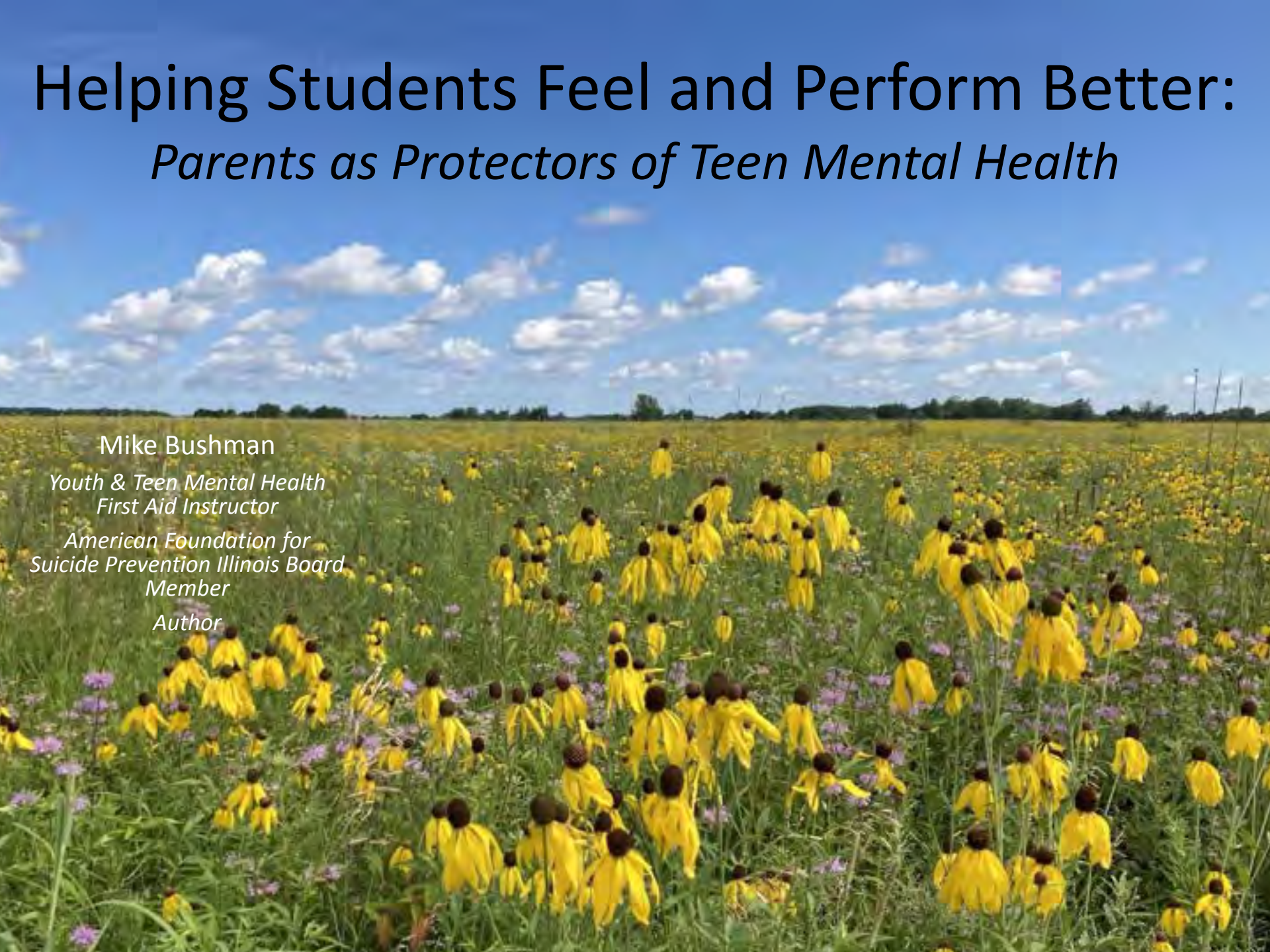
Helping Students Feel and Perform Better:

