

# South Bay Community Services



# Mission Statement

South Bay Community Services (SBCS) transforms communities to support the well-being and prosperity of children, youth and families.

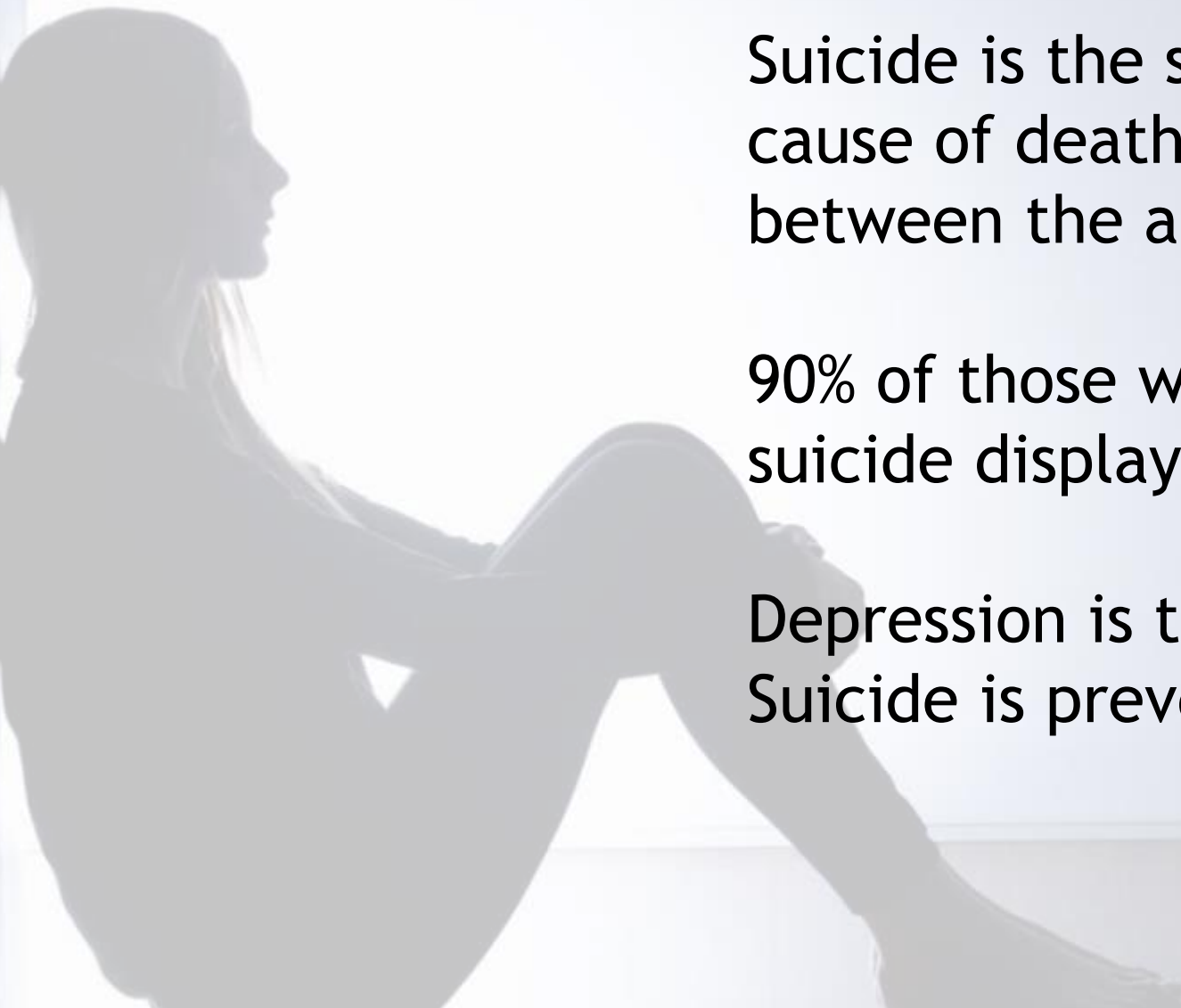




# Suicide Prevention and Early Intervention

## HERE NOW



A faint, grey silhouette of a person with long hair, sitting on the floor with their legs tucked under them, is positioned on the left side of the slide. The person is facing right, looking towards the text.

Suicide is the second leading  
cause of death for those  
between the ages 11-18

90% of those who die by  
suicide display warning signs

Depression is treatable and  
Suicide is preventable!

