

“Your voice. Your choice. Make a difference.”

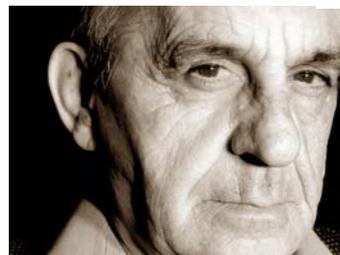


- “Being a positive role model means putting your own oxygen mask on before attempting to help others”
- Frank R. Campbell, Ph.D., LCSW, C.T.
- Campbell and Associates Consulting, LLC
- WWW.LOSSTEAM.COM



“First place the mask on yourself before attempting to help others!”

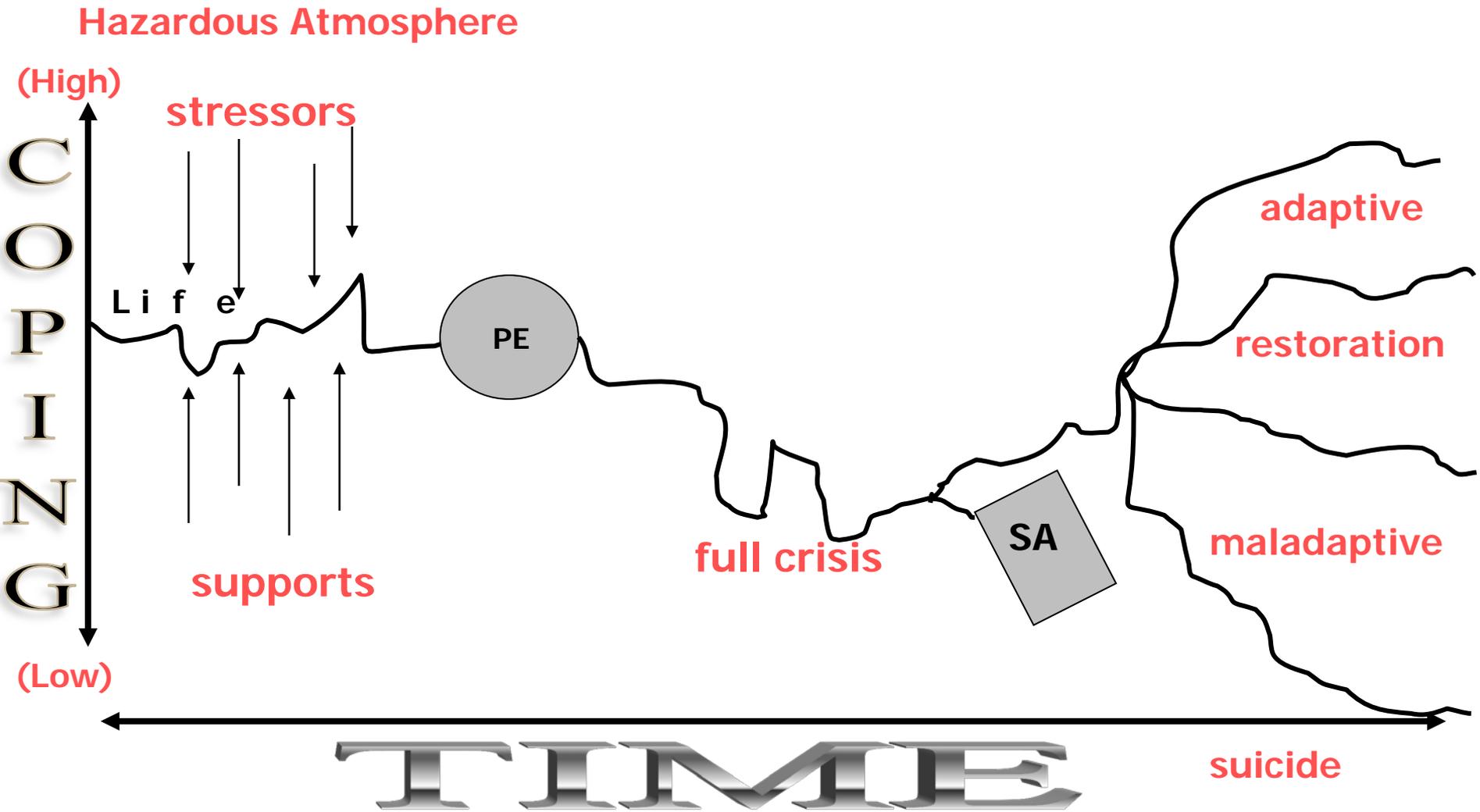
Milestones in life are impacted



Crisis Theory

- A crisis is self-defined
- Time limited

Crisis Theory



Take Care of You!

