

Suicide Prevention Fundamentals Instruction: Idaho Libraries

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Libraries' New Roles



Resources



Statistics



Why? Or The Suicidal Mind



AGENDA



Prevention



Intervention



Loss Survivor Support




What Helps






Libraries' New Roles



“In every U.S. state, people with serious mental illness are more likely to be jailed than sent to a hospital. A library is a more welcoming environment than either of those. Undoubtedly, this is what attracts many people who suffer from mental illness.”

“How Libraries Became Refuges for People with Mental Illness,” Anthony Aycock, State of Mind from Slate and Arizona State University, 9.22.22



Libraries' Roles

- Libraries have been called...
 - Social infrastructure
 - Community anchors
 - Unofficial care centers
 - Safe havens
- “Mental health has become an any-post-in-the-storm situation
- Librarians can provide one of those ports”

“How Libraries Became Refuges for People with Mental Illness,” Anthony Aycok, State of Minds from Slate and Arizona State University, 9.22.22

Resources



Idaholives.org
208.332.6816

The views, opinions and content expressed in this training do not necessarily reflect the views, opinions, or policies of the Idaho State Department of Education or the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.

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Idaho Crisis & Suicide Hotline



Call or Text 988

or visit

<https://www.idahocrisis.org>, click Online Chat



ILP Regional Services Through BPA Health

Regional Clinical Case Manager Services

Youth **Follow-up** Care

Youth Suicide **Assessments**

Peer-to-peer Attempt Survivor **Support Groups** (age 18 & up)



208-947-5155 Referral Line Call M-F, 9:00 a.m. – 5:00 p.m.

Self Care

Healthy Activities





Statistics

	<u>U.S. 2021</u>	<u>ID 2021</u>	<u>ID Youth <19</u>
Total Deaths	48,183	387	25
Deaths/Week	927	7	
Suicide Rate	14.5	20.4	5.1

Top 15 States in 2021

No. suicides
per capita

1. Wyoming
2. Montana
3. Alaska
4. New Mexico
5. Colorado
6. South Dakota
7. Oklahoma
7. Vermont
7. Nevada
10. West Virginia
11. Oregon
12. Arkansas
12. Idaho
14. Arizona
15. Maine

Why Does Idaho Rank So High?



Lack of Access



Stigma & Rugged



Easy Access

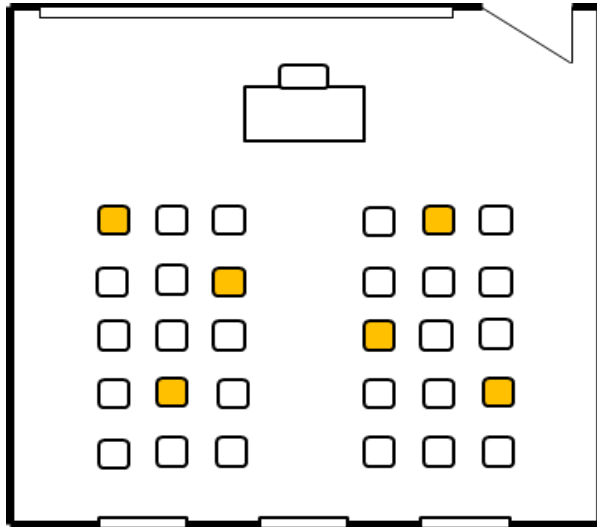
Firearm Deaths in Idaho 2021

- 68% of all suicides were by firearm
- 85% of all firearm deaths were suicides

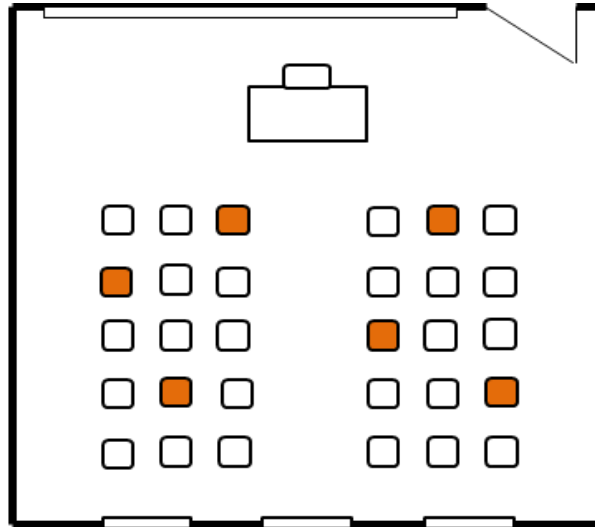
Youth Suicide Facts

(Youth Risk Behavior Survey of 9th – 12th Graders, 2019)

