

**Getting Through It Together**  
— Supporting teens in crisis —

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**Road Map**

1. Big Picture View: Youth Suicide Today
2. Inside the Suicidal Mind
3. Two Actionable Practices You Can Start Using
4. Q + A

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**POLL: Why are you here today?**

- a. My child may be/has been suicidal
- b. I don't think my child is suicidal, but I'm actively concerned about their well-being
- c. I don't have immediate concerns, but want to learn more
- d. Other

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# BIG PICTURE VIEW: THE STATE OF YOUTH SUICIDE

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### Youth Suicide Is On The Rise

- Suicide is the 2nd leading cause of death among young Americans (10-24)
- Trends: 10-14, 15-19, 20-24

Year	Homicide	Suicide
2000	8.5	7.5
2002	8.5	7.5
2004	8.5	7.5
2006	8.5	7.5
2008	8.5	7.5
2010	8.5	7.5
2012	8.5	7.5
2014	8.5	7.5
2016	8.5	7.5
2017	8.5	7.5

SOURCE: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, Centers for Disease Control and Prevention National Center for Health Statistics National Vital Statistics System

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### Gender & Suicide

Men die by suicide nearly **4x** more often than women

Women attempt suicide **2-3x** more often than men

**40%** of trans and non-binary adults have attempted suicide

Ferni, F. F. (2019). Fern's Clinical Advisor 2020 E-Book: 5 Books in 1. Elsevier Health Sciences. James, S. E., Herman, J. L., Rankin, S., Keeling, M., Mottet, L., & Anafi, M. (2016). The Report of the 2015 U.S. Transgender Survey. Retrieved from the National Center for Transgender Equality

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**POLL**

How many high school students seriously considered suicide in the last year?

- a. 1 in 13
- b. 1 in 18
- c. 1 in 6
- d. 1 in 9

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**Numbers in Context**

For every **1** person that dies by suicide,

Over **25** attempt and survive

And **280** seriously consider but don't follow through.

Substance Abuse and Mental Health Services Administration.  
2019 & Xu, et al., 2020

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**INSIDE THE SUICIDAL MIND**

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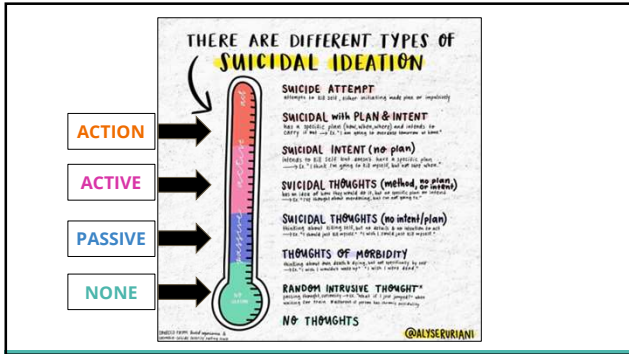
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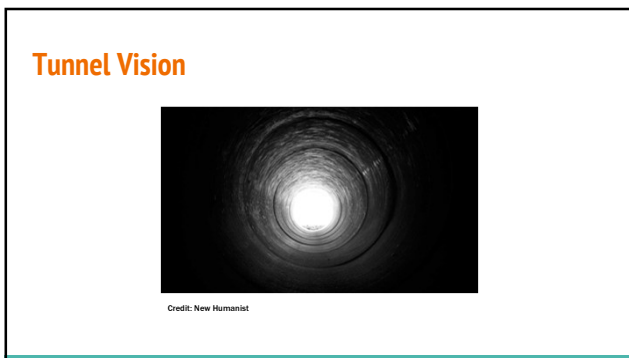
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**POLL:**

1. Has your child lost a classmate or someone they know to suicide?

- a. Yes, someone close to them
- b. Yes, someone they knew but weren't close with
- c. No
- d. Unsure

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**POLL:**

- 1. Has your child seen or heard stories about completed suicides?
  - a. Yes, we've talked about
  - b. Yes, we haven't talked about it
  - c. Unsure
  - d. No/I don't think so

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**Contagion**

Stories **don't create** suicidality where it doesn't exist, but they can move people from **motivated** to **committed**

Gould, M. (2001). Suicide and the media. *Annals of the New York Academy of Sciences*, 932(1), 200-224.

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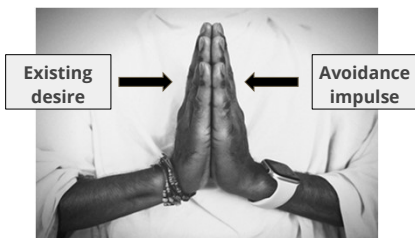
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**How Contagion Works**



Bandura, A. (2014). Social cognitive theory of moral thought and action. In *Handbook of moral behavior and development* (pp. 69-128). Psychology Press.

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### Storytelling Dangers

- 1. Simplistic framing → models behavior
- 2. Details and imagery → how-to manual
- 3. Idealizing suicide victim → creates 'reward'

Gould, M. (2001). Suicide and the media. *Annals of the New York Academy of Sciences*, 932(1), 200-224.

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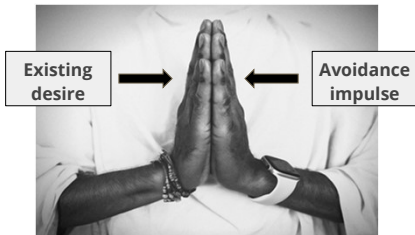
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### Papageno Effect: Contagion of Coping



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### TWO ACTIONABLE PRACTICES

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### ACTIVE LISTENING

“attempt to demonstrate unconditional acceptance and unbiased reflection”

(Weger et al., 2010)

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### PRIME SOS

**P**araphrase  
**R**eflect/mirror  
“**I**” messages  
**M**inimal encouragers  
**E**motional labeling

**S**ummarize  
**O**pen-ended questions  
**S**ilence

Thompson, J. American Foundation for Suicide Prevention. (2018). Crisis Negotiation: How to Talk to Someone You're Worried About.

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### Cultivating Character Strengths



Copyright of VIA Classification of 24 VIA Character Strengths  
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Copyright for specific images of character strengths  
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### Strength Spotting



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### Next Steps

1. **Build your active listening muscle:** pick 3 aspects of PRIME SOS to practice in daily conversation
2. **Identify and engage your family's character strengths:** a link to the free quiz and guide is in resources, with youth and adult versions

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## Q + A

Email: [charly.jaffe@gmail.com](mailto:charly.jaffe@gmail.com)  
[www.charlyjaffe.com](http://www.charlyjaffe.com)

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