Level of coping is indicated by:

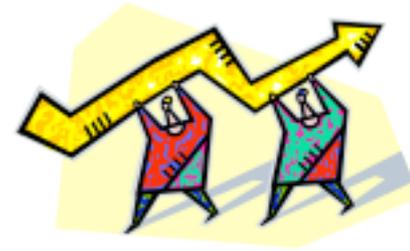
- a) Participation in a supportive community**
- b) Physical well-being**
- c) Control over daily activities**
- d) Productive and creative life**

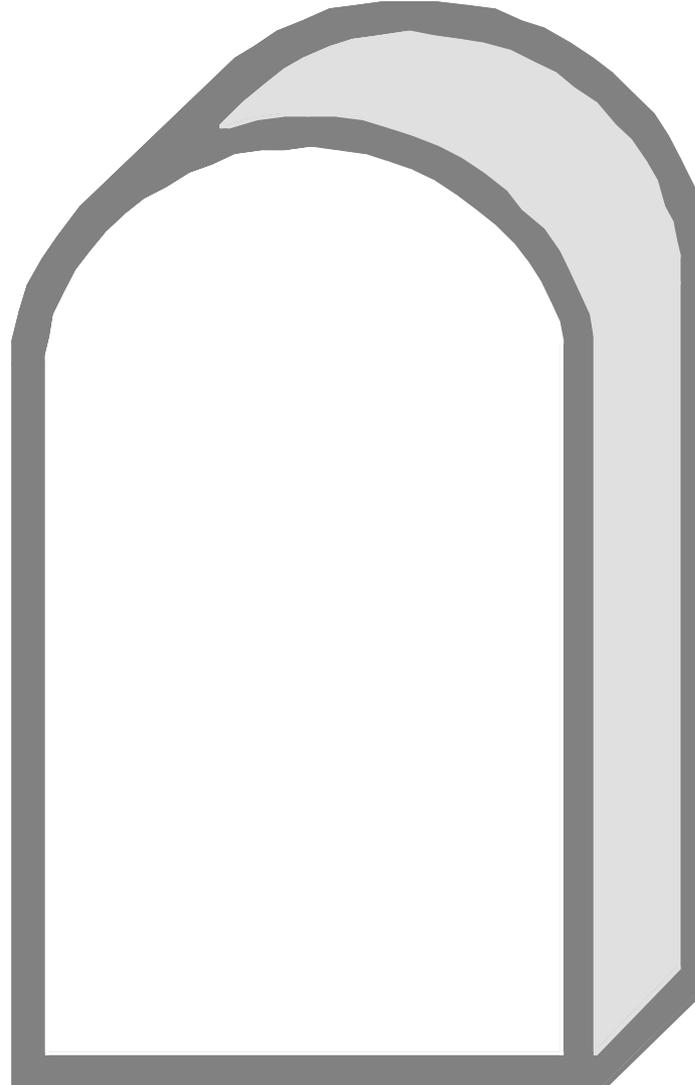




Barriers

- What do you think are the barriers for self care?