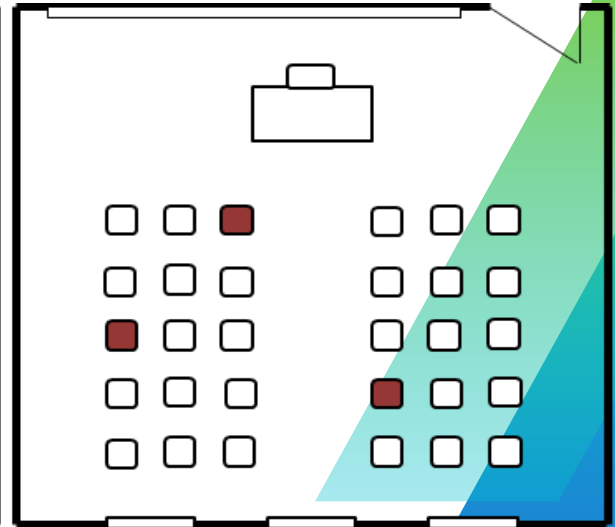
1 in 5 have
seriously
considered suicide



1 in 6 have
a suicide
plan



1 in 10 have
attempted
suicide



Self Care

Family, Positive Friends & Mentors





The Suicidal Mind

Thomas Joiner, PhD

- Distinguished Research Professor and The Bright-Burton Professor in the Department of Psychology at Florida State University
- Author of over 400 peer-reviewed publications
- Editor-in-Chief of *Suicide & Life-Threatening Behavior*
- Loss Survivor
- Author of:
 - *Why People Die by Suicide* (2005)
 - *Myths About Suicide* (2010)
 - *Lonely at the Top* (2011)
 - *The Perversion of Virtue* (2014)