Parents as Protectors of Teen Mental Health

Mike Bushman

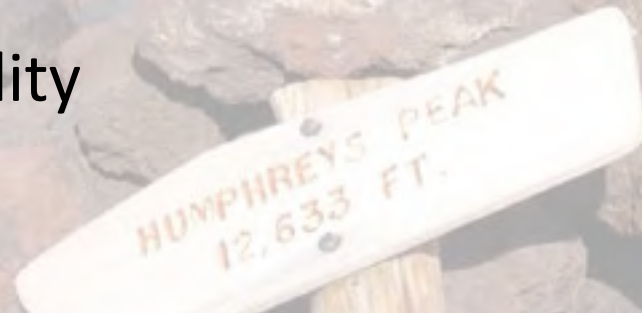
*Youth & Teen Mental Health
First Aid Instructor*

*American Foundation for
Suicide Prevention Illinois Board
Member
Author*



Teens & Young Adults Face a Different World

- Sleep
- Exercise
 - Screen Time
 - Sedentary Behavior
- Nutrients
- Human Connection
 - Cyberbullying
 - Cell Phone Use
 - Social Media & Relationships
- Nature
- Family Structure
- Religion, Faith & Spirituality



Impact of Activity on Depression Scores at 18

Age 12	Age 14	Age 16	
11% Worse	8% Worse	10.5% Worse	One extra hour of Sedentary Behavior from average
9.6% Better	7.8% Better	11.1% Better	One extra hour of Light Activity from average
16% to 22% Better			Two extra hours of Light Activity from average

Depressive symptoms and objectively measured physical activity and sedentary behaviour throughout adolescence: a prospective cohort study
 Aaron Kandola, Gemma Lewis, David P J Osborn, Brendon Stubbs, Joseph F Hayes
 Lancet Psychiatry 2020; 7: 262–71
 Published Online February 11, 2020 [https://doi.org/10.1016/S2215-0366\(20\)30034-1](https://doi.org/10.1016/S2215-0366(20)30034-1)

Young adults reporting sedentary behavior at all three ages (12, 14 and 16) had 30 percent higher depression scores at age 18.

Teens who meet up with their friends 'almost every day'

The percentage has declined through the years, with the decline accelerating after 2010.



Chart: The Conversation, CC-BY-ND • Source: [Monitoring the Future](#) • [Get the data](#)

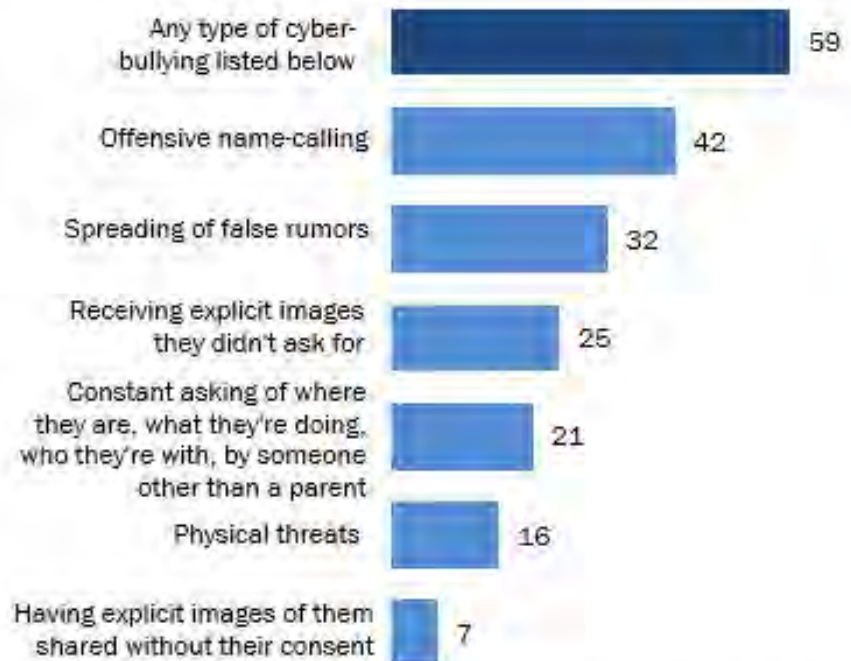
Declining In-person Connection . . .

Cyberbullying

- 59% of U.S. Teens Bullied or Harassed On-line
- Of children currently experiencing a mental health problem, over 2/3 (68%) say they experienced cyberbullying in the last year.*

A majority of teens have been the target of cyberbullying, with name-calling and rumor-spreading being the most common forms of harassment

% of U.S. teens who say they have experienced ___ online or on their cellphone



Note: Respondents were allowed to select multiple options. Those who did not give an answer or gave other response are not shown.

Source: Survey conducted March 7–April 10, 2018.