Suicide in the USA: Statistics

2010 data

Version: November 2012

More Americans Die by Suicide Each Year Than by Homicide

Suicide 38,364

10th ranking cause
12.4 per 100,000

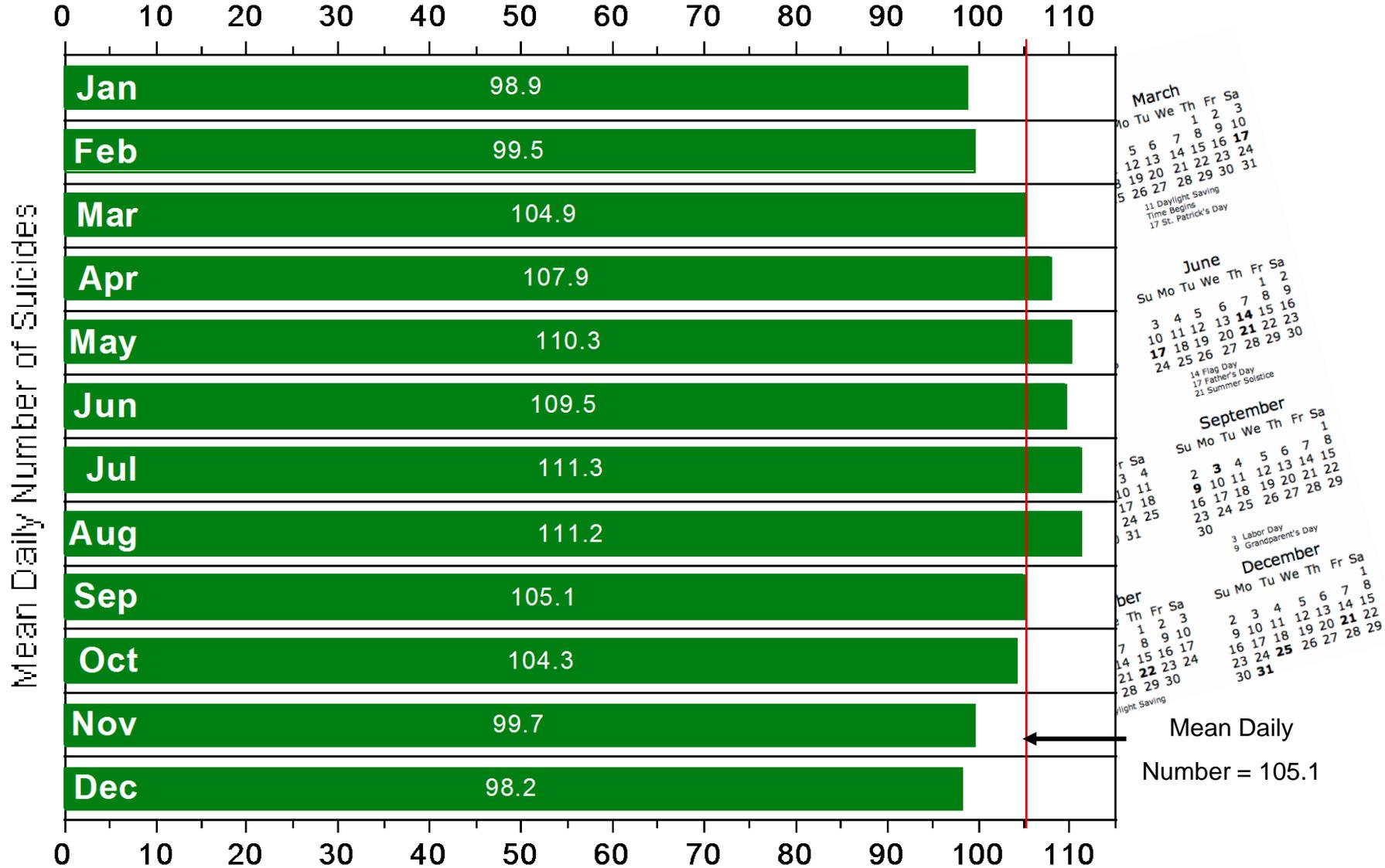
Homicide 16,259

16th ranking cause
5.3 per 100,000

136% more people killed themselves than were