Interpersonal-Psychological Theory of Suicide

Those Who Desire Suicide

Those Who Are Capable of Suicide

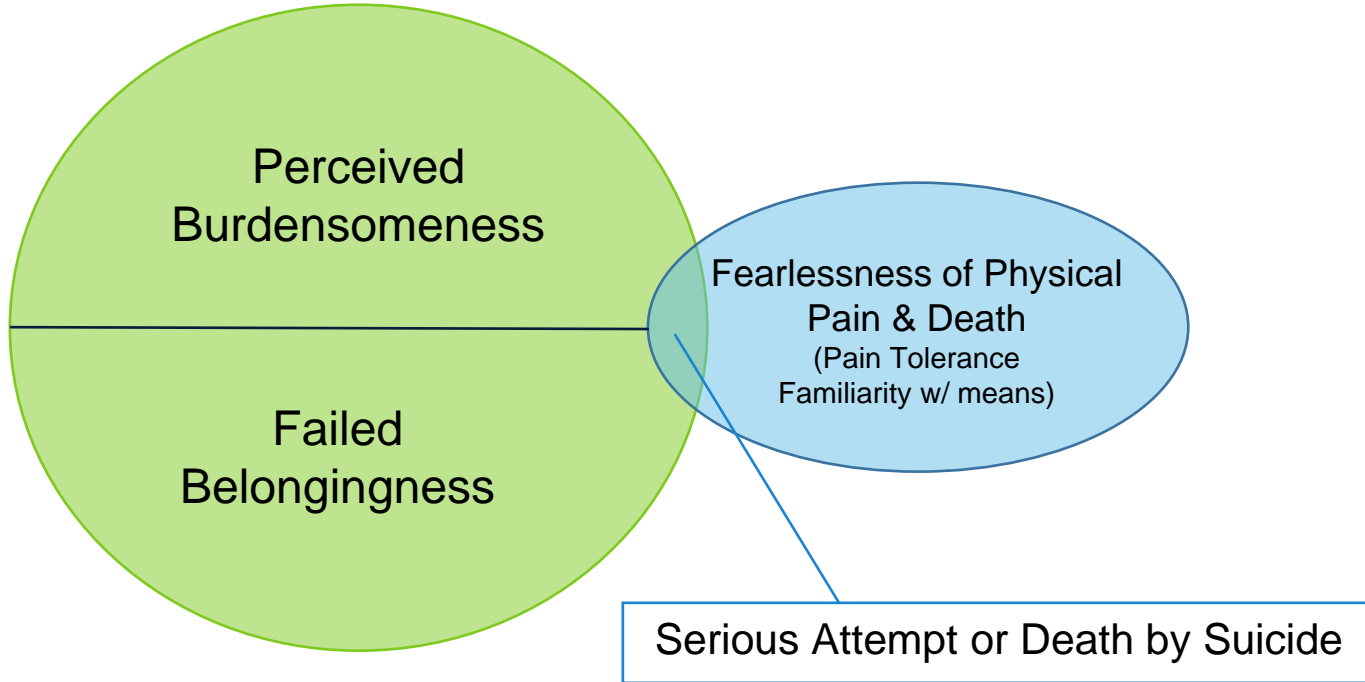
Distal Factors

Perceived
Burdensomeness

Failed
Belongingness

Fearlessness of Physical
Pain & Death
(Pain Tolerance
Familiarity w/ means)

Serious Attempt or Death by Suicide





“

To understand the primary source code of violence – the suicidal mind – we must first understand that persistent suicidal thoughts and feelings are markers of unremitting, unendurable psychological pain and suffering.

~ Paul Quinnett, PhD

”

The Suicidal Mind



TRUE OR FALSE

1. Asking someone about suicide might “plant the seed” or increase risk.
2. Suicides increase over the winter holidays.
3. Suicide is often done on a whim.
4. Restricting access to lethal means is a critical prevention method.
5. Most suicidal people are ambivalent about it.

The Internal Struggle



BREAK



BREAK





SMILE



Prevention

Safe Language

Everyone is affected by messaging and those who are vulnerable can be deeply affected in ways that increase risk if messages are not appropriate.

Avoid

Committed or completed suicide

Failed attempt

Successful suicide

Suicide epidemic

Use Instead

Died by suicide

Suicide attempt

Suicide or suicide death

Suicide is a critical public health issue

Consider...

Some libraries

- Hire a social worker or other mental health professional
- Partner with a mental health agency for services

Additional training

- Mental Health First Aid – a primer on mental health disorders
- Applied Suicide Intervention Skills Training – 2-day, detailed intervention training

Meditation room

- Used for meditation, prayer, yoga, just to catch your breath, etc.
- Provide meditation cushions, yoga mats, sound machines, color pencils & paper, Sources of Strength naming activities

Listen well

- Just be present
- No judgement, making light or editorializing



"How Libraries Became Refuges for People with Mental Illness," Anthony Aycock, State of Mind from Slate and Arizona State University, 9.22.22

Important Notes About Warning Signs

- The more warning signs, the greater the risk.
- Warning signs are especially important if the person has attempted suicide in the past.
- One sign alone may not indicate suicidality **but** all signs are reason for concern **and** several signs may indicate suicidality
- Any one of **three signs** alone is cause for **immediate action**
 - Statements about wanting to die by suicide
 - Acquiring suicide means/method
 - Stating hopelessness/no reason to live

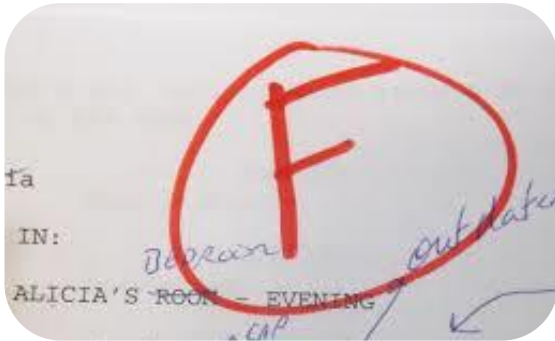
Suicide Top Warning Signs

- Previous suicide attempts
- Talking about, making a plan or threatening to die by suicide
- Withdrawal or isolation from friends, family or school activities
- Agitation, especially when combined with sleeplessness
- Nightmares



Warning Signs

- Giving away prized possessions, making final arrangements, putting affairs in order
- Themes of death or depression in conversation, writing, reading or art
- Recent loss of a friend or family member through death, suicide or divorce



- Sudden dramatic decline or improvement in work
- Major mood swings or abrupt personality changes
- Changed eating habits or sleeping patterns

Warning Signs

- Feeling hopeless or trapped
- Use or increased use of drugs/alcohol
- Chronic headaches or stomach aches, fatigue
- Neglect of personal appearance
- Taking unnecessary risks or acting reckless
- No longer interested in favorite activities or hobbies
- Unexplained anger, aggression or irritability



Direct Verbal Signs

- I wish I were dead.
- I'm planning to kill myself.
- I want to commit suicide.
- I'm going to end it all.
- If _____ happens/doesn't happen, I'll kill myself.



