

OHIO AAP STORE IT SAFE SOCIAL MEDIA TOOLKIT

TOOLS AND RESOURCES FOR PROVIDERS, PARENTS, TEENS, & COMMUNITY PARTNERS TO HELP REVERSE THE TREND OF IRREVERSIBLE ACTIONS

“Store It Safe”
Anticipatory Guidance for 12 – 21 Year Olds
provided by the Partnership for the Safety of Children Against Firearms

SAFE: A four step process for addressing teen suicide in practice

S SCREEN for suicide at every adolescent encounter using a validated screening tool	A D VISE all families to use a barrier to store potentially lethal means safely	F A M I L I T I O N S discussions should be encouraged for every teen	E M E R G E N C I E S department referrals should be made when there is a life-threatening concern
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SCREEN: Screen for suicide at every youth encounter using a validated screening tool. Include suicide prevention information in your anticipatory guidance and in your EMR. Have recommended tools to screen for adolescent mental health concerns are:
- Patient Health Questionnaire (PHQ-9 For Teens) is a free resource to screen, monitor, and measure depression severity.
- Ask Suicide-Screening Questions (ASQ) Toolkit is a free resource for medical settings to help identify youth in six years of age at risk for suicide.
- Refer to the Flow Chart on page 4 for how to talk with caregivers if a teen screens positive.

ADVISE: Advise all families to use a barrier to store potentially lethal means safely. Safe storage should be incorporated into the normal safety discussion of a well-child visit.
- Firearms - Every 1 hour a teenager in the US takes 16 or 18 shots using a firearm.
- Medications - Both prescription and over-the-counter medications can result in overdose deaths.
- Alcohol - Alcohol causes more than 4,300 deaths among US teens each year.

FAMILY DISCUSSIONS:
- Be open-minded to your questioning.
- Instead of asking “Do you have a firearm in the house?” ask “If there is a firearm in the house, is it kept locked and away from children?”
- If you, that is great. Families should still be encouraged to talk to their children about firearms safety to ensure they encounter an emergency firearm in another setting.
- If no, this is an opportunity for education about how to talk.
- Use all firearm storage and laws to be stored separately in a separate container for the teen. Encourage families to store firearms and ammunition separately.

EMERGENCY DEPARTMENT REFERRALS: If you have immediate concerns and wish to your local emergency department.
- Contact with emergency partners and local resources for suicide prevention.
- If you have further questions, refer families to resources:
- Suicide Prevention Resource Center - www.opr.org
- Suicide Prevention Lifeline - www.suicidepreventionlifeline.org
- Suicide Prevention Lifeline - Call 1-800-273-8255
- Crisis Text Line - Text HOME to 741741

Almost 50% of high school students in a large metropolitan area have had someone they know attempt to commit suicide.
1 in 5 teens are depressed.
1 in 5 teens are depressed.
1 in 5 teens are depressed.

Suicide is the second leading cause of death among teens.
Firearms are the leading cause of death among teens.

SAFETY of Children
Around Firearms

Store It Safe: Suicide Prevention
Family Discussion Guide provided to the Ohio Chapter, American Academy of Pediatrics

Suicide Facts

- Unsupervised teen firearm access **triples** the risk of death by suicide.
- 56%** of survivors made an attempt within 20 minutes of their decision to attempt suicide.
- 62%** of youth who attempted suicide **did not** use a firearm from their home.

Emotional Triggers Should Not Be Lethal

What can you do to keep your teen safe?

- The teen brain is still developing, which can lead to emotional situations that override their self-developing impulse control.
- Learning rules for risky and using a barrier can help keep your teen safe.
- There is an edge in risky behavior and need to encourage small successes.
- Even with no history of depression, teens sometimes make impulsive decisions with deadly results. Education alone is not enough.

Barriers are Effective

Risks

- 10% of suicide attempts with a firearm are fatal.
- More than 2/3 of US firearm deaths are due to suicide.
- The rate of firearm suicide for teens is 16 times higher than for adults.
- 75% of teen suicides occur in the bedroom or bathroom.
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Barrier as Prevention

- Even if experienced with firearms, teens should only have restricted access to them.
- Keep any firearms that are not under your direct control locked away.
- Ammunition should also be locked when not in use.
- Consider separate for removing firearms from the home if someone is suicidal.
- Always keep prescription and over-the-counter medications locked away and out of the reach of children and teens.
- Have a family medication plan about the danger of missing medications.
- Take daily medications with family members.
- Dispose of prescription medications after the period they are prescribed.
- Like medications, alcohol should be locked away and not accessible to teens.
- Talk to your teen about alcohol and parental consent. Keep the line of communication open and let your teen know that they will not be in trouble if they come to you with concerns.

Alcohol:
- Alcohol is the most commonly used and abused drug among youth in the US and is readily available in homes.
- Alcohol causes more than 400 deaths among US teens each year.

Partners: Kiwanis, BlueCross, BlueShield, etc.

You Are Not Alone

Suicide Prevention Lifeline
Call 1-800-273-8255

Crisis Text Line
Text HOME to 741741

Save lives. Call 911.

What do you need to know about suicide to keep you and your friends safe?

- You are not alone.
- Keep dangers that can be used to harm someone locked up.
- Sometimes people think about suicide when they are feeling sad, lonely, or hopeless.
- Always treat a gun as if it is loaded.
- Only take medications as directed.
- When you are feeling sad, hopeless, or alone, it is ok to talk to people about how you are feeling. Sharing your feelings with someone you trust is brave.
- If a friend is thinking of suicide, talk to them. Talking about suicide does not cause it to start. Be afraid to ask.
- Care - let your friend know how much you care about them.
- If a friend is thinking of harming themselves, call a trusted adult.

