




W FOREFRONT
SUICIDE PREVENTION





Construction Industry LEARN Saves Lives Training

February 2, 2022
Amy Paulson

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Zoom norms for today



-  Please mute your microphone if you are not speaking.
-  Remember to keep your video camera on if you can!
-  Use "gallery view" by clicking in the upper right corner.
-  If you have tech issues, please send a message using the chat feature.

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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.



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Amy Paulson

Forefront Trainer &
Forefront in the Schools Coach



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Taking care of yourself today



- This training covers a topic that can be emotionally challenging – if possible, talk to someone you trust about your experience today
- Self-care after this training is important
- Remember: practice makes progress
- If you can, avoid multi-tasking today

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What brings you to this training today?



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Training Objectives

1

Explain suicide's impact and understand why people die by suicide

2

LEARN® suicide prevention skills

3

Integrate prevention approaches into your personal and professional life

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What can you do after this training?



Use what you've learned to reach out to someone in distress



Say "died by suicide"



Add 24-hour crisis resources into your phone

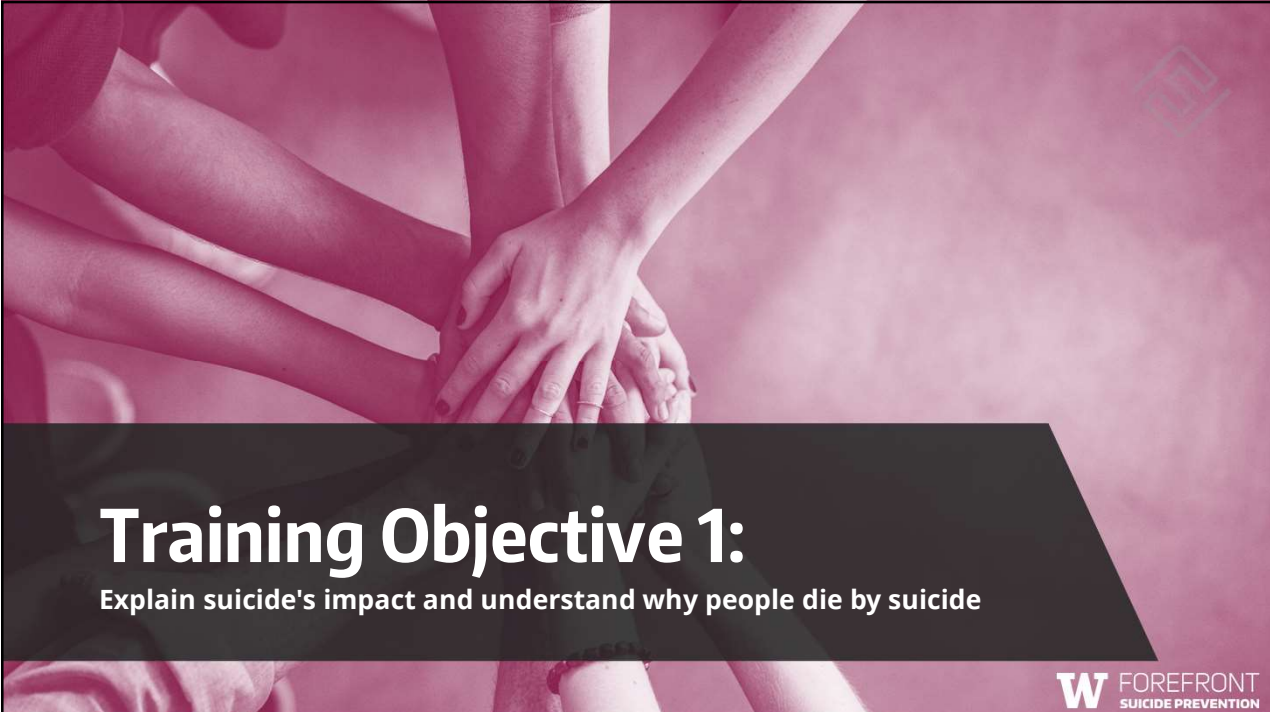


Make your home safer to help prevent suicide

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Training Objective 1:

Explain suicide's impact and understand why people die by suicide

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What's under the hard hat matters

- Mental safety is as important as physical safety.
- In Washington state in 2018 there were 125 deaths by suicide in the industry but only 6 lives lost to on the job injury.
- We need to create an environment where people feel supported.



