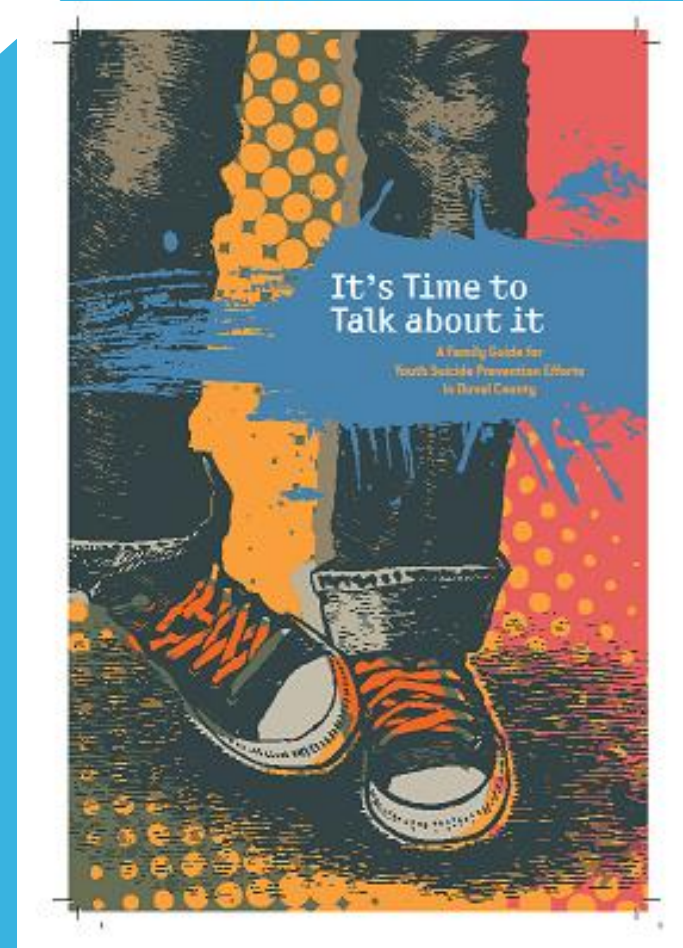




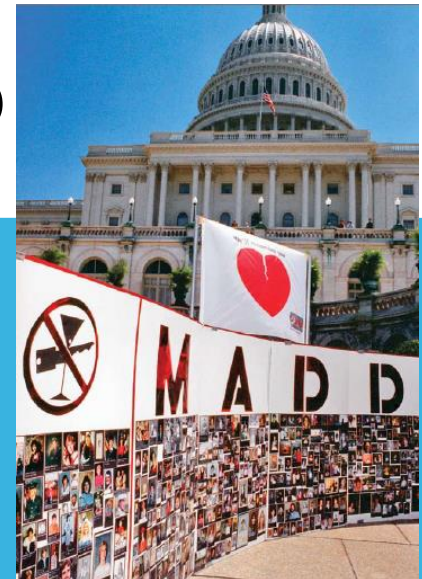
IT'S TIME TO TALK ABOUT IT
A FAMILY DRIVEN SUICIDE PREVENTION INITIATIVE



**Melissa Witmeier, Kim Gryglewicz, Ph.D.,
Gaby Romero, Krista Kutash, Ph.D., & Marc Karver, Ph.D.**

Why Is Working With Families Important?

- Providing families with accurate information leads to positive changes:
 - Increases their knowledge.
 - Improves the school or agency's culture in developing relationships with youths and their families.
 - Increases family involvement.
- A well-known case example: MADD



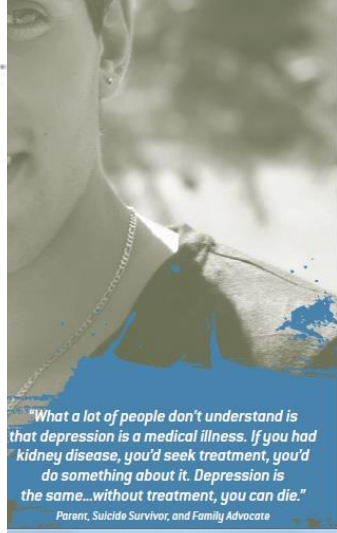
Guiding Principles Of Family Driven Care

- 1) Family members as empowered partners.
- 2) Family members are well informed.
- 3) Families get involved in family-run organizations.
- 4) Providers become more family-driven.
- 5) Incorporating family-driven care into practice.
- 6) Changing community attitudes.
- 7) Increasing cultural sensitivity.



It's Time to Talk about it

A Family Guide for Youth Suicide Prevention Efforts in Dare County



"What a lot of people don't understand is that depression is a medical illness. If you had kidney disease, you'd seek treatment, you'd do something about it. Depression is the same...without treatment, you can die."
 Parent, Suicide Survivor, and Family Advocate

Some important risk factors include:

- Previous suicide attempts
- History of substance abuse
- History of mental illness (e.g., depression, anxiety, bipolar, PTSD)
- Relationship problems (e.g., conflict with parents and/or boy/girlfriends)
- Legal or disciplinary problems
- Access to a gun or other harmful means (e.g., pills)
- Recent death of a family member or a close friend
- Ongoing exposure to bullying
- Losing a friend or family member to suicide
- Physical illness or disability




Putting Family Driven Care Into Action

So let's pretend...

We are going to create a Family Advisory Board and Training for Suicide Prevention.

