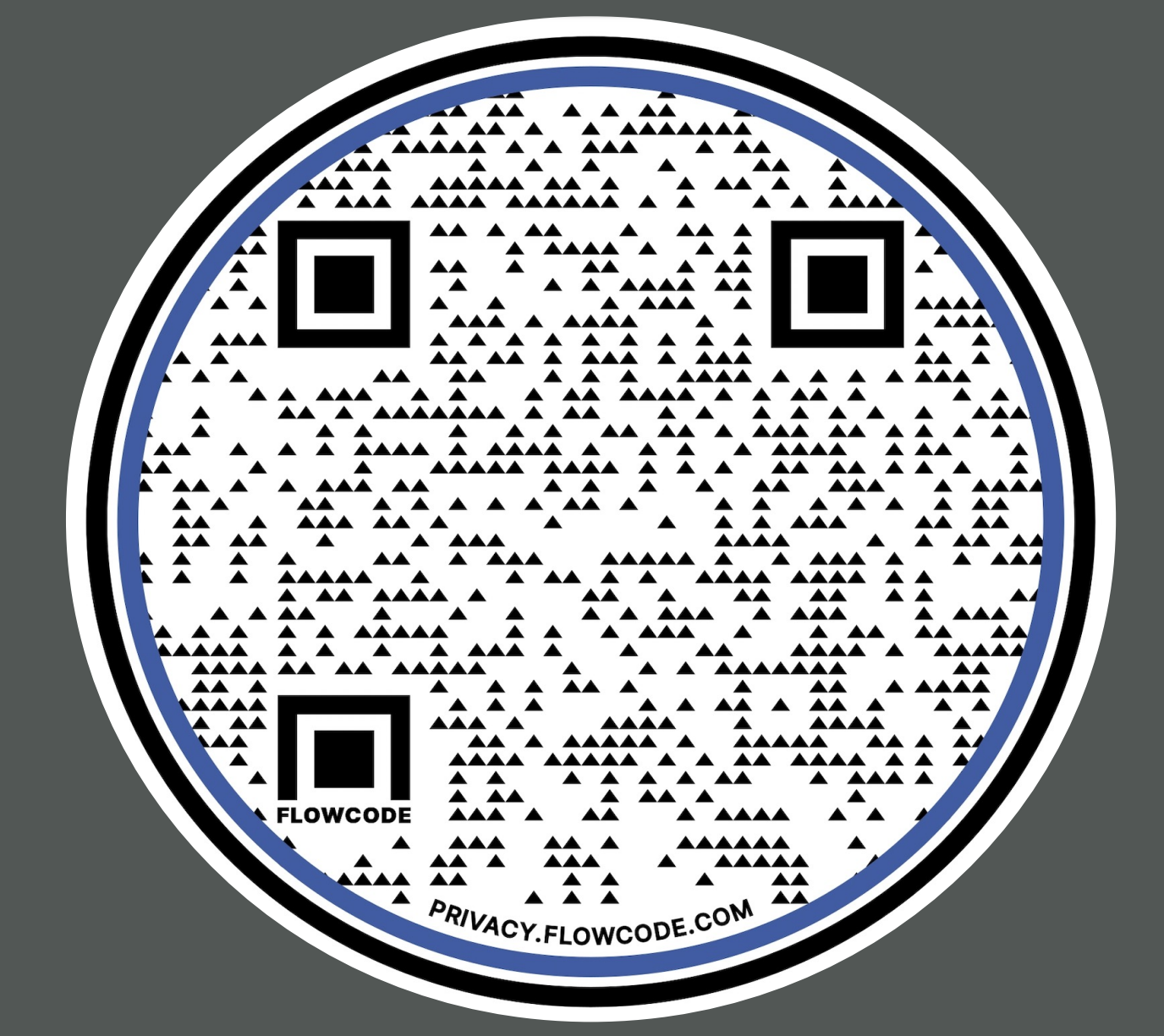




Preventing Adolescent Suicide: The Mental Health Pandemic Affecting Our Nation's Youth Community Outreach Project

Timothy Ulleseit, P.A.-S., OHSU



Suicide is the most common cause of death in adolescents aged 10-24 in Oregon¹

Introduction

- March 8th, 2021
- Klamath Falls - Henley High School
- Bobbie Sue Britton – HHS Health 1 & 2
- Audience: High school adolescents
- Presented to 54 students across 3 classes
- Ages 13-18

Background & Content

Learning Objectives.

