

Youth Suicide Prevention: Looking Upstream

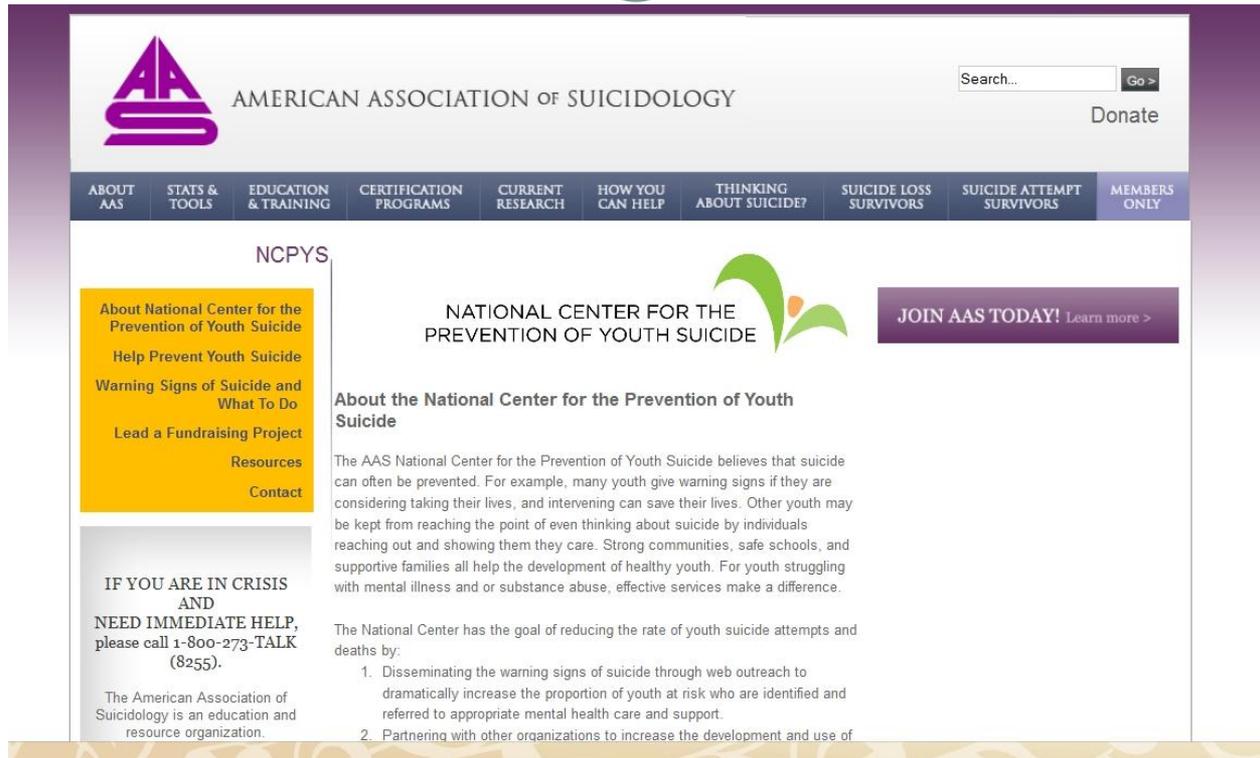


BEYOND THE BASICS CONFERENCE - MAINE

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National Center for the
Prevention of Youth Suicide
American Association of Suicidology**