murdered by others

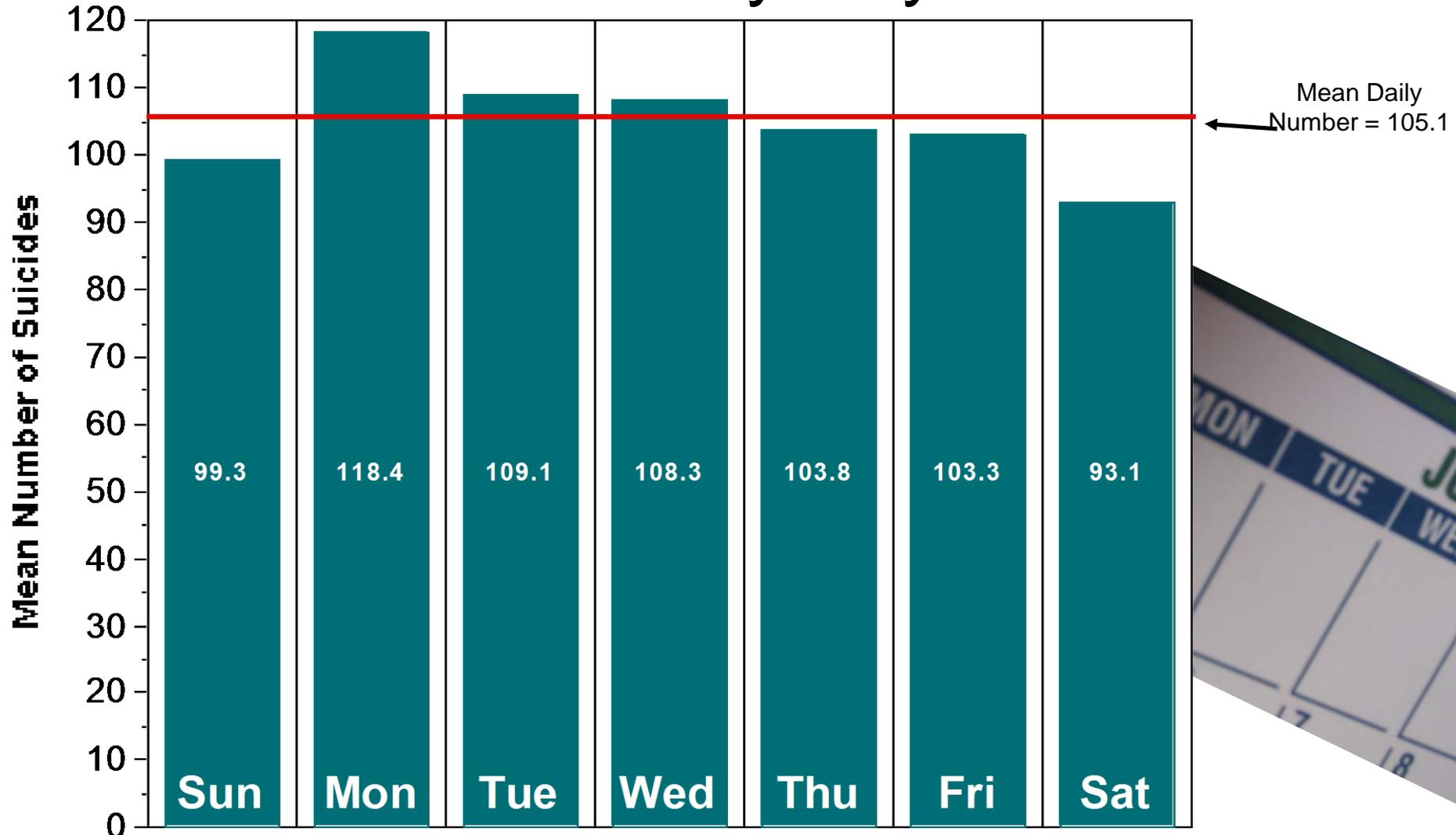
*MORE THAN
TWICE THE NUMBER*

Monthly Variation in Suicide



Spring, Summer Peak in Suicides typically

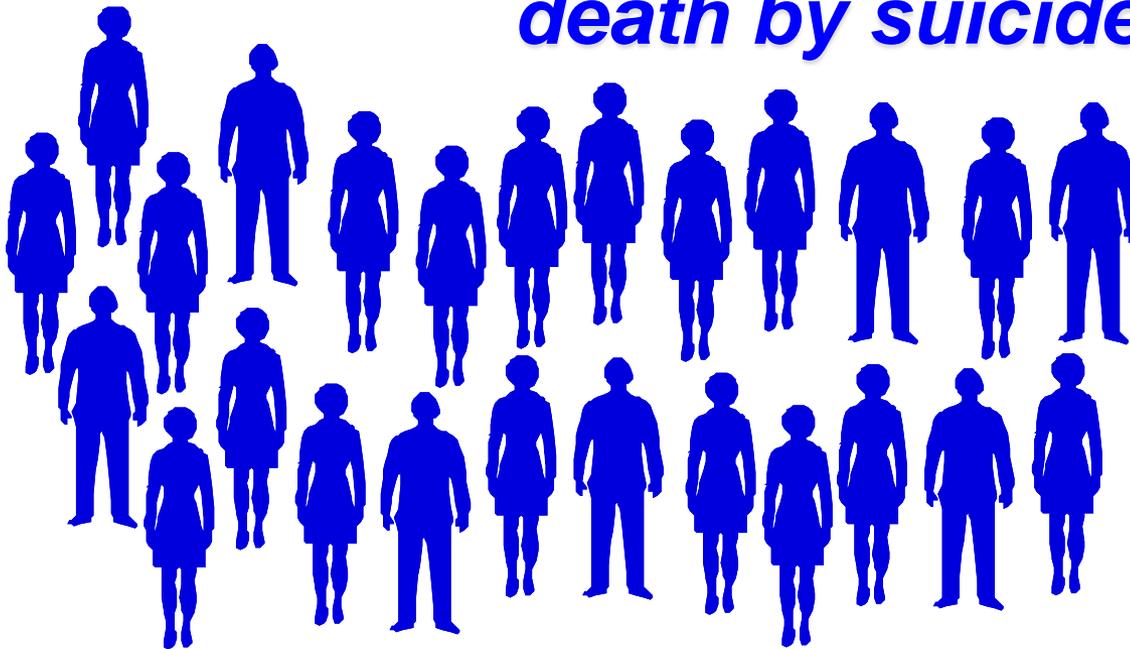
Suicide Variation by Days of Week



Monday, Tuesday highest; Saturday lowest

Attempted Suicides (Nonfatal Outcomes)

