





EMPOWERING YOUNG VOICES TO PREVENT SUICIDE

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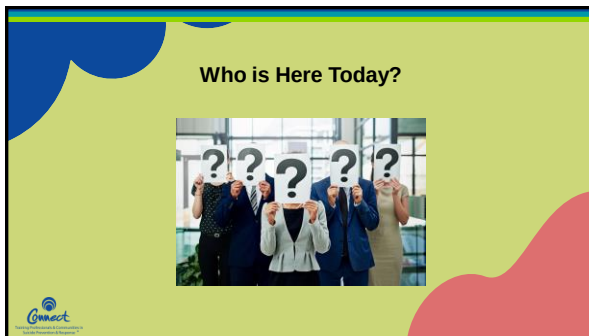
- Introductions
- Mental Health & Adolescents
- YRBS and Our Youth
- Community Connection
- Youth/Young Adult Voice
- Connect Program
- Young Adult Experience

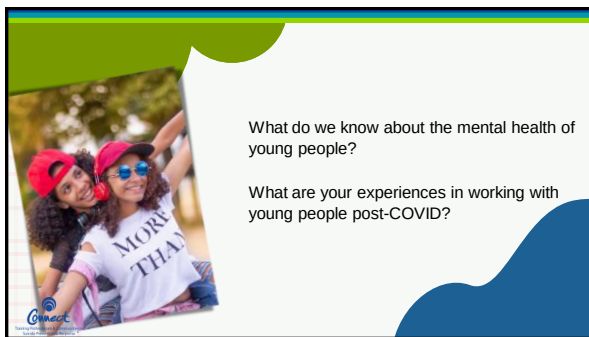


Please Take Care of Yourself










ADHD, anxiety, behavior problems, and depression are the most commonly diagnosed mental disorders in children (3-17). Some of these issues occur together.

Behavior problems 8.9% (approximately 5.5 million)

ADHD 9.8% (approximately 6.0 million)

Anxiety 9.4% (approximately 5.8 million)

Depression 4.4% (approximately 2.7 million)




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National Center for School Health & Community
National Prevention Network

CDC, 2019

Other Mental Health Conditions We See in Teens

- Eating Disorders
- Substance Use Disorders
- Personality Disorders
- Mood Disorders
- Schizophrenia
- Trauma and PTSD





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CDC, 2019

How Do Groups Use YRBS Data?

- Assess trends in priority health risk behaviors among high school aged youth
- Enable schools and communities to understand risks and health behaviors of area youth
- Raise awareness or get people involved on youth perceptions and behaviors in the community
- Prioritize the issue(s) to address and determine strategies, approaches, changes to curriculums



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U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