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Myths vs. Facts

- Suicide affects all communities
- Many suicides are preventable
- Asking about suicide doesn't cause suicide
- Suicide results from multiple complex factors

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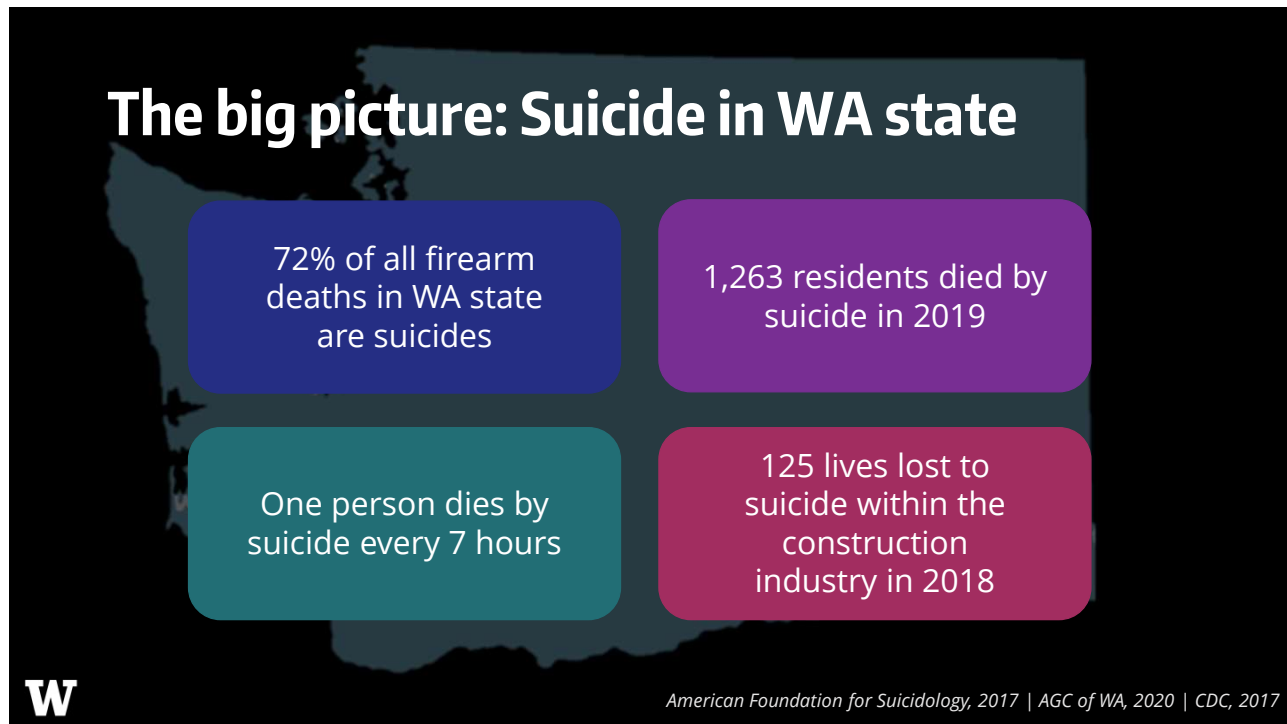
The big picture: Suicide in the US

- 47,511 lives lost to suicide in 2019 - that's 1 death by suicide every 11 minutes.
- 17 veterans die by suicide daily
- Construction industry has one of the highest rates of suicide
- White males accounted for 69% of suicide deaths in 2019
- 1.2 million suicide attempts in 2019
- For every suicide, approximately 147 people are affected

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Drapeau, C. W., & McIntosh, J. L. (for the American Association of Suicidology). (2020). U.S.A. suicide: 2018 Official final data. Washington, DC: American Association of Suicidology, February 12, 2020.

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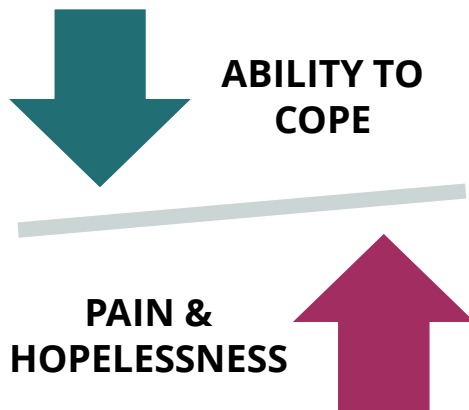
Risk & protective factors in the construction industry

Risk Factors	Protective Factors
<ul style="list-style-type: none"> • “Tough guy” culture • Job uncertainty • Seasonal work • No access or ineffective health care coverage • Access to lethal means • Chronic pain and/or substance abuse 	<ul style="list-style-type: none"> • Sense of purpose • Sense of belonging • Connectedness with others • Relationships with friends and family • Cultural connectedness • Faith • Work, interests, hobbies

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Why do people die by suicide?



