Resources June 15, 2020

[**Black LGBTQ youth are under significant stress right now. Here's how to check in on their mental health, according to a psychologist**](https://www.businessinsider.com/how-young-black-lgbtq-people-take-care-mental-health-now-2020-6)

Over the last several days, The Trevor Project has been supporting Black LGBTQ youth in crisis expressing a wide range of emotions over the senseless and unjust violence against Black Americans. No matter where you're located, it's possible that these current events are impacting your mental health in ways you might not realize.

[**Vulnerability for suicide in transgender people occurs similarly in the different stages of transition**](https://www.psypost.org/2020/06/vulnerability-for-suicide-in-transgender-people-occurs-similarly-in-the-different-stages-of-transition-57056)

New research suggests that suicide death risk in transgender people has not increased over time in the Netherlands. But the study also indicates that transgender individuals are still at heightened risk of suicide during every stage of transitioning.

The study, which appears in the journal Acta Psychiatrica Scandinavica, was based on people seen at the Center of Expertise on Gender Dysphoria.

SPRC is pleased to announce the release of a new tool and an updated tool that can be used together to help select, adapt, and implement gatekeeper trainings provided online or in person. The new tool, [Selecting and Implementing a Gatekeeper Training](https://protect2.fireeye.com/v1/url?k=afcc78ef-f3ea40d1-afce81da-000babda0031-c11599eb72248691&q=1&e=20070ec3-582c-468f-ba39-e11f5cadeb07&u=http%3A%2F%2Fwww.sprc.org%2Fresources-programs%2Fselecting-implementing-gatekeeper-training), includes questions and lists of factors to consider in selecting, implementing, evaluating, and sustaining gatekeeper trainings. The updated version of [Guidance for Culturally Adapting Gatekeeper Trainings](https://protect2.fireeye.com/v1/url?k=2161895e-7d47b160-2163706b-000babda0031-a2e6bfae7679e476&q=1&e=20070ec3-582c-468f-ba39-e11f5cadeb07&u=http%3A%2F%2Fwww.sprc.org%2Fresources-programs%2Fguidance-culturally-adapting-gatekeeper-trainings) offers questions to consider in adapting gatekeeper trainings to improve their use, effectiveness, and ownership by the community.

**NEW FROM SPRC: Tools to Select, Implement, and Adapt Gatekeeper Trainings**

**Please share these tools with your networks**, including the following suggested social media posts:

**Twitter:** Looking for information on #gatekeeper trainings? Check out these tools from @SPRCtweets for selecting and implementing <https://go.edc.org/gk-select> and culturally adapting <https://go.edc.org/gk-adapt> training programs! #suicideprevention

**Facebook:** Looking for information on #gatekeeper trainings? Check out these tools from @SuicidePreventionResourceCenter for selecting and implementing <https://go.edc.org/gk-select> and culturally adapting <https://go.edc.org/gk-adapt> training programs! #suicideprevention

To find gatekeeper training programs, check out a comparison table of [in-person and online trainings](https://protect2.fireeye.com/v1/url?k=9fde5ade-c3f862e0-9fdca3eb-000babda0031-8fc74f4b89b3f2a9&q=1&e=20070ec3-582c-468f-ba39-e11f5cadeb07&u=http%3A%2F%2Fwww.sprc.org%2Fresources-programs%2Fchoosing-suicide-prevention-gatekeeper-training-program-comparison-table) as well as a table of [online trainings updated](https://protect2.fireeye.com/v1/url?k=d26d53a1-8e4b6b9f-d26faa94-000babda0031-4bf4b5652666f061&q=1&e=20070ec3-582c-468f-ba39-e11f5cadeb07&u=http%3A%2F%2Fwww.sprc.org%2Fresources-programs%2Fchoosing-suicide-prevention-gatekeeper-training-program-comparison-table-1) in May 2020.

