

MICHELE LOUVIERE,
MDIV, LMFT, THE
REFUGE 18-2

MARLEA LOUVIERE, BS,
THE REFUGE 18-2

The Rising Threat of Suicide: Recognizing, Preventing, and Responding to Suicidality

Before We Begin, A Quick Hello!



Our Story

Your Story

Creating Safety for Difficult Topic

Together we will cover:

1. Identifiable signs that indicate someone is in danger of committing suicide
2. Discuss how to respond appropriately to someone who is suicidal
3. Explore ways to establish healthy suicide prevention strategies

Defining Suicide

What is Suicide?

Suicide is a continuum: It progresses from feelings (despair, hopelessness, etc), to thoughts (ideation), to behaviors (attempts). Suicide carries shame and stigma, and great misunderstanding within the faith community. The act of suicide is a permanent choice for a normally temporary situation.

According to the NIHM, suicide is:

Suicide is defined as death caused by self-directed injurious behavior with intent to die as a result of the behavior.

A **suicide attempt** is a non-fatal, self-directed, potentially injurious behavior with intent to die as a result of the behavior. A suicide attempt might not result in injury.

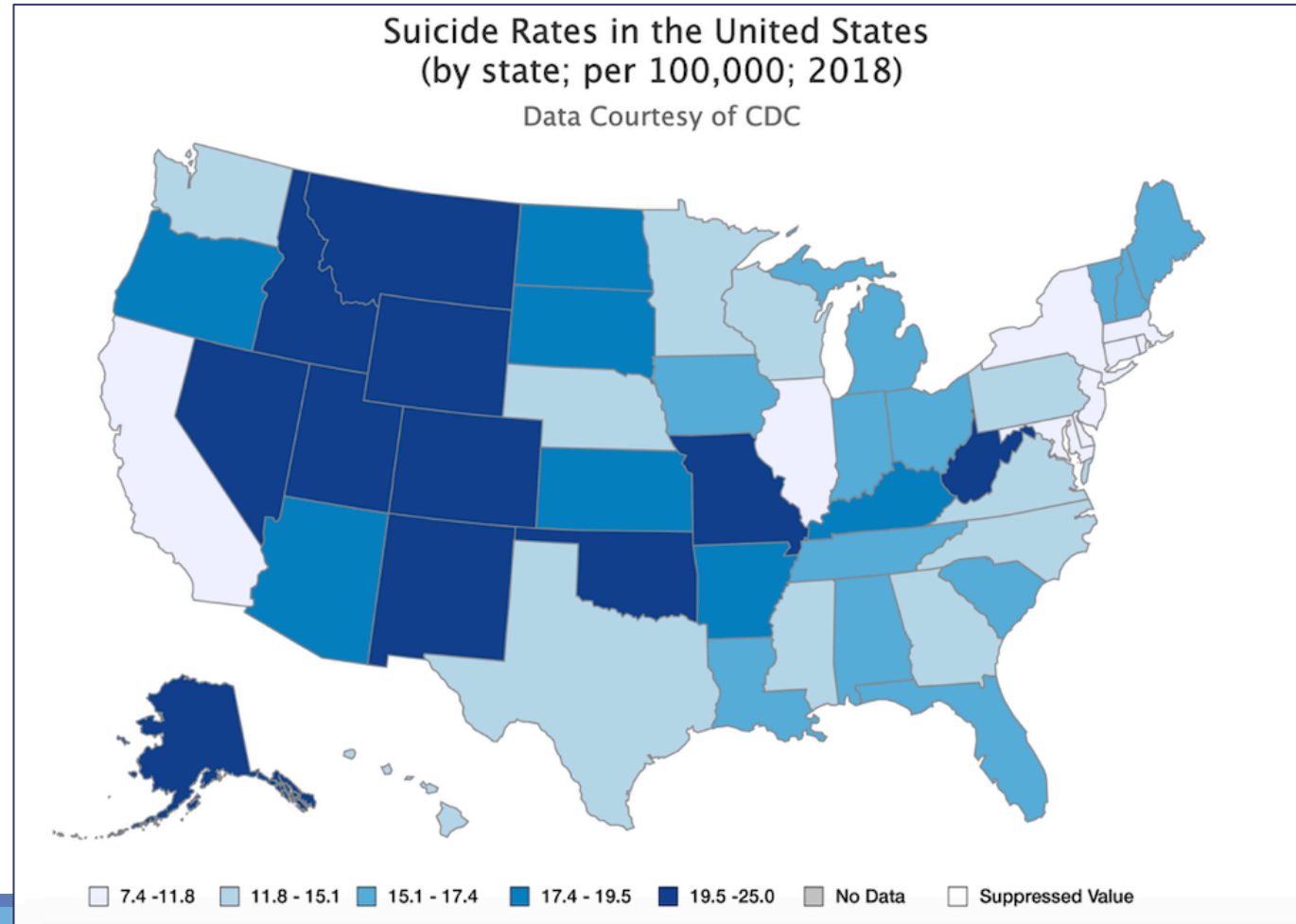
Suicidal ideation refers to thinking about, considering, or planning suicide.

