High School and Beyond

with Ben Pargman



It's hard to see the picture,
when you're
inside the picture.












UF | UNIVERSITY of FLORIDA
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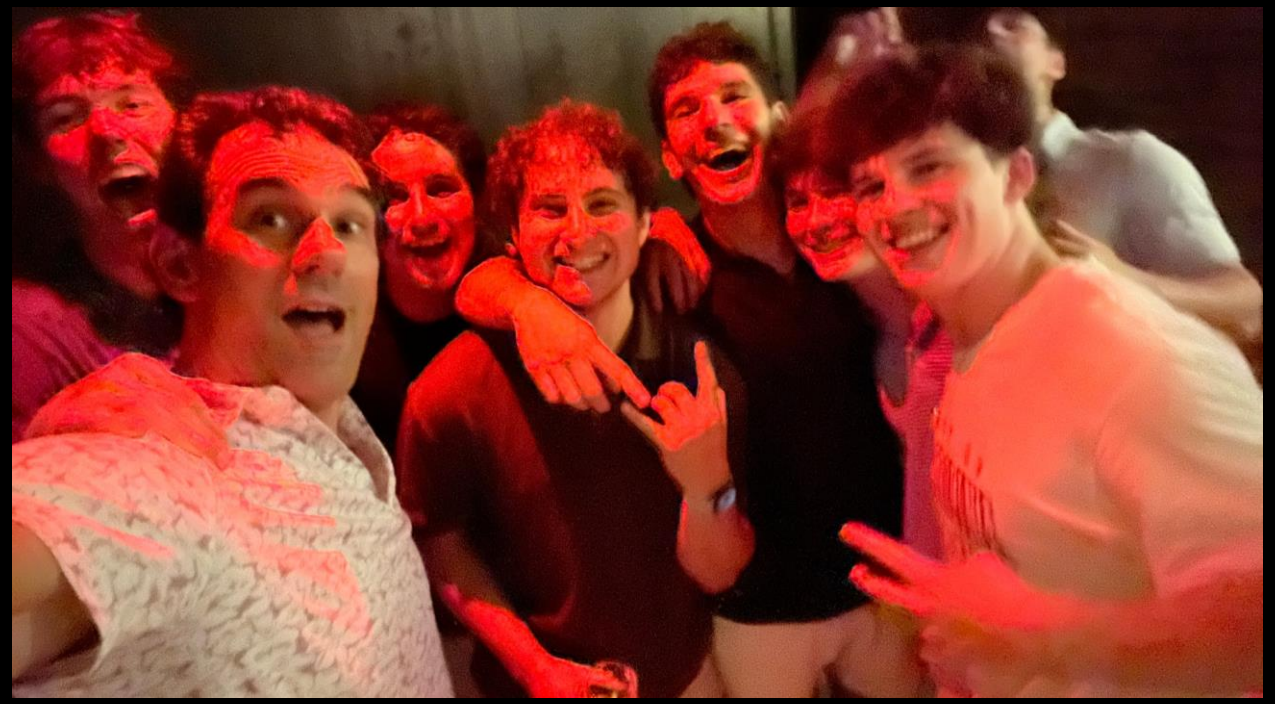

AMELIA GAYLE












EXIT


SOUTH CAROLINA
GAMECOCKS


SOUTH CAROLINA
GAMECOCKS




Atlanta 1996


Riverwood International Charter School





Suicide Prevention Efforts

Most efforts fall into one of two buckets:



AWARENESS

Walks

Runs

Mental Health Months

Suicide Prevention Week

Information Websites



RESPONSE

Counseling

Therapy

Medication

Hotlines

Emergency Room

Our Blindness to the Risk of Suicide

Not my problem / Doesn't apply to me / That's for other people / Never even thought of it



NO DATA

There is no required reporting of suicide statistics from campus to campus.



IGNORANCE

We are unaware of the risks, the data, best practices, and how to handle.



DISTRACTED BY THE FUN

The thrill and the fun of the rush to college usurps our attention.