*Estimated that there are
25 attempted suicides for each
death by suicide*



SAMHSA (2012)
1.1 million adults



Suicide

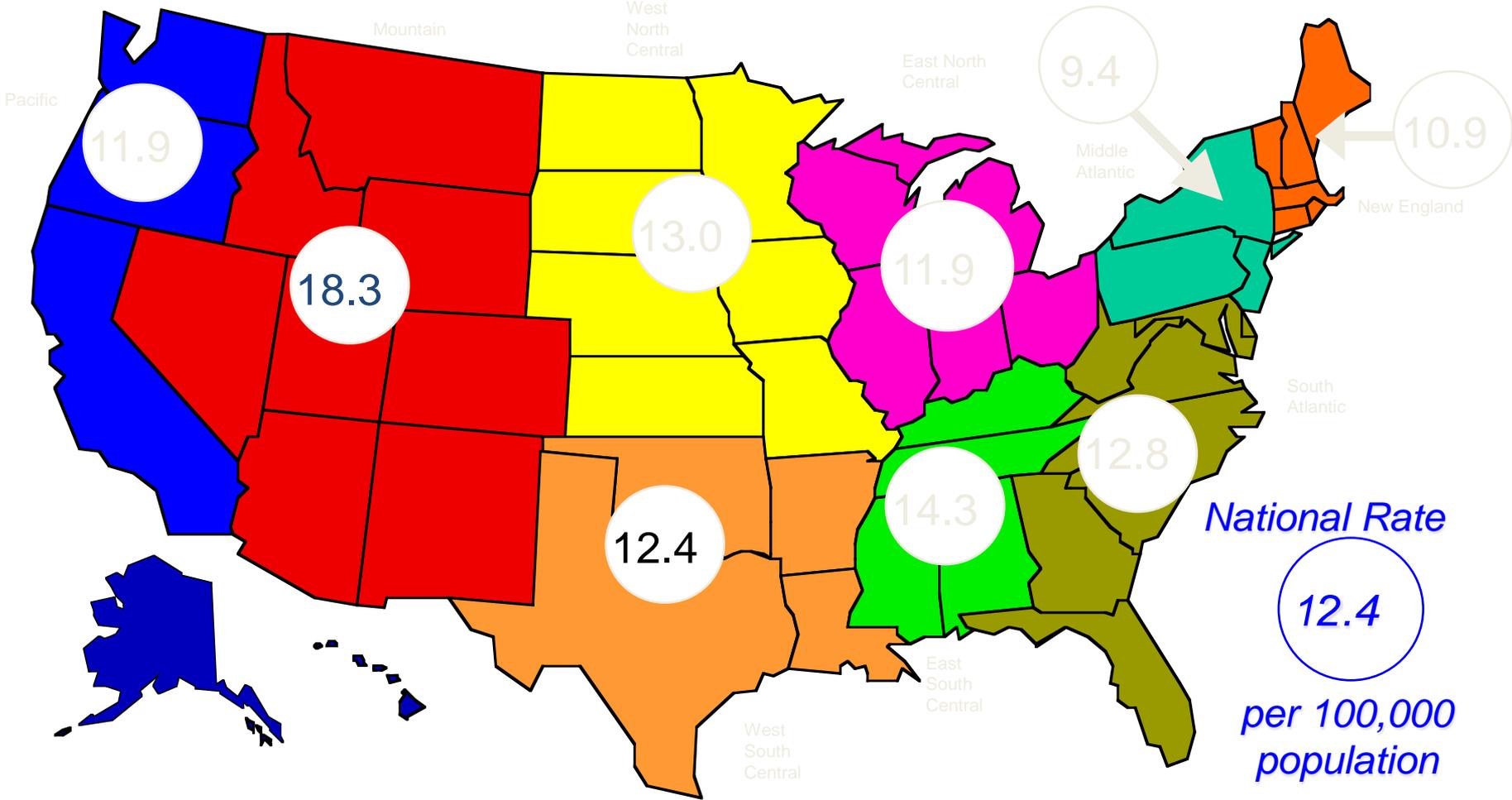
Attempted Suicides

Moscicki et al.