Before the Pandemic...

Before the pandemic we were already in a crisis with our younger generation.

According to the CDC, in 2018:

- Suicide was the 10th overall cause of death, claiming the lives of over 48,000 people
- Suicide was the 2nd leading cause of death for those between the age of 10 to 34, and the 4th leading cause for those between 35 and 54



The Year of 2020 – TRAUMA on Steroids



The Year of 2021 – The TRAUMA Continues



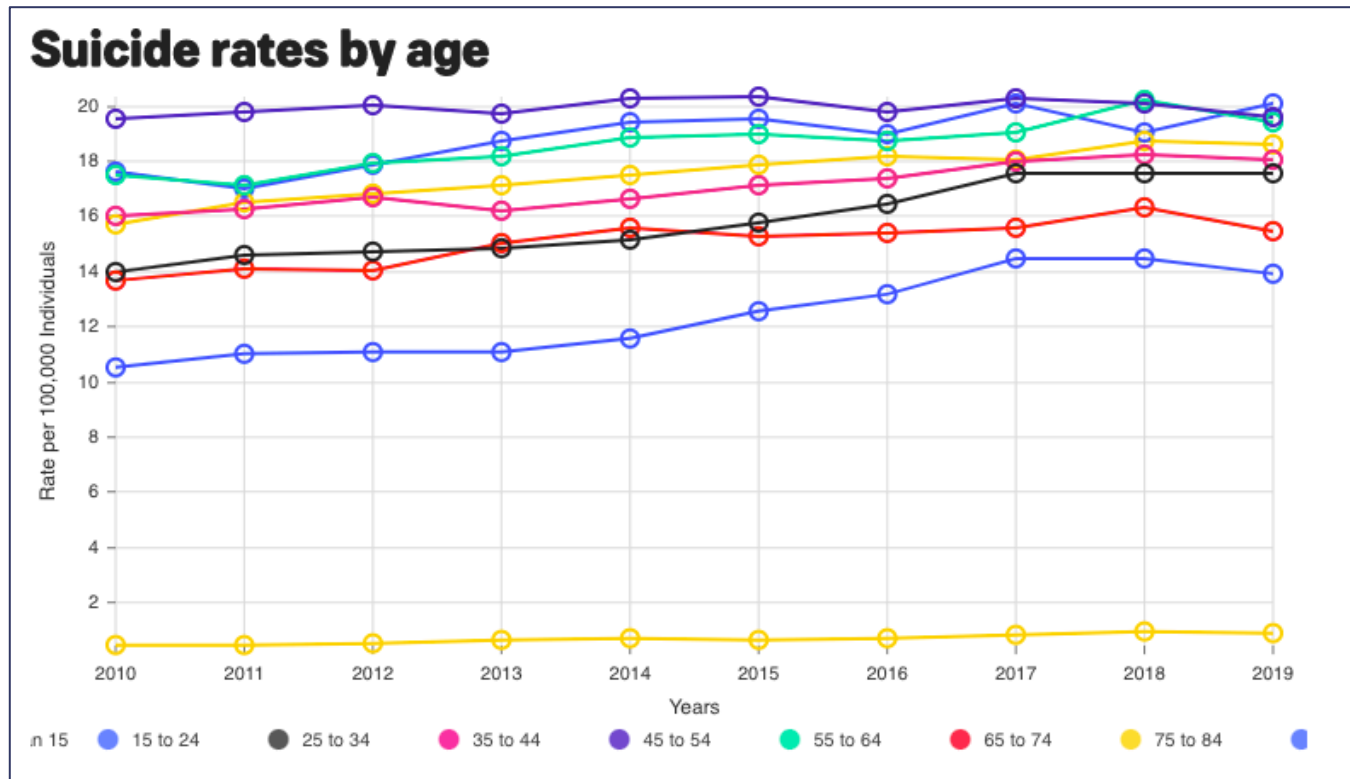
Covid-19 and Trauma



Recent Suicide Statistics

From 2018 to June of 2020 contemplations of suicide rose from 4.3% to 10.7%

- 24 percent of 18 to 24 year olds reporting suicidal ideation during 2020
- 30 percent of caregivers for adults at 30 percent
- Remains as the 10th leading cause of death as of 2019
- 1.38 Million estimated Suicide Attempts (American Foundation for Suicide Prevention)
- Suicide remains as the 2nd leading cause of death for 15 to 24 year olds



One School District's Suicide Experience

NY Times Article – January 24, 2021

Clarke County, Nevada – 5th Largest District in the Country

Early Warning System – 3,100 Alerts/ 18 Suicides over 9 Months/ Normal 9 in a Year

Dr. Robert Redfield, former CDC Director, warned of “substantial public health negative consequences” of school closings

Parents around country are sharing that their kids suicides were related to school closures

11 year boy in CA shot himself during his zoom class

Difficult Crisis for our Children

“Covid-19 killed my son, but not how you would think...”





SAD NEWS – The Worst is to Come

Stages of Disaster

Pre-Disaster Phase:

Survivors may be at higher risk for greater impact due to the following:

Lack of Preparedness

Complacency

Financial Struggles

Disaster Phase:

Depending upon the scope and duration of the disaster, survivors may struggle with:

Feelings of Powerlessness

Anger/Frustration

Normal Effects of a Traumatic Event

Heroic Phase:

During this phase, disaster survivors may:

