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# Suicide Prevention Newsletter

## Healthy Youth Survey 2014 Fact sheets

The Healthy Youth Survey (HYS) is a joint effort of the Office of the Superintendent of Public Instruction, the Department of Social and Health Services' Division of Behavioral Health and Recovery, the Liquor Control Board, and the Department of Health. Every two years the survey provides important results about youth health in Washington. These results are often used to guide policy and programs. The survey covers safety and violence behaviors, risk and protective factors, health- and health-related behaviors, and substance abuse. Here is the factsheet on [Depressive Feelings, Anxiety and Suicide for Washington State in 2014](#). You can easily create your own customized fact sheets at [this website](#).

## Social Media

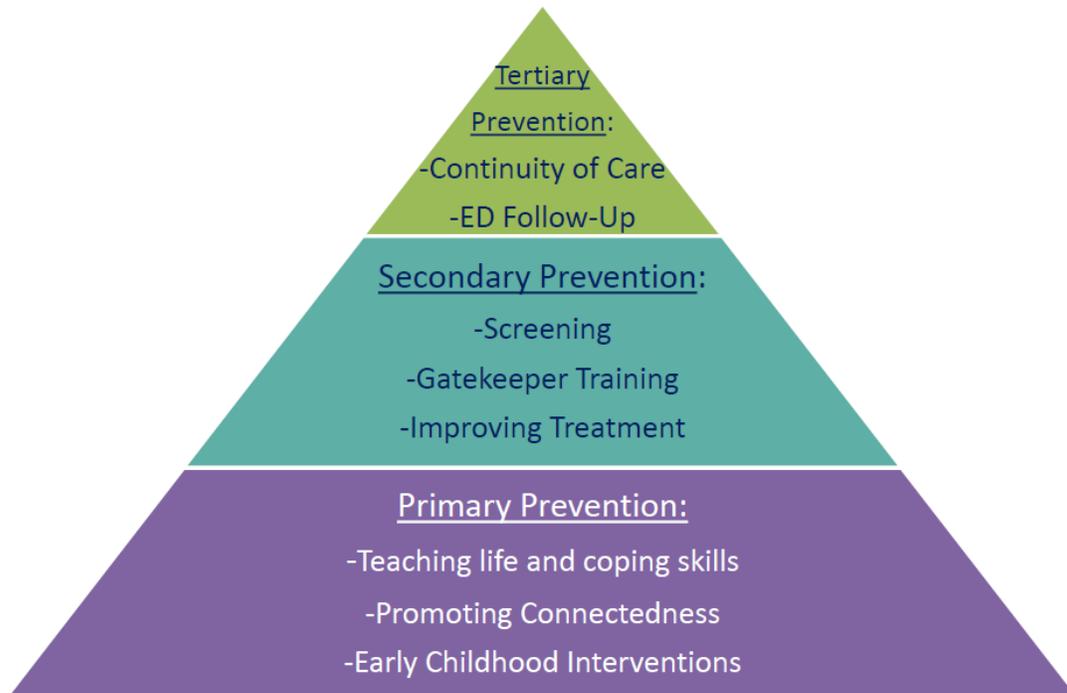
[Social Media Guidelines for Mental Health Promotion and Suicide Prevention](#)

## Adverse Childhood Experiences (ACEs)

Public health has recognized the importance of early childhood interventions in preventing suicide. Any prevention effort falls into one of three categories – primary prevention [preventing new cases through universal interventions geared toward the entire population], secondary prevention [concerned with finding high-risk populations and reducing the number of cases through selective interventions], and tertiary intervention [decreasing the frequency

and severity of suicide attempts through indicated interventions]. Early childhood interventions fall in the primary prevention category:

## Public Health Intervention Levels



Ensuring that children have a happy and safe childhood is therefore part of the primary tier of suicide prevention. The CDC issued the following document pertaining to this topic – [Essentials for Childhood, Steps to Create Safe, Stable, Nurturing Relationships and Environments](#).

[The Childhood Adversity Narratives \(CAN\)](#) are a resource to inform the public and policy makers about the costs and consequences of child maltreatment and adversity.

[What Poverty Does to the Young Brain](#): Poverty, through the frequent release of the cortisol hormone, interferes with the brain circuitry.

## Bullying

[Rates of bullying at school are decreasing](#) according to the National Center for Education Statistics.