Questions?
Resources for families can be found at www.ohioaap.org/suicideSAFE

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Store It Safe

preventing suicide among adolescents in Ohio



OHIO AAP RESOURCES

Learn more about Ohio AAP's Store It Safe program by visiting <http://ohioaap.org/storeitsafe>

STORE IT SAFE PLEDGE

Take the Store It Safe Pledge and commit to reversing the trend of irreversible actions! The pledge is open to healthcare professionals and community partners who are interested in being a part of the solution.

By signing the pledge healthcare professionals are agreeing to screen teens for depression at every visit, provide appropriate Ohio AAP SIS resources, and offer gun boxes OR discuss importance of gun boxes or barriers to lethal items with teens & family. Our community partners who sign the pledge agree to discuss Store It Safe, the importance of firearm safety, and adolescent suicide prevention with friends, family, or colleagues.

Visit <http://ohioaap.org/sispledge> to take the pledge!



HANDOUTS

Ohio AAP is dedicated to providing education to healthcare providers, pediatricians, family physicians, clinicians, parents and teens statewide on this important topic. To access informational handouts with additional resources on risks, warning signs, and steps to store it safe, follow the links below.

- [For Parents and Caregivers](#)
- [For Health Providers](#)
- [For Teens](#)

DONATE NOW!

Support Store It Safe and our other programs through the Ohio AAP, a 501(c)3 organization. Funds raised will go towards the purchase of lock boxes for families in communities across Ohio that can't afford them. Donations are tax deductible to the fullest extent of the law.

You can make a donation at <http://ohioaap.org/donate-now/>

SOCIAL MEDIA MESSAGES FOR SHARING

SUICIDE RISK

- 1 in 5 teens have thoughts of suicide each day. Visit <http://ohioaap.org/sisteen> for information on how to stop the trend of irreversible actions! #StoreItSafe
- Unsupervised teen firearm access triples the risk of death by suicide. For FREE resources on safe firearm storage visit <http://ohioaap.org/sisteen> #StoreItSafe
- The rate of teen suicide by firearms has increased by 61% over the past 10 years. Visit <http://ohioaap.org/sisteen> for more information on how YOU can stop the trend of irreversible actions #StoreItSafe
- Did you know almost half of Ohio homes have firearms? Learn more about how healthcare professionals can have a productive dialogue with families on how to #StoreItSafe at <http://ohioaap.org/storeitsafe>
- Suicide is the leading cause of death among Ohio teens and preteens ages 10 to 14 and the second leading cause of death among Ohioans ages 15 to 34. I'm partnering with @OHPediatricians #StoreItSafe teen suicide prevention program to reverse the trend of irreversible actions!
- 85% of suicide attempts with a firearm are fatal. Many attempts happen during a short term crisis which is why reducing access to lethal means can be effective in prevention. Join the Ohio AAP's #StoreItSafe program and help be a part of the solution!

HOW YOU CAN HELP!

- The Ohio AAP is encouraging our members and partners to help expand the #StoreItSafe program to reverse the trend of irreversible actions. You can make a difference and help prevent teen suicide by donating at www.ohioaap.org/donate-now
- A physician screening for depression, a friend sharing support, a parent safely securing all lethal means in the home – 1 person can prevent a teen suicide. You can help too by supporting @OHPediatrician's #StoreItSafe program. Donate today at www.ohioaap.org/donate-now
- The Ohio AAP reminds our partners that every \$20 donation can purchase one gun box to keep Ohio's teens and children safe through our #StoreItSafe program. Donate today at www.ohioaap.org/donate-now
- Severe stress and anxiety – like the feelings caused for many by the #COVID19 pandemic – are risk factors for teen suicide. Take the #StoreItSafePledge and commit to reversing the trend of irreversible actions at <http://ohioaap.org/SISPledge>

- Stay-at-home orders & changes in school schedules have created the perfect storm for increased mental health issues & suicide risks in teens. With teens spending more time at home, parents should continue to ensure they #StoreItSafe for potentially dangerous items including firearms, medications, and alcohol. I'm committed to storing it safe and you can too by visiting <http://ohioaap.org/SISpledge>
- Be a partner in @OHPediatrician's efforts to combat teen suicide through the #StoreItSafe program—share the importance of safe firearm storage with the friends and family in your life. Safe storage saves lives. Learn more at <http://ohioaap.org/storeitsafe/>

STORE IT SAFE IMAGES FOR SHARING

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#StoreItSafe

Suicide is the leading cause of death among Ohioans ages 10-14

1 in 5 teens think about suicide

[S.I.S.]
Store It Safely

COMMIT TO
Reversing the Trend of Irreversible Actions
SIGN THE PLEDGE AT
<http://ohioaap.org/SISpledge>

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I'M A PROUD SUPPORTER OF THE
STORE IT SAFE TEEN SUICIDE PREVENTION PROGRAM

Join me and be a part of the solution by visiting:
<http://ohioaap.org/SISpledge>

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Store It Safe
preventing suicide among adolescents in Ohio

\$20 provides a gun box to prevent firearm injuries to children

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preventing suicide among adolescents in Ohio

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Over the past 10 years adolescent suicide has increased 61%

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