Deny Impact Disaster has on their Homes or Lives

Deny Impact Disaster has on Them and Families

Utilize Extraordinary Measures to Protect their Homes and Families

Stockpile Community Assets

Honeymoon Phase

Disaster survivors may feel the following sometimes unrealistic feelings during this stage:

Great Gratitude

Everything is Going to be Okay

Focus on “Feel Good” Stories

Normalcy is Possible

Disillusionment Phase:

Disaster survivors realize that recovery is going to take longer than expected so they feel:

Hopeless

Abandoned because Outside Help is Shrinking

Fearful about Financial Future

Angry

Sense of Futility

Reconstruction Phase

Survivors began to develop a “new normal” and may experience:

Post-Traumatic Growth

Increase Need for Mental Health Services due to Maladaptive Coping Skills, such as Drinking, Gambling or Relationship Struggles

Suicide threat greatly increases

Preparing for the
Suicide Crisis
Ahead....

Knowing the
Signs

Knowing What
to Do

Knowing the
Resources



**IN THIS WORLD YOU
WILL HAVE TROUBLE.
BUT TAKE HEART!
I HAVE OVERCOME
THE WORLD.**

JOHN 16:33

Have you heard this?

I can't keep doing this.

What's the point?

They are better off without me.

Everyone will get over it; people die all the time.

I don't have anything left in me to keep going.

No one wants me here.

I have nothing to live for.

Killing myself is my only way out of all of this.

I'll die eventually, why not just get it over with?

I want ___ to hurt as much as I do.

WARNING SIGNS

Previous attempts. Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself

Looking for ways to kill oneself by seeking access.

Access could be firearms or available pills.

Talking or writing about death, dying, or suicide. Possible use of social media to express this.

Feeling hopeless or trapped-like no way out.

Strong rage, uncontrolled anger, or revenge seeking.

Acting reckless or engaging in reckless activities and acting without thinking of consequences.