What We Are Seeing in NH

YRBS Data



2019 and 2021: 10 Risk Factor Indicator Comparison Data





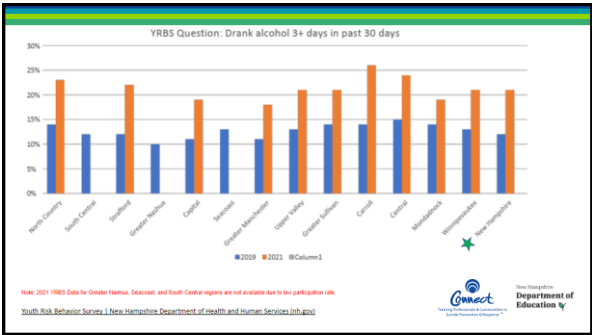


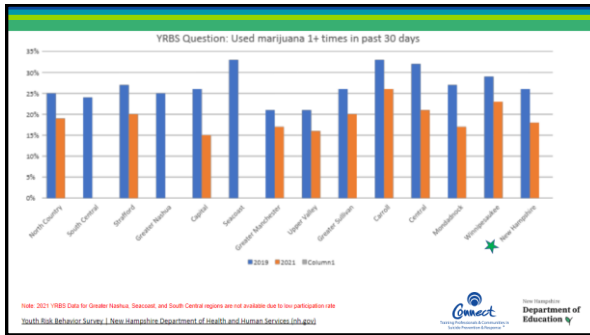
10 NH Public Health Regions

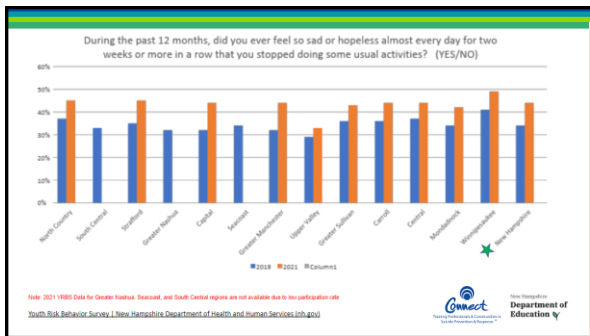
2019 and 2021: 10 Risk Factor Indicator Comparison Data

