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TEXAS YOUTH SUICIDE PREVENTION GRANT

Presented & Developed by:

GLS Project Partners

Merily H. Keller,
  hodgekeller@yahoo.com

Mary Ellen Nudd
  menudd@mhatexas.org

GLS Project Director

Jenna Heise, MA, NCC, BC-DMT
  Jenna.heise@dshs.state.tx.us
TEXAS YOUTH SUICIDE PREVENTION PROGRAM

GOALS: PUBLIC EDUCATION, OUTREACH AND TRAINING

Project partners:
1. Mental Health America of Texas,
2. Center for Healthcare Services,
3. Texas Department of State Health Services

• Providing Best Practice Public Education, Outreach and Training
Training:
- Gatekeeper
- Train the trainer
- Postvention
- Kognito online training teachers

Suicide Prevention Council:
- Infrastructure
- 28 Coalitions
- 21 Statewide Groups
- Texas State SP Plan
- Policy issues
- Technical Assistance

Public Awareness
- Bilingual brochures
- PSAs
- Prevention & Postvention toolkits
- iPhone & Android Apps
- Statewide Symposium
- Regional Summits
- Youth Videos
- Host Website
- eNewsletter
- Spanish Webpage
STATEWIDE BEST PRACTICES

Training:

- At Risk online interactive training for high school and college educators and college students over 4000 enrolled
- Best Practices Registry Status

- ASK Gatekeeper Training: 5000 people trained
  Submitted for Best Practices Registry

- 10,000 people in Texas have received in-person Gatekeeper

- Trainings developed and adapted for special audiences that work with youth, including:
  - Ages 18-24 year olds
HIGH SCHOOL STUDENTS REPORT OF SUICIDAL BEHAVIOR BY SEX, TEXAS 2011

Source: Youth Risk Behavior Survey, 2011
WHAT DO WE KNOW ABOUT SUICIDE IN TEXAS...

Number of deaths in Texas:

- 2,433 suicide deaths in 2007 and 2,618 in 2008
- 1½ times more suicides than homicides
- average of almost 7 deaths each day by suicide
- 2nd leading cause of death among young adults (25-34 yr)
- 3rd leading cause of death of teens and college aged youth (15-24 years).
- Although there is no one cause, 90% of those who die by suicide have an underlying mental health or substance abuse condition. It affects nearly 20% of those with bipolar disorder and 15% of those with schizophrenia.

Source: Centers for Disease Control and Prevention, WISQARS
UNDERSTANDING LATE ADOLESCENCE (AGES 18-24 YEARS)

Developmental Lens:

Early Adolescence Ages 10-14 years old Grade 5-9

Middle Adolescence Ages 15-17 years old Grades 9-12

Late Adolescence Ages 18-24 years old & Emerging Adulthood
# LATE ADOLESCENCE

Time of life when very little is normative *

<table>
<thead>
<tr>
<th>Time of frequent changes</th>
<th>What is “normal” for young adults?</th>
</tr>
</thead>
<tbody>
<tr>
<td>home</td>
<td>Where they live?</td>
</tr>
<tr>
<td>family</td>
<td>Who they live with?</td>
</tr>
<tr>
<td>work</td>
<td>In school, working? Unemployed?</td>
</tr>
<tr>
<td>school</td>
<td>In-between school/ work</td>
</tr>
<tr>
<td>resources</td>
<td>Spouse or partner?</td>
</tr>
<tr>
<td>roles</td>
<td>Community Member, tax-payer, voter?</td>
</tr>
</tbody>
</table>

*Source: Understanding Adolescence: Seeing Through a Developmental Lens training curriculum. State Adolescent Health Resource Center funded through #U93 MC 00163-01 Maternal & Child Health Bureau*
ADOLESCENT DEVELOPMENT TASKS

Adjust to new Physical Sense of Self
Adjust to a sexually maturing body & feelings
Develop and apply abstract thinking skills
Define a personal sense of identity
 Adopt a personal value system
Renegotiate relationships with parents/ caregivers
Develop stable and productive peer relationships
Meet demands of increasing mature roles and responsibilities
RATIONALE FOR ONLINE RESOURCES

79% of all adults within the USA use the Internet*
93% of all teenagers (aged 12-17) use the Internet*

People in distress are reaching out online: Facebook, Twitter, Craigslist postings, Smartphone Apps, You-tube

- convenience
- anonymity (awkward conversations that would be difficult to have in person)
- stigma/shame of asking for help from a crisis center
- lack of confidence and/or verbal acuity to express emotions and ask for help
- “testing the waters” to see if anyone cares

www.pewinternet.org
WHY SMARTPHONES APPS?

- 46% of American adults now have a smartphone *
- Smartphone owners outnumber users of more basic phones

ASK ABOUT SUICIDE TO SAVE A LIFE

* Source: www.pewinternet.org
GOING VIRAL: 
NUMBER OF DOWNLOADS

Smartphone App:  
10,000 Downloads

YouTube downloads: 
38,000
Alamo Draft house Video Premier Party - over 100 people attended panel discussion with video producers, Title V, MHSA staff & youth from videos

SAMHSA highlighted Videos and Apps in Winter Newsletter

Highlighted on National Websites homepage:
National Suicide Prevention Lifeline www.suicidepreventionlifeline.org
Texas Suicide Prevention Website www.TexasSuicidePrevention.org
IN THEIR OWN WORDS: YOUTH VIDEOS

WATCH THESE YOUTH DOING THE RIGHT THING & TALKING ABOUT IT IN THEIR OWN WORDS TO SAVE LIVES
MAGGIE’S STORY

Ribbons of Hope
KURT’S STORY

http://www.youtube.com/watch?feature=player_embedded&v=ut50YItRDZ8
Q & A?

Thank you!!

GLS Project Director
Jenna Heise, MA, NCC, BC-DMT
Jenna.heise@dshs.state.tx.us

MERILY H. KELLER HODGEKELLER@YAHOO.COM
MARY ELLEN NUDD MENUDD@MHATEXAS.ORG