WHEN NOBODY IS TALKING ABOUT IT ... AND THERE IS NO DATA TO DISCUSS OR SHARE OR COMPARE, AND YOU'RE OBSESSED WITH PLANNING PARTIES AND TRIPS ... YOU CAN MISS IT.





Questions for College Visits:

Shouldn't suicide prevention be as important as the study abroad program?

What mental health services are available to students on campus?

Is there free walk-in mental health counseling available to students?

You showed us the study abroad program office, **where is the mental health counseling center?**

AND I DARE YOU:

How many student suicides were there last year?




I'M GOING TO
BAMA!
RESERVED
PARKING
CRIMSON TIDE
TIDE ROLL






CHECKLIST
GRADES/SCORES
MONEY/AFFORDABILITY
BIG SCHOOL/LITTLE SCHOOL
FOOTBALL
FRATERNITY/SORORITY
HOW FAR FROM HOME
CULTURAL/RELIGIOUS

Is “Mental Health” on the list?

Have you talked about it?

Do you even know the mental health of your child in the first place?

jedfoundation.org/jed-campuses/

Your gift today helps turn grief into prevention. Donate by 3/31!

The Jed Foundation

I NEED HELP | I WANT TO HELP | DONATE

JED Campuses

View our directory of JED Campus schools.

JED CAMPUS

School Name | Location | Program Status

GET HELP NOW

Is the school we're looking at a JED Campus?

JED CAMPUS	NOT JED CAMPUS
GEORGIA TECH	UNIVESRITY OF ALABAMA
UNIVESRITY OF GEORGIA	UNIVERSITY OF COLORADO
GEORGIA SOUTHERN	AUBURN
GEORGIA STATE	FLORIDA STATE UNIVERSITY
KENNESAW STATE	UNIVERSITY OF MICHIGAN
UNIVERSITY OF FLORIDA	UNIVERSITY OF WISCONSIN
MOREHOUSE	UNIVERSITY OF INDIANA
UNIVERSITY OF TAMPA	UNIVERSITY OF SOUTH CAROLINA

NOTE: This DOES NOT mean that the schools on the left are safe or good and the ones on the right are not! The point is: it's up to you to ASK questions and not be blind.

Is COLLEGE the right

NEXT STEP for your child?

Have you taken your kid to visit,

have you considered,

or even *talked* about:

- vocational school,
- trade school,
- an apprenticeship,
- military service,
- starting a business,
- traveling,
- joining AmeriCorp or Peace Corp, or
- pursuing their creative or artistic talents?

What is the next best step for my child?

Some Statistics

COLLEGE AGE

12.6 million people between the ages of 18 - 25 experienced a mental, behavioral, or emotional health issue in the past year. This amounts to 1 in 3 (36.2%) young adults, a significant increase over the past several years (from 22.1% in 2016). (SAMHSA, 2023)

TEENS

19.5% of teens aged 12 to 17 had a major depressive episode in the past year. (SAMHSA, 2023)

