



W FOREFRONT
SUICIDE PREVENTION

Leveraging Youth Voice
in School-based Suicide
Prevention Efforts

OUR MISSION

Forefront Suicide Prevention is a Center of Excellence at the University of Washington focused on reducing suicide by empowering individuals and communities to take sustainable action, championing systemic change, and restoring hope.



IMPACT



9

New suicide prevention bills in Washington state shaped by Forefront advocacy efforts



55,000+

Professionals and community members statewide trained in suicide prevention awareness



60

Washington colleges and universities working to improve their mental health support and suicide prevention efforts



1st in the U.S.

First state to *require* suicide prevention training for all health and behavioral health professionals



2,300+

Lifesaving conversations to increase safe storage of medications and firearms and to increase suicide prevention awareness



38

High schools developing and implementing sustainable suicide prevention programs

TODAY'S PRESENTATION

1

About Forefront

2

Leveraging youth voice

3

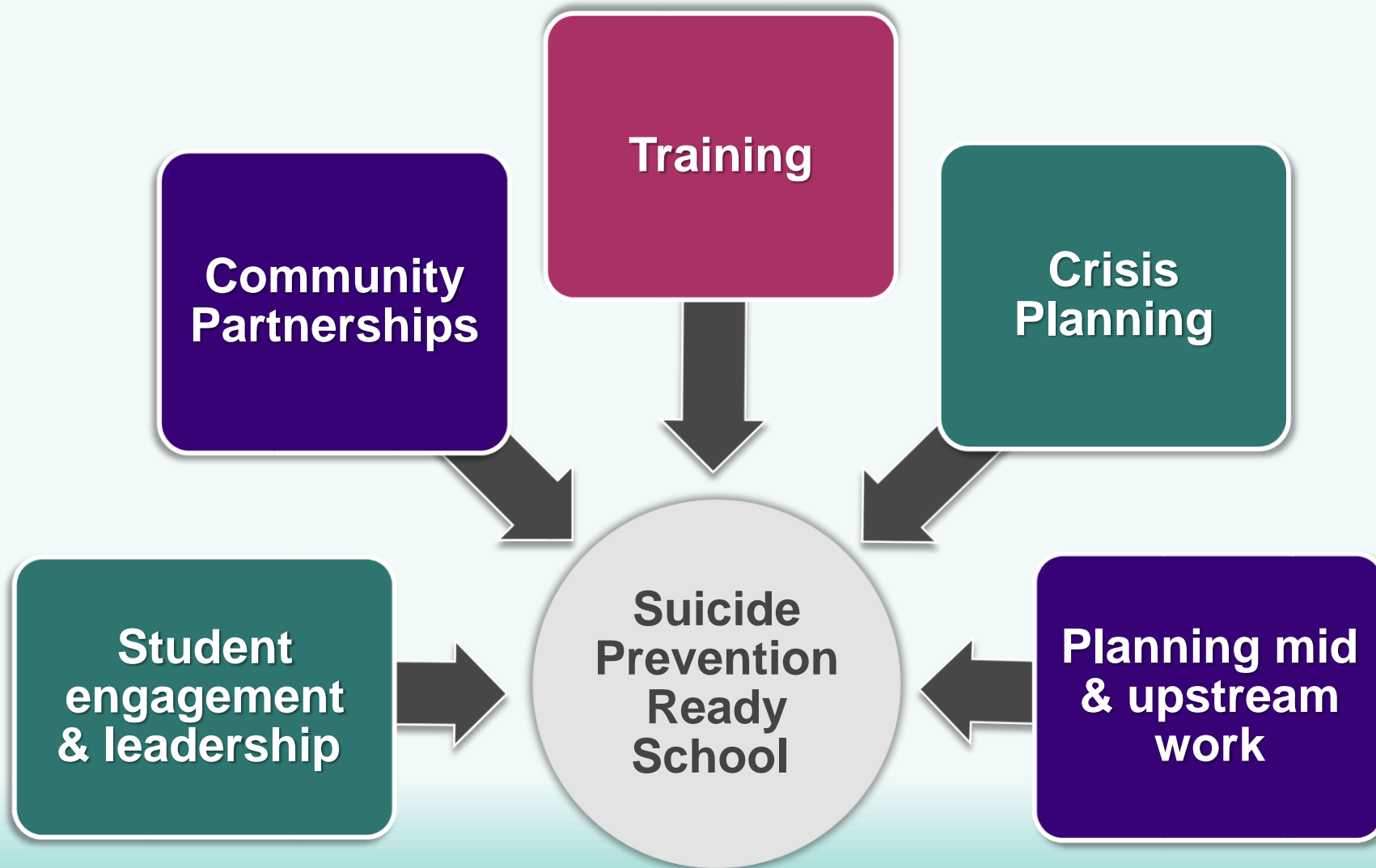
Prevention lessons & guidelines

FOREFRONT IN THE SCHOOLS

FIS establishes a long-term collaboration between schools and the University of Washington with the goal of building capacity for sustainable suicide prevention and mental health promotion.



FIS PROGRAM ELEMENTS



BUILDING A PREVENTION FRAMEWORK



UPSTREAM: SEL framework, mental health literacy, protective factors

MIDSTREAM: Additional support to students with risk factors

DOWNSTREAM: Safety planning, treatment, training

POSTVENTION:
School re-entry, aftermath support



WE KNOW THAT...



50% of all lifetime cases of mental illness begin by age 14 with 75% occurring by age 24

NIMH

Hospital admissions for suicidal children ages 5-17 doubled between 2008-2015

National Academy of Pediatrics

80% of youth with a mental illness won't receive treatment

Kataoka, S.; Zhang, L.; Wells, K.