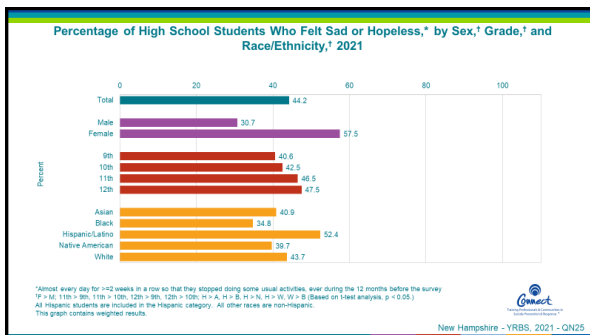



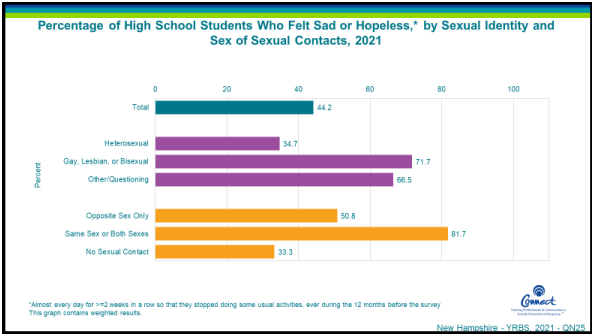


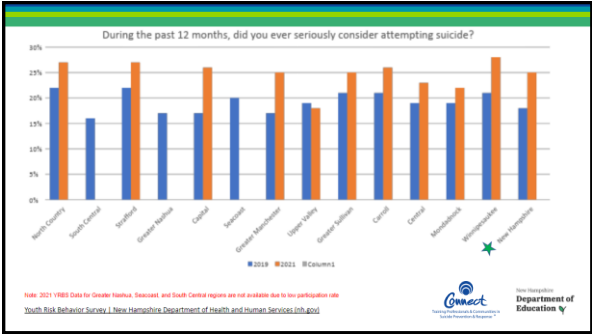


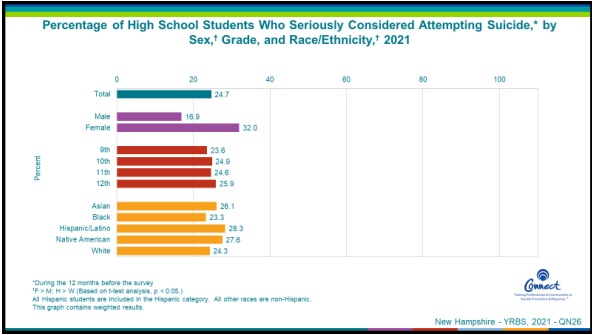


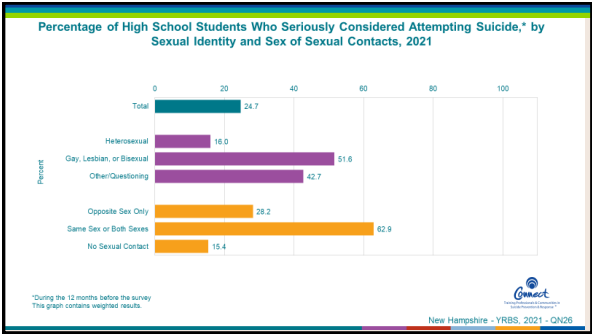













YRBS Summary




- Nearly 3 in 5 U.S. teen girls experienced persistent feelings of sadness or hopelessness in 2021—double that of boys and the highest levels reported in a decade.
- LGBTQ+ youth were substantially more likely to have experienced all forms of violence and had worse mental health outcomes than their heterosexual peers.
- Youth experienced high and worsening levels of persistent sadness or hopelessness across all racial and ethnic groups; and that reported suicide attempts increased among Black youth and White youth.

In NH, 18-25 year olds are...

- **1st** in alcohol use disorders
- **2nd** in substance use disorders
- **4th** in binge drinking
- **5th** in illegal drug use (other than marijuana)
- **11th** in marijuana use

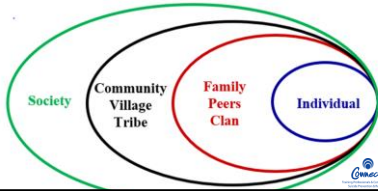
Source: NSDUH, 2019



Protective Factors

Many factors can reduce risk for suicide. Everyone can help prevent suicide. We can take action in communities and as a society to support people and help protect them from suicidal thoughts and behavior.

Individual
Relationship
Community
Societal Levels



Relationship Protective Factors

- Support from partners, families and friends
- Feeling connected to others

CDC, 2020



Community Protective Factors

- Feeling connected to school, community and other social organizations/structures
- Access to quality physical and behavioral healthcare

CDC, 2022



Suicide Prevention in the Community

- Create a larger community safety net
- What suicide prevention efforts already exists?
- Cross-collaboration between community sectors:
 - schools, CMHCs, healthcare, faith leaders, first responders, social services, local state agencies, youth/young adults, caregivers, lived experience, etc.
- What exists in your community or what is your wish list?



Community Engagement In Suicide Prevention

- Convene a community team: key leaders as well as "natural champions" from all organizations.
- Review and improve existing suicide prevention policies and procedures
- Improve pathways to care.
- Identify needs, gaps and high-risk populations.
- Conduct or encourage training on evidence-based suicide prevention for all group members (Connect Gatekeeper).
- Consider working on postvention in the event of suicide loss (schools, but faith leaders, funeral directors).



Prior to Engaging Youth in Programming

- Adults hold a key role in supporting youth voice.
- Think about the larger context and working with youth in a strategic way.
- Infuse core principles into the dialogue.
- Create safety net prior to youth being trained -led by trained adults to mentor and respond if there is a crisis.



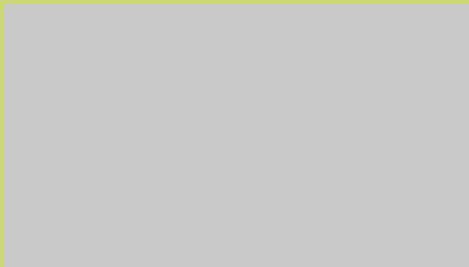
Youth Voice in Suicide Prevention



- Youth leadership may promote healing and enhance prevention strategies.
- Youth want to be empowered to prevent suicide in their communities.
- Provide ample opportunities for young people and adults to share control and decision making on multiple levels.
- Inclusivity and equity for all.

Tresh T. Coe, PhD, Youth Voice in Suicide Prevention in Hawaii, 2020.







Connect Program

Connect Suicide Prevention training is a comprehensive, community based approach to train professionals and communities in suicide prevention and response. Trainings focused on raising awareness of risk and protective factors and warning signs for suicide, reducing stigma, and ensuring communication using safe messaging guidelines.