Indirect Verbal Signs

- I'm too tired of it all to go on.
- I just want out.
- No one would care if I were dead.
- My family would be better off without me.
- That [future event] won't even matter now.
- You won't have to worry about me anymore.



Self Care

Good Things That
Have Happened



GOOD NEWS



Intervention

Ask the Question

■ Direct

Are you thinking of suicide/killing yourself?

■ Less Direct

I've noticed _____. Sometimes when people are _____, they are thinking about suicide. Are you?

How NOT to Ask

“Are you thinking of hurting yourself?”

“You’re not suicidal, are you?”

“You’re not thinking of doing something crazy are you?”

**While talking,
ask about...**

HOW?
(Means)

WHEN?
(Timeline)

Listening

- Put your own fear on hold
- Use reflective listening
- Do not problem-solve
- Do not rush to judgement
- Listen to the problem and give full attention



*Simply asking & listening may make
all the difference.*

*It rekindles hope and increases
sense of belongingness.*

Instill Hope

Offer hope

- “We’ll get through this.”
- Other “we” statements
- “You are important.”
- “I’m here for you.”
- “I care if you live.”



Getting Help



- Get a commitment to accept help and make arrangements and contact family/friends (if adult)
- Ensure student is not left alone
- Notify parents (if a student)
- Call police if student is in possession of a weapon
- Call or text the Hotline at 988
- Debrief staff involved
- Practice self-care
- Document everything!

Idaho Crisis Centers

REGION 1

Northern Idaho Crisis Center
2195 Ironwood Court, Suite D
Coeur d'Alene, ID 83814
208-625-4884

REGION 2

Rural Crisis Center Network
877-897-9027

REGION 3

524 Cleveland Blvd., Suite 160
Caldwell, ID 83605
208-402-1044

REGION 4

Pathways Community Crisis
Center of Southwest Idaho
7192 Potomac Dr.
Boise, ID 83704
833-527-4747

REGION 5

Crisis Center of South Central Idaho
570 Shoup Avenue W
Twin Falls, ID 83301
208-772-7825

REGION 6

South East Idaho Behavioral Crisis Center
1001 N 7th Ave N Ste 160
Pocatello, Bannock County 83201
208-909-5177

REGION 7

Behavioral Health Crisis
Center of East Idaho
1650 N. Holmes Ave.
Idaho Falls, Idaho 83401
208-522-0727



Practice

Scenario: Rick - Profile

- Rick is a 63-year-old retiree who comes to your library frequently. You have gotten to know him a bit over the last year since he retired. He is married with two sons who are now out of the house.
- Since retiring he has been spending a lot of time alone at home. His wife still works and most of his friend were work friends who are still working.
- He and his wife are struggling financially since he retired.
- Rick complains that he only hears from his kids when they need money.
- He has been struggling with regular migraines.
- He says he is feeling overwhelmed by his problems and feeling of isolation.

You're talking to him one-on-one. What warning signs do you detect?

What might you say first?

Scenario: Rick – Additional Information

- A mutual friend of his and his wife's recently told him that his wife has been mentioning divorce.
- Collection agencies have begun calling.
- He has an early history of trauma and has had some counseling, but many years ago.
- You know that he trusts you.
- He seems highly agitated as you talk and tells you he feels totally hopeless.

What other warning signs do you see or what concerns you most?

What do you say next?

Scenario: Rick – What Next?

Ask the question

He tells you he recently bought a gun.

What do you do next?

What is protective in this situation?

Self Care

Ways to Help Others





Loss Survivor Support

What is a Loss Survivor?

A family member or friend of the deceased, or anyone emotionally affected by the death.