The average delay between onset of symptoms and intervention is 8-10 years

NIMH

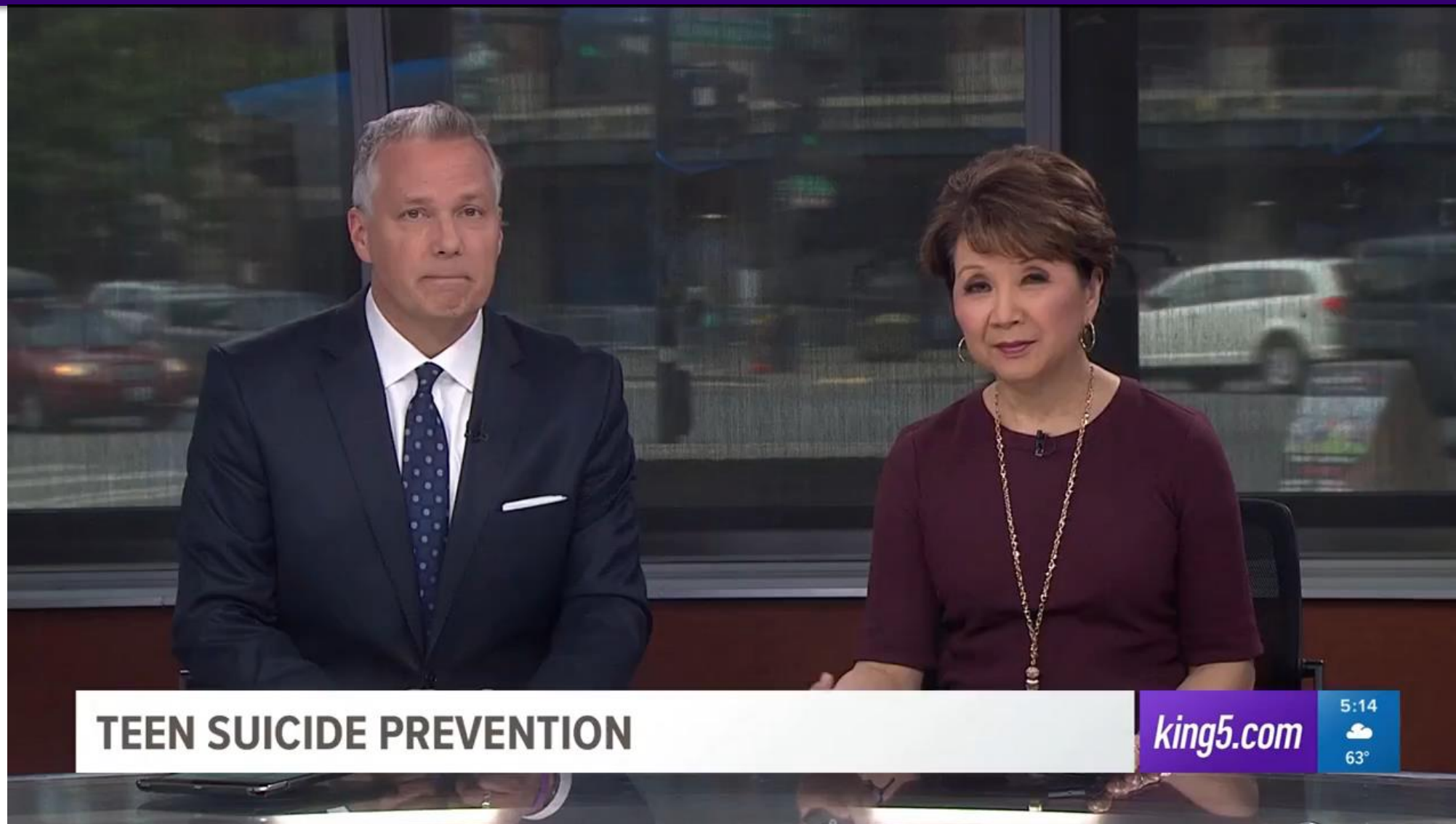
MEET ELLA & ANDREA

YOUTH VOICE HEARD IN OLYMPIA



**Powerful
Influencers
Unlimited
Potential**

OPPORTUNITIES TO LEAD



TEEN SUICIDE PREVENTION

king5.com

5:14
63°

PEER-LED STUDENT TRAINING



- ⑩ Crisis protocols reviewed by Admin/Crisis Team
- ⑩ Schedule staff training prior to student training
- ⑩ Use a student recruitment & vetting process
- ⑩ Provide adequate prep, practice & coaching
- ⑩ Content fidelity & competency measures
- ⑩ Inform staff, students and parents
- ⑩ Provide opt-out activity
- ⑩ Include an extra adult



- Avoid large groups/assemblies
- Never schedule trainings in aftermath

STUDENT TRAINING ANCHOR



What does the topic of suicide have to do with me?

Did you know...

- As many as **1 in 5** youth shows signs of a mental health disorder
