

Suicide Prevention Manual for Chippewa County

Mission Statement:

To increase community awareness of suicide prevention in Chippewa County

If an individual is in immediate danger and represents a risk to themselves or others, please call 911. This means a life threatening situation in which an individual is imminently threatening harm to self or others, severely disoriented or out of touch with reality, has a severe inability to function, or is otherwise distraught and out of control. Examples include:

- Acting on a suicide threat
- Homicidal or threatening behavior
- Self-injury needing immediate medical attention
- Highly erratic or unusual behavior that indicates very unpredictable behavior and /or inability to care for themselves.

Chippewa County Crisis Line:

888-552-6642

GENERAL INFORMATION

Suicide takes the lives of about 38,000 Americans each year. (Center for Disease Control, 2010).

- The majority of the suicide deaths in the United States are among working age adults (ages 24–64), especially men (Center for Disease Control, 2010).
- Each year over 8 million adults think seriously about taking their life, and over 1 million make an attempt (National Survey on Drug Use and Health, 2011).
- Suicide is the second leading cause of death for young people between the ages of 15 and 24.
- National studies show that over 60 percent of high school students contemplate suicide, but only 8 to 13 percent actually engage in suicidal behavior. In Wisconsin, 15 percent of high school students report having seriously considered suicide.

However, there is help and hope when individuals and workplaces join forces to prevent suicide. This manual is intended to provide a framework for understanding the warning signs and risk factors of suicide and how to get help.

RISK FACTORS

It is important to note that factors identified as increasing risk are not factors that cause or predict a suicide attempt. Risk factors are characteristics that make it more likely that an individual will consider, attempt, or die by suicide. Protective factors are characteristics that make it less likely that individuals will consider, attempt, or die by suicide. **Take all threats seriously. If risk is immediate, call 911.**

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt
- Family history of suicide
- Job or financial loss
- Loss of relationship
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of health care, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

WARNING SIGNS

Indicators that a person is thinking about or planning to commit suicide:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves

PROTECTIVE FACTORS

Reduce Risk

Protective factors are characteristics that make it less likely that individuals will consider, attempt, or die by suicide.

- Effective clinical care for mental, physical and substance use disorders
- Easy access to a variety of clinical interventions
- Restricted access to highly lethal means of suicide
- Strong connections to family and community support
- Support through ongoing medical and mental health care relationships
- Skills in problem solving, conflict resolution and handling problems in a non-violent way
- Cultural and religious beliefs that discourage suicide and support self-preservation
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

YOUTH RISK FACTORS

- **A suddenly worsening school performance.** Good students who suddenly start ignoring homework, cutting classes, or missing school altogether may have problems, such as depression or drug and alcohol abuse, that can affect their health and happiness and put them at risk of suicide.
- **A fixation with death or violence.** Teens with problems may develop an unusual interest in death or violence, expressed through poetry, essays, doodling, or artwork; an obsession with violent movies, video games, and music; or a fascination with weapons. Adults often cannot tell a “normal” teen interest in violent video games or music from an obsession that other teens realize is not typical of this age group.
- **Unhealthy peer relationships.** Teens who don’t have friends, suddenly reject their friends, or begin associating with other teens known for substance abuse or other risky behaviors may be in trouble. A friend who suddenly stops hanging out with you for no reason or claims that “you just don’t understand me anymore” may have an emotional problem that he or she is afraid to discuss. That friend may feel isolated, alone and need your help.
- **Violent mood swings or a sudden change in personality.** Kids who become sullen, silent, and withdrawn, or angry and acting out, may have problems that can lead to suicide.
- **Indications that the teen is in an abusive relationship.** Some teens may be physically or emotionally abused by a member of their family or their girlfriend or boyfriend. Signs that a person may be in an abusive relationship include unexplained bruises or other injuries that the person refuses to discuss.
- **Other risky behaviors.** Teens who suddenly start having unprotected or promiscuous sex, using drugs or alcohol, driving recklessly or without a license, stealing, or engaging in vandalism may be acting out self-destructive impulses.

- **Signs of an eating disorder.** Anyone who suffers from an eating disorder, or has a dramatic change in weight that is not the result of a medically supervised diet, needs help.
- **Difficulty in adjusting to gender identity.** Gay, lesbian, bisexual, and transgendered teens have higher suicide attempt rates than their heterosexual peers. These youth may be faced with social pressures that make life very difficult.
- **Bullying.** Kids who are bullied, pushed around, or harassed may be at risk of suicide.

YOUTH WARNING SIGNS

- Talking about wanting to die or kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

YOUTH PROTECTIVE FACTORS

- Family connectedness
- Reduced access to firearms
- Academic Achievement
- Self-esteem
- Perception that an important adult cares about them
- School connectedness (teachers treat them fairly, feel part of school)
- School safety (feels safe at school)
- Parental presence before and after school
- Parent / family connectedness / caring
- Religious identity (faith affiliation)
- Counseling services provided by the school
- A number of parent/child activities

HOW TO GET HELP

If there are concerns involving running away and/or dangerousness please contact Law Enforcement if they are not already there.

Contact Northwest Connections Crisis Line 888-552-6642

1. The telephone worker will ask you several questions as part of an assessment that can include:

- Your name and location, who are you calling about, address, Date of Birth, phone number.
- What is the crisis situation?
- Risks identified.
- Do you have any history with this person or family?
- Who is there (family, friends)?
- If this is a juvenile have the parents/guardians been contacted?
- Does this person have a current mental health or substance abuse provider?

