Today’s Objectives:

1. Participants will learn up-to-date statistics on Ohio youth suicide

2. Participants will learn the warning signs of suicide

3. Participants will be given access to resources which they can use to prevent suicide and respond to suicide in their schools

Statistics:

- There were 1,455 suicide deaths in Ohio in 2014
  - Nearly 23% (65%) of violent deaths were suicides
  - In 2015, the Ohio suicide rate was 13.5 deaths per 100,000 individuals
- Ohio ranks 21st for State suicide rates
  - The U.S. rate was 13.3 per 100,000 individuals

Table 2.1 Counts and rates (per 100,000) of suicide deaths by sex, ethnicity, and age, Ohio, 2013

<table>
<thead>
<tr>
<th>Age</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-4</td>
<td>14</td>
<td>15.0</td>
<td>29.5</td>
</tr>
<tr>
<td>5-14</td>
<td>10</td>
<td>10.0</td>
<td>20.0</td>
</tr>
<tr>
<td>15-19</td>
<td>13</td>
<td>13.0</td>
<td>26.0</td>
</tr>
<tr>
<td>20-24</td>
<td>22</td>
<td>22.0</td>
<td>44.0</td>
</tr>
<tr>
<td>25-34</td>
<td>18</td>
<td>18.0</td>
<td>36.0</td>
</tr>
<tr>
<td>35-44</td>
<td>15</td>
<td>15.0</td>
<td>30.0</td>
</tr>
<tr>
<td>45-54</td>
<td>14</td>
<td>14.0</td>
<td>28.0</td>
</tr>
<tr>
<td>55-64</td>
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<td>24.0</td>
</tr>
<tr>
<td>65+</td>
<td>10</td>
<td>10.0</td>
<td>20.0</td>
</tr>
</tbody>
</table>

Note: Rates are age-adjusted.
Statistics:

Many Rural Appalachian suicide rates are higher than metropolitan, suburban, or rural non-Appalachian suicide rates.


Youth Suicide Statistics:

- From 2012-2014, suicide was the 2nd leading cause of death for those 10-24.
- Ohio’s rate of young youth suicide is above the national average.
- Suicide is 11th leading cause of death for youth 5-11 years of age.
- From 2012 to 2014, on average, 187 youth died by suicide each year.
  - 168 of these youth were between 15 and 24 years old.
  - Males make up ¾ of youth suicide deaths.
- Females remain more likely to attempt


Youth Mental Health:

- 6.1% of Ohio youth (56,000) used marijuana in the past month.
- 10.3% of Ohio youth (95,000) used alcohol in the past month.
- 11.9% of Ohio youth (109,000) experienced MDE in past year.

Why this Matters:

2017 Ohio Behavioral Health Barometer (OBHB):

- 90% of youth who die by suicide have a diagnosable mental health condition at the time of death.

Information obtained from:

Questions:

Warning Signs of Suicide:

Suicide Warning Signs
- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about a plan, including buying a gun or seeking the means to kill oneself.
- monarchs or engaging in dangerous behaviors.
- Changes in behavior or character.
- Giving away possessions.

Information obtained from National Suicide Prevention Lifeline.
Questions:

K-12 Legislation:
Jason Flatt Act (House Bill 543)
Ohio Law on Suicide Prevention

Requires schools to educate staff in youth suicide awareness and prevention as a part of workforce development.

- School personnel must take 4 hours of training in child-abuse, substance abuse, and violence prevention (including suicide prevention) within 2 years of beginning work.
  - Must re-train every 5 years thereafter.
- 1 hour should focus on recognizing depression & suicide in students.

https://saferschools.ohio.gov/content/k_12_schools_training

Kognito Suicide Prevention Trainings can be used to provide a free, easy-to-access, self-paced training to help meet the requirements of this Bill.


Online virtual simulations, which provide practice talking with those we care about.

- Goal of Kognito Trainings:
  - To help us all be gatekeepers: Someone able to recognize warning signs of distress and help others.