Loss Survivor Support

Simply Be There

- Be supportive
- After the first 2 weeks
- Birthday/Date of Death



Loss Survivor Support

Survivor Resources

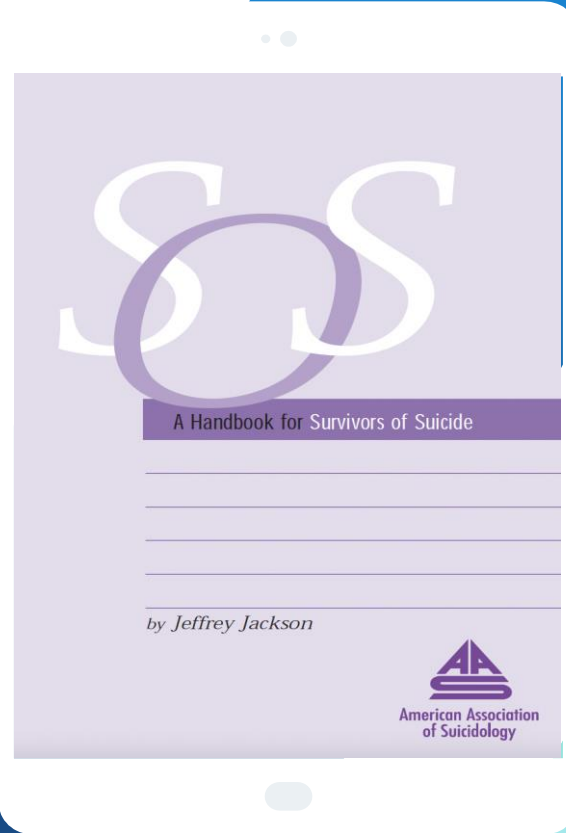
Loss Survivor Packets

(Available from ILP & SPP)

Books

- No Time to Say Goodbye, Carla Fine (1999)
- Night Falls Fast, Kay Redfield Jameson (2000)
- My Son, My Son, Iris Bolton (1983)
- Voices of Healing and Hope, Iris Bolton (2017)
- The Gift of Second, Brandy Lidbeck (2016)

Support Groups



Loss Survivor Support Groups

Coeur d'Alene Area

Facilitator: Jill Ainsworth

Where: Panhandle Health District
8500 N. Atlas Road, Hayden

When: First Wednesdays at 6:00 PM

Boise

Facilitators: Kirby and Susan Orme

Where: First United Methodist Church
Cathedral of the Rockies
11th and Hays Streets, Olivet room
Enter through glass doors on 11th

When: Second Thursdays from 7:00 to 9:00 PM

Virtual Option: contact Kirby Orme at
Kirby_orme@yahoo.com or 208.340.8418

Lewiston

Facilitators: Kris Sal Dana and
Dan and Amber Mauer

Where: Idaho Department of Labor
1158 Idaho Street

When: Third Wednesdays
from 5:30 to 7:00 PM

Contact Kris Sal Dana at 509.751.7746
(messages checked twice per week)

Loss Survivor Support Groups

Twin Falls

Facilitator: Coming soon!

Where:

When:

Idaho Falls

Facilitators: Taylor Garff and Jeni Griffin

Where: Idaho Falls Public Library
457 W Broadway, Room 4

When: First Thursdays at 7:00 PM

Pocatello

Facilitator: Matt Hardin and Jan Eastman

Where: Hope and Recovery
1001 N 7th Ave., Suite 230

When: Third Tuesdays from 6:00 to 7:30 PM

What Helps

Libraries & Special Populations

“In today’s political climate, libraries have become centers for the movement that supports women, immigrants, people of color, the LGBTQ community, and those facing religious persecution.

They are free public spaces that allow everyone to feel safe and to find opportunity.

Now more than ever, they are vital American institutions...”

“7 Reasons Libraries Are Essential, Now More Than Ever,” Sadie L. Trombetta, John Towner/Unsplash, 2017.

Special Populations: Individuals on the Spectrum

- May present with emotions opposite of being in crisis
- Difficulty identifying or verbalizing emotions
- Literal thinking and understanding
- Feelings of disconnection and isolation
- Unusual patterns of speech such as odd pitch, tone, pace or robotic
- Verbal or text response time will vary according to processing speed

Special Populations: Helping Individuals on the Spectrum

- Allow extra time to process thoughts and formulate words
- Avoid using metaphors, social nuances, allegories or slang
- Speak using logical words, not emotional words
- Explain positive coping skills and how they are helpful
- Facilitate a safety plan and connect to other people and resources

Special Populations: LGBTQ

LGB youth are 2-3x more likely to attempt suicide than straight peers

Gay and bisexual adults are 2x more likely to struggle with mental health disorders than heterosexuals

Transgender adults are 4x more likely to struggle with mental health disorders than heterosexuals

33% of transgender youth report having made a suicide attempt

Special Populations: Helping LGBTQ Individuals

- LGBTQ books
 - Integrated into general collection
- Circulation slips that do not include the patron's name
- Name tags with pronouns

"7 Reasons Libraries Are Essential, Now More Than Ever," Sadie L. Trombetta, John Towner/Unsplash, 2017.



