

Mental Health: Continuing the Conversation

May 6th 6:30 – 8:00pm

Welcoming Remarks: Mayor Ruthanne Fuller

Supporting People at Risk of Suicide: Kathleen Marchi, Chief Executive Officer & President & Kacy C. Maitland, LICSW, Chief Clinical Officer, Samaritans, Inc.

Understanding Teen Depression: Arielle Cohen, MSW, Programs Manager & Courtney Canale, BS, Interim Teen Depression Coordinator, Families for Depression Awareness

Question and Answer Session

Supporting People *at Risk of Suicide*

Continuing the Conversation
Newton Community Virtual Workshop
May 6th, 2021



Kacy C. Maitland, LICSW

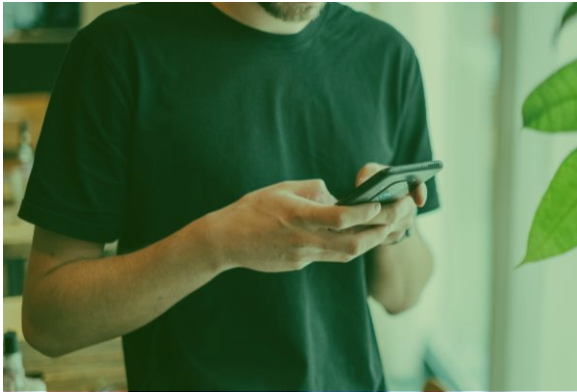
Goals for Today

- Raise awareness about suicide
- Learn how to actively listen, ask about suicide and get help for those having thoughts of suicide
- Understanding we all have a role to play in suicide prevention
- Identify suicide prevention resources
- Help spread a bit of hope!

Things to remember:

- Suicide is a heavy topic
- Take care of yourself as needed during this time and after this presentation
- Ask questions
- Reach out if you need help
- Visit www.samaritanshope.org for information

Our Programs



24/7 Helpline



Community
Education &
Outreach



Grief Support
Services

Suicide Facts & Figures



48,344

people die by suicide annually in the U.S., with more than 1.3 million attempts nationwide



740

suicides reported in Massachusetts, placing MA at 3rd lowest per capita in the U.S.



800,000

people die by suicide annually in the world – one person every 40 seconds

Suicide Facts & Figures



10th

leading cause of death
overall for all ages



45-64

year-olds have the highest
reported suicide rate,
specifically white males;
second highest rate
occurred in those 85+



3.6x

as many men die by suicide
compared to women,
though women attempt
more often

Youth & Suicide

2nd

leading cause of death
for youth ages 10-24

1 in 6

high school students report
having thoughts of suicide

2X

as many lesbian and gay youth
report having suicidal thoughts,
compared to straight peers

Communities at higher risk:

Black, Latinx, and Indigenous youth, LGBTQ+ folks, and
those involved in child welfare and imprisonment system

Complexity *of* Suicide

- Suicide is often described as a point at which pain exceeds an individual's ability to cope
- In order to reduce stigma, language change from “died by suicide,” from “commit suicide”

Risk Factors



family history of suicide



previous suicide attempts



physical/mental illness or depressive disorders



physical, sexual, domestic, verbal, and child abuse/trauma



substantial loss (relational, social, work, financial, etc.)



facing oppression and injustice, such as racism and/or sexism



substance use or addiction, including behavioral addictions



lack of access to healthcare



challenges that LGBTQ+ people face, particularly youth



homelessness

Risk Factors *for* Youth



low self-esteem



exposure to stigma



challenges at home (i.e. divorce)



family history of mental health disorders



self-harm or injury



poor coping or problem-solving skills



social isolation



school stress and high expectations



bullying and cyberbullying



access to lethal means

Warning Signs



talking, writing, or joking about death, dying, or suicide



direct statements like *"I'm tired of being a burden"* or *"No one would miss me if I were gone"*



changes in weight, appetite, hygiene, or appearance



sleeping too little or too much



declining school or work performance



impulsive behavior or seeking lethal means



loss of pleasure or interest in hobbies and activities



giving away prized possessions and putting one's affairs in order



extreme mood swings, including a sudden mood lift



withdrawing from friends, family, or society

Resiliency & Risk Mitigating Factors



sense of purpose and hope



effective behavioral healthcare



life skills (problem solving, coping, adapting, etc.)



asking for help



family and social support and connections



limiting access to means



interests, hobbies, and goals



faith and/or values



ability to express emotions



sense of humor



True or False



Talking about suicide will cause someone to consider suicide



People who are suicidal usually warn those around them



Suicide is caused by one isolated event or factor

True or False



Asking a person about suicide will only make them angry and increase the risk of suicide



Asking someone directly about suicide lowers anxiety, enhances communication, and lowers the risk of an impulsive act



It is best to leave these conversations only to experts

How Can You Help Someone?