- **50%** of mental illnesses show up by the age of 14
- **75%** occur by age 24



In other words...

You, or someone close to you will likely experience anxiety, depression, substance abuse, suicidal thoughts or some other behavioral health problem known to be a risk factor for suicide

Source: NIMH

HEALTHY CONVERSATIONS



Instead of saying... “committed suicide”

Let’s say... **“died by suicide”**
or **“took their own life”**

HOW TO ASK ABOUT SUICIDE



Sometimes when people are...

_____,
_____,
_____.

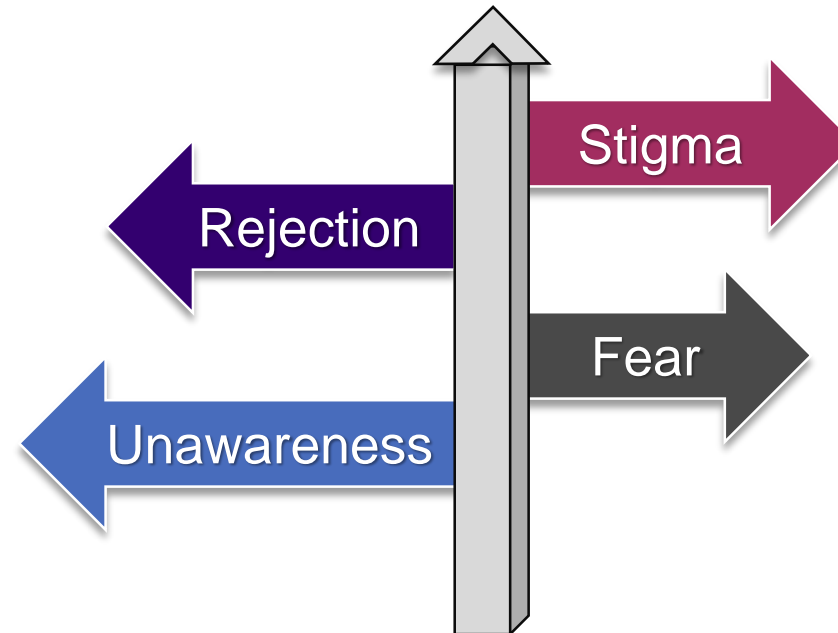
**they're thinking about suicide.
Are you thinking about suicide?**

- Isolating from friends
- Feeling alone / pushed away
- Upset after a breakup
- Feeling numb / detached
- Hopeless about the future
- Feeling self-hatred
- Tired of pleasing everyone
- Feeling like giving up





What stops people from talking openly about suicide?