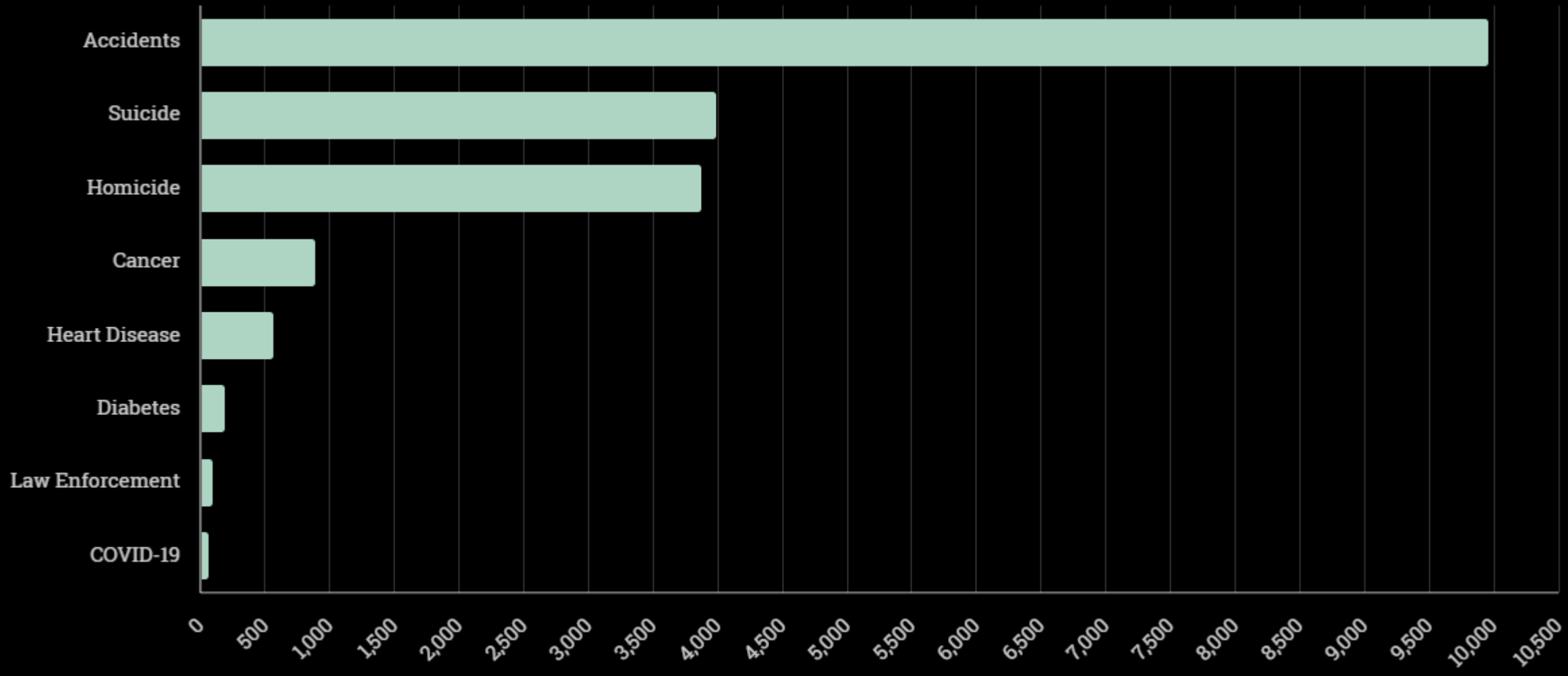
HIGH SCHOOL KIDS

22% of high school students reported having seriously considered suicide in the past year. (CDC, 2023)

HIGH SCHOOL ATTEMPTS

10% of high school students attempted suicide in the past year. (CDC, 2023).

Leading Causes of Death (ages 18-23 through 2023; CDC)



"well, we got through it
and we didn't have seat belts!"

