

#IWONTBESILENT

RAISING THE NATIONAL CONVERSATION ON YOUTH SUICIDE PREVENTION



**DEDICATED TO YOUTH SUICIDE
AWARENESS AND PREVENTION**

"Keeping More Than Dreams Alive...One Young Person At a Time"



**PROUD TO BE PRESENTING TODAY
AT THE INVITATION OF...**



WHAT CAN YOU EXPECT TODAY?

- Not meant to make you an expert on youth suicide or a crisis counselor.
- Have an awareness of the problem of youth suicide and suggest ways of helping “at-risk” youth.

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RAISING THE NATIONAL CONVERSATION ON YOUTH SUICIDE PREVENTION



A National Leader in the Awareness & Prevention of Youth Suicide

A brief Introduction

JFI MISSION STATEMENT



The Jason Foundation, Inc. is dedicated to the prevention of the “Silent Epidemic” of youth suicide through educational and awareness programs that equip young people, educators / youth workers and parents with the tools and resources to help identify and assist at-risk youth.

YOUTH SUICIDE...

CDC has declared youth
suicide a national public health
crisis...

“A Silent Epidemic”

**Youth suicide
rates have
increased by
more than 56%
in the last 20
years**



DID YOU KNOW?

More teenagers and young adults die from
suicide than from:

Cancer

Heart Disease

Pneumonia

AIDS

Stroke

Influenza

Birth Defects

Chronic Lung Disease

COMBINED

IT IS ESTIMATED THAT...

WE WILL LOSE
APPROXIMATELY
6,500 YOUNG PEOPLE
TO SUICIDE EACH
YEAR.



EACH WEEK IN OUR NATION...

This means we are losing
approximately
125 young people to the
“Silent Epidemic”
of youth suicide each week.

FACT

Suicide is the
SECOND
leading cause of death for
youth ages **12-18**
(middle & High School ages)

FACT

Suicide is the
SECOND
leading cause of death for
youth ages **18-24**.
(college age group)

FACT

Suicide is the
SECOND
leading cause of death for
youth ages 10-14

NEBRASKA – 2020

Suicide is **2nd** leading cause of death for ages **10-24**:
averaging a lost life every 8.49 days

Suicide is the **2nd** leading cause of death for ages **12-18**
“middle and high school”

Suicide is the **2nd** leading cause of death for ages **10-14**

CDC WISQARS 2019



YOUTH RISK BEHAVIORAL SURVEY 2019– CDC

This survey covers a broad range of questions concerning behavioral actions and thoughts from our youth. It is presented in public and private schools to grades 9-12 – some districts choose to include grades 7-8.

**Youth Risk Behavioral Surveillance
United States, 2019**

QUESTION 1

“Have you felt sad or hopeless almost every day in a row for two weeks or greater so that it affected your usual activities in the past twelve months?”

Nebraska 32.0% (36.7%)

Almost 1 out of every 3 Students

QUESTION 2

“Have you seriously considered suicide in the past twelve months?”

Nebraska 17.7% (18.8%)
Over 1 out of every 6 Students

QUESTION 3

“Have you made a plan about how to attempt suicide in the past twelve months?”

Nebraska 15.5% (15.7%)
Over 1 out of every 7 Students

QUESTION 4

“Have you attempted suicide one or more times in the past twelve months?”

Nebraska 8.6% (8.9%)

Over 1 out of every 12 Students

PROJECTING THE NEXT 12 MONTHS FOR NEBRASKA YOUTH

- Beginning Depression – **30,379**
- Seriously Considering Suicide – **16,803**
- Will Make a Plan – **14,714**
- Will Make an Attempt: **8,164**– or an average of **22** young people each day!

Utilizing 2018/19 Student Population and the 2019 YRBS

These alarming statistic are **BEFORE** the COVID-19 pandemic's impact - now over a year.



The stress of the disease itself and especially how we have responded to this new threat, will have a dynamic impact on mental health for our families and specifically our youth / students.