Increase of drug or alcohol usage.

Withdrawing from friends and family.

Feeling anxious or agitated.

Being unable to sleep or sleeping all the time.

WARNING SIGNS

Experiencing dramatic mood changes.

Giving away all personal belongings.

Seeing no reason to live, having no purpose for life, and/or having no future plans.

Sudden elevation of positive mood.

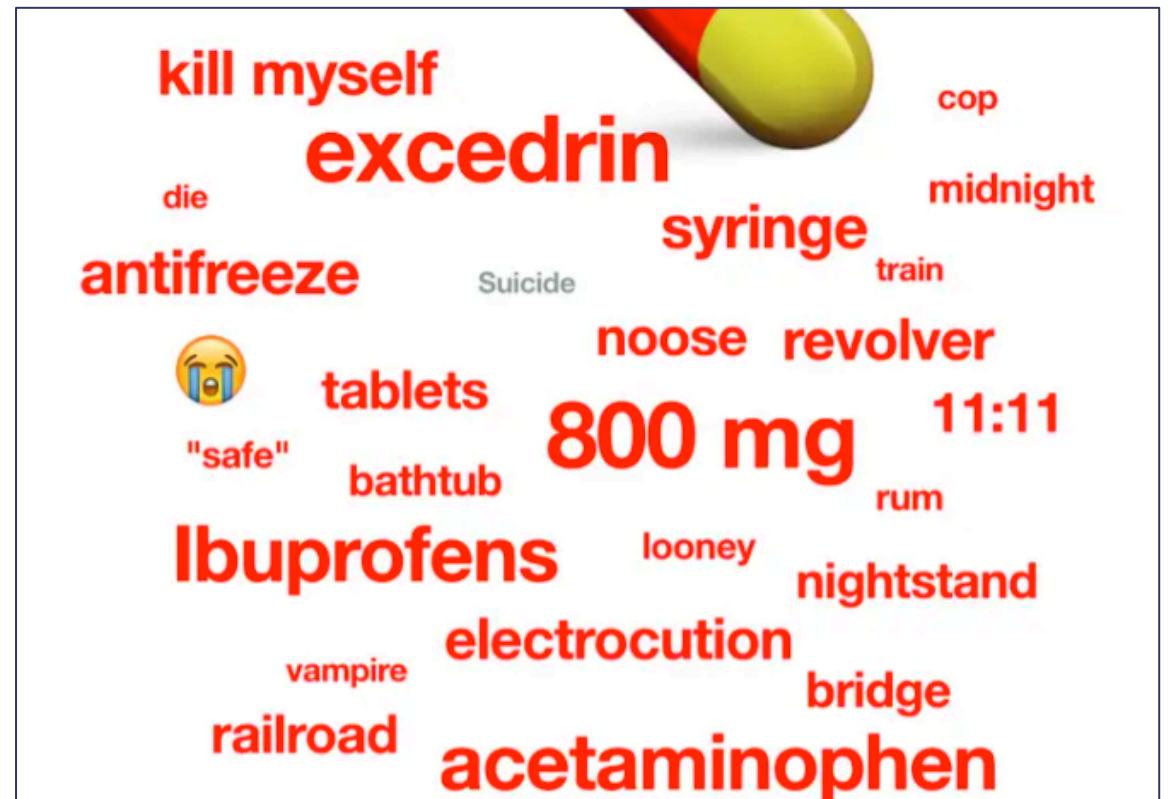
Focusing on repairing relationships or friendships.



Feelings And Thoughts Someone Who Is Suicidal May Experience

- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't sleep, eat or work
- Can't get out of depression
- Can't make the sadness go away
- Can't see a future without pain
- Can't see themselves as worthwhile
- Can't get someone's attention
- Can't seem to get control

Warning signs of high-risk suicide from texts sent to suicide crisis hotlines



What Do I Do?