# HERE NOW Focus

- Preventing suicide by educating youth, their families, and the community on risk factors and warning signs using an evidenced based curriculum called Signs of Suicide (SOS).
- Reducing the stigma around seeking help for themselves and for others.
- Working to support the school culture and environment to help youth thrive.

# How we achieve this

- “Check your mood week”
- Participation in a classroom presentation teaching students to identify the warning signs of depression and suicidal tendencies.
- Resources and tools to seek help for themselves or a friend
- Healthy coping skills
- One on one support for students



# ACT

## ACKNOWLEDGE:

That your friend has a problem

## CARE:

Let the person know that you are concerned about them and want to help.

## TELL:

Tell a trusted adult.



# Identifying Vulnerable Youth

**BASED ON THE VIDEO, PRESENTATION AND/OR DISCUSSION, I FEEL**

- I have a question about the video, presentation, and/or discussion.
- I need to talk to someone about myself or a friend.
- I do not need to talk to someone.

NAME (PRINT) \_\_\_\_\_

SCHOOL I.D. \_\_\_\_\_

GRADE \_\_\_\_\_

IF YOU WISH TO SPEAK WITH SOMEONE, YOU WILL BE CONTACTED. IF YOU WISH TO SPEAK WITH SOMEONE SOONER, PLEASE APPROACH STAFF IMMEDIATELY.



# What does it mean when a child or teen is suicidal?

- A youth who is feeling suicidal is considering taking or planning to take their own life.
- In many cases, young people who consider or attempt suicide do not really want to die, rather they want the pain to end and see no other options.
- A suicide attempt can be a cry for help. It is our responsibility to respond.

# What should teachers and parents be looking for?

- Lack of interest in activities or surroundings
- Increased irritability, moodiness or aggressiveness.
- Changes in relationships/friendships
- Isolation
- Lower academic performance/grades
- Statements about not wanting to live anymore
- Death themes in reading, writing, or internet searches
- Self Injury

# What is self injury?

- Self-injury refers to the intentional self-infliction of wounds (Walsh, 2006).
- Youth will cut or burn themselves on their wrists, forearms, thighs, or belly.
  - Use a variety of means such as:
    - a razorblade, knife, scissors, metal tab from a soda can, the end of a paper clip, a nail file, or a pen.
    - Students have used erasers to give themselves eraser burn.

# Why Does this Happen?

Most teens who cut are struggling with powerful emotions.

Cutting might be the only way to express or interrupt feelings that seem too intense to endure.

- Numb
- Physical Pain
- Control
- Distraction
- Feeling Addicted
- Other Mental Health Conditions





What can staff and parents do to help if a student is showing warning signs of suicidality and or self injurious behavior?



# You can ACT

## ACKNOWLEDGE:

That your student has a problem or is showing some concerning warning signs.

## CARE:

Let the student know that you are concerned about them or have noticed a change in their behavior and want to help.

## TELL:

Tell a trusted colleague and get support from the appropriate staff.

# Interventions

- Connect youth to school counselor or someone who can refer therapeutic services.
- Help the youth to build their support system
  - (trusted adults, safe spaces)
- Utilize the **ACCESS AND CRISIS HOTLINE 1-888-724-7240**
- **South Bay Community Services 619 -420-3620**
- **Call 911** if student is in imminent danger.





# Bullying and Suicide

# What is Bullying?



- Unwanted, aggressive behavior among children that involves a real or perceived **power imbalance**.
  - Students who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others.
- The behavior is **repeated**, or has the potential to be repeated, over time.
- Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

# POSSIBLE INDICATORS

- Unexplainable injuries
- Frequent headaches, stomach aches, feeling sick or faking illness
- Changes in eating habits, skipping meals or binge eating
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in activities
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide
- Not wanting to go to school

# What Can Staff Do?

- Be approachable
- Improve supervision with students
- Be consistent with behavior management techniques in the classroom to detect and address bullying
- Know your school's anti-bullying policy and enforce the policy consistently
- Promote cooperation and communication among different professionals and between school staff and parents



# Toolbox

- Help the victim to have a voice
- Build empathy for the perpetrator
- Create a positive school climate



**DO NOT  
BE AFRAID  
TO ACT!**



# Questions?

SouthBayCommunityServices.org  
CVPromise.org