[**The Garrett Lee Smith Memorial Suicide Prevention Program**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3107991/pdf/nihms277129.pdf)

Abstract

In response to calls for greater efforts to reduce youth suicide, the Garrett Lee Smith (GLS) Memorial Act has provided funding for 68 state, territory, and tribal community grants, and 74 college campus grants for suicide prevention efforts. Suicide prevention activities supported by GLS grantees have included education, training programs (including gatekeeper training), screening activities, infrastructure for improved linkages to services, crisis hotlines, and community partnerships. Through participation in both local- and cross-site evaluations, GLS grantees are generating data regarding the local context, proximal outcomes, and implementation of programs, as well as opportunities for improvement of suicide prevention efforts.

[**Suicidal Thoughts, Plans, and Attempts by Non-Metropolitan and Metropolitan Residence**](https://uknowledge.uky.edu/cgi/viewcontent.cgi?article=1008&context=ruhrc_reports)

Objective

1. To compare trends in the prevalence of suicidal thoughts, plans, and attempts among residents of nonmetropolitan, small metropolitan, and large metropolitan areas.

2. To identify demographic, social, and economic factors associated with suicidal thoughts, plans, and attempts among residents of non-metropolitan, small metropolitan, and large metropolitan areas.

[**Brief Intervention Tied to Lower Repeat Suicide Attempt**](https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2767408?guestAccessKey=271d35fe-d01e-47ce-ae1a-07a9a2c8cc5b&utm_source=silverchair&utm_medium=email&utm_campaign=article_alert-jamapsychiatry&utm_content=olf&utm_term=061720)

— Interventions included provider-generated calls, coordinating follow-up care

For patients who had attempted or were considering suicide, brief encounters with healthcare providers reduced the risk of subsequent suicide attempts and improved access to follow-up care, according to a meta-analysis of 14 trials.

In a pooled analysis of 4,270 suicidal patients, those who underwent brief interventions, consisting of a single in-person encounter, had a significantly lower risk of attempting suicide again in the next 2-12 months compared with those who did not undergo them (pooled odds ratio 0.69, 95% CI 0.55-0.87), reported Stephanie K. Doupnik, MD, MSPH, of the University of Pennsylvania in Philadelphia, and colleagues.

[**Study examines emotional regulation, family history as risk factors for suicidal behavior**](https://www.eurekalert.org/pub_releases/2020-06/nch-see061120.php)

First pilot study exclusively focused on early vulnerabilities in youth with maternal history of suicidal behavior sets the foundation for future research

Suicide is the second leading cause of death for persons ages 10-24. And according to the Centers for Disease Control and Prevention (CDC), youth suicide rates have nearly tripled from 2007 to 2017. Understanding risk factors in younger children can increase the likelihood of a child receiving behavioral health services in a timely fashion and can contribute to the development of interventions dedicated to preventing a first suicide attempt in at-risk youth.

A parental history of suicidal behavior has been shown to increase the odds of a youth suicide attempt 4-6 times, even after controlling for mental health disorders in youth associated with suicidal behavior (e.g., major depressive disorder). Additionally, emotional regulation, or how children understand, respond to and control their emotions, is strongly associated with various risk factors for youth suicide attempts. Research examining the intersection of these two risk factors, however, is limited.

[**Call for pharmacists to receive formal training in suicide and self-harm**](https://www.pharmiweb.com/press-release/2020-06-17/call-for-pharmacists-to-receive-formal-training-in-suicide-and-self-harm)

“Pharmacy teams already support patients in relation to self-harm and suicide, often relying on their personal experience in the absence of formal training,” says Dr Hayley Gorton, who helped launch IASP special interest group Suicide Prevention in Primary Care

PHARMACISTS can play an important role in suicide prevention, which is a major priority around the world. They gain insights into people at risk and refer them to help when needed.

But with specialist training they could achieve more, and a University of Huddersfield senior lecturer in pharmacy has developed an innovative way to introduce future practitioners to the possibilities.