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The suicidal mindset

Suicide is not about
wanting to die
forever...

**It's about wanting
to end terrible pain**

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Language matters



Instead of saying
"committed suicide",
Let's say **"died by suicide"**
or **"took their own life"**



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Training Objective 2:
LEARN® suicide prevention skills

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LEARN® how you can help

Look for signs

Empathize & listen

Ask about suicide

Reduce the danger

Next steps

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Look for Signs



Look for signs

Empathize & listen

Ask about suicide

Reduce the danger

Next steps

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Look for warning signs

Emotions, Feelings

- Depression
- Anxiety
- Anger, irritation
- Emptiness
- Loneliness
- Hopelessness, helplessness
- Shame, humiliation
- Pain

Actions, Behaviors

- Withdrawing, isolating
- Increasing drug/alcohol use
- Trouble sleeping or sleeping too much
- Researching ways to die
- Giving away possessions and/or pets
- Reckless behavior
- Joking, threatening, or statements about death
- Threats against self (or others)

Experiences

- Recent loss to suicide
- Loss of employment
- Break up, divorce
- Transitions (i.e. after military service)
- Discrimination linked to sexual orientation and/or gender identity
- Personal or historical trauma
- Involvement in justice system, incarceration

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Empathize & Listen



Look for signs

Empathize & listen

Ask about suicide

Reduce the danger

Next steps

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Brené Brown on Empathy



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Which of these is the best example of empathy?

- Offering to fix the problem
- Asking "why?" questions
- Offering our own perspective
- Mostly listening

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Components of Empathy

Helpful tips:

Reflect back what they shared
Avoid judgement & stay neutral



Try to see the world as others see it



Be non-judgmental



Validate another's feelings



Communicate that understanding

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Wiseman T. A concept analysis of empathy. J Adv Nurs. 1996;23:1162-1167. doi:10.1046/j.1365-2648.1996.12213.x

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Helpful things to say

- I'm so glad you told me.
- Tell me more, I'm listening.
- You must really be hurting.
- It's okay to be honest.
- I'm here to help.
- This sounds really tough. I'm sorry you're dealing with this.
- I'm humbled that you would share that with me.
- Do you want to talk about it?
- I love you no matter what.




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Ask about suicide



- Look for signs
- Empathize & listen
- Ask about suicide
- Reduce the danger
- Next steps

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How do I ask about suicide?

- Be courageous and direct
- Avoid vague language

Are you thinking about suicide?

Are you thinking about killing yourself?

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How do I 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 their future
- Feeling self-hatred
- Tired of pleasing everyone
- Feeling like giving up

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When do I ask?

- Multiple signs
- Big changes in a person's life or behavior
- When your gut tells you to

**Concerned?
JUST ASK!**



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What if they say **no**?

- Let them know you care
- Keep the lines of communication open by using empathy
- If you are still concerned about safety, gather more information, then ask again. If they still say no, ask:
"If you were thinking about suicide, who would you talk to?"
- Move on to the R and N steps



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What if they say **yes**?

- Take it seriously
- Thank them for their honesty
- Acknowledge the pain they are in
- Move on to the R and N steps



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Reduce the danger



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Look for signs

Empathize & listen

Ask about suicide

Reduce the danger

Next steps

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Your role in reducing danger will vary

- Interrupt plan
- Identify allies who can help
- Demonstrate care and empathy
- Proactively reduce danger in your own home

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Important follow up questions

Have you thought about how you might end your life?

Do you have access to those methods?

Have you thought about when you might do this?

Remember: Putting time & distance between the suicidal person and the methods they may use can save their life!