Ratio implies 959,100 suicide attempts in USA in 2010

Divisional Differences in USA Suicide

Suicide highest in the Mountain States

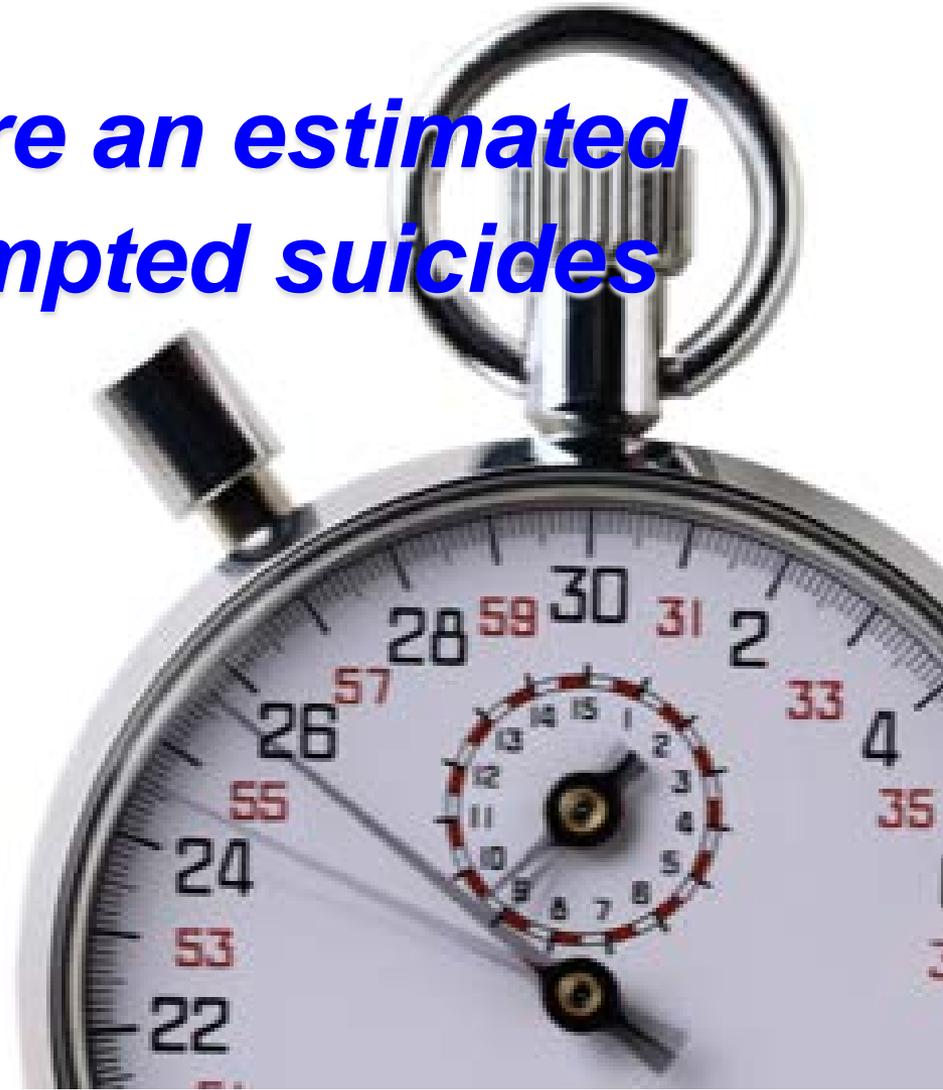


Attempted Suicides (Nonfatal Outcomes)

*Annually, there are an estimated
> 950,000 attempted suicides*

**1 every 32
seconds**

SAMHSA (2012)
1 million adults
1 every 29 sec



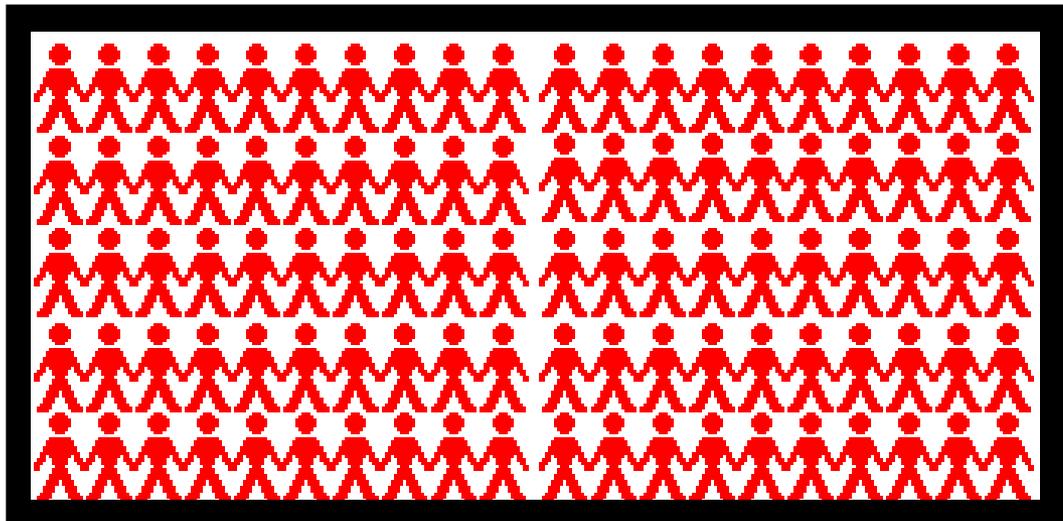
25:1 Ratio implies 959,100 suicide attempts in USA in 2010

Ratio implies 2,628 per day; 1 every 32 seconds

Attempted Suicide & Age

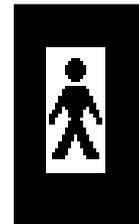
*Attempts are most common
among the young!*

Attempted
Suicides

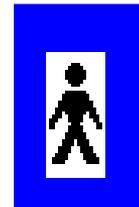


Suicides

Young
100:1



Elderly
4:1



Estimates of youth suicide attempts to completions are as high as 300:1

In the typical high school
classroom...