"A Majority of Teens Have Experienced Some Form of Cyberbullying"

PEW RESEARCH CENTER

* Safety net: The impact of cyberbullying on children and young people's mental health, for more, see childrenssociety.org.uk

Youth Outdoor Time Seriously Impaired

Maximum Security Inmates

2 hours

65% of U.S. teens & pre-teens*

1 hour or less per day

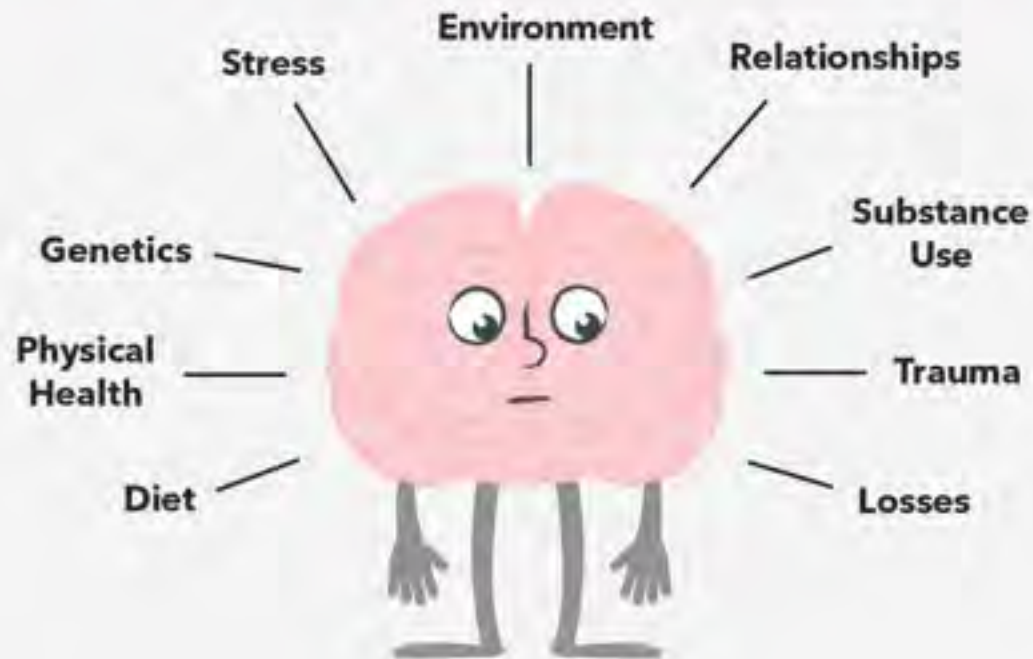
Unstructured play

4-7 minutes

Parents say 60% of their children don't know how to play without a screen.

* Based on U.S. sample of survey of 12,000 parents from 10 countries
Read "The Power of Play" from the Journal of the American Academy of Pediatrics for more. <https://pediatrics.aappublications.org/content/142/3/e20182058>