Listen



Ask



Get Help

Listen – The Do's

- Let them express their feelings
- Listen without judgment
- Be compassionate
- Put away distractions and show you're present through verbal and physical affirmations
- Have open body language
- Paraphrase what you hear and validate their feelings

Listen – The Don'ts

- Talk about yourself or your own experiences
- Tell them what they are feeling is unimportant, wrong, or will pass
- Tell them it's just a phase
- Interrupt or change the topic
- Minimize feelings or experiences

Ask

- Ask open-ended questions that begin with words like “what” and “how”
- Speak to them as an equal
- Let the answers come from the person
- Acknowledge their pain by using their words
- Don't worry about finding the perfect words, just be kind, sincere, and compassionate!

Ask

Ask them about suicide directly and be ready to engage and support them whether they answer yes or no

- *Do you wish you could go to sleep and not wake up?*
- *Do you sometimes feel so bad that you think about suicide?*
- *You know, when people are as upset as you seem to be, they sometimes wish they were dead. I'm wondering if you're feeling that way too?*
- *I know you've been really unhappy; I wonder if you're thinking about suicide?*

How NOT to Ask about Suicide

- You're not suicidal, are you?
- You're not thinking of killing yourself, are you?
- You wouldn't do anything stupid, would you?
- Suicide is a dumb idea. Surely you're not thinking about suicide?

Ask

- If the answer is no, keep listening
- Do not tell the person you are glad or relieved
- Take your time in replying
- Explain why you asked if they're feeling suicidal
- If you ask the person if they're feeling suicidal and they say yes, stay calm and figure out if they have a plan, using the following questions

Ask

- **Plan:** *Have you thought about how you might take your life, if you were to?*
- **Means:** *Have you thought about what you may use to take your life, if you were to?*
- **Access to means:** *Where are you in relation to [the means] right now?*
- **Timeframe:** *If you were to take your life, have you thought about when you may do so?*

Means Safety

- Goal is not to provide safety by removing immediate access to means
- Means safety should be done in collaboration with the person
- Emphasis is on temporary safety - for example giving a friend car keys if you've been drinking

Get Help

- If the person has a definite plan, the means are available, and the time is set and immediate, the person is considered at imminent risk of suicide
- If someone's life is at risk, that's too big a risk to keep to yourself, even if the person you are engaging with believes what they are sharing is confidential
- Follow protocol of your workplace, school, or organization

Get Help

Involve them in finding help:

- Will you go with me (or make a call with me) to get help?
- Will you let me help you get help?
- Can you work with me until we've found some help?

Collaboration is critical in connecting others to the help they need

Get Help

- Convene with others and work together – never worry alone
- Ask the person if there is anyone that you can call together
- Connect them directly with someone who can help (counselor, social worker, doctor)
- Help them make arrangements to get help
- Give them resources that they can access immediately (Samaritans, Interface)

If someone's life is in imminent danger:
(an attempt in progress):

Call 911

Get Help - Considerations

911

- Can be triggering, especially for those with police trauma
- Racial considerations for POC
- Some Police Departments do not have clinicians that ride along, nor do they have mental health de-escalation training

Emergency Services Teams

- Teams dedicated to psychiatric crises
- Depending on insurance you may need to present to closest emergency room

Resources

- **Samaritans Statewide Crisis Helpline**
877-870-4673 or texting/chatting (SamaritansHope.org)
- **National Suicide Prevention Hotline**
800-273-8255 or texting/chatting (SuicidePreventionLifeline.org)
- **The Trevor Project for LGBTQ Youth Crisis Line**
866-488-7386 or texting/chatting (TheTrevorProject.org)
- **Veterans Crisis Line**
800-273-8255, Press 1 or texting/chatting (VeteransCrisisLine.net)
- **Local Emergency Services Programs (ESPs)**
877-382-1609 and enter zip code
- **Interface Referral Service**
888-244-6843, 9am – 5pm