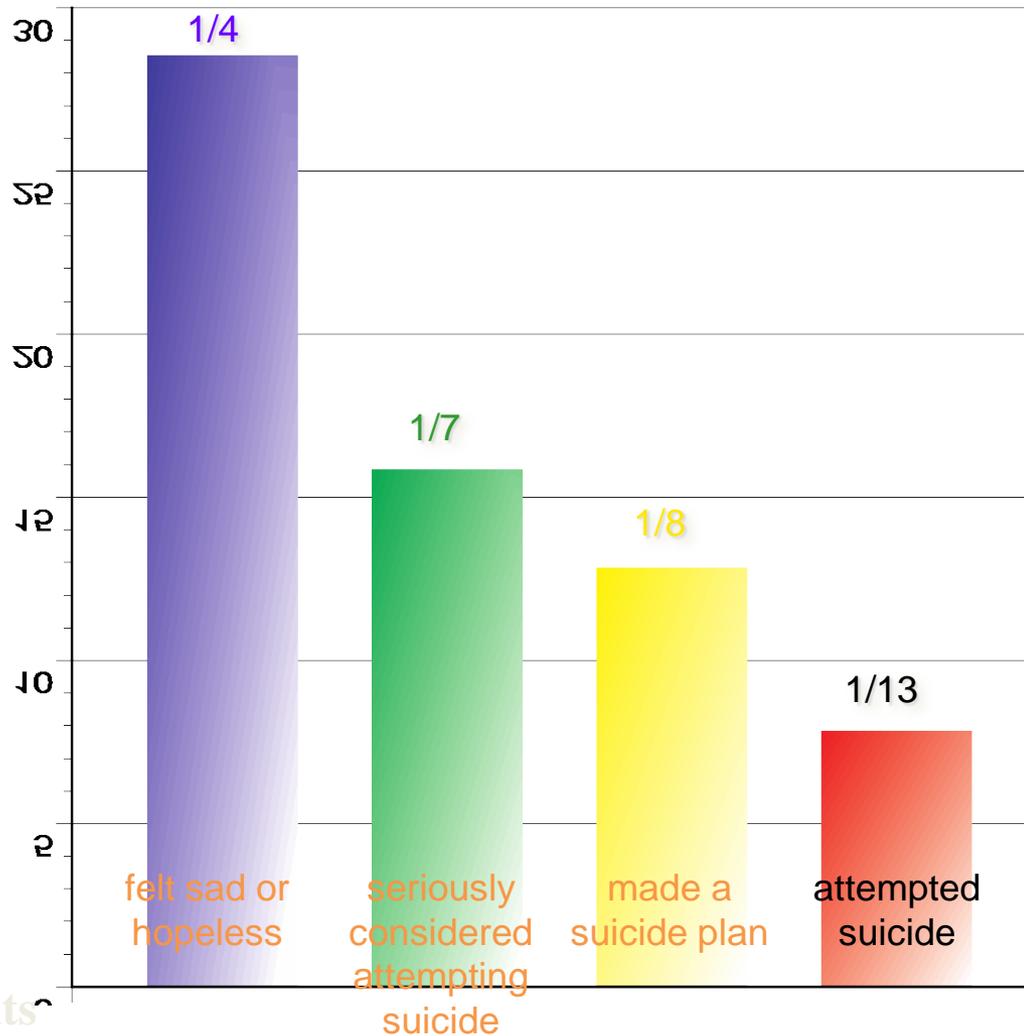


1 male and 2 females have
probably attempted suicide
in the past year

Source: King (1997, p. 66)

Suicidal Behavior in High School Students

In the past year:

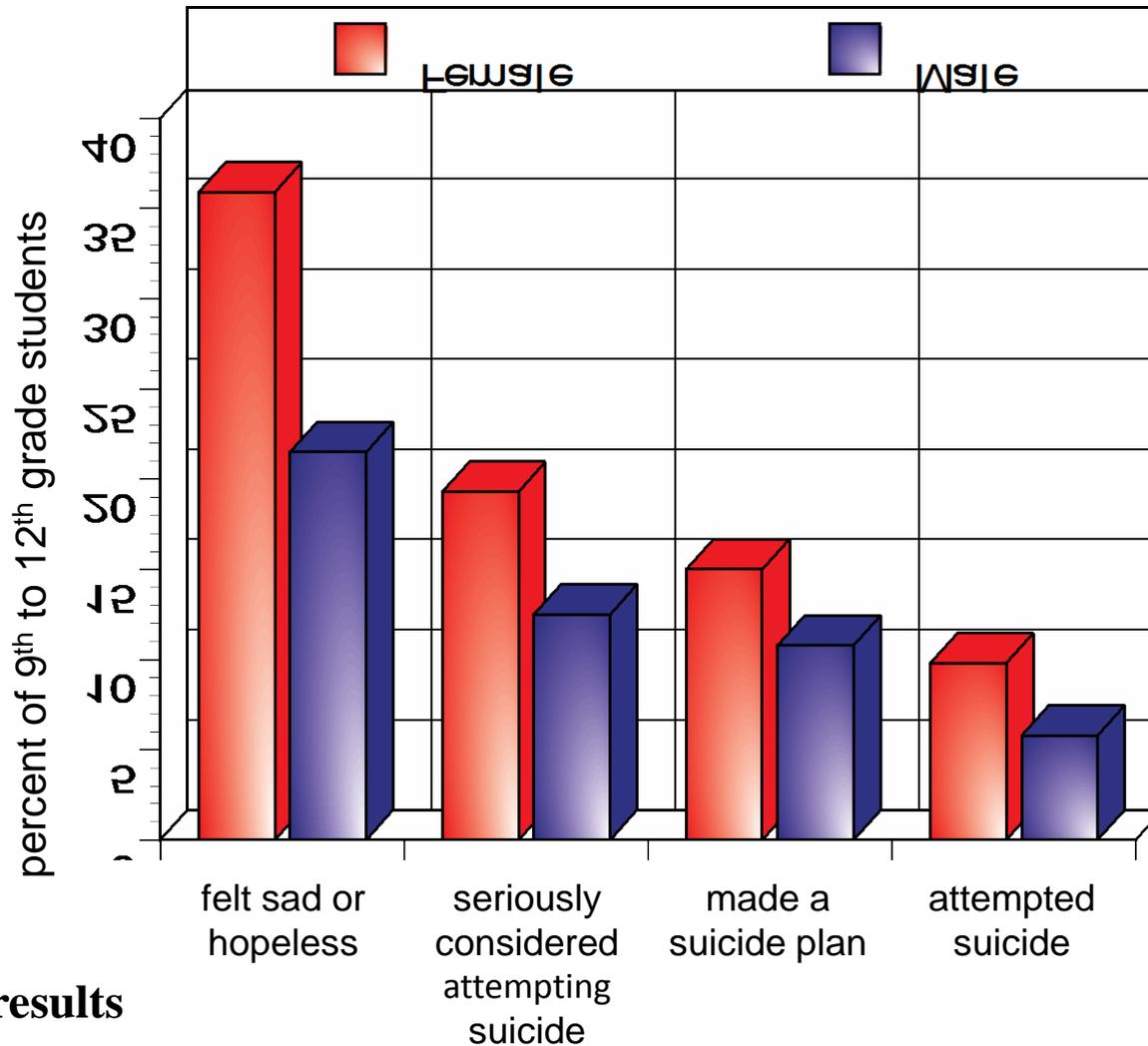


2011 survey results

Youth Risk Behavior Surveillance, USA, 2011 (CDC, 2012)

Suicidal Behavior in High School Students by Sex

In the past year:

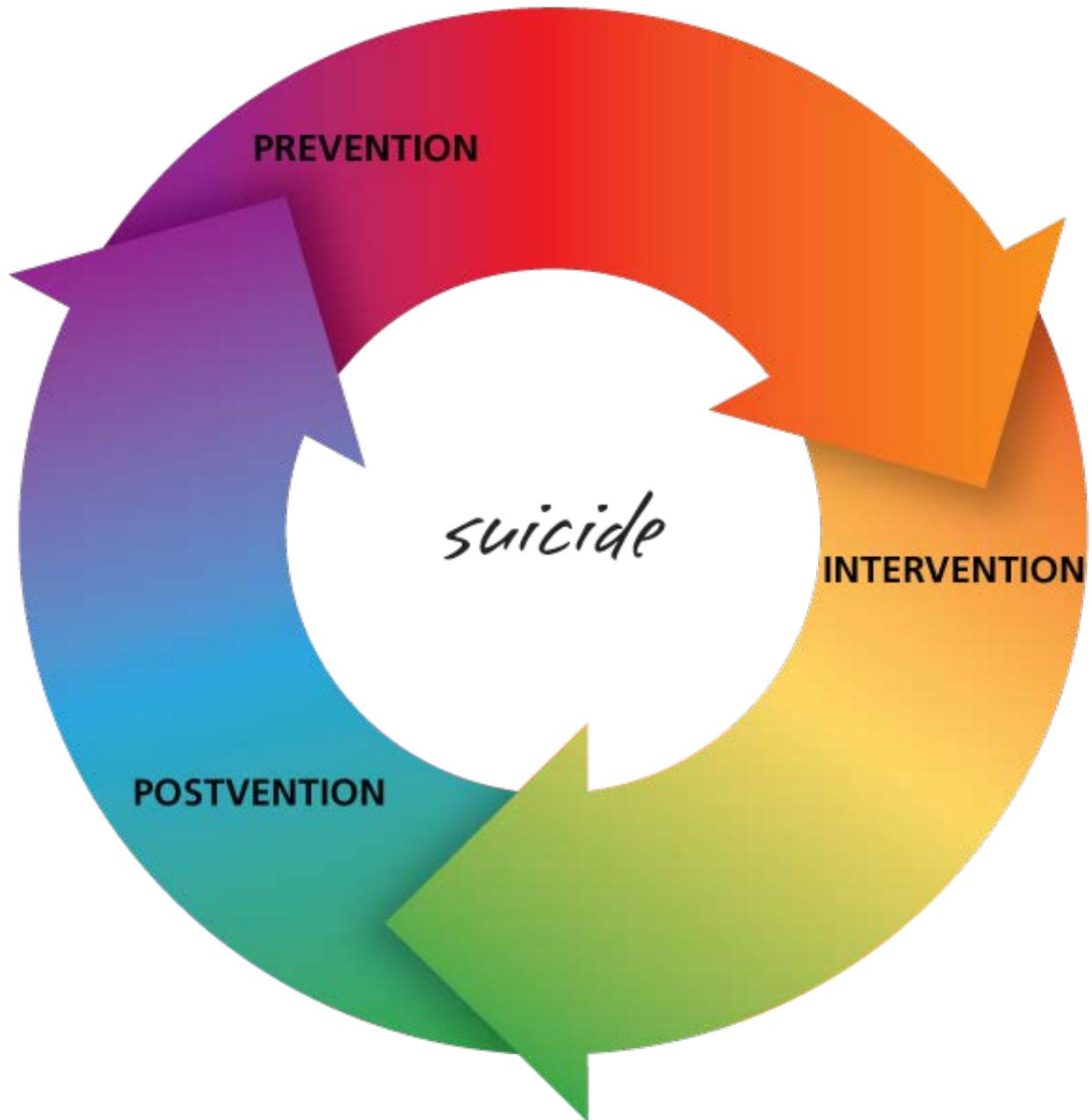


All figures higher in young women

Youth Risk Behavior Surveillance, USA, 2011 (CDC, 2012)

2011 survey results





PREVENTION

suicide

INTERVENTION

POSTVENTION

***We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time***

.....from the Four Quartets by T.S. Eliot

“Your voice. Your choice. Make a difference.”



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