Introduction



The screenshot shows the homepage of the American Association of Suicidology (AAS). At the top left is the AAS logo, a stylized 'A' and 'S' in purple. To its right is the text 'AMERICAN ASSOCIATION OF SUICIDOLOGY'. Further right is a search bar with the text 'Search...' and a 'Go >' button. Below the search bar is a 'Donate' button. A horizontal navigation menu contains the following items: ABOUT AAS, STATS & TOOLS, EDUCATION & TRAINING, CERTIFICATION PROGRAMS, CURRENT RESEARCH, HOW YOU CAN HELP, THINKING ABOUT SUICIDE?, SUICIDE LOSS SURVIVORS, SUICIDE ATTEMPT SURVIVORS, and MEMBERS ONLY. The main content area features a section for the 'NCPYS' (National Center for the Prevention of Youth Suicide). On the left of this section is a yellow sidebar with links: 'About National Center for the Prevention of Youth Suicide', 'Help Prevent Youth Suicide', 'Warning Signs of Suicide and What To Do', 'Lead a Fundraising Project', 'Resources', and 'Contact'. The main text area for NCPYS includes the title 'NATIONAL CENTER FOR THE PREVENTION OF YOUTH SUICIDE' with a green leaf logo, a 'JOIN AAS TODAY! Learn more >' button, and the heading 'About the National Center for the Prevention of Youth Suicide'. Below this heading is a paragraph: 'The AAS National Center for the Prevention of Youth Suicide believes that suicide can often be prevented. For example, many youth give warning signs if they are considering taking their lives, and intervening can save their lives. Other youth may be kept from reaching the point of even thinking about suicide by individuals reaching out and showing them they care. Strong communities, safe schools, and supportive families all help the development of healthy youth. For youth struggling with mental illness and or substance abuse, effective services make a difference.' This is followed by another paragraph: 'The National Center has the goal of reducing the rate of youth suicide attempts and deaths by:' and a numbered list: '1. Disseminating the warning signs of suicide through web outreach to dramatically increase the proportion of youth at risk who are identified and referred to appropriate mental health care and support.' and '2. Partnering with other organizations to increase the development and use of'.

AA
AMERICAN ASSOCIATION OF SUICIDOLOGY

Search...

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ABOUT AAS | STATS & TOOLS | EDUCATION & TRAINING | CERTIFICATION PROGRAMS | CURRENT RESEARCH | HOW YOU CAN HELP | THINKING ABOUT SUICIDE? | SUICIDE LOSS SURVIVORS | SUICIDE ATTEMPT SURVIVORS | MEMBERS ONLY

NCPYS

About National Center for the Prevention of Youth Suicide
Help Prevent Youth Suicide
Warning Signs of Suicide and What To Do
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Resources
Contact

NATIONAL CENTER FOR THE PREVENTION OF YOUTH SUICIDE

JOIN AAS TODAY! Learn more >

About the National Center for the Prevention of Youth Suicide

The AAS National Center for the Prevention of Youth Suicide believes that suicide can often be prevented. For example, many youth give warning signs if they are considering taking their lives, and intervening can save their lives. Other youth may be kept from reaching the point of even thinking about suicide by individuals reaching out and showing them they care. Strong communities, safe schools, and supportive families all help the development of healthy youth. For youth struggling with mental illness and or substance abuse, effective services make a difference.

The National Center has the goal of reducing the rate of youth suicide attempts and deaths by:

1. Disseminating the warning signs of suicide through web outreach to dramatically increase the proportion of youth at risk who are identified and referred to appropriate mental health care and support.
2. Partnering with other organizations to increase the development and use of

IF YOU ARE IN CRISIS AND NEED IMMEDIATE HELP, please call 1-800-273-TALK (8255).

The American Association of Suicidology is an education and resource organization.

Workshop Outline - Upstream Youth Suicide Prevention



- Define upstream youth suicide prevention
- Describe rationale and evidence base
- Discuss example of risk factor reduction
- Discuss strategies for initiating or strengthening upstream work

On the Spot Activity



ROUND ROBIN:
**TELLING THE STORY OF THE
VILLAGERS WHO LIVED NEXT TO A
WATERFALL.**

Upstream Youth Suicide Prevention - Definition



Upstream youth suicide prevention

- **Reduces risk factors or builds protective factors**
- **Diverts a life trajectory from suicidal behavior**
- **Focuses on precursors and *not* on management or treatment**

Wyman, 2012

Upstream Youth Suicide Prevention – Rationale for Expanded Paradigm



- **Targeting more prevalent, lower risk has potential to lower suicide rates**
- **ID and refer approach often has MH system limitations**
- **Treatment model not strengthening protective factors to increase coping, resilience, help-seeking**