Manage Your Reactions

- Show that you're calm
- You don't need have all the answers
- Know that there are others to support you
- Be mindful of your limitations and know when to reach out
- Debrief with someone afterwards
- Self-care

Final Thoughts

- We all have a role to play in suicide prevention
- Active, nonjudgmental listening can go a long way
- For many, thoughts of suicide are temporary and with time and support, things can get better
- Take care of yourself by engaging in a relaxing or enjoyable activity

Additional Information and Training:

Information on upcoming webinars on Samaritans' website,
Community Education & Outreach page:

samaritanshope.org/our-services/community-education-and-outreach

Contact Us

Kacy C. Maitland, LICSW

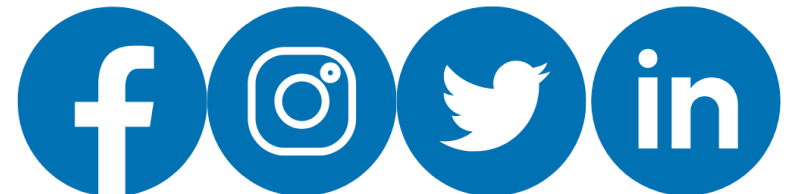
Chief Clinical Officer

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www.samaritanshope.org



HOW TO HELP IF SOMEONE YOU CARE ABOUT IS STRUGGLING

Many people are afraid to talk about suicide, but it is often a great relief to someone thinking about suicide to know that you have noticed their pain. If you are worried that someone you know may be suicidal, here are a few ways to help.



LISTEN

Listening to someone can show that you care, give them a greater feeling of control, and help them feel connected to someone else. One way to invite conversation is by using open-ended questions, such as *"What brought these feelings on?"* or *"What do you normally do when you feel like this?"* Make sure to demonstrate that you're an active, attentive, and empathetic listener by validating their feelings: *"It takes a lot of courage to talk about this and I'm here to listen."* or *"You shouldn't have to go through this alone."*

ASK

Asking about suicide can be scary, but it is very important. Research shows that asking about suicide will not suggest the idea to someone. After you have listened for a while, ask directly: *"I'm concerned about you. Are you thinking about killing yourself?"* If the answer is yes, keep listening. Then ask follow-up questions about their plan: *"Have you thought about how you might do it? Do you already have the means (guns, pills, etc.) available? Have you decided when/where you will do this?"*

GET HELP

A suicidal person needs a lot of support – more than any one person can give. Even if the person does not have a plan, get help from a counselor, a teacher, an emergency room, a medical professional, or crisis center. If the person you are concerned about has set a plan for a suicide attempt, try to stay calm. If you are not with the person, go get them or find someone who can stay with them. Finally, call 911 or another professional who can help immediately, but do not leave the person to make this call.



If you are feeling sad, lonely, hopeless, or uncertain about anything in your life, call or text Samaritans' free and confidential 24/7 Helpline at

(877) 870-4673

Samaritans 24/7 Helpline

(877) 870-4673 (HOPE)

Call or Text

Free | Confidential | Anonymous





Continuing the Conversation: Understanding Teen Depression

Presented by
Arielle Cohen, MSW
Courtney Canale, BS

Newton Community
Virtual Workshop
May 6, 2021

Our Time Together

- **Families for Depression Awareness**
- **Stress**
- **Depression**
- **Teen Speaker Story**
- **Discussion, Q & A**



About Families for Depression Awareness

Our Mission

We help families recognize and cope with depression and bipolar disorder to **get people well** and **prevent suicides**.

Depression and bipolar disorder affect the **whole family**.



Bringing mood disorders into the
light.

[About Us](#)

The Depression and Bipolar Test

Part One - PHQ9-Depression

Over the last 2 weeks,
how often have you been bothered by any of the following
problems?



Perceived Stress Scale (PSS)

Primary Reference: Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24, 385-396.

Purpose: To assess the degree to which people perceive their lives as stressful. High levels of stress are associated with poor self-reported health, elevated blood pressure, depression, and susceptibility to infection.

Description: Subjects indicate how often they have found their lives unpredictable, uncontrollable, and overloaded in the last month.

Please check the box to confirm you have read our [disclaimer](#) and accept its terms.