COVID – 19 AND MENTAL HEALTH

- Increased Loneliness or Depression
- Exacerbated Problems for Those with Underlying Conditions
- Difficulty in Accessing Resources
- Lack of Social Support System
- Possible Rise of Mental Health Needs

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BUT WHAT CAN BE DONE?
SUICIDE IS SO IMPULSIVE OF AN
ACT...OR IS IT??



TRIGGERS

Precipitating factors are stressful events that can trigger a suicidal crisis in a vulnerable person

- End of a relationship
- Death of a loved one
- Crisis in the past 2 weeks or pending crisis
- Problematic substance abuse

**Suicide is not only
considered a leading cause
of death for youth...**

**It is considered a leading cause
of **PREVENTABLE**
death.**

IMPORTANT FINDING

Four out of **Five** individuals considering suicide give some sign of their intentions, either verbally or behaviorally.

THAT MEANS...

In **80%** of those considering suicide, we have an **opportunity** to recognize the **warning signs** and **intervene!**

WHAT CAN BE DONE?

1) Increase Awareness

2) Dispel Myths

3) Education:

**Learning the Warning Signs &
Elevated Risk Factors**

INCREASING AWARENESS

Increasing Awareness Through

- Seminars
- News Media
- Church Sponsored Programs
- Social Media/School Websites
- Civic Organization Presentations

DISPELLING MYTHS

- Talking to someone about suicide will give them the idea for suicide.
- Someone who often talks about suicide is not at risk.
- Suicide is impulsive and there is nothing we can do to prevent it.

EDUCATION

- **Warning Signs or “Signs of Concern”**
- **Elevated Risk Factors**

SIGNS OF CONCERN

- **Suicide Threats**
- **Previous Suicide Attempts**
- **Depression**
- **Final Arrangements**
- **Out-of-Character Behavior**

OUT-OF-CHARACTER BEHAVIOR

- Abrupt changes in attendance
- Deteriorating academic/athletic performance
- Sudden failure to complete assignments
- Lack of interest and withdrawal
- Sudden changes in appearance
- Changed relationships with classmates
- Increased irritability or aggressiveness
- Preoccupation with death and suicide
- Despairing attitude
- Abrupt changes in eating and sleeping habits

ELEVATED RISK FACTORS

- Perfectionists
- Depressed Youth
- Loners
- Low Self-Esteem
- Changes in School Status
- Abused, molested, or neglected youth
- Bullying
- LGBTQ+
- Learning Disabled
- Students in Trouble
- Abusers of Drugs/Alcohol

REMEMBER THOSE 125 YOUNG PEOPLE WE LOSE EACH WEEK TO SUICIDE...

If we had trained their friends, teachers/coaches/youth workers, and parents on how to identify these “Warning Signs” and know how to respond.

100 of them did not have to die!

BASIC RULE TO REMEMBER

If you have any doubt of a young person's intentions or any concern about their behavior, get professional help for them

IMMEDIATELY!

What's Working

For

The Jason Foundation

The CDC has suggested that any prevention effort / program for adolescents should utilize all interconnected sources who daily impact a young person's life.

Triangle of Prevention

Youth

Educators /
Youth Workers

Parents /
Communities

A PROMISE FOR TOMORROW

A school-based curriculum that provides a 3 to 5 lesson unit in positive peer support awareness and prevention of youth suicide. It stresses how to help a friend who may be thinking about suicide.



"A Promise For Tomorrow"