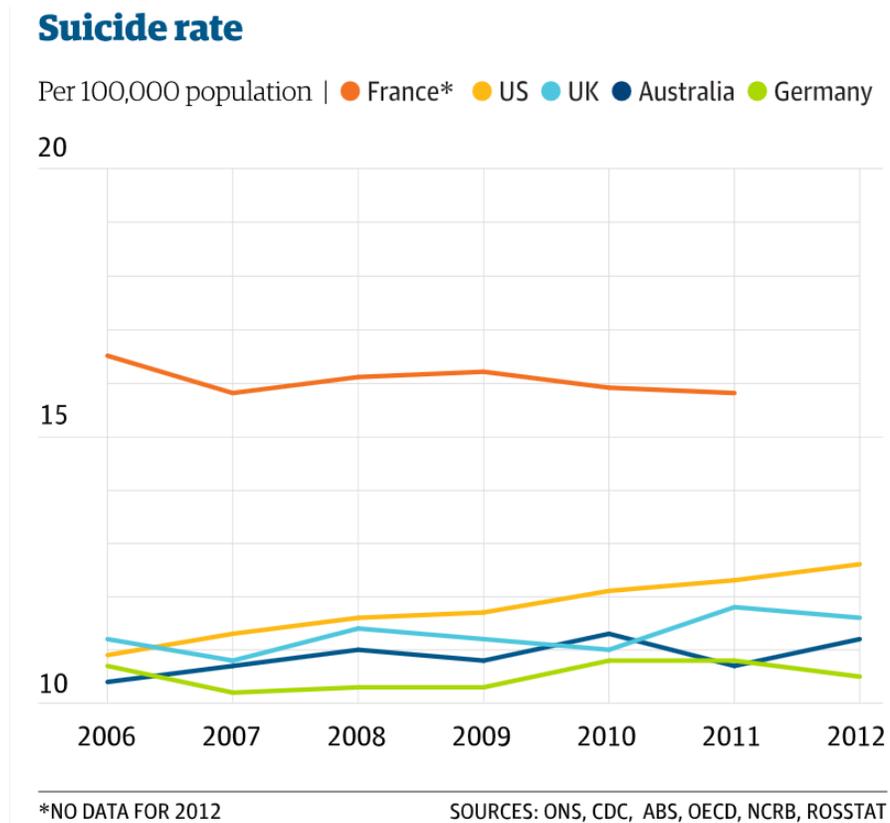
## In the News

- [How to talk to your teen about depression, suicide](#)
- [Officials say zero suicides an attainable goal](#)
- [In Palo Alto's High-Pressure Schools, Suicides Lead to Soul-Searching](#)
- [Detroit tackles suicide taboos head on](#): Innovative depression screening is helping reduce suicide rates in the U.S. city.
- [Helping youth cope with anxiety, depression, and suicidal thoughts](#): Psychiatrist Dr. Peter Silverstone designed the EMPATHY program to lessen incidents of youth anxiety, depression, and suicide. The program, created and implemented in 2013, focuses on resilience. It showed, after just three months of use in schools, a significant decrease in suicidal thinking and decreased anxiety and depression in students.
- [Washington teen jumps to death after being shamed in online video taken by dad](#): A very sad case.

## Research

- [Acute alcohol intoxication and suicide: A gender-stratified analysis of the National Violent Death Reporting System](#): In both men and women, alcohol intoxication was associated with violent methods of suicide and declined markedly with age, suggesting that addressing risks associated with acute alcohol use may be of the greatest aid in the prevention of violent suicides among young and middle-age adults.
- [Should California Continue to Invest in Applied Suicide Intervention Skills Training \(ASIST\)?](#)
- [Analysis of the Benefits and Costs of CalMHSA's Investment in Applied Suicide Intervention Skills Training \(ASIST\)](#)
- [Adults Newly Exposed to the "Know the Signs" Campaign Report Greater Gains in Confidence to Intervene with Those Who Might Be at Risk for Suicide Than Those Unexposed to the Campaign](#)

# Suicide Rates in Five Different Countries



## News from the Division of Behavioral Health and Recovery

The Division of Behavioral Health and Resources is working on a Youth Mental Health First Aid (YMHFA) Community Training Support Project. The purpose of this project is to deliver 40 YMHFA trainings across the state from June 1, 2015 to September 30, 2015. This training is designed to teach parents, family members, caregivers, teachers, school staff members, peers, neighbors, health and human services workers, and other caring citizens how to help adolescents (age 12-18) who are experiencing mental health or addictions challenges, or who are in crisis.

A wide range of community organizations and agencies were eligible to apply for funding support. Twenty-one agencies received awards, and 44 YMHFA trainings will be held between now and September 30, 2015.

## Archived Webinar

### [Emergency Departments: A Key Setting for Suicide Prevention](#)

## Caring for Adult Patients with Suicide Risk: A Consensus Guide for Emergency Departments

- [Quick Guide](#)
- [Full Guide](#)

## Veterans

The QPR (Question, Persuade and Refer) Institute has released a new QPR course, [QPR for Vets](#). With a special focus on veterans, warrior psychology, and how to apply social network theory to prevent suicide, the QPR for Vets Gatekeeper Training for Suicide Prevention is an expanded version of the QPR program.

The QPR for Vets program is intended to prevent suicide not just among veterans, but also among colleagues, co-workers and family members. It is also specifically designed to help veteran peer counselors help their fellow veterans.

## Lethal Means

A report from King County: [The Impact of Firearms on King County's Children: 1999-2012](#)