Free Educational Webinars



Understanding Teen Depression with *Mary Fristad, PhD*



Coping with Stress and Depression in the Workplace with *Marianne Clyde, LMFT*



Caregiving from a Distance with *Dr. Sandra Edmonds Crewe and Dr. JaNeen Cross*



Bipolar Disorder: Beyond the Basics with *Martha Tompson, PhD and Pata Suyemoto, PhD*



Watch Today!
familyaware.org/trainings

Teen Depression Program

*We have trained **30,000+** people since we launched the Teen Depression Program in 2010!*

- Teen Depression national webinars and in-person workshops in MA
- Teen (and Young Adult) Speakers
- Teen Videos, Family Stories, and Expert Interviews
- Instagram @familyawareteens
- Parent Speakers






Self-Care Skills

- Maintain personal healthy habits (~9 hours of sleep, ~30 minutes of exercise, mindful eating)
- Write a list of things you are grateful for
- Watch a funny video
- Express yourself creatively (draw, dance, sing, write, etc.)
- Spend time with animals
- Reach out to a trusted friend, family member, or other adult
- Refresh yourself with a break (yoga, meditation, mindfulness)
- Adopt a personal catch-phrase (like "I won't worry about things I can't control")


@familyawareteens
familyaware.org/teens

**You are not alone.
Your wellness matters!
Get the help you need.**


Get involved in our Teen Depression Program. Contact us at 781-890-0220 or teens@familyaware.org.



Signs You May Need Support

- Persistent irritable or sad mood
- Changes in sleeping or eating
- Losing interest in previously enjoyed activities
- Feelings of worthlessness
- Isolating from people
- Having trouble concentrating or making decisions

How to Get Help

If you are—or someone you know is—considering suicide, act right away! Call 911 or go to the closest hospital emergency room.

24/7 Support Services

Samaritans Statewide Hotline
1-877-870-4673 (HOPE)

Suicide Prevention Lifeline
1-800-273-8255 (TALK)

The Trevor Lifeline 1-866-488-7386
(for Lesbian, Gay, Bisexual, and Transgender youth and young adults)
Text or chat at [thetrevorproject.org](https://www.thetrevorproject.org)

For support via text message
Text **HOME** to 741741

Statewide Emergency Services
1-877-382-1609

Get Help Now If

- You have a plan to take your own life or harm other people
- You feel an overwhelming sense of hopelessness
- You think the world would be a better place without you
- You give away prized possessions

The Good News: Education Matters

You are doing the right thing: According to a 2019 study, for a cohort of young people who previously attempted suicide, having trusted adults to turn to, and for those adults to have been educated about suicide prevention and adherence to treatment, substantially reduced teen suicidal behavior.





Stress



What is Stress?



Stress is your body's way of responding to any kind of demand.
It comes from the strains of day-to-day life or acute events.

Symptoms of Stress

Headaches

Skin problems

Getting sick more
frequently

Digestive issues



Worried, anxious thoughts
Irritability, quick temper

Muscle tension

Shortness of breath, racing
heart, sweating

Weight loss or gain

Symptoms of stress
can be acute or chronic

Strategies for Coping with Stress



- Set limits (technology, school work, extracurriculars)
- Relax deliberately and breathe deeply
- Eat well, with a healthy, balanced variety of foods
- Limit coffee and caffeine
- Exercise and move your body
- Sleep long enough to feel rested
- Spend time with positive people
- Laugh and sing
- Practice spirituality or gratefulness
- Focus on realistic goals and achievements
- Have family time (dinner, game nights, walk in nature)
- Practice meditation or mindfulness

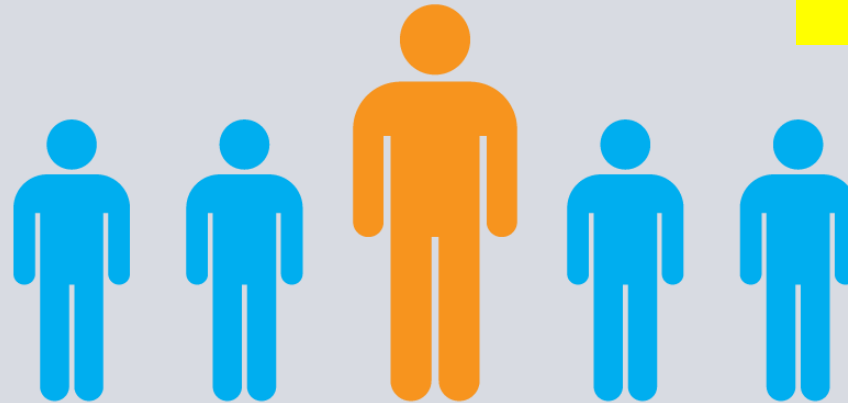
“More than stress”

Unmanaged stress can
lead to depression

Depression is Common

By the time they reach their mid-20s, **20%** of teens will have had depression*

That's 1 in 5
young people!