Students will:

- Identify one person they trust in their life to turn to for advice and support.
- Create a list of 5 activities, groups, hobbies, or sports that they enjoy.
- Define peer victimization and peer-support.
- Explain two ways they can be an ally for someone with suicidal thoughts.
- List two resources they can access to learn more about suicide prevention.
- Complete a safety plan worksheet

Opportunities

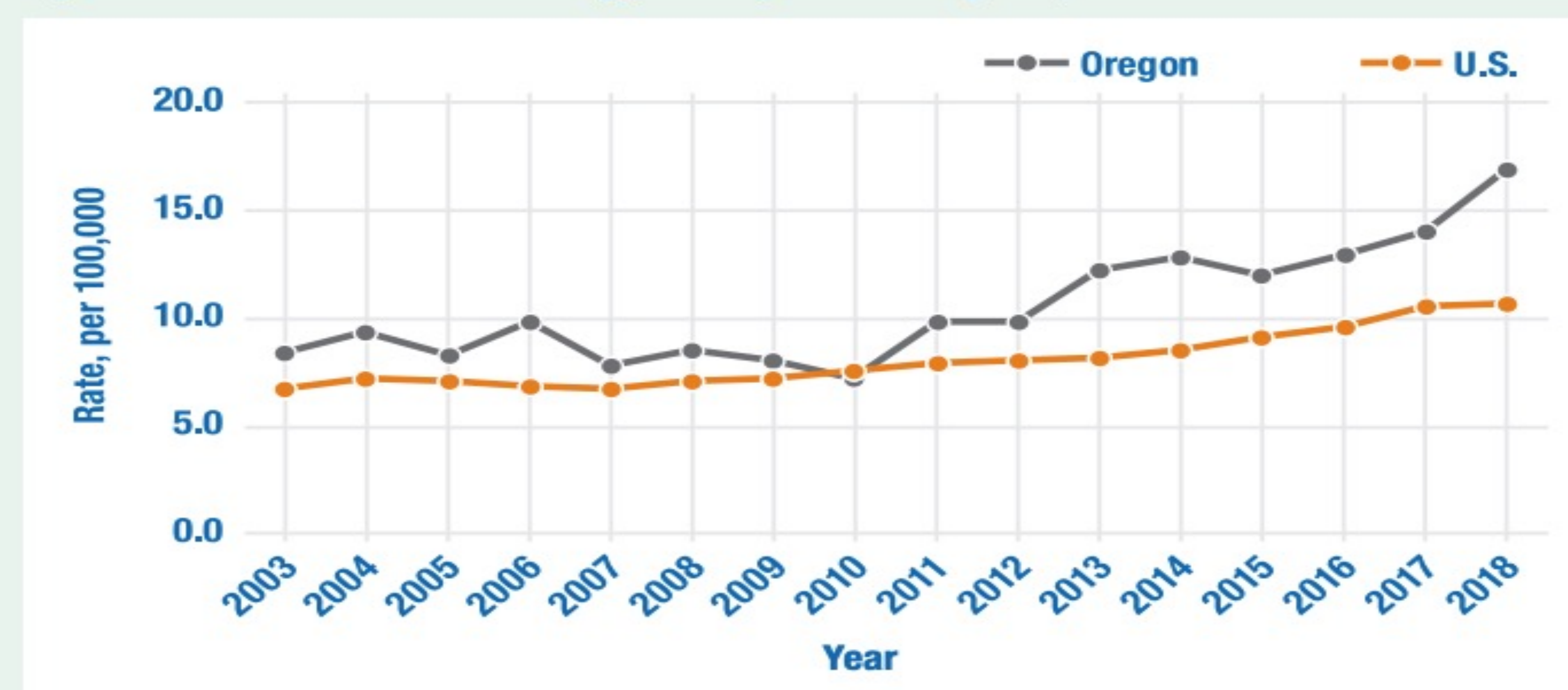
Destigmatizing mental health and providing local resources to students.

Students were willing to participate and create safety plans to address red flags of suicide and depression in themselves and peers.

Challenges

Addressing triggering topics and engaging students virtually.