Many Factors Affect Mental Health



Connection Between Physical and Mental Health



Scope of the Problem

U.S. Population Overall

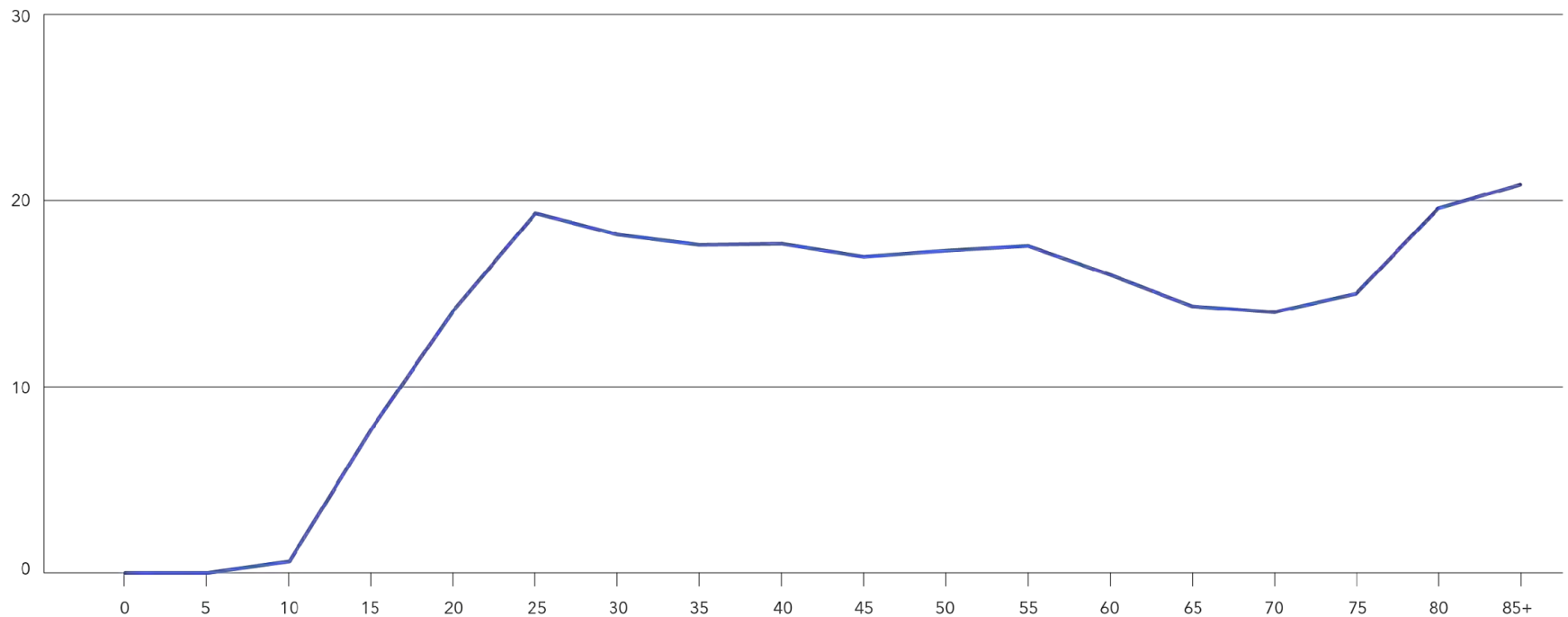
- 45,979 *reported* suicide deaths
- 13.48 suicides per 100,000

Youth Ages 10-24

- 6,643 *reported* suicides
- 14.45% of total suicides in the U.S.
- 10.49 suicides per 100,000
- Suicide is the third leading cause of death for youth ages 10-24

U.S. Suicide Rates

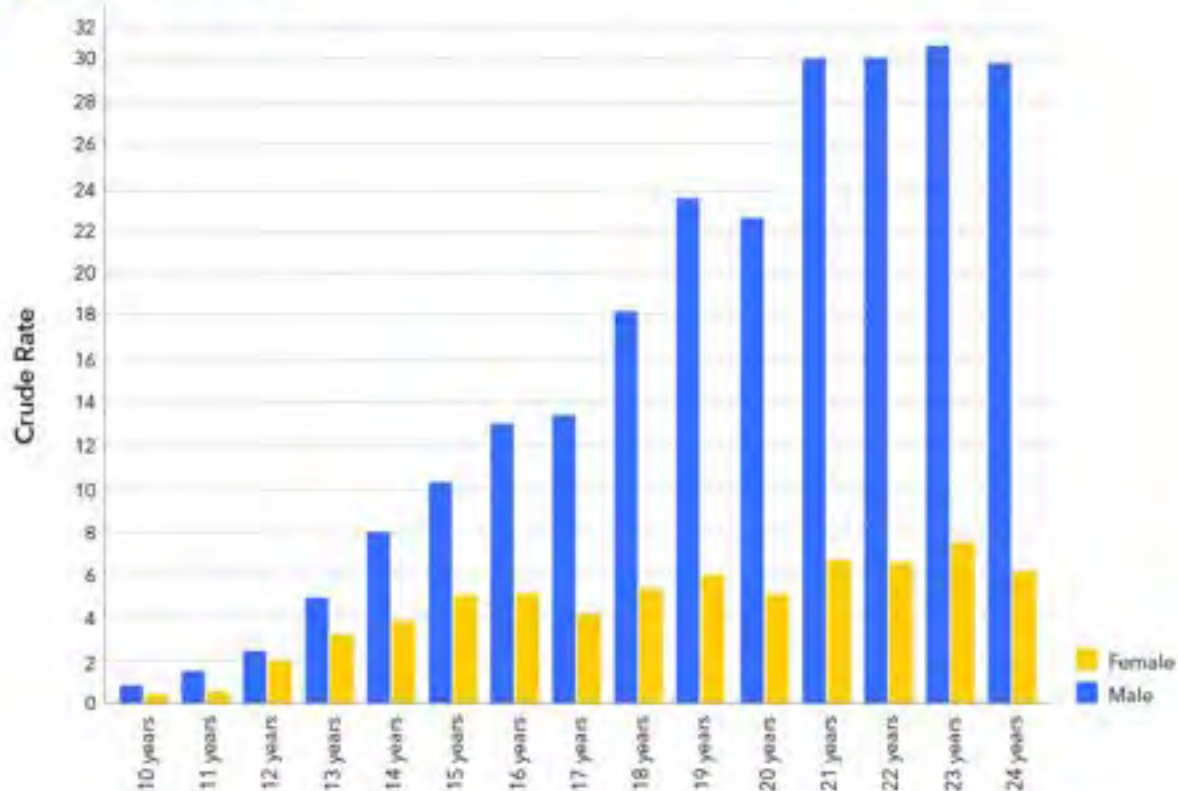
1970 to 2020 (Age-Adjusted)