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* Williams et al., "Screening for Child and Adolescent Depression in Primary Care Settings: A Systematic Evidence Review for the U.S. Preventive Services Task Force," Agency for Healthcare Research and Quality, 2009.

Rates of Depression Increasing with the Pandemic

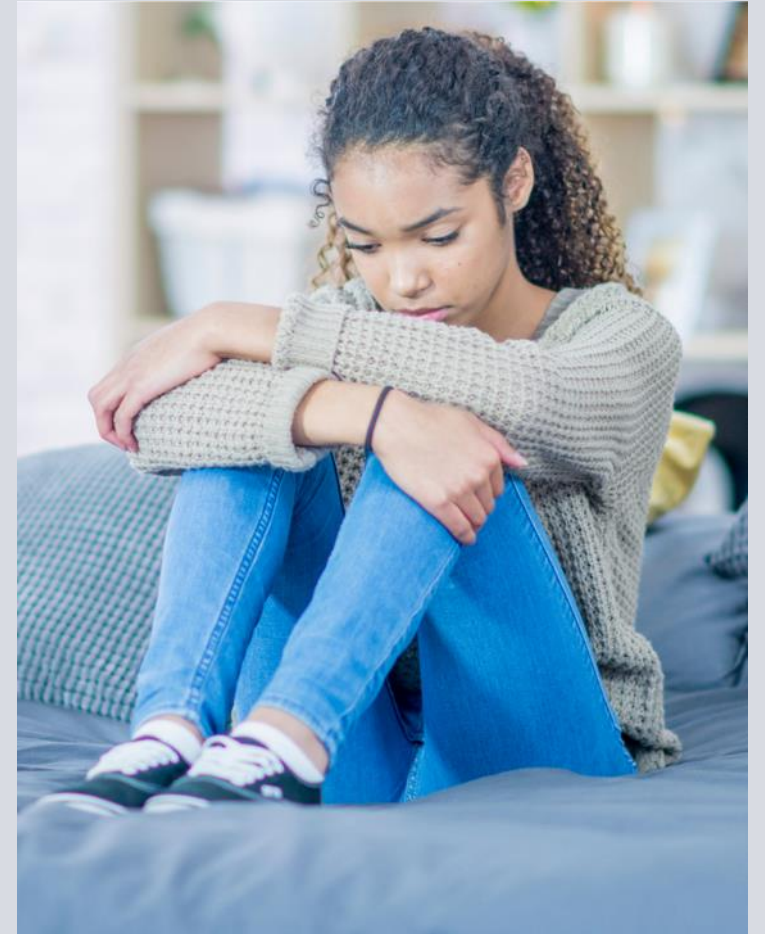
According to a May 2020 survey, **seven in ten** teens were experiencing struggles with mental health— and over **40%** reported experiencing depression.



Challenges Teens Currently Face

- Changes in day-to-day routines
- Breaks in continuity of learning
- Increased barriers to healthcare
- Missed significant life events
- Loss of security and safety
- Concerns about getting sick
- Family financial insecurity
- Isolation from peers and community
- COVID-related deaths in family or community

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases



Good News: Depression is Treatable



More than **85%** of teens with major depressive disorder improve with evidence-based treatments, including psychotherapy, medication, or a combination of the two*

* Treatment for Adolescents with Depression Study (TADS),
Archives of General Psychiatry, 2007

Signs of Depression

What indicators or symptoms come to mind when you think of a teenager having depression?



Defining Major Depressive Disorder

“Clinical Depression” or “Depression”

Depression is a medical condition

- More than sadness or “the blues”
- Persistent changes in mood, behavior, feelings
- Symptoms last two weeks or longer

Symptoms interfere with teen’s life activities

- Trouble performing in or attending school
- Strained social relationships (family and friends)
- Loss of interest in once enjoyed activities

Key Signs of Depression

Signs

What People Might Notice

Depressed, irritable, sad, or empty mood for at least 2 weeks

Irritable or cranky mood, sadness and hopelessness, preoccupation that life is meaningless

Decreased interest or enjoyment in once-favorite activities and people

Loss of interest in sports or other activities, withdrawal from friends and family, relationship problems



You may also see changes in

- sleep patterns or eating habits (too much or too little)
- energy levels and activity (agitation or fatigue)
- sense of self-worth (or feeling guilty)
- ability to concentrate or make decisions
- physical health, such as unexplained or nonspecific aches and pains

When to Get Help

Get help if you notice

- Pattern of problems
- Affecting daily life (e.g., relationships, school/job)

Seek help **immediately** if concerned about

- Risky behaviors (e.g., substance use)
- Self-injury or suicidality

If suicide is a concern, do not leave the teen alone. Utilize the information shared by Samaritans today.