A YOUTH CURRICULUM UNIT FOR THE
AWARENESS AND PREVENTION OF YOUTH SUICIDE

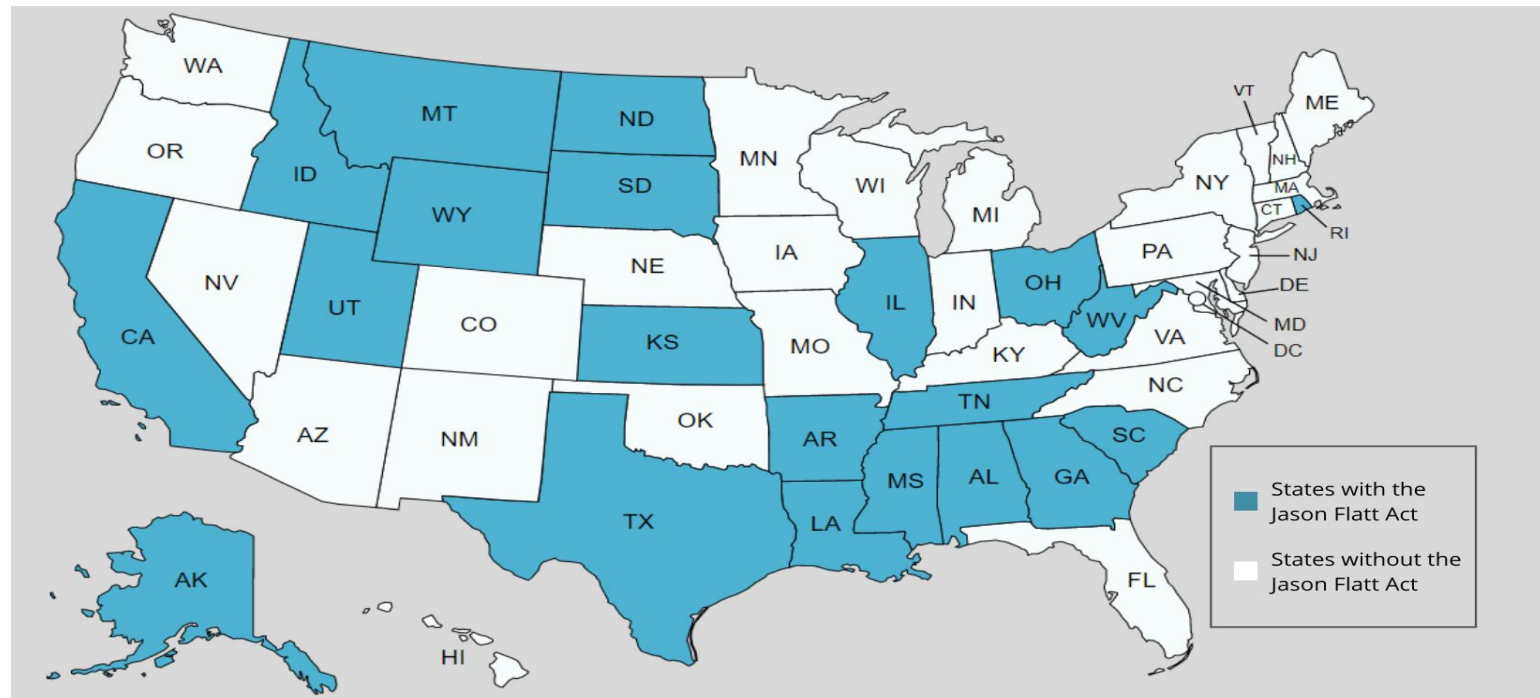
STAFF DEVELOPMENT TRAINING

Staff Development Training is available in several formats for teachers, youth workers and anyone who works with young people

- Interactive CD-Rom for individual study
- DVD format for group presentations
- Staff presented programs
- Internet

