Risk Factors

• Prior attempt
• Substance abuse
• Mental Health issues/illness
• access to lethal means
• knowing someone who completed suicide
• social isolation
• lack of access to mental health care
• stress resulting from prejudice and discrimination (LGBTQ+, Racism)
• Historical trauma (for various ethnicities)
Warning Signs

1. Overlapping
2. Drastic
3. Consistency
4. Intensity
Warning Signs

Talking
Behavior
Mood

Health
Environment
History
Warning Signs: TALKING

- “I’m such a burden”
- “I feel trapped…”
- “I can’t take the pain anymore”
- “I have no reason to live”
- “I think I might kill myself”
Warning Signs: Behavior

• Increased use of alcohol or drugs
• Looking for ways to kill themselves (searching online)
• Acting recklessly
• Withdrawing
Warning Signs: Behavior

- Isolating- family and friends
- Sleeping too much or too little
- Saying Goodbye (texting)
- Giving away prized possessions
- Aggression
Warning Signs: Mood

- Depression and/or Anxiety
- Loss of interest
- Rage
- Irritability
- Humiliation
Warning Signs: Health

- Depression
- Bipolar (manic-depressive)
- Schizophrenia
- Borderline personality
- Antisocial personality
Warning Signs: Health

- Chronic illness
- Severe injury
- Horomonal/Thyroid
- Substance abuse
- Conduct Disorder
Warning Signs: Environment

• Stressful life events (death, divorce, or move)
• Prolonged stress factors-, bullying, relationships
• Access to lethal means-firearms and drugs
Warning Signs: Environment

• Exposure to another person’s suicide
• Exposure to graphic/ sensationalized accounts of suicide
• Physical violence
Warning Signs: Historical

- Previous suicide attempts
- Family history of suicide attempts
- Mental Illness
- Violent Behavior
Warning Signs: General

- Rumors
- Passive aggressive posts online
- Self injurious behavior
Good Samaritan - C.P.R.

- Sees
- He Cares
- He Responds
- He Refers
- He Checks Back
Listen

• **Attend** to the person
• **Reflect** what you hear
• **Validate** feeling/experience.
Confidentiality
Is this Confidential?

- Don’t let them tie your hands
- Don’t tie your own hands
- Go “One Up” to supervisor
What is Confidential?

• Experimentation
• Hear say
• Common struggles
• Worries
• Let downs
• Disappointments
What’s not Confidential?

- Serious substance abuse
- Physical, emotional, sexual abuse
- Threat to self or someone else
- Self Harm (cutting)
- Youth in over their head
- Chronic or serious problem
What to Refer?

- Check parish/diocesan policy
- Suicide (ideation)
- Self Harm
- *Gender Dysphoria
- Serious Substance Abuse
- Addiction/Dependency
- Abse
- Eating Disorders
- Abusive Relationships
- Rape/Sexual Assault
- Trauma

Don’t be afraid to Consult
When to Refer?

• In over your head
• Gut Sense
• Lack confidence in parents
• Chronic
• Symptoms worsening
• Potential for severity
• Asks /hints for help
Creating a Referral List

- **Ask** people you know (clergy, ministers, school counselors, community leaders) for names of counselors.
- **Google** search “Catholic Counselors _____(your area)” “Christian Counselors” “Adolescent Counselors” (also use therapists, psychologist, social workers and family counselors for added search terms.)
Creating a Referral List

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  “Christian Counselors” “Adolescent Counselors” (also use therapists, psychologist, social workers and family counselors for added search terms.)
Interview the Therapists

• **Ask** to speak to the therapist.

• **Get past the “gate keeper”** — Tell the therapist or the receptionist who you are, what you do and that you are interested in using them as a referral for your youth/parents and that you might be interested in having them present to your group/parents

• **Call Back**
Interview the Therapists

• “Do you have any experience working successfully with teens?”
• “How easily do you build and maintain rapport with teens?”
• “Do you have any specializations?”
• “Do you have any areas of expertise?”
• “What kinds of clients/areas do you seek out/work best with?”
• “What’s the best way to get a parent of a teen to connect with you?”
• “Do you have a website? videos? business cards you could send me?”
• “Do you know anyone else who works well with teens?”
Curate Your List

• Collect/organize business cards to give to parents
• Have a list and keep it handy so it’s THERE when you need it.
• Have digital and paper copies of your list and referral information.
• Always, always prune and update your list
Expose Youth to Counselors

- Invite the therapist to speak to your group (they will often do it for free/reduced fee because they’ll want the referrals)
- This **familiarizes** and **de-stigmatizes** the counselor/process b/c your teens/parents now “know” him or her.
Click Here to Watch
@roypetitfils

Roy Petitfils

roy@todaysteenager.com
Sources - Teens, Families and Technology

• https://www.commonsensemedia.org/plugged-in-parents-of-tweens-and-teens-2016-infographic

• https://www.commonsensemedia.org/technology-addiction-concern-controversy-and-finding-balance-infographic
Sources- Teen Mental Health

- https://www.cdc.gov/childrensmentalhealth/data.html
- http://time.com/4572593/increase-depression-teens-teenage-mental-health/
- http://time.com/magazine/us/4547305/november-7th-2016-vol-188-no-19-u-
- https://www.nimh.nih.gov/health/statistics/prevalence/any-disorder-among-
Sources- Teen Mental Health

- https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers
- http://abcnews.go.com/Health/story?id=117478&page=1
-
Sources- Suicide

• Mental Health First Aid for Faith communities
  • https://www.psychiatry.org/psychiatrists/cultural-competency/faith-community-partnership

• National Institute of Mental Health (NAMI)
  • www.nami.org/sayitoutloud

• Mental Health America
  • http://www.mentalhealthamerica.net/young-people-and-suicide-safeguarding-your-students-against-suicide
Sources- Suicide

• Crisis text line - teens can text an get professional help
  • http://www.crisistextline.org/how-it-works/
  • http://www.crisistextline.org/media/baypress/
• American Foundation for Suicide Prevention
  • www.afsp.org
• Suicide Prevention Resource Center
  • www.sprc.org