- Kognito Gatekeeper Trainings Provide:
  1. Education in recognizing warning signs of distress in youth of all ages
  2. Tips for having helpful conversations with youth
  3. Practice having those conversations through avatars
  4. Ohio mental health resources

- Kognito trainings are listed in the National Registry of Evidenced-Based Practices and Programs (NREPP) & Suicide Prevention Resource Center.
  - Have been shown through research to increase individuals’ comfort and abilities to help others at risk for ill mental health and/or suicide


Resources for Prevention:
Kognito

Online.Kognito.Com

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Kognito Simulations:

- Use enrollment key: ohiospf OR valid Ohio Zip Code
- Home Page -> "Resources" -> "Kognito Resources"

Accessing the Trainings for Free

- Handout on Accessing Trainings & Resources

Kognito Marketing & Outreach:

- OSPF wants to help you be successful in implementing Kognito!
- Resources:
  - Kognito Resources Landing Page
  - Flyers
  - Past Power Points
  - Webinar Recordings
  - Kognito Champions Tool Kit
  - Kognito Champion Sign Up
  - Spread the Word Resources
  - Flyers
  - Power Point Slides
  - Pre-Written Messages
  - Discussion Guides

Thoughts on Kognito:

- Use Enrollment Key: ohiospf OR Valid Ohio Zip Code

1) What are your reactions to the simulations?
2) What do you like and dislike about the simulations?
3) How could you use Kognito in your school?
Kognito Learning CoPs:

• OSPF wants to help you be successful in implementing Kognito!

• A K-12 Learning Community of Practice (CoP) will be available August-October 2018:
  • Dates of Learning CoP Webinars:
    • Date 1
    • Date 2
    • Date 3

• Purpose of CoP
  • Learn from National Kognito Users
  • Share on Successes & Barriers
  • Get Guidance on Widespread Implementation of Kognito
  • Strategize, Plan for, and Set Goals on Kognito
  • Receive FREE Kognito Fliers to Help Promote in Your Schools

Questions:

Resources for Prevention: Crisis Lines & Social Media

Ohio Crisis TextLine
• Download Resources at:
  https://ohiohealth.org/service/ohiotextline.php

National Suicide Prevention Lifeline
• Download Resources at:
  https://suicidepreventionlifeline.org/
• Follow on Social Media:
  • @800273TALK
  • #bethe1to

Ohio Suicide Prevention Foundation
• Follow on Social Media:
  • @ohiospf
  • #standuptogetherOH
Resources for Prevention: Be Present Ohio

http://bepresentohio.org/

Assessing & Managing Suicide Risk (AMSR) Training:
http://ohiospf.org

Collaborative Assessment and Management of Suicidality (CAMS) Training:
http://ohiospf.org
Questions:

Resources for Prevention: Postvention Planning

Postvention = plans and actions to take following a local youth suicide

After a Suicide: A Toolkit for Schools 2nd Edition
http://www.sprc.org/resources-programs/after-suicide-toolkit-schools

Developed by Suicide Prevention Resource Center & American Foundation for Suicide Prevention

• Toolkit Provides:
  - Updated information on topics such as memorialization, social media, and contagion
  - Updated resource lists
  - A new tool to help with decision-making about memorials
  - New examples of how different communities have addressed specific issues in responding to a suicide death

• Designed for School Administrators & Staff
• Offer evidence-based steps for coordinated responses to a student suicide death

Resources for Prevention: Postvention Planning

Postvention = plans and actions to take following a local youth suicide

• CDC Recommendations for a Community Plan for the Prevention and Containment of Suicide Clusters

• Suicide Postvention in the school community – these PowerPoint presentation slides discuss Postvention that involve all school personnel. They also include information on contagion, risk identification, memorialization, and media relations:
  http://www.sprc.org/resources-programs/suicide-postvention-school-community

• Media coverage on Community Suicides- Reporting on Suicide
  http://reportingonsuicide.org/ and the Action Alliance’s Framework for Successfully Messaging
  http://suicidepreventionmessaging.org/ provide best practices for safe reporting on suicides. Nationwide Children’s also has Ohio best practices for reporting on suicides.
Resources for Prevention: Postvention Planning

Postvention = plans and actions to take following a local youth suicide

American Foundation for Suicide Prevention: Out of the Darkness Walks

Why We Walk
Every year, suicide claims the lives of thousands of young people. The American Foundation for Suicide Prevention (AFSP) is dedicated to saving lives and reducing the emotional and financial burden of suicide on communities and families. AFSP is the leading national organization providing information and resources for those affected by suicide. The Out of the Darkness Walks is AFSP's signature annual fund-raiser and awareness event. This year, it will take place on September 21. Learn more and register at https://www.outofthedarknesswalk.org/

Questions:

Get Involved: Coalitions & LOSS Teams

Ohio Suicide Prevention Coalitions:
Over 50 coalitions covering over 80 counties

Ohio Local Outreach of Suicide Survivor Teams:
Over 20 teams covering 24 counties

http://ohiospf.org
Thoughts on Resources:

1) What Resources Will You Incorporate Into Your Work?
2) What Are Your Goals for Incorporating Those Resources?

Set at least 1 goal for the 2018 School year

Questions:

Thank you!

Email/Call with Questions:

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