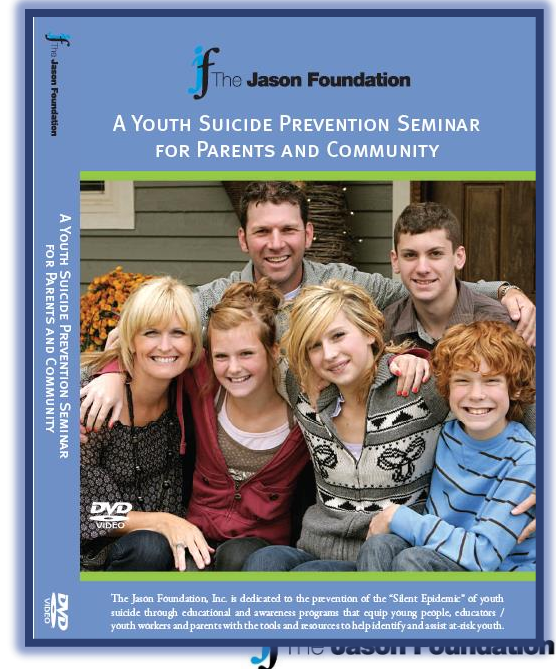


The Jason Flatt Act – 22 States



PARENT / COMMUNITY SEMINAR

If parents are not aware of the danger of youth suicide, they do not look for nor would they even recognize “signs of concern.” This program helps bring an awareness of the danger while providing practical tools and resources to help a parent identify possible “signs of concern” in their son or daughter. Possible resources for help are also identified and discussed.



PARENT RESOURCE PROGRAM

Parent Resource Program – PRP – is designed to provide parents and those who work with youth an educational tool for the awareness of the problem of youth suicide and the resources available to assist at-risk youth.



<http://www.jasonfoundation.com/prp>

Other places and resources:



CRISIS TEXT LINE |

Text **JASON** to 741741.

CRISIS SUPPORT TEAM

Should a traumatic event impact your school, church or youth organization, You are no longer alone in addressing the appropriate response for your group or community.

- **WHAT WE ARE** A resource for guidance and advice to deal with traumatic events that could affect students' and young people's emotional health in a school, church, youth organization, or other setting.
- **WHAT WE ARE NOT**
We are not a crisis hotline. This is neither intended as counseling for individuals nor a replacement for professional services that may be needed, including counseling for groups.

CRISIS SUPPORT TEAM



**To access this FREE
service for schools and
other youth
organizations...Go To**

www.jasonfoundation.com/cst

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COACHES ASSISTANCE PROGRAM

- The Coaches Assistance Program (C.A.P.) gives athletic department personnel (especially coaches, athletic trainers, and academic advisors) the tools they need to notice team members' behavioral changes and emotional struggles.
- The program features articles that coaches will find useful in certain situations. These articles, written by licensed clinicians, approach many different topics, including mental illness in athletes.

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SUICIDE PREVENTION FOR STUDENT-ATHLETES

A TRAINING FOR COACHES AND ATHLETIC PERSONNEL

Presented by:



COACHES KEEPING MORE THAN DREAMS ALIVE

SUICIDE PREVENTION FOR STUDENT-ATHLETES A TRAINING FOR COACHES AND ATHLETIC PERSONNEL

Coaches are in a unique position to have a lasting impact on the young people that they encounter on a daily basis. In this presentation, we will delve into the problem of suicide within student athletes, the unique pressures that they face, and hear from several experts on the subject.

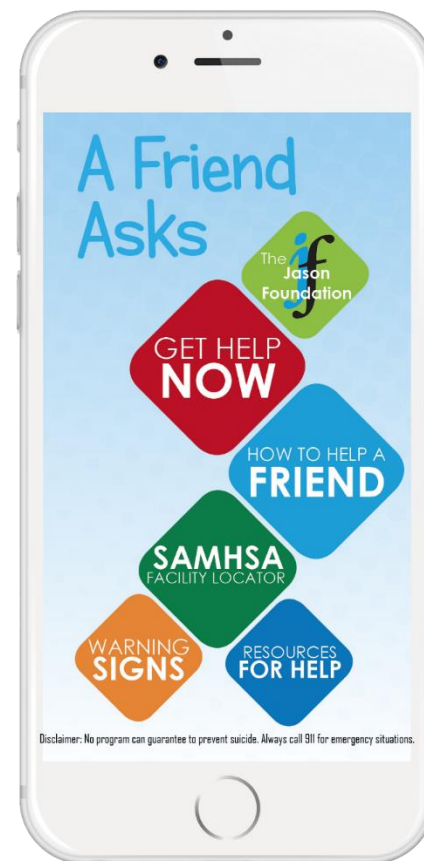


Coaches Training

“A Friend Asks”

- **Free smart-phone app that can be downloaded from the Apple App Store or Google Play.**
- **Provides information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.**

Let's take a deeper look at the App!



