Almost 50% of US homes have a firearm

50% of teens made a suicide attempt within 20 minutes of deciding to end their life

SIS: A three-step process for preventing youth suicide

**SCREEN**
for 1) suicide and 2) depression at EVERY youth preventative visit using a recommended screening tool

**INTERVENE**
with ALL families to discuss suicide risk and safe storage of lethal means

**SEEK TREATMENT**
when there is a life threatening concern, using appropriate referrals and resources

SCREEN - Identifying youth at risk saves lives
Screen for 1) suicide and 2) depression at EVERY youth preventative visit using a recommended screening tool
- Include suicide prevention information in your anticipatory guidance
- Recommended screening tools:
  1) Ask Suicide-Screening Questions (ASQ) Toolkit is a free resource to help identify youth at risk for suicide
  2) Patient Health Questionnaire (PHQ-9 For Teens) is a free resource to screen, monitor, and measure depression severity

Have an openminded discussion with ALL families about lethal means in the home
- Instead of asking “Are lethal means, including firearms, medications (prescription and over-the-counter), drugs and alcohol secure?” ask “If there are lethal means in your home, like firearms, medications (prescription and over-the-counter), drugs and alcohol are they kept locked and away from youth?”

INTERVENE - Counsel families to:
Restrict Access - Store It Safe!
- Keep all lethal means stored locked away with no access for youth – this includes, firearms, medications (prescription and over-the-counter), drugs and alcohol
- Ensure lethal means and keys to the storage device are stored separately in a location unknown to the youth

Make a Safety Plan
- Name 3 people to reach out to in a crisis – for example, a teacher, friend, or family member
- Increase adult supervision, such as screen monitoring
- Ask how they feel supported – be creative and plan for different situations
- Have agreed upon coping strategies available – see www.ohioaap.org/storeitsafe for additional resources
- Practice healthy skills to train the brain before times of crisis

Be Prepared for a Crisis to Happen
- Remember – the first hour of a crisis is the most overwhelming
- Initial de-escalation of problems is essential so a crisis may pass
- Once the situation has been de-escalated, appropriate care can be sought

SEEK TREATMENT
If there are acute life-threatening concerns, send youth to the ER or call 911
- Review with families when it is a true emergency and how to seek help when needed
If mild or no immediate lethality concerns, enact the safety and communication plan
- Give youth a safe chance to use coping mechanisms
- If crisis continues, be ready to ask for help from professionals - call a counselor or healthcare provider

Provide resources and referrals for families who need help
- Connect with community partners and local resources for suicide prevention
- If you have further questions, refer families to resources:
  - Crisis Text Line - Text 4HOPE to 741741
  - Suicide Prevention Resource Center - www.sprc.org
  - Suicide Prevention Lifeline - www.suicidepreventionlifeline.org
  - Suicide and Crisis Lifeline - Call or Text 988

Suicide is the second leading cause of death in 10-19 year olds

Suicide in teens can be triggered by a seemingly small stressor and happen quickly

At any given time 1 in 5 teens are depressed

Firearms are the leading cause of death by suicide

Barriers to lethal means are effective in reducing suicides
Questions?

- Resources from Ohio AAP for families can be found at: www.ohioaap.org/storeitsafe
- The Ohio AAP is one partner, but suicide prevention will be more effective if physicians, communities, organizations, schools, and families work together; find a local suicide prevention coalition at: www.ohiospf.org/coalitions