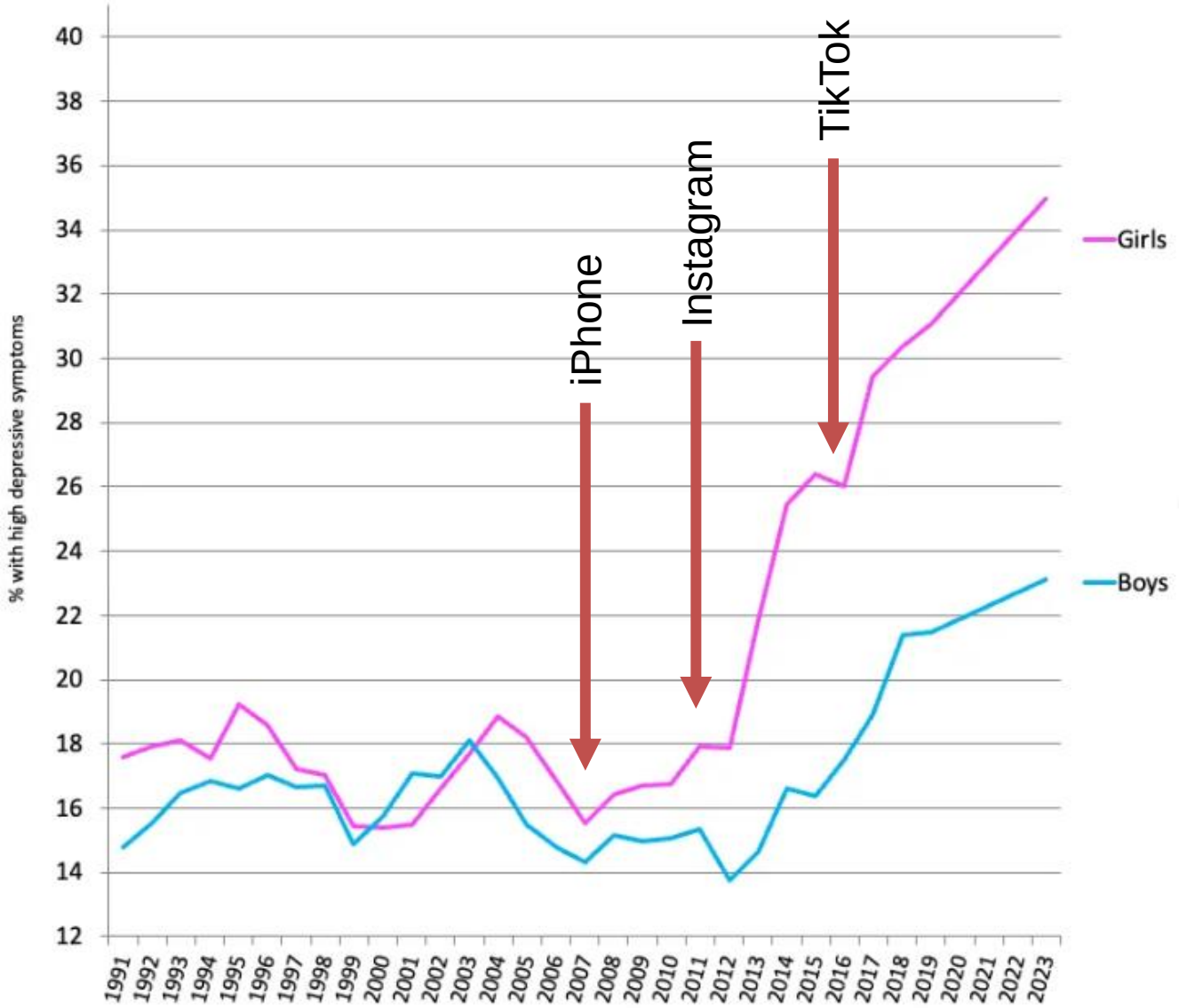


Figure 2: Percent of U.S. 13- to 18-year-olds high in depressive symptoms, by sex, 1991-2023, with 2020, 2021, and 2022 redacted. Source: Monitoring the Future 8th, 10th, and 12th grade


January 9, 2007
iPod
Internet


FAMILY PiHTO



THE PHONE GENIE IS OUT OF THE BOTTLE

It's not going back in.

Just Realize

WHEN YOU SAY:

"well, we got through it and we didn't have seat belts!"

our kids are living in a totally different world than we did

Services / Responses

Ways to get help



THERAPY



MEDICAL



HOTLINES / WALK-IN CLINICS

988

Services / Responses

Ways to get help



THERAPY



MEDICAL



HOTLINES / WALK-IN CLINICS

THESE ALL REQUIRE THE VICTIM TO TAKE ACTION

But why didn’t he just stay something?

The suicidal mind is
hellbent on killing its host.

Seeking help is antithetical
to its current obsession.

CANCER
when unidentified and untreated may KILL ITS HOST

ANXIETY & DEPRESSION
when unidentified and untreated may KILL ITS HOST

So...

If the victim is not going to self protect

And the insitution cannot do anything
unless someone walks-in or reaches out.

How do you catch a falling student?