What steps would you use?

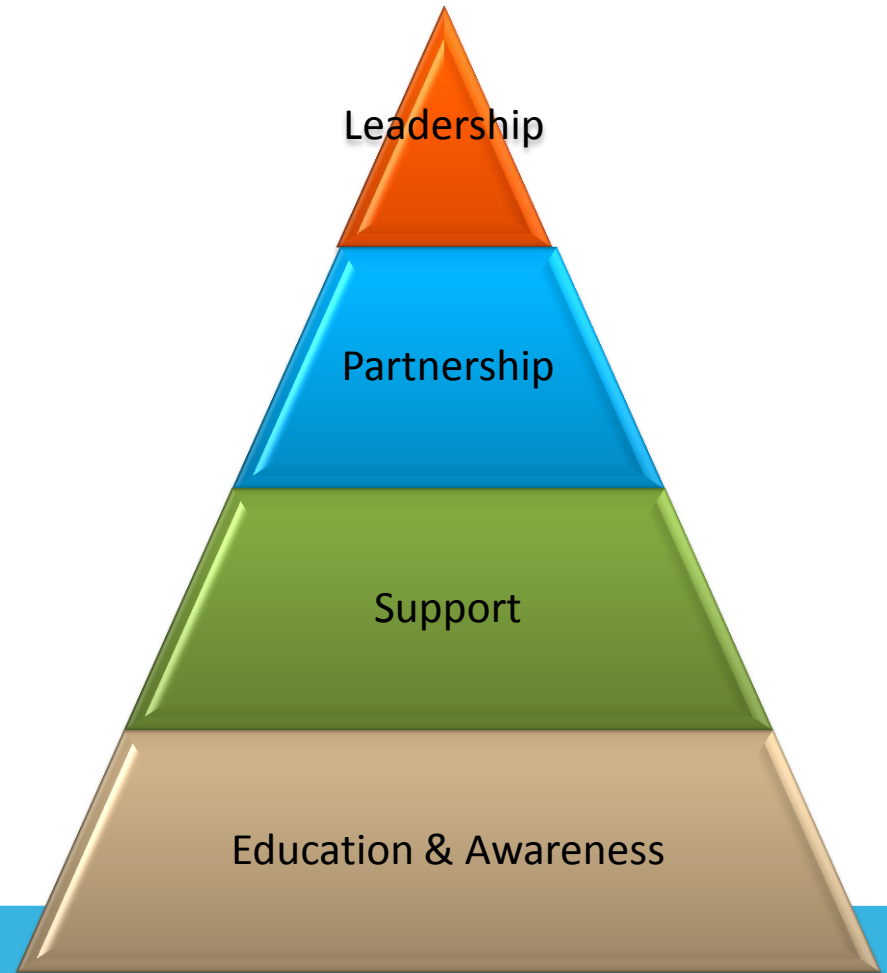
- What are the primary goals of such a Board?
 - How do we reach potential members?
 - Will they be engaged and active in the Board?
 - What do they think is important in a suicide prevention training?
- 

Our Suicide Prevention and Intervention Pyramid For Family Involvement




Family Guide Distribution Sectors

- Child Welfare
- Juvenile Justice
- Mental Health
- Education
- Community Based Service Systems
- Other



***Now that we have gotten
the word out...***

Your Interactions With Families...

- What have you observed to be the general attitude about working with families in your community?
 - How do you get families to attend an event?
 - Do you have any examples of times that you or people you know have formed successful partnerships with families?
 - Where do you find the **LEADERS** in suicide prevention?
- 


HOW DID WE FIND AND REACH FAMILIES?

Existing Activities

- Examples: DJJ, Diversion, Teen Court, Foster Care, Truency, Orientation, Advocacy Groups, Grass Roots Organizations, Churches

YOU HAVE A VOICE

FAMILY ADVISORY BOARD

- Develop in a Suicide Prevention Coalition
 - Participate in focus groups to develop family suicide prevention trainings
 - Reach families touched or affected by suicide
 - Members may become trainers of the It's Time To Talk About It Workshop
 - Advocate for suicide prevention in your community
- 

HOW DO WE REACH FAMILIES?

Marketing!!!

- Invitations
- Email blasts on ListServes
 - SOSP, DCF, DOH, DJJ, LMHC, LCSW, ME, CMHAs, Neighbor to Family, churches, Health Planning Council
- Press Releases
- Community Calendar
- Flyers – event boards

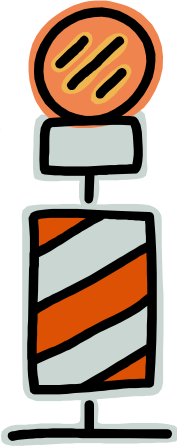
**MONTHLY MEETINGS – “Same time, same place”
Be patient, persist and show you care!!!**

-QPR



BARRIERS TO IMPLEMENTATION

- Resistance to talking about SUICIDE *“Not our children”*
- Rejection from Direct Family Groups *PTA/PTSA*
- Political and Cultural *Lack of acceptance*
- Financial Constraints *“How many Guides or trainings was that?”*
- Timeframe and Schedule Delays



Develop an Effective Marketing Plan!!!

CONCLUSION

- Partnering with Families is Important!
- Partnering with Families is a Process!
- Embed within existing activities!
- Stick with it, no matter how many come!
- Marketing is essential
- *It's Time To Talk About It Family Suicide Prevention Training is on the way...*