2. After gathering this information the telephone worker will assist in determining the next step(s), which may include, but are not limited to the following in any particular order:

- Further consultation with other parties (patient, physicians, nurses, social workers, family, friends, witnesses, etc.) including the person in crisis.
- Community Safety Planning (stabilization in the community with a plan for safety). Are there community options for safety that may include family/friends/other providers?
- Further evaluation by mobile responder (face to face). This person is a trained crisis worker who can assist the person and/or family.
- Voluntary Inpatient Behavioral Health Admission.
- Emergency Detention approval (Involuntary Psychiatric Hospitalization).

OTHER RESOURCES

Northwest Connections: Northwest Connections is the Emergency Mental Health Services provider (telephone and mobile crisis) in Chippewa County through their 24/7 toll free number **888-552-6642**. Chippewa County continues to offer walk-in crisis services during business hours. Northwest Connections works collaboratively with community providers, members, and schools to provide training in assessment and response. Parties interested in these types of trainings can contact Iris Ostenson at **715-651-4666**.

Prevent Suicide Chippewa County: The mission statement of the Prevent Suicide Committee is: "To increase community awareness of suicide prevention in Chippewa County." The committee is made up of community members who work together to fulfill this mission. For more information contact Ann Globensky at 715-726-7811.

Wisconsin Suicide Prevention Resource Center: Promoting a Public Health approach to suicide prevention. SPRC serves individuals, groups, and organizations that play important roles in suicide prevention.

<http://www.sprc.org/>

Veterans Crisis Line: Connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**.

Chat online at <http://www.veteranscrisisline.net>

Send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

SAMHSA: The Substance Abuse and Mental Health Services Administration is the agency within the US Department of Health and Human Services that leads the public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

<http://www.samhsa.gov/>

QPR Institute: QPR stands for Question, Persuade, and Refer -- 3 simple steps that anyone can learn to help save a life from suicide. The QPR Institute offers comprehensive suicide prevention training programs, educational and clinical materials for the general public, professionals, and institutions. (888) 726-7926

<http://www.qprinstitute.com/>

Stop a Suicide Today: ACT- Acknowledge, Care and Get Treatment teaches you how to recognize the signs of suicide in family members, friends and co-workers, and empowers you to make a difference in the lives of your loved ones. It emphasizes the relationship between suicide and mental illness and the notion that a key step in reducing suicide is to get those in need into mental health treatment. Moreover, *Stop a Suicide Today* aims to make clear that the expression of suicidal thoughts and behaviors is to be considered a medical emergency and treated as such.

<http://www.stopasuicide.org/>

HOPES: An organization composed of volunteers. "As suicide survivors, our losses have motivated us to action. Life is precious. Working together, we hope to save others."

608-274-9686

info@HOPES-wi.org

<http://hopes-wi.org>

National Alliance on Mental Illness: NAMI Wisconsin's mission focuses on education, advocacy and support for persons with mental illness, their families and friends. The road to recovery usually begins with the first "What can I do?"

608-268-6000

<http://www.namiwisconsin.org/index.cfm>

LOCAL TREATMENT PROVIDERS

Care is available through your current health care provider, or by contacting one of the following resources:

ACCESS, Inc.: 406 Technology Dr. East, Menomonie, WI. 715-235-1839 or 1-888-261-5585

Caillier Clinic: 505 South Dewey St #101, Eau Claire, WI. 715-836-0064

Catalyst for Change Consultants: PO Box 305, 317 S 2nd St. Alma, WI. 715-495-8396

Children Service Society of Wisconsin (CSSW): 2004 Highland Avenue, Eau Claire, WI. 715-835-5915

Clearwater Counseling: 4330 Golf Terrace, Eau Claire, WI. 715-832-4060

Community Counseling: 16947 County Highway X, Chippewa falls, WI. 715-723-1221

First Things First Counseling: 2125 Heights Drive, Eau Claire, WI. 715-832-8432

Heinz Psychological Services: 826 South Hastings Way, Eau Claire, WI. 715-834-3171

LE Phillips Libertas Center: 2661 County Hwy I, Chippewa Falls, WI. 715-723-5585

Luther Mayo Behavioral Health: 1221 Whipple Street, Eau Claire, WI.

Outpatient: 715-838-3311 **Inpatient:** 715-838-3274

Lutheran Social Services (LSS): 1320 W. Clairemont Avenue, Eau Claire, WI. 715-838-9856

MATCH: Mental Health Assistance for Teens & Children 2105 Heights Drive, Eau Claire, WI.
715-552-1365 or 1-877-216-2824

Marriage and Family Health Services: 2925 Mondovi Road, Eau Claire, WI. 715-832-0238

Marshfield Clinic– Behavioral Health: 1128 Oak Ridge Drive, Eau Claire, WI. 715-858-4850 715-236-4450

Northwest Connections: 711 N. Bridge Street, Chippewa Falls, WI. 1-888-552-6642

Northwest Counseling and Guidance Clinic: 3203 Stein Boulevard, Eau Claire, WI. 715-552-1342

Open Door Clinic: First Presbyterian Church, 130 W. Central St., Chippewa Falls, WI. 715-720-1443

Sacred Heart Behavioral Health Center

Inpatient: 715-717-4272, 900 W Clairemont Ave, Eau Claire, WI.

Outpatient: 715-717-5899 or 855-717-5899, 4235 Southtowne Drive, Eau Claire, WI

Stress (Dr.) & Associates: 2150 Brackett Avenue, Eau Claire Wisconsin. 715-833-7111

This manual is collaboration between Chippewa County Department of Human Services, Chippewa Falls School District, Northwest Connections, and Prevent Suicide Chippewa County.