Upstream Prevention *Sources of Strength*

Safety Plans



SUICIDAL IDEATION SAFETY PLAN – YOUTH

This safety plan is intended for individuals under 18 years of age.



Instructions for those assisting someone in need of a safety plan:

The person you are concerned about can write the answers to the questions below on a small card for a backpack, pocket or purse, or print out this page (cardstock is recommended) and cut along the dotted line to give them the safety plan to fill out. Once completed, you also might have them take a picture of the safety plan below with their phone to keep digitally.

A similar safety plan app for smart phones is available at my3app.org.

The steps on this safety plan are to be completed in numerical order so that the person has time to work through their thoughts. Practice all steps, including calling to ask for help. Be sure a trusted adult is monitoring suicidality, or if a high level of suicidality is indicated, a clinician must monitor. Also, be sure to remove or lock up means that may be used to attempt suicide.

Re: #5b below: Having the person text someone each day with three things they are grateful for, is proven to help. They may need reminders. Research shows that listing three things we are grateful for each day for 21 days physically changes the brain and teaches us to scan our days for the positive instead of the negative.

Re: #5d below: List names and phone numbers. These contacts must be vetted. Practice calling with the person.

MY SAFETY PLAN

1. Changes in thoughts, feelings and behaviors I notice when I begin to struggle:

2. If I have suicidal thoughts, I can (fill in each space with 2 or more activities):

a. Physical activities as stress relievers such as walk, work out, ride a bike, yoga:

b. Quiet, calming activities such as take a warm bath, write out my thoughts, meditate, pet my dog/cat, listen to calming music:

c. Concentration activities such as watch a funny show, read a book, cook/bake, play a musical instrument:

3. Five things to live for:

4. People and places to distract me:

5. If doing things for myself does not help, I can interact with or reach out to others:

a. Share feelings, thoughts, and activating events that cause my suicidal thoughts with a trusted adult.

b. Write down, tell, or text to a trusted adult, three things that I am grateful for each day.

c. Something I can do to help someone else or a cause I'm passionate about right now:

d. Four trusted adults I can call or text to help me make myself feel better (names and phone numbers):

- 1) _____
- 2) _____
- 3) _____
- 4) _____

6. Ways I can keep safe from methods of suicide: _____

7. If the above don't help me, I will call or text 988 or use online chat at idahocrisis.org.

8. If I feel that I am in danger of hurting myself or suicide, I will call 911 to be taken to the emergency room.

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1. Changes in thoughts, feelings and behaviors I notice when I begin to struggle:

2. If I have suicidal thoughts, I can (fill in each space with 2 or more activities):

a. Physical activities as stress relievers such as walk, work out, ride a bike, yoga:

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“Your brain at positive performs significantly better than at negative, neutral or stressed.”

Shawn Achor, *The Happy Secret to Better Work*, TEDx Bloomington 2011



Energy
Creativity
Intelligence

What Else Can Make a Difference



Volunteerism changes the brain



Gratitude changes the brain

What Does This Tell You?

23%
of Idaho High
School Students
Use Tobacco or Vape

Also The Truth

77%
of Idaho High
School Students **Don't**
Use Tobacco or Vape

Suicide Reality

*Recovery from
suicidality
is the norm!*





Other Trainings Offered

Specialized Enrichment Trainings for School Counselors & Clinicians

- Suicide Intervention, 1 hr.
- Suicide Postvention, 1 hr.
- Non-Suicidal Self-Injury Prevention, 90 min.
- Prevention for Special Populations, 1 hr.
 - Racial/Ethnic Minorities
 - LGBTQ Youth
 - Youth in Juvenile Justice or Foster Systems, etc.
 - Youth with Disabilities
- Offered virtually (via Zoom), bi-monthly during the school year



Assessing & Treating Suicide Risk for Clinicians

M. David Rudd, PhD

- Expert in clinical suicidology
- President, University of Memphis
- Founding Fellow of the Academy of Cognitive Therapy
- Fellow of the American Psychological Association and the International Association of Suicide Research
- Author of *Brief CBT for Suicide Prevention*, *The Assessment and Management of Suicidality*, and *Managing Suicide Risk*

Coming to Idaho March 2023

Registration begins Jan. 24, 2023

Boise 3/7 – SOLD OUT! ☹️

Pocatello 3/8

Coeur d'Alene 3/10

SAVE THE DATE



Self Care

Gratitude



Wrap Up

- CEs – if needed
- Evaluation

*We are grateful for you
and all you do for the public!*





Contact

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