“Navigating through A Friend Asks APP”

Each icon is linked to additional information on how to get immediate help for yourself or a friend, what to and not to do in order to help a friend, resources available, a facility locator to seek professional assistance and more.



“Navigating through A Friend Asks APP”

GET HELP NOW

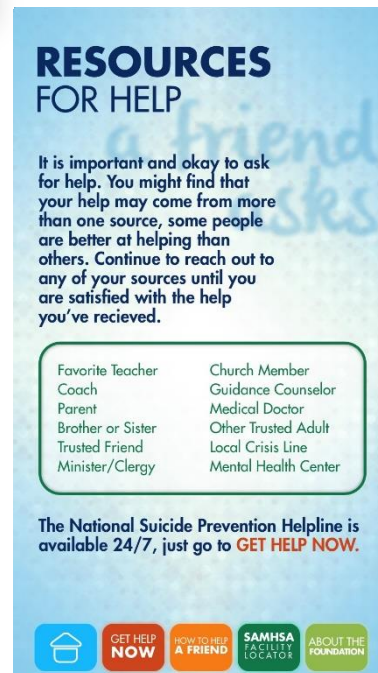
- By tapping the “Call Now” icon, you will be connected to the National Suicide Prevention Lifeline.
- The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



“Navigating through A Friend Asks APP”

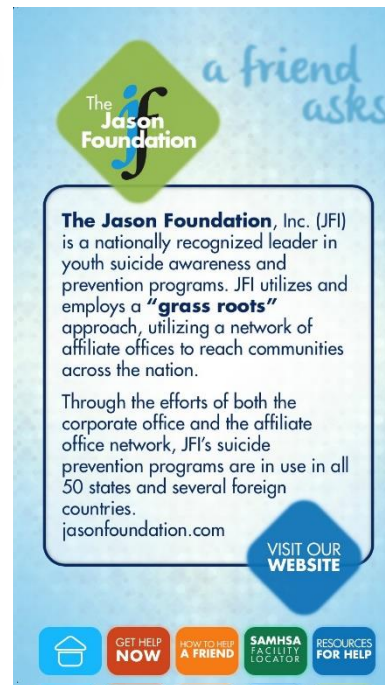
How to Help a Friend

- Warning Signs :
 - A list of warning signs to look out for in your friends
- How to ask:
 - Suggestions on how to have that difficult conversation with a friend
- What to do:
 - Ideas on what you can do if you recognize warning signs in a friend
- What not to do:
 - Things not to do if you recognize warning signs in a friend
- B1:
 - Take the B1 pledge and Be Aware, Be Able to Identify and Be Prepared.
- Resources for help:
- Know where to go for help



“Navigating through A Friend Asks APP”

- The SAMHSA facility locator can connect you with nearby treatment facilities.
- The Jason Foundation tab provides more information about JFI as well as a link to our website.



***A Friend – an Informed
Friend – can make a
difference for someone
struggling with thoughts
of suicide or emotional
health issues....***

Will you B1?

b1.jasonfoundation.com

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#IWONTBESILENT is an awareness campaign created to challenge friends, families, and followers to learn the warning signs associated with suicide and how they can help make a difference. Our goal is to end the stigma surrounding mental health and suicide, allowing open conversation regarding these serious subjects.

www.iwontbesilent.com

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find
Us

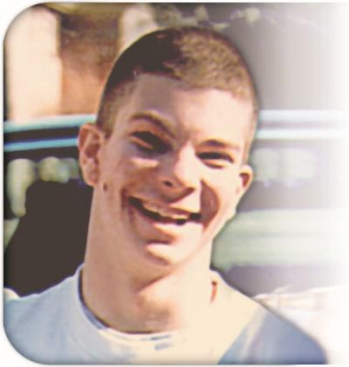


on **facebook**®

VISIT US ON THE WEB

Where you can get more information and
download directly materials and programs
you can use in your school, church,
community

www.jasonfoundation.com



*Keeping More than Dreams Alive,
One young person at a time.*

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SCAN ME