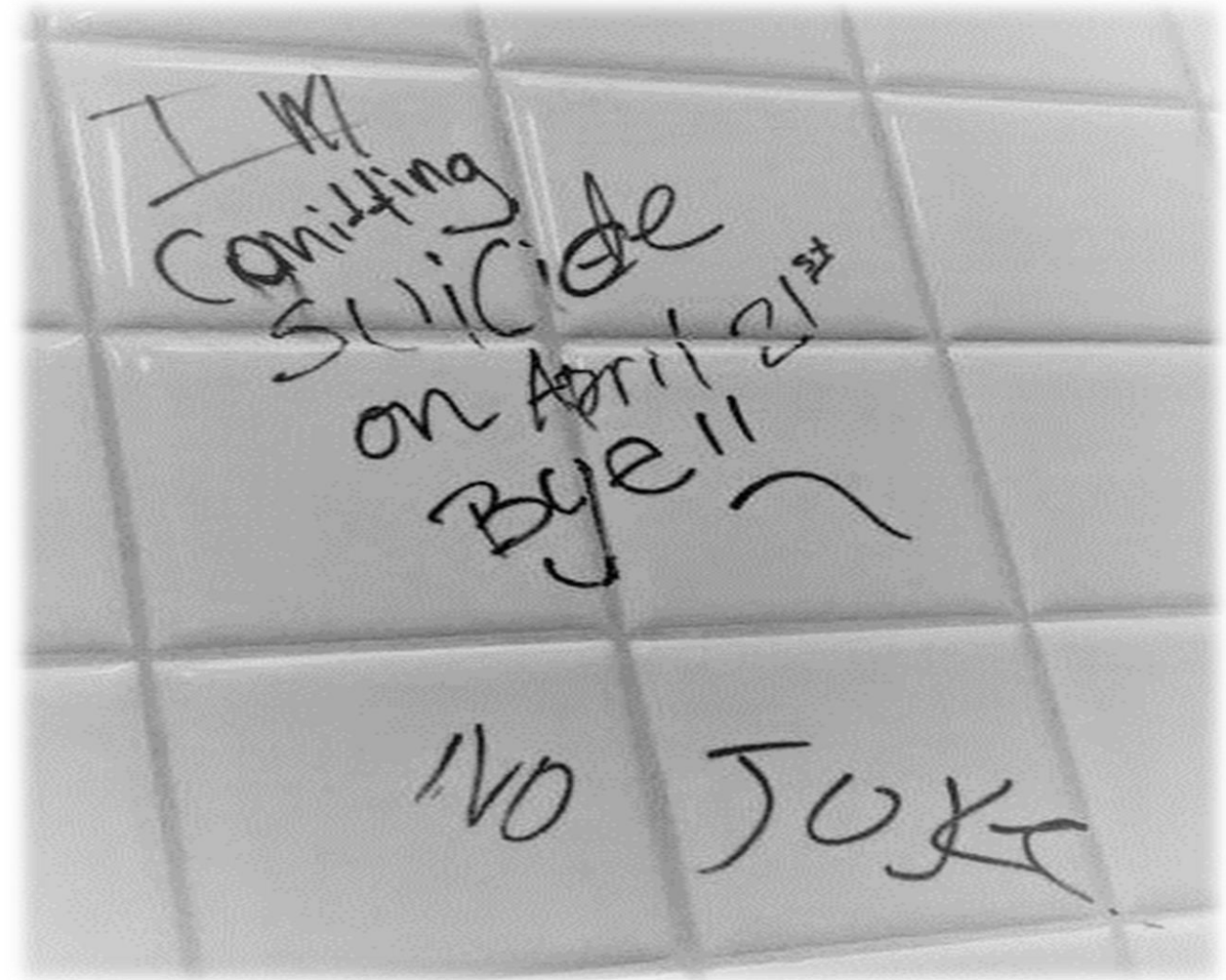


REPORTING THE DANGER



If you saw this message
somewhere in your school,
what steps would you take?