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Lock & limit access to firearms

LOCK UP:

- All firearms, including those used for home defense

LIMIT ACCESS:

- Youth should not have unsupervised access to firearms
- Give a trusted individual keys and combinations

TRANSFER:

- Ask a friend or relative to hold firearms in an emergency temporary transfer

If these strategies don't work, families can also activate an extreme risk protection order (ERPO) by contacting local law enforcement



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Lock & limit access to medications

LOCK UP:

- Most medications – prescription and over-the counter

LIMIT ACCESS:

- Keep a week's supply available
- Keep only 1-day dose unlocked during mental health crisis

DISPOSE:

- Remove all expired or excess medications from your home

In Washington State, drug disposal sites are listed on www.takebackyourmeds.org



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Consider your own home



LOCK UP TODAY:
Firearms
Prescription medications
Over-the-counter medications

ALSO LOCK UP IN A CRISIS:
Alcohol and drugs
Belts, ropes, plastic bags
Knives, sharps, car keys
Chemicals, pesticides



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Next steps



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Look for signs

Empathize & listen

Ask about suicide

Reduce the danger

Next steps

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Next steps depend on your role

- Provide support in connecting to...
 - Suicide prevention lifeline or crisis text line
 - Family members, friends, peers, or other people that can offer support
 - Resources available on your campus
 - Primary care provider, mental health provider
- Enlist trusted others (e.g. family members) with removing danger and ensuring continued support
- Continue to check in

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Helpful resources

**National Suicide
Prevention Lifeline:
1-800-273-8255**

- Press 1 for veteran services
- Oprima 2 para español

**Crisis Text Line:
Text "HEAL" to 741741**

- Mande AYUDA para español

**Trans lifeline:
1-877-565-8860**

- Línea directa Español:
1-877-565-8660

**The Trevor Project
1-866-488-7386**

- Text START to 678-678



findtreatment.samhsa.gov
psychologytoday.com
multiculturalcounselors.org
zencare.co



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Concerned about a social media post?

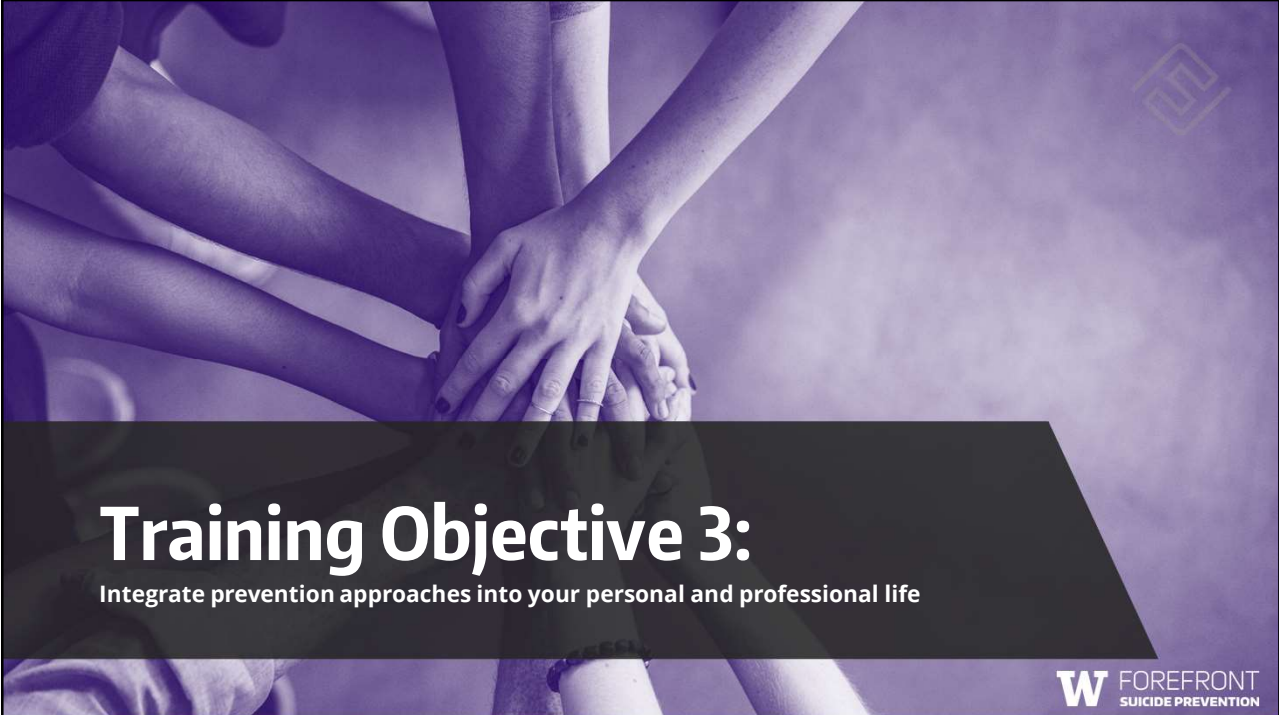
- Many social media platforms (Facebook, Twitter, Instagram, Snapchat) have options to report concerning content
- Use LEARN steps first, if you are comfortable
- If not, follow the platform's guidance on reporting