*When someone you know is thinking about suicide keep three things in mind: **Listen, Ask, Act***

Listen:

- It is important for people to have the opportunity to explore difficult feelings. Being listened to in confidence and accepted without prejudice can alleviate general distress, despair and suicidal feelings. Often, being listened to is enough to help someone through a time of distress. Even just showing that you are there for them, and that you know they are going through a distressing time, can be a comfort.
- The biggest key in suicide intervention is showing someone you care and that his or her life matters. That they are loved, valued, and cared for can give hope. Feeling valued and accepted by another gives the ability for them to connect with their own value and importance as a child of God.
 - * **Make Eye Contact** * **Summarize** * **Ask Clarification Questions** * **Reflect Feelings** *

Remember to Listen, Ask, Act

Ask:

- Ask the person directly if he or she (1) is having suicidal thoughts/ideas, (2) has a plan to do so, and (3) has access to lethal means:
“Are you thinking about killing yourself?”
“Have you ever tried to hurt yourself before?”
“Do you think you might try to hurt yourself today?”
“Have you thought of ways that you might hurt yourself?”
“Do you have pills/weapons in the house?”

Act:

- If you think the person might harm him or herself, *do not leave the person alone*. Say, “I’m going to get you some help.”
- Where to get help: 24 Hour Crisis Numbers: 1-800-273-TALK | 2-1-1 | 988
- www.suicidepreventionlifeline.org or <http://www.save.org/>

Things to Keep in Mind

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.
- Get involved and be available. Show interest and support. Also be aware of keeping healthy boundaries.
- Don't act shocked. This will put distance between you. Also, don't be sworn to secrecy. Seek support.
- Take action. Remove means, such as guns or stockpiled pills.
- Get help from people/agencies specializing in crisis intervention and suicide prevention.
- Remember that suicide is a short-term crisis, even if the individual is battling long-term mental health struggles. Suicide as an answer is rarely thought of with a clear or logical head space. Getting help for long-term mental health struggles and establishing healthy ways to cope will help the short-term crisis.
- If you can connect someone back to a healthy support network of relationships, their faith in God, and their purpose in living, the person can and usually will want to remain alive.
- **Rise of self harm does not always indicate suicidality**

Going Deeper

Suicide Risk Assessment

-Serves as a guide to assess Desire, Capability, Intent, Buffers/Connectedness which will then reflect the risk level

-Based on the assessment this will give a guide for next steps

-This level of assessment is useful in clinical or school settings and is the step before creating a safety plan or the immediacy of needing to hospitalize

Suicide Risk Assessment

Prompt Questions:

Are you thinking of suicide?

Have you thought of killing yourself in the past 2 months?

Have you ever attempted to kill yourself?

If you received a "yes" to any of the above questions, complete the following risk assessment. If it is a suicide in progress, work to get the client emergency assistance as soon as possible.

Suicide Risk Assessment			
	Low	Moderate	High
DESIRE PRESENT?			
Suicidal Ideation	Passing thoughts of suicide	Regularly has thoughts of suicide	Constant thoughts of suicide
Psychological Pain	Little or no psychological pain	Moderate amount of psychological pain	Intense, intolerable psychological pain
Feeling Trapped	Doesn't feel trapped - sees several options to escape pain	Feels somewhat trapped - sees few options to escape pain	Feels very trapped, as if there is no other escape
Hopelessness	Feels some hope that things will get better	Feels very little hope that things will get better	Feels no hope, that there is no other solution
Helplessness	Feels in control of situation	Feels some control of situation	Believes situation is out of his/her control
Perceived Burden	Connected with friends & family; understands impact his/her suicide would have	Ambivalent about whether or not others would be better off without him/her	Believes family and friends would be better off without him/her

Remembering God's Presence

Psalm 40:1-3

- 1 I waited patiently for the Lord;
he turned to me and heard my cry.
- 2 He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.
- 3 He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the Lord
and put their trust in him.

Psalm 34:18

The Lord is close to the brokenhearted
and saves those who are crushed in spirit.

Mission Field is the Hurting and Broken!

Please Go Prepare for the War Ahead!

We are God's Army to Help Him Redeem Pain!

Praying Together!

Thank you!

Questions?

Contact
Information

Michele Louviere:

michele@refuge182.com

Marlea Louviere:

marlea@refuge182.com

Website:

www.refuge182.com

Find us on Facebook & Instagram!