Report concerning content
“*Support on Social Media -
Lifeline*” or, *click ...*
and follow the prompts.



ADULT TRAINING - WHAT'S IN YOUR HOME?



56% of teens say it's easy to get prescription drugs from their parents medicine cabinet

95% of parents don't believe their child would take a prescription drug for misuse

Almost **50%** of all suicides involve a firearm

82% of youth suicides by firearm involve a family gun

Suicide is **3 times** more likely in a home with a gun



SELECTING STRATEGIES

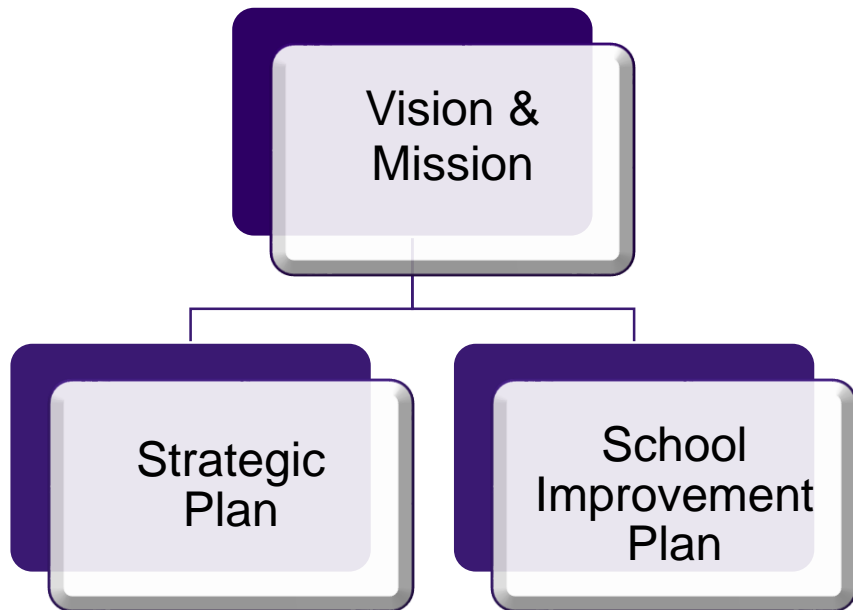


School-wide healthy norms/behaviors

- Community/cross club collaboration
- Improve perceptions of adult support
- Normalize help-seeking
- Positive connections to peers/adults
- Positive community norms campaigns
- Cultural sensitivity
- Inclusive, simple, practical, unified



USING DATA



STRATEGIC GOALS & OBJECTIVES

- ✓ Data is used to support school mission, vision and building-level needs.

EVALUATION

- ✓ Desired outcomes can be measured.
- ✓ Goals are specific, measurable, attainable, relevant, and time-based.

DATA CONSIDERATIONS



1. How will you know if your programs & interventions are effective?

- *How do you monitor & evaluate results?*

2. Are your students informed about the importance of data collection?

- *Are they part of creating an environment that is open to survey taking?*



A silhouette of a person standing in a field of tall grass and wildflowers, looking out over a sunset sky. The person is centered in the lower half of the frame, with their back to the camera. The sky is a warm, golden-brown color, and the foreground is dark and silhouetted.

**Some of the
issues we're
experiencing**



PROMOTE RESOURCES

Create a help-seeking culture

“During the past 12 months... did someone you were dating or going out with ever limit your activities, threaten you, or make you feel unsafe in any other way?”

~ HYS



CRISIS RESOURCES



Suicide Lifeline

1.800.273.8255

"Support on Social Media - Lifeline"

Crisis Text Line

Text about anything

Text "HEAL" to 741741

Trevor Project

LGBTQ+ Text "START" to 678678

1.866.488.7386

Crisis Connections

Teen Link 1-866-833-6546 | 6-10pm

1.866.427.4747

5 THINGS YOU CAN DO TODAY



1. Say “died by suicide.”
2. Use what you’ve learned to reach out to someone in distress.
3. Add 24-hr crisis resources into your phone
 - **Suicide Prevention Lifeline: 1-800-273-8255**
 - **Ayuda En Español: 1-888-628-9454**
 - **Crisis Text Line: Text ‘HEAL’ to 741741**
4. Make your home safer to help prevent suicide.
<https://depts.washington.edu/saferwa/>
5. Become a suicide prevention advocate.