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Training Objective 3:

Integrate prevention approaches into your personal and professional life

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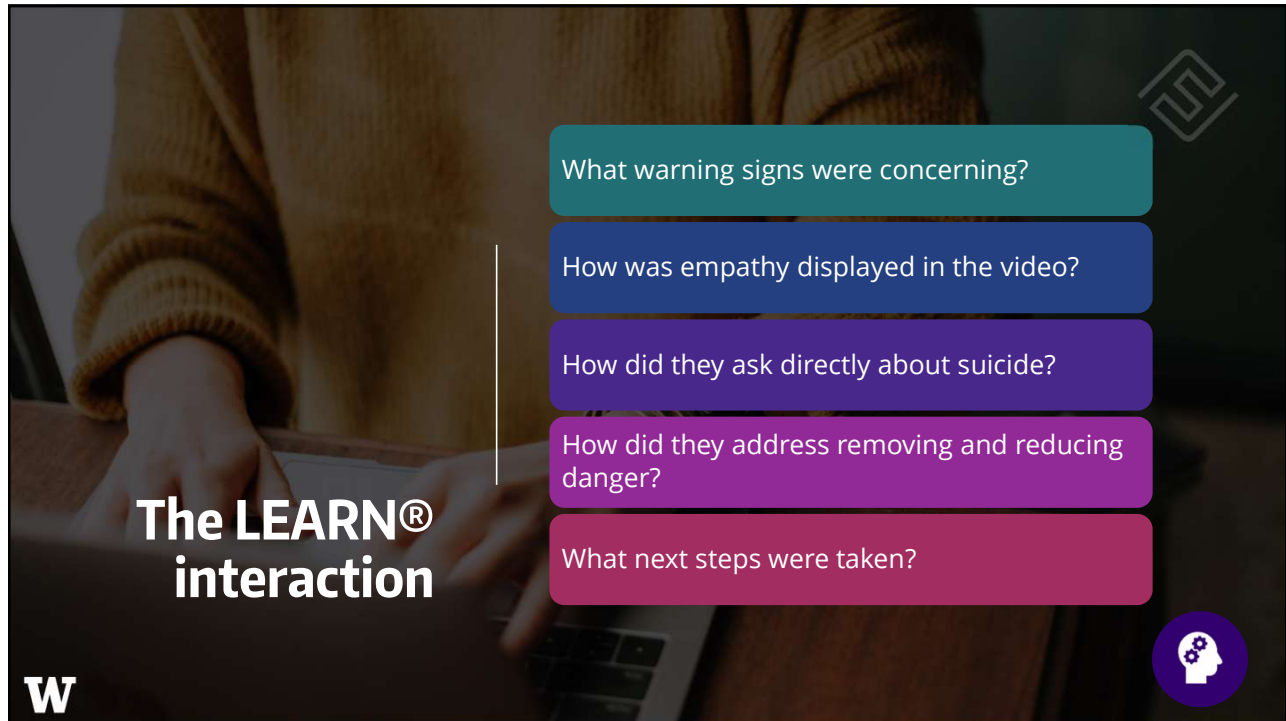
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LEARN[®] steps in action



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The LEARN® interaction

- What warning signs were concerning?
- How was empathy displayed in the video?
- How did they ask directly about suicide?
- How did they address removing and reducing danger?
- What next steps were taken?

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Badge of courage




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What can you do today?



Use what
you've learned
to reach out to
someone in
distress



Say "died by
suicide"



Add 24-hour
crisis
resources into
your phone



Make your
home safer to
help prevent
suicide

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Feedback & evaluation

Please help us improve
the quality of our
trainings by filling out
our evaluation form:



https://redcap.link/Community_LEARN

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Thank you!

Questions? Feedback? Contact:
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