Source: CDC, 2020, Data accessed 2022

U.S. Youth Suicide Rates

By Sex (Ages 10-24)



Source: CDC, 2020, Data accessed 2022

U.S. Youth Suicide Rates

By Race (Ages 10-24)

Racial Group	Suicide Rate per 100,000
American Indian/Alaskan Native	18.20
White	10.78
Asian/Pacific Islander	7.91
Black	9.35

By Ethnicity (Ages 10-24)

Ethnic Group	Suicide Rate per 100,000
Hispanic	7.86

When we look at youth suicide rates for those 10-24 years of age by ethnicity for 2019, White and Asian/Pacific Islander youth have a suicide rate above the national rate for this age group.

Youth Suicide Attempts



- For every suicide, it is estimated that there are 100-200 attempts
- In 2019, approximately 2.5 percent of youth in grades 9-12 reported making a suicide attempt that required treatment by a doctor or nurse.

National Youth Risk Behavior Survey



- **18.8%** of high school students who completed the Youth Risk Behavior Survey in 2019 reported having seriously considered attempting suicide in the previous year



- **15.7%** reported having made a plan for a suicide attempt in the previous year



- **8.9%** reported having attempted suicide one or more times in the last year

Suicide **ideation** is life-threatening.
It must be taken **seriously** each time.

Risk Factors



Risk Factors for Suicide



A key risk factor for suicide in youth is a mental health condition, especially when undetected.

Common Mental Health Conditions



Suicide risk in teens is most clearly linked to mental health conditions, which can co-occur together, increasing risk further:

- Major Depressive Disorder
- Conduct Disorder
- Substance Use Disorders
- Eating Disorders
- Generalized Anxiety Disorder
- Schizophrenia
- Bipolar Disorder

Identifying At-Risk Teens

Mental health symptoms are often misinterpreted as:

- Normal adolescent mood swings
- Laziness
- Poor attitude
- Immaturity

Suicide Risk Factors vs. Warning Signs



Suicide **risk factors** endure over some period of time, while **warning signs** signal **imminent suicide risk**.

RECOGNIZING WARNING SIGNS

Warning Signs in Youth

Behavior Changes:

- Tired
- Sad
- Anxious
- Withdrawn
- Aggression
- Irritability
- Risk-taking
- Dropping activities
- Fighting with those around them

Physical Signs:

- Headaches
- Chest pain
- Stomach aches
- Changes in appetite
- Trouble swallowing



Warning Signs: Talk



If a person talks about:

- Killing themselves
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Warning Signs: Behavior



Behaviors that may signal risk, especially if related to a painful event, loss, or change:

- Increasing use of alcohol or drugs
- Looking for a way to end their life, such as searching online for materials or means
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too little or too much
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Increasing aggressive behavior

Warning Signs: Mood



People who are considering suicide often display one or more of the following moods:

- Depression
- Loss of interest
- Rage
- Irritability
- Humiliation
- Anxiety
- Sudden unexplained happiness

A NOTE ON WARNING SIGNS

Checking In

- Ask directly if they are thinking of killing themselves
- Be prepared to listen
- Ask how you can help
- Keep dialogue open
- Help them reach out to a mental health professional/provider



SELF-CARE

Elements of Self-Care



Physical

Sleep
Nutrition
Exercise



Emotional

Mood
Spirit
Self-reflection
Therapy



Social

Family
Friends
Support

What Can Help Your Teen Stay Safe?