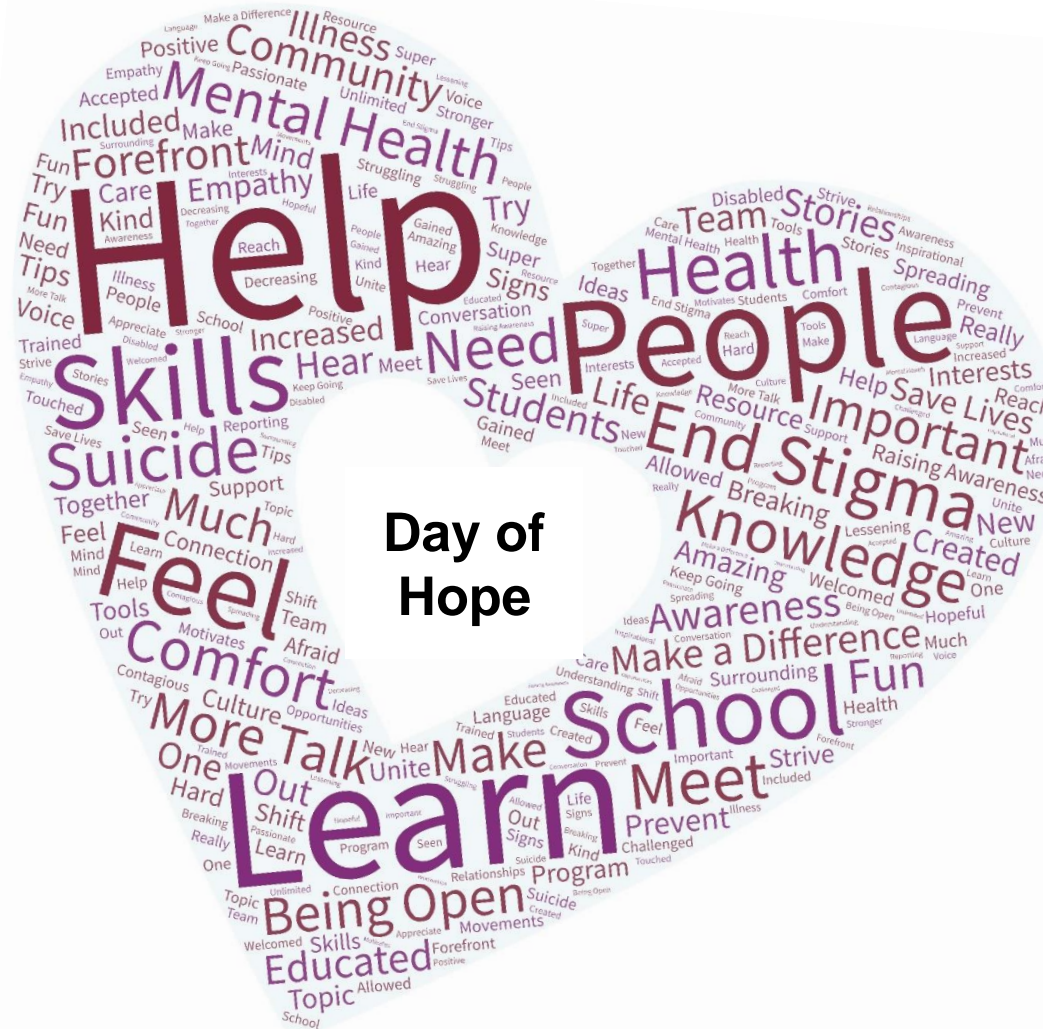


STUDENT CONFERENCE & SHOWCASE



“Coming here gives you clarity – it opens your mind to realize that you are not alone.”

“I can say that I am trained in saving a life and I am part of one of the most important movements in my life.”




“Spreading awareness to our schools and communities... people are talking about suicide prevention more.”

“By meeting new people and being part of this today, I’m changing our culture and community.”

HUSKY HELP & HOPE WALK



I walk for a world
where no one could
ever imagine
hurting themselves.

Live on 



Hopes for the Future

https://www.youtube.com/watch?v=NnoEflFk4q8&list=PL57soBHS0SV92ApIElFBrToVL0U1Lx_9&index=1