YOU CANNOT BE BLIND

YOU have to pay attention

YOU have to ASK your kids DIRECTLY

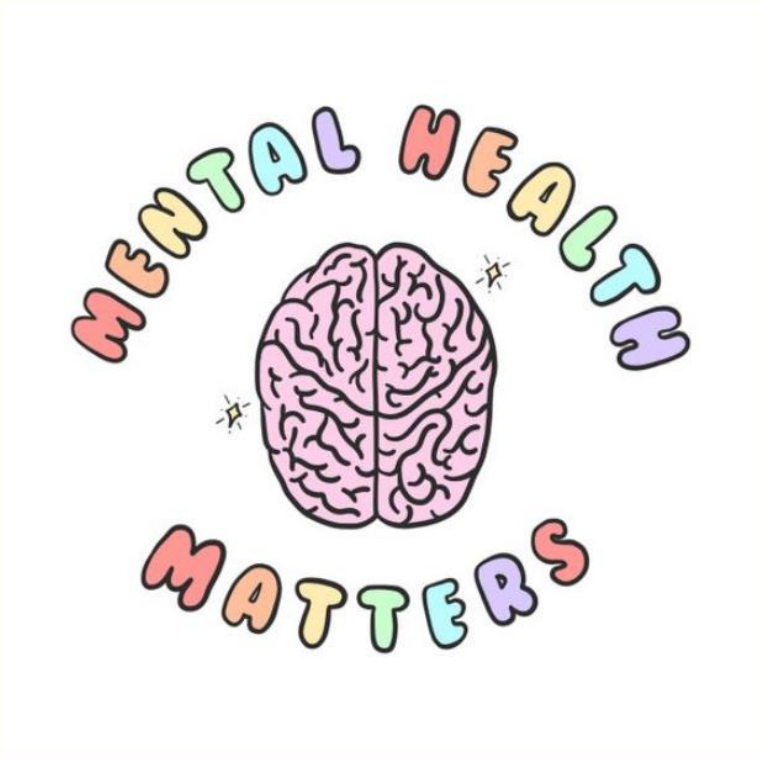
We're not perfect.

We make mistakes.

But with suicide, you don't get a do-over.

1. Take off the rose-colored glasses.
2. Educate yourself.
3. Talk to your kids and
   ASK them directly.
4. Be self aware of the lure of distractions.
5. Shift the Question to:
   What is the Next Best Step

Fulton County Schools
Mental Health Counseling Services



- SOS and SOS Refresher
- Crisis Plan
- Relaxation Room
- Chris 180
- Outside Referral

Have you seen our SOS Refresher Lessons?

We're proud to now offer SOS Refresher lessons for each grade.

Learn More



Prepare Your High School

Prepare your school, students, staff, and parents before delivering SOS in the classroom. Download the Quick Start Guide for detailed recommendations.

- SOS Quick Start Guide
- Preparation Resources
- External Resources



Prepare Your SOS Lesson

Use this section to plan your school's suicide prevention lesson in the classroom, in addition to preparing and printing materials for classroom facilitators.

- SOS Lessons
- Depression Screening Forms
- Exit Slips
- Handouts and Worksheets
- Supplemental Lessons on Related Topics
- More Resources



Deliver SOS

Before you begin, please download the materials under "Prepare Your SOS Lesson". Then select your language preference below (subtitles are also available.)

SOS Presentations →

SOS Presentations | Spanish →

RICS Resources

- **Relaxation Room**
- **Chris 180**

Dream Big

Fearless



CHRIS 180

Changing Directions.
Changing Lives.

Outside Resources



CRISIS TEXT LINE

Text **ACT** to 741741.

988 SUICIDE & CRISIS LIFELINE



Text **RAIDERS** to 1-844-201-9946

You Got This!

NEVER BE ASHAMED OF TRYING

SUICIDE PREVENTION PSYCHOEDUCATION

FACTS

- On average, for every death by suicide, there are:
  - 3 hospitalizations for self-harm
  - 8 emergency department visits related to suicide
  - 38 self-reported suicide attempts
  - 265 people who seriously considered suicide in the past year
  - 1 death every 11 minutes
- On average, girls attempt suicide more than boys, but girls tend to choose less lethal methods, so they have a lower rate of death by suicide, while boys attempt suicide at a lower rate than girls, but tend to choose more lethal methods, and therefore have a higher rate of death by suicide
- Studies show that asking someone about suicidal thoughts does NOT increase the likelihood that they will attempt suicide, so fight the urge to avoid this hard topic