Connect Trainings

- Connect Training & Planning sessions
- Connect Train-the-Trainer
- Connect Young Adults (College Example)
- Connect Youth Leader (High School Example)
- Connect Real Talk



Youth in the Connect Program

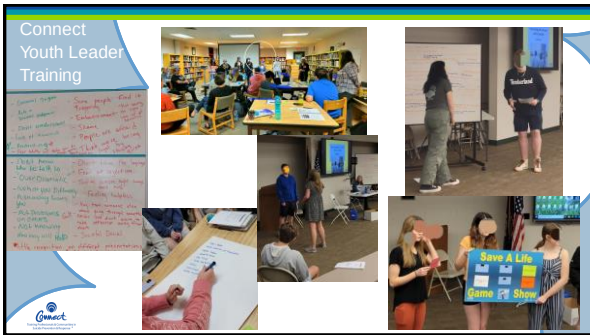
- Seek help from an adult whenever there is a concern
- Don't take on the role of a counselor.
- Practice recognizing and responding to other youth (or adults) at risk
- Youth trainers to co-lead the training with a Connect adult trainer.
- Learn skills and confidence to recognize warning signs for suicide in a friend or family member
- Increased knowledge of resources and comfort level for connecting those they are concerned about with help



Youth will most often seek out their peers for help

- Youth are provided with the tools to recognize other youth who may be at risk for suicide
- knowledge of how to respond
- cross-age teaching, or youth leader training, is an effective practice for educating youth.






Connect Young Adult Leader Training

- Understand the intersection of mental health and substance misuse problems and how these can contribute to greater suicide risk in an individual.
- Recognize stigma and related barriers that hinder treatment and recovery.
- Become leaders and ambassadors for prevention.



While some may not want to go on to conduct a training, the Regional Public Health Network can encourage these leaders to stay actively involved by talking with their peers, youth, business, and/or local and state government to name a few areas.



Young people connect to their peers and still experience isolation. As a result, they engage in risky/maladaptive behavior.

Connect can:

- Reduce isolation
- Normalize conversation
- Awareness of community resources
- Train peers who know what other peers are experiencing
- Encourage help-seeking behaviors

Connect Young Adult Training



Young Voice in Suicide Prevention



Resource Page

- 988 Suicide and Crisis Lifeline
- NH Rapid Response Access Point, call or text 833-710-6477.
- The Connect Program: www.theconnectprogram.org
- Safeside: <https://safesideprevention.com>
- Action Alliance for Suicide Prevention: www.actionallianceforsuicideprevention.org
- American Association of Suicidology (AAS): www.suicidology.org
- American Foundation for Suicide Prevention (AFSP): www.afsp.org
- Suicide Awareness Voices of Education (SAVE): www.save.org
- Suicide Prevention Resource Center (SPRC): www.sprc.org
- Zero Suicide: <http://zerosuicide.sprc.org/>



LGBTQ Resource Page

- The GLBT National Youth Talk Line: 1-800-246-7743 (Youth serving youth through age 25)
- The Trevor Project (Suicide Hotline): (866) 488-7386
- PFLAG National: (202) 467-8180 www.pflag.org
- Human Rights Campaign (HRC): 1-800-777-4723 | www.hrc.org
- Gay, Lesbian & Straight Education Network (GLSEN): (212) 727-0135 | www.glsen.org
- Gay and Lesbian Alliance Against Defamation (GLAAD): (323) 933-2240 | www.glaad.org
- Lambda Legal: (212) 809-8585 | www.lambdalegal.org
- Gay-Straight Alliance (GSA) Network: (415) 552-4229 | www.gsanetwork.org
- National Center for Transgender Equality: (202) 903-0112 | www.transequality.org
- Gay & Lesbian National Hotline: (888) 843-4564 Provides vital peer support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity.
- 1N10: (602) 400-2601 | www.onenten.org Support for young adults ages 14-24
- TransLifeline: (877) 565-8860



Resources

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<https://www.youtube.com/watch?v=4AUP51F8A6I=75s>