Figure 1. Suicide death rates among youth aged 10 to 24 years, 2003-2018



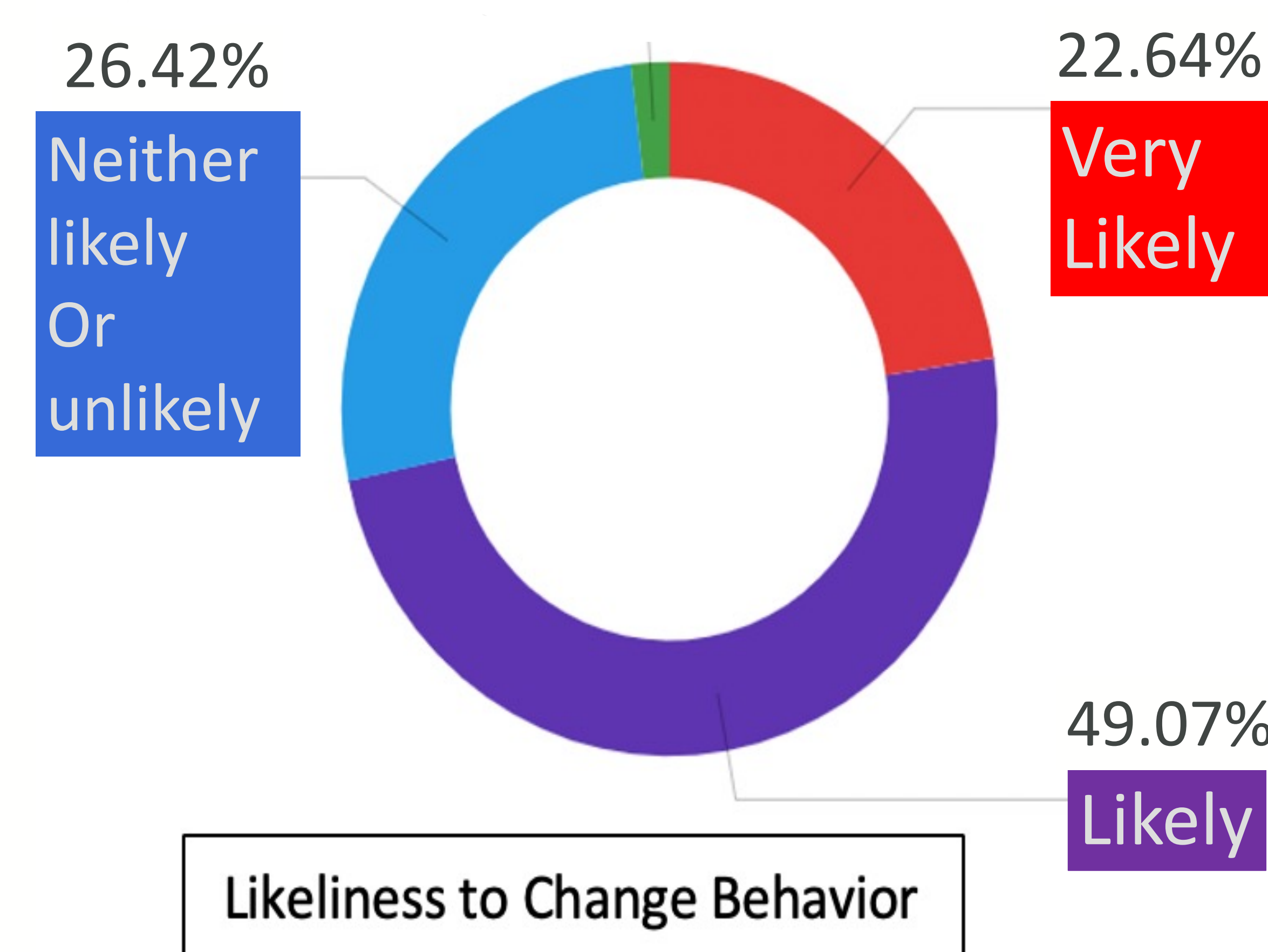
1. Oregon Health Authority. Youth Suicide Intervention and Prevention Plan Annual Report. 2019

Rates are deaths per 100,000
Source: CDC WISQARS and OPHAT

Discussion

Evaluations

- 72% reported that they were likely or very likely to change behavior.
- 72% respondents reported learning red flags and warning signs of depression and suicidal behaviors in peers.
- 62% reported learning ways to help peers and access resources available for depression, suicide, and bullying.
- 100% of the students either strongly agreed or agreed that I effectively taught the topic



Conclusion & Reflection

Oregon's rate of adolescent suicide is higher than the national average.¹ According to Healthy People 2020 and 2030, adolescent suicide remains a national health crisis.²

Fostering resiliency, inclusivity, and peer support is central to suicide prevention..

If suicide prevention curriculum is standardized in school, students will have greater access to strategies and resources to help themselves and their peers in times of crisis. Adolescent suicide is preventable.

Limitations – sample size of rural youth does not reflect total Oregon adolescent population.

References

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