CLUES THAT SOMEONE IS CONSIDERING SUICIDE

Direct Verbal Clues

- "I have decided to kill myself"
- "I wish I were dead"
- "I am going to end it all"
- "If _____ doesn't happen, I'll kill myself"

Indirect Verbal Clues

- "I'm tired of life, I just can't go on"
- "I don't want to be here anymore"
- "My family would be better off without me"
- "Who cares if I'm dead anyway"
- "I just want out"
- "I won't be around much longer"
- "Pretty soon you won't have to worry about me"

MORE CLUES

Behavioral Clues

- Any previous suicide attempt
- Acquiring a weapon or stockpiling pills
- Depression, moodiness, hopelessness
- Putting personal affairs in order
- Giving away prized possessions
- Sudden interest or disinterest in religion
- Drug or alcohol relapse after a period of recovery
- Unexplained anger, aggression, or irritability

Situational Clues

- Being fired or expelled from school
- A recent unwanted move
- Loss of any major relationship
- Death of a loved one or best friend, especially if it was by suicide
- Diagnosis of a serious or terminal illness
- Sudden unexpected loss of freedom/fear of punishment
- Loss of a cherished therapist, counselor, or teacher
- Fear of becoming a burden to others

TIPS FOR ASKING KIDS ABOUT SUICIDAL IDEATION



Start by checking in with your teen about their feelings and mood regularly



If in doubt, don't wait. Ask the question!



If they are reluctant, be persistent



Talk to them alone in a private setting



Allow your teen to talk freely



Give yourself plenty of time for the conversation



Have your resources handy: crisis phone numbers, counselor's name, knowledge of closest emergency room or psychiatric hospital & any other information that might help

WAYS TO ASK ABOUT SUICIDE

Less direct approach

- Have you been unhappy lately?
- Have you been so unhappy that you have been thinking about ending your life?
- Do you ever wish you could go to sleep and not wake up?

Direct approach

- Are you thinking about suicide?
- Sometimes when people are very upset, they wish they were dead or think about killing themselves, have you ever felt that way?

HOW TO RESPOND

When teens share that they are thinking about suicide, take them seriously

Listen and don't judge

Examples of things to say:

- I love you & I'm so glad you told me.
- Thank you for being open with me, I'm here to support you
- I'd like to help you find some additional support, there's a hotline we can call together

WHAT *NOT* TO DO

Asking leading questions, such as:

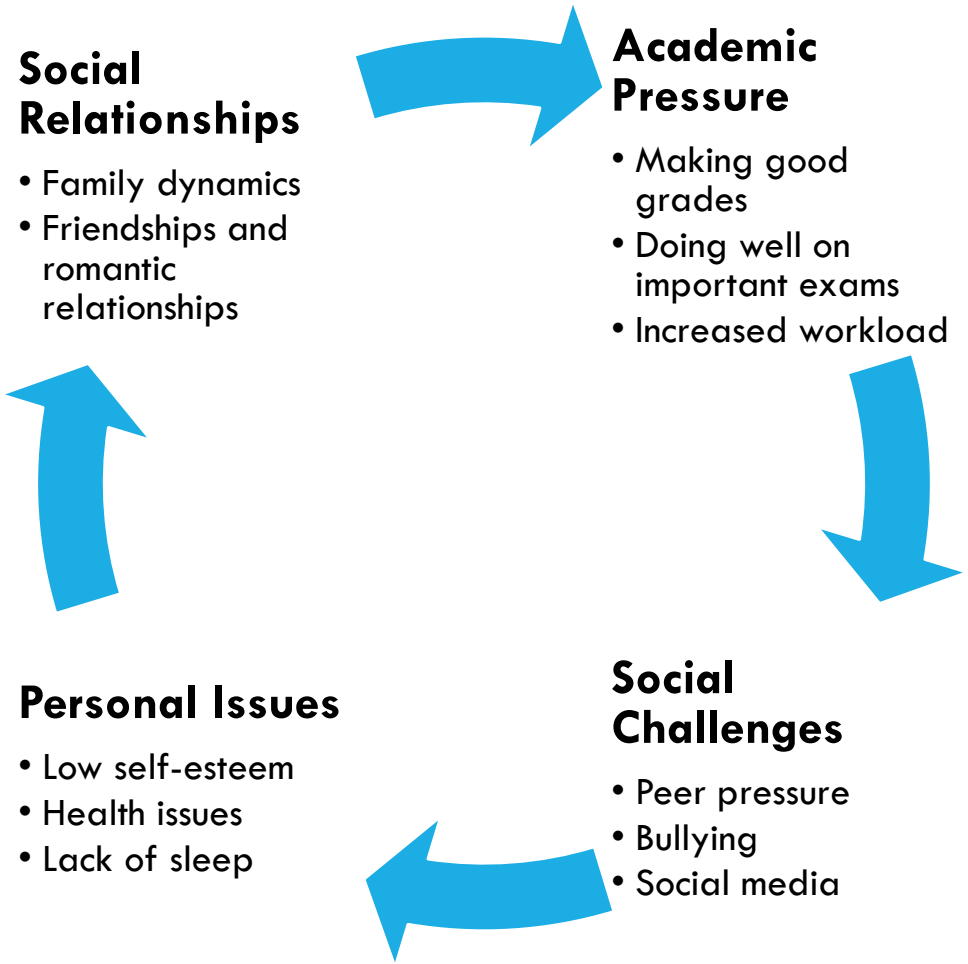
- "You're not thinking of killing yourself, are you?"
- "You would never actually hurt yourself, right?"