Wyman, 2012

Risk and Protective Factors for Youth Suicide

Mental illness

Substance-related disorder

Prior suicide attempt

Self injury

Parental/familial discord

Family suicidal behavior

Poor coping skills

Social isolation

Contagion

Means availability

Psychological well-being

Self esteem

Academic achievement

Connectedness with parents

Family connectedness

Social support

Coping skills

Physical activity, sports

Safe school, connectedness

Caring adult

Reduced access to means

Upstream Youth Suicide Prevention – Important Resource

Preventing Mental, Emotional,
and Behavioral Disorders
Among Young People

Progress and Possibilities



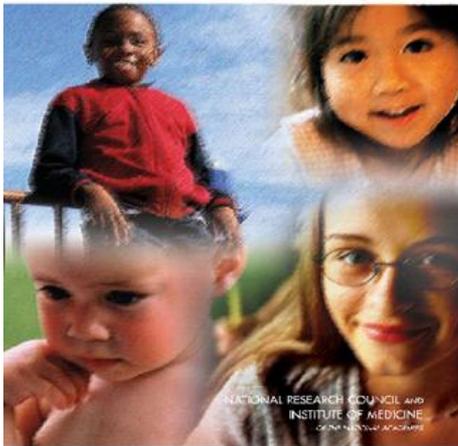
Mental, emotional, and behavioral disorders are preventable from conception through adulthood.

Upstream Youth Suicide Prevention – Important Resource



Preventing Mental, Emotional,
and Behavioral Disorders
Among Young People

Progress and Possibilities



1. Prevention requires a paradigm shift
2. Mental health and physical health are inseparable
3. Successful prevention is inherently interdisciplinary
4. Mental, emotional, and behavioral disorders are developmental
5. Coordinated community level systems are needed to support young people
6. Developmental perspective is key

Evidence for Upstream Youth Suicide Prevention



Reconnecting Youth

- targeted a selective and indicated group of potential HS dropouts
- Uses peer group, teaches life skills, increases parental involvement
- Tracked outcomes incl. SA, grades, MH
- Showed reductions in depression and suicidal behavior
- See NREPP

Evidence for Upstream Youth Suicide Prevention



Communities That Care

- Youth surveyed re risk and protective factors every 2 years
- Community process to choose from effective prevention programs
- Outcomes – lower smoking, drinking, delinquent behavior
- See <http://www.communitiesthatcare.net>

Evidence for Upstream Youth Suicide Prevention



Sources of Strength

- Universal HS program that trains peer leaders in Sources of Strength curriculum and gives ongoing mentoring by adults
- Messaging re adults as competent helpers and okay for youth to get help
- Goal to change norms
- Outcomes changes in norms school-wide and increased protective factors for leaders

Evidence for Upstream Youth Suicide Prevention



Good Behavior Game

- Universal for first and second graders
- Classroom is set up to reward teams for pro-social behavior and for kids learning control
- Showed reductions in depression and suicide ideation
- SAMHSA currently funding 22 sites

Classroom with GBG



Prevention of Depression



- **Depression is the most common MI in USA**
- **NOT like preventing disease: prevention defined as interventions before onset**
- **What R & P factors to target, when, and who to target**