Call their provider, 9-1-1, or go to nearest emergency room.



What is an Evaluation?

Good treatment requires accurate diagnosis!

Rule out other issues such as thyroid problems, learning disability, etc.

Typically involves

- Family history
- Child development
- Performance in school
- Relationships with friends/family
- Life stressors
- Medical history



Depression Treatment



- **Talk therapy**
 - Many different therapies available, e.g., cognitive behavioral therapy, family therapy, solution-focused brief therapy, mindfulness-based cognitive therapy, etc.
 - Teletherapy more widely accessible
- **Medication**
 - can improve mood and functioning
 - takes time to find right medication/dosage
 - monitor for positive effects and side effects
 - alcohol and drugs interfere
- **Other interventions: “SEEM”** (take care with **S**leep, **E**xercise, **E**ating, **M**indfulness)

Who Can Help Parents Find a Clinician?

- Insurance company: contact the behavioral health line, (check the back of the card) or use online provider finder
- Pediatrician, family physician, pediatric nurse practitioner
- School psychologist, school nurse, guidance counselor
- Neighbors, friends
- Religious leaders
- Local mental health and community clinics
- Hospitals and universities with child psychiatry departments
- Families for Depression Awareness, “Finding Care” (under Mood Disorders) on www.familyaware.org



Encouraging Teen Involvement

When appropriate and safe, teens should be involved in their treatment planning from the beginning



Ways teens can participate

- Selecting self-help materials
- Identifying adults they will go to if they need help
- Advocating for needs at school or appointments
- Choosing a therapist they trust
- Tracking their progress
- Helping with medication management

©Families for Depression Awareness

Tips to Help Open Up Conversations

- Find shared activities
- Use what works for them
- Validate their emotions
- Develop code words
- Normalize what they're feeling
- Control your own emotions

Take care of you

- Practice self-care: you can't take care of others if you don't take care of yourself (watch our Coping with Stress webinar for ideas)
- Get support from family, friends, support group, etc.
- Find and go to a therapist of your own



Courtney's Story



It's important to practice self-care.

And it's **okay** if
you need a
break!



If you need support...

Crisis Resources for Teens and Parents

Call Emergency Services Program/Mobile Crisis Intervention 24-hour access at (877) 382-1609




Call2Talk
We're here to listen.
508-532-2255
or TEXT C2T to 741741
A program of 



 **samaritans**
1-877-870-4673



notok



NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



CRISIS TEXT LINE™
Text START to 741-741



TRANS
LIFELINE
1-866-488-7386



THE **TREVOR** PROJECT
866-488-7386

What to listen for

What symptoms of depression did the person experience?

Who did the person turn to when they needed help?

What stood out to you about what you heard?

Questions welcome!



Who can you turn to when you need help?



Let's talk!



Families for
Depression Awareness

**Follow Us on
Instagram**

@familyawareteens

**Become a Teen
Speaker**

teens@familyaware.org



**Thank you for being here
with us today!**

Thank you!

And the Teen Depression Program funders who support our work in communities across Massachusetts