Responding with judgement, such as:

- "You don't mean that"
- "That's so selfish"
- "You're just saying that to hurt me"
- "You're just being dramatic"

STRESSORS AND WARNING SIGNS – HIGH SCHOOL

Common Stressors



Common Warning Signs

- Changes in sleep/eating pattern
- Withdrawal from family and friends
- Increased irritability
- Neglect of personal appearance
- Concerning posts on social media
- Talking about suicide/engaging in self-harm

FINDING RESOURCES FOR HIGH SCHOOLERS

- Reach out to the school directly to speak with a counselor
- Talk to your child's doctor about concerns related to their mood and behavior
- Explore Resources from National Organizations
  - NAMI (National Alliance on Mental Illness)
  - SAMHSA (Substance Abuse Mental Health Services Administration)
- In time of crisis, reach out to Crisis Support Teams
  - Call or text **988** for immediate help for someone in crisis (you can also request a mobile crisis unit be sent to your location to assess your child)
  - Call Teen Line at **1-800-422-TEEN** or visit their website at **teenline.org**
  - Take your child to the emergency room or call 911 if there is a life-threatening emergency
- For regular counseling services
  - Explore websites like **FindTreatment.Gov** or Psychology Today to find community centers and/or therapists that fit you and your child's needs.
  - Call the number on the back of your insurance card and request help finding mental health resources

COMMON STRESSORS/WARNING SIGNS FOR COLLEGE STUDENTS

Common Stressors

- Time Managment
- Social Connection/Loneliness
- Academic Success
- Financial Stress
- Self-doubt/ Low self-esteem
- Pressure of staying

Warning Signs

- Missing Classes
- Withdrawing from Friends & Family
- Loss of Interest in Activities
- Sudden Change in Mood/Behavior (irritability/Sadness/anxiety)
- Changes in Sleep/Eating Habits
- Substance Misuse/Abuse

HOW TO FIND MENTAL HEALTH SERVICES FOR COLLEGE STUDENTS



GO TO THE COLLEGE ORIENTATION!!



Reach out to College Counseling Centers directly

Counseling - Student Affairs (KSU)

Counseling Center - Georgia State (GSU)

Home - Counseling and Psychiatric Services (UGA)

Counseling Services | Georgia College & State University (GCSU)



In time of crisis, reach out to Crisis Support Teams

Call or text 988 for immediate help for someone in crisis

Crisis text line by texting NAMI to 741741



For Regular Counseling Services

Explore websites like FindTreatment.Gov or Psychology Today to find community centers around the college and/or therapists that fit you and your child's needs.

Will need ROIs