



# Store It Safe

## Anticipatory Guidance for 12 – 21 Year Olds

### SIS: A three-step process for preventing youth suicide

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#### SCREEN

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

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#### INTERVENE

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

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#### 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?”

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

### 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](http://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**

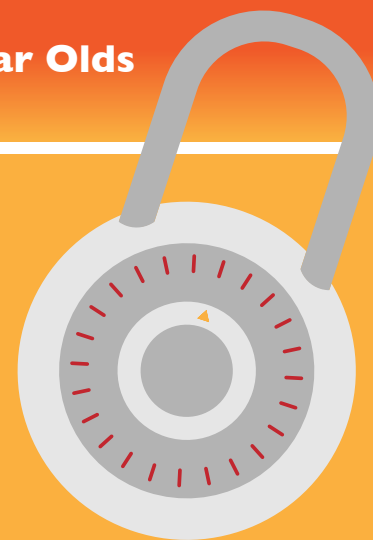
- Review with families when it is a true emergency and how to seek help when needed

**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](http://www.sprc.org)
  - **Suicide Prevention Lifeline** - [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
  - **Suicide and Crisis Lifeline** - Call or Text 988



**Almost 50%**  
of US homes have a firearm

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

**Firearms**  
are the leading cause of  
death by suicide

Barriers to lethal means  
are effective in  
**reducing suicides**

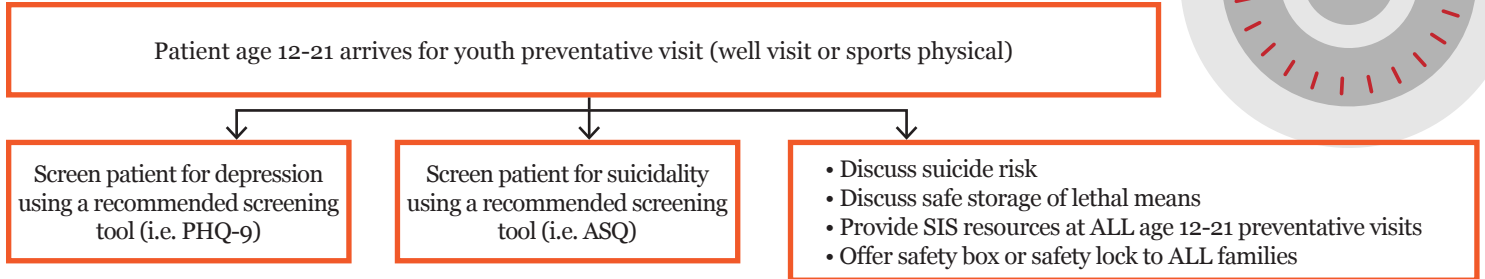


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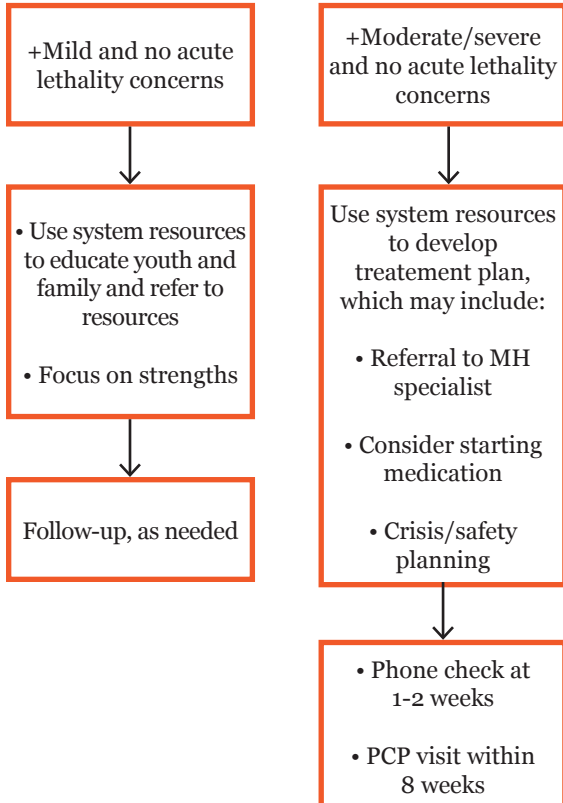
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### Sample: SIS Flow Chart



### Risk of Depression



**PHQ-9 Depression Severity Guide**  
 0-4: None  
 5-9: At Risk/Mild  
 10-14: Moderate  
 15-19: Moderately Severe  
 20-27: Severe

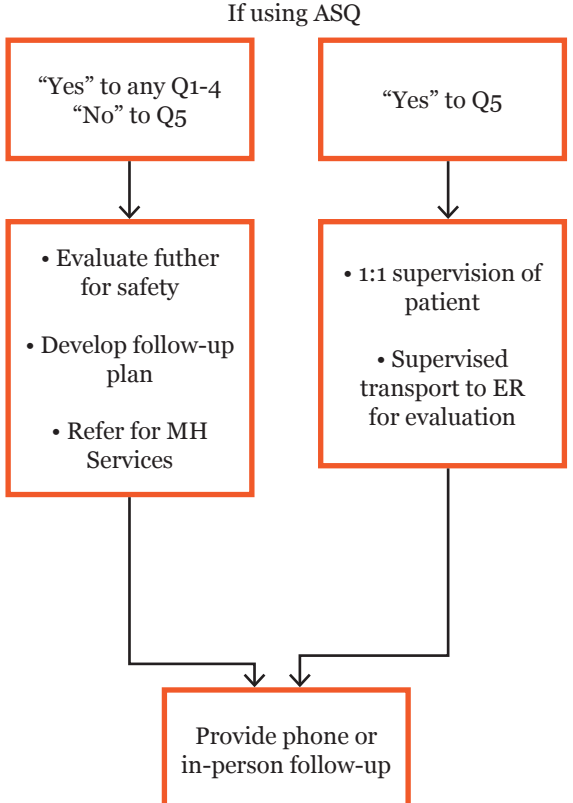
**Ohio AAP Resources**

- Family Discussion Guide
- Crisis Rack Card Parent
- Teen Rack Card
- Social Media Toolkit

**Sample Safety Plan** 

**ASQ Toolkit** 

### Risk of Death by Suicide



### Questions?

- Resources from Ohio AAP for families can be found at: [www.ohioaap.org/storeitsafe](http://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](http://www.ohiospf.org/coalitions)