Gladstone et al., 2011

Prevention of Depression



**What is the strongest risk factor
for youth depression?**

Gladstone et al., 2011

Prevention of Depression



Dissemination – GBG

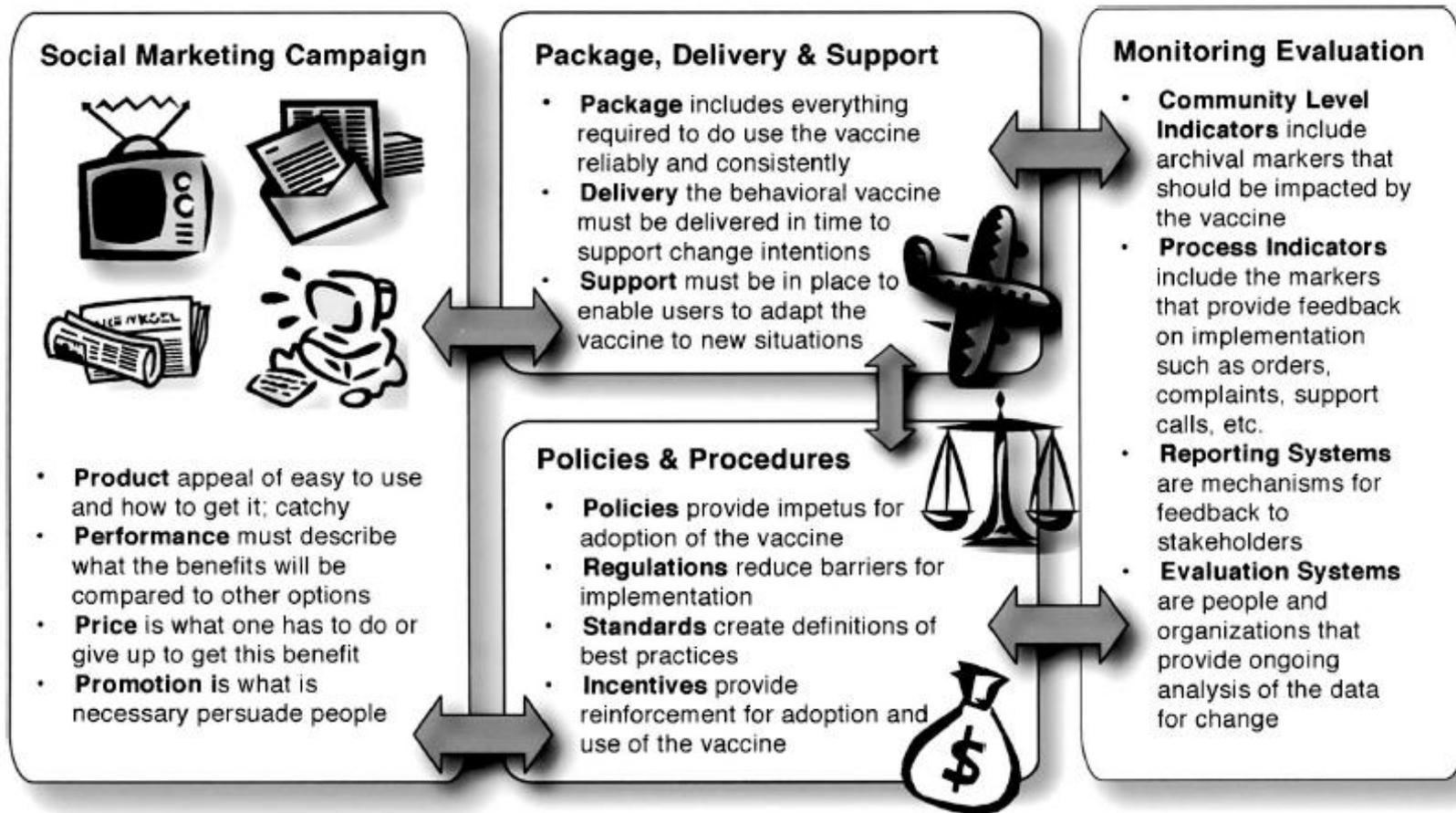


Fig. 5. System diagram for behavioral vaccine.

Embry, 2002

How Can You Move Upstream?



- Learn more about upstream
- Join and integrate with other efforts
- Use multiple strategies
- Promotion is the first phase of prevention
- Find kernels to use
- Implementation research has shown complexity and important role of community

Putting Knowledge Into Practice: Overarching Recommendations

- **States and communities** should develop networked systems to apply resources to the promotion of mental health and prevention of MEB disorders among their young people. These systems should involve individuals, families, schools, justice systems, healthcare systems and relevant community-based systems. Such approaches should **build on available evidence-based programs** and involve local evaluators to assess the implementation process of individual programs or policies and to **measure community-wide outcomes**.

IOM, National Research Council, 2009. *Preventing Mental, Emotional, and Behavioral Disorders Among Young People*.

Workshop Summary - Upstream Youth Suicide Prevention



Now you can:

- Define upstream youth suicide prevention and give rationale
- Describe upstream programs, and example of risk factor reduction
- Describe strategies for initiating or strengthening upstream youth suicide prevention

References



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Contact



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[National Center for the Prevention of Youth Suicide](#)

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