George Harrington Trust

GeneSight

CHNA 17

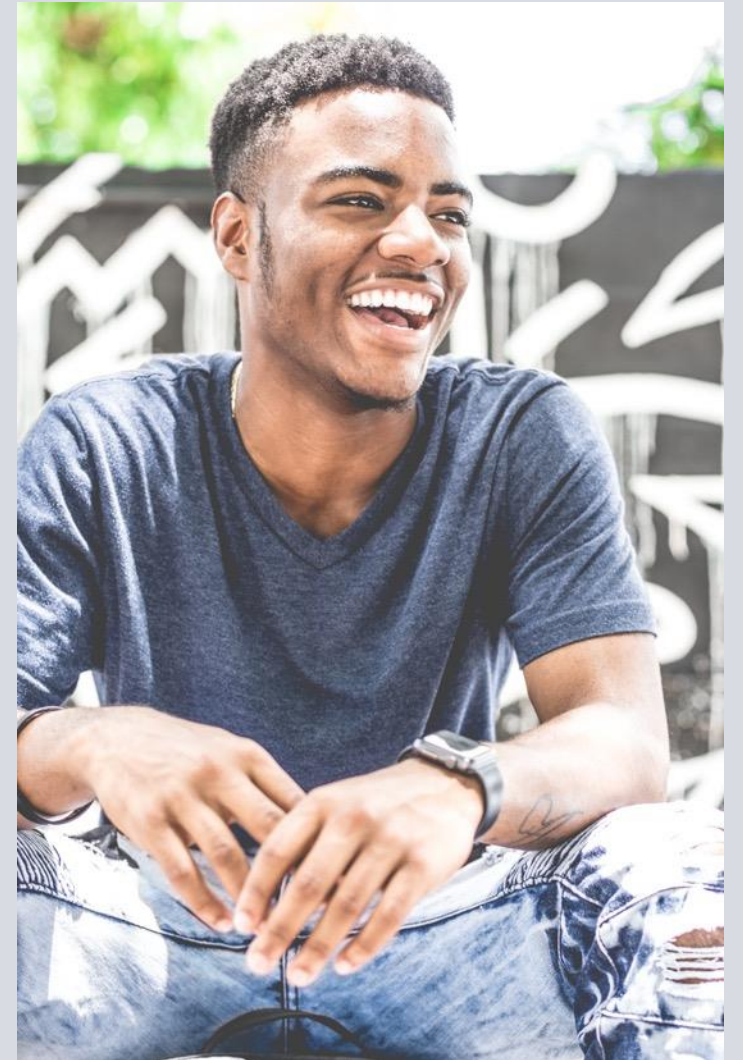
Rebecca Pomroy Foundation

Thomas Anthony Pappas Charitable Foundation

Adelaide Breed Bayrd Foundation

John Donnelly Trust

IAM Strong Foundation



Thank for your participating in Families for Depression Awareness' Teen Depression Workshop series. This handout provides a central location for resources mentioned throughout the training. Contact us at info@familyaware.org if you have any questions about the information provided.

Your feedback is important to us. Please remember to complete the post-event survey at your earliest convenience. Link to survey, <http://familyaware.org/tdw-survey/>

Families for Depression Awareness

Fact Sheets and Presentation Handout

- Teen Depression Fact Sheet (English): http://bit.ly/Newton2021_EnglishFactSheet
- Hoja informativa: La depresión en los adolescentes (Spanish): http://bit.ly/Newton2021_SpanishFactSheet
- Ficha informativa: Depressão adolescente (Portuguese): http://bit.ly/Newton2021_PortugueseFactSheet
- Download a Handout of the Presentation Slides: TBD

Website Resources

- Free Teen Mental Health Webinars: familyaware.org/teenwebinars/
- Teen Depression Programming for School and Community Partners: familyaware.org/schools
- Take the Caregiver Stress Test to Receive Self-Care Tips: familyaware.org/stress-test

Additional Resources

- **Newton Health and Human Services, Social Services Department**, provides case management, guidance, outreach, and prevention to Newton residents: Call 1 (617) 796-1420
- **Samaritans 24/7 Helpline**, Free, confidential, and anonymous helpline:
 - Call or Text 1 (877) 870 4673 (HOPE)
 - To learn more, visit <https://samaritanshope.org/>
- **William James College INTERFACE Referral Service**, free mental health and wellness referral Helpline available Monday through Friday, 9 AM – 5 PM: Call 1 (888) 244-6843
- **Riverside Emergency Services Program**, psychiatric evaluations, intervention, and stabilization for any crisis (available 24/7): Call 1 (800) 529-5077
- **Parents Helping Parents of Massachusetts Stress Line**: Call 1 (800) 632-8188
- **Massachusetts Department of Mental Health Emergency Services**: Call 1 (877) 382-1609
- **Call2Talk**, find community resources and crisis support: www.mass211.org or call 2-1-1
- **Innopsych**, therapist directory for people of color: www.innopsych.com
- **Crisis Text Line**: Text "hello" to 741 741

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Question and Answer Session

**Thank you for joining us and thank you to our
presenters!**