- Receiving effective mental health care when needed
- Fostering positive connections to family, peers, community, and social institutions that foster resilience
- Creating safe and supportive school and community environments
- Helping teens to cultivate problem-solving skills
- Keeping open communication re: mental health concerns
- Restrict access to lethal means

Barriers to Treatment for Teens

- Neither teens nor the adults who are close to them recognize the symptoms of their treatable illness
- Fear of what treatment might involve
- Belief that nothing can help
- They don't see help-seeking as a sign of strength
- They are embarrassed
- Believe that adults won't understand
- Limited access to resources (money, insurance, transportation, etc.)

MAKING THE ENVIRONMENT SAFE

Take Action

- Remove or secure firearms
 - Unloaded, locked, and disassembled
 - Store ammunition separately
- Keep the key/code away from person at-risk
- Secure medications (including over-the-counter meds)
- Safe or lockbox, use a pill dispenser



MAKING THE ENVIRONMENT SAFE

Other Ways

- Ask them what else they might need to keep safe
- Encourage them to refrain from substance use
- Ask about places that may activate suicidal thoughts, and encourage avoiding them while in recovery
- Encourage them to discuss keeping their environment safe with their mental health provider
- Talk to school administration if your child struggles at school



Be a Role Model



- Early identification and treatment of depression can help reduce suicide risk for everyone, not just teens
- Parents can be important role models for help-seeking

SELF-CARE

A Self-Care Plan

- Make time for yourself every day
- Find activities that help you recharge
 - Exercise, playing an instrument, joining a community service group, etc.
- Take a few minutes to write down 2-3 things you can do daily to take care of yourself



How to Reach Out



- Talk to them in **private**
- **Listen** to their story
- Express **concern** and **caring**
- **Ask directly about suicide**
- Reassure them **that help is available**

Trust your gut.

Assume you're the
only one who is
going to reach out.

How We Talk about Suicide Matters

Avoid	Say
"Committed suicide"	"Died by suicide", "ended his/her life", "killed himself/herself"
"Failed" or "successful" attempt	"Suicide attempt" or "death by suicide"

A Few Key Terms

- **Suicidal ideation:** Thoughts of engaging in suicide-related behavior
- **Suicidal behaviors:** Behaviors related to suicide, including preparatory acts, as well as suicide attempts and death
- **Nonsuicidal self-injury:** Self-injury with no intent to die
- **Suicide attempt:** A nonfatal self-directed potentially injurious behavior with any intent to die as a result of the behavior (a suicide attempt may or may not result in injury)
- **Suicide:** Death caused by self-directed injurious behavior with any intent to die as a result of the behavior



Avoid minimizing their feelings

Avoid trying to convince them
life is worth living

Avoid advice to fix it

How You Can Help: Talking to Your Child

- **Take it seriously**
- **Don't wait** to act
- Be **calm** and prepared to **listen**
- **Ask** the direct question:
 **"Have you ever felt so bad that you have
 had thoughts of suicide?"**
- **Reassure** your child that help is available and that you are going to help them get help
- **Validate** their feelings and let them know that you care

If Your Child is Having Thoughts of Suicide

- Stay calm
- Thank them for having the courage to tell you
- Reassure them that you are going to help
- Contact a mental health professional for an evaluation appointment as soon as possible
- Reduce immediate stressors
- Remove or secure lethal means in your home

Determining if Your Child is in Crisis

You may be in a crisis if:

- You discover a suicide note written by your child
- Your child reports hearing voices telling him or her to kill him or herself
- You are afraid to leave your child alone for fear he or she will attempt suicide
- You discover your child made a non-lethal attempt (e.g., took some pills, cut self wanting to die)

If Your Child is in Crisis

- Take them to an emergency room or mental health center for evaluation immediately
- Call the National Suicide Prevention Lifeline
1-800-273-TALK (8255)
- Do not leave your child alone
- Remove or secure items from your home that could potentially facilitate a suicide attempt (firearms, medication)

Remember...

Addressing your concerns about suicide directly and with compassion sends your child an important message:

You notice, you care, you're going to help them get help.

The logo is contained within a thick black rectangular border. On the left side of the border, there is a solid black vertical bar. The text is centered within the white space of the border.

988

**SUICIDE
& CRISIS
LIFELINE**



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**DISTRICT
204**

MENTAL HEALTH
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Thank you for attending!