[**Long-awaited report on veterans suicide calls for public awareness campaign, better research tools**](https://www.militarytimes.com/news/pentagon-congress/2020/06/17/long-awaited-report-on-veterans-suicide-calls-for-public-awareness-campaign-better-research-tools/)

After 15 months of work, the White House’s task force on preventing veterans suicide will unveil plans for more federal coordination with community providers on mental health outreach, promotion of “safe storage” programs for firearms owners and a public awareness campaign that mental health problems need not be fatal.

President Donald Trump called the announcement “beyond what anyone has ever done” to address the problem of veterans suicide during a White House event on Wednesday afternoon.

“Today we’re unveiling our roadmap to empower veterans,and end the national tragedy of suicide, a tremendous problem,” he told a crowd of supporters and veterans advocates. “My administration is marshaling every resource to stop the crisis of veteran suicide and protect our nation’s most treasured heroes. They’ve been through so much. And it’s such a deep seated problem.”

[**Primary and Secondary Prevention of Youth Suicide**](https://pediatrics.aappublications.org/content/pediatrics/145/Supplement_2/S195.full.pdf)

Lisa Horowitz, PhD, MPH, Mary V. Tipton, BA, Maryland Pao, MD

Youth suicide is a national and global public health crisis. Pediatricians can use primary and abstract secondary prevention strategies to intervene with youth before or after the onset of suicidal behaviors. Universal suicide risk screening programs can be used to identify youth in medical settings who may otherwise pass through the health care setting with undetected suicide risk. Pediatricians are uniquely positioned to help foster resilience in their young patients and

equip families of at-risk youth with safety plans and lethal means safety counseling.

Pediatricians on the frontlines of this critical public health crisis require education and

training in detecting suicide risk, managing those who screen positive, and connecting their

patients to much needed mental health interventions and treatments. Evidence-based suicide

risk screening and assessment tools, paired with interventions, are feasible and potentially

life-saving in the medical setting.

[**Associations of Despair With Suicidality and Substance Misuse Among Young Adults**](https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2767515?utm_source=silverchair&utm_medium=email&utm_campaign=article_alert-jamanetworkopen&utm_content=wklyforyou&utm_term=062420)

Question Is despair associated with drug or alcohol misuse or suicidal thoughts and behaviors among young adults?

Findings In this population-based cohort study in rural Appalachia, despair was longitudinally associated with higher rates of suicidal thoughts and behavior, illicit drug use, and opioid use, even after adjusting for sociodemographic factors, prior outcome status, and prior depressive disorder status; despair was not associated with alcohol use disorder. There was no consistent pattern of moderation by race/ethnicity, poverty status, sex, or educational level.

[**Why Some Experts Think Suicide Prevention Should Begin in Elementary School**](https://www.healthline.com/health-news/why-sosuicide-prevention-programs-in-elementary-school)

Suicide prevention works, even as early as elementary school.

That’s the conclusion from a new study from Nationwide Children’s Hospital in Ohio.

In the study, published in the journal Child Psychiatry & Human Development, researchers examined 21 children, ages 6 to 9 years old, with and without a maternal history of suicidal behavior.

During the study, the mothers and children were asked to report on lifetime and past-month suicidal ideation and attempts as well as significant events that took place in the child’s life in the past year and the child’s emotion regulation skills.

[**NEW RESEARCH IDENTIFIES RISK FACTORS FOR PHYSICIAN SUICIDE**](https://www.healthleadersmedia.com/clinical-care/new-research-identifies-risk-factors-physician-suicide)

Compared to the general population, physicians who die by suicide are more likely to experience job and civil legal problems, recent research indicates.

It is estimated that a doctor commits suicide every day. Research published in 2018 indicates that nearly half of physicians nationwide are experiencing burnout symptoms. There are overlapping risk factors for suicide and burnout, including depressed mood and job problems, according to the Maslach Burnout Inventory and the National Violent Death Reporting System (NVDRS).

[**Global variation in the prevalence of suicidal ideation, anxiety and their correlates among adolescents- A population based study of 82 countries**](https://www.thelancet.com/action/showPdf?pii=S2589-5370%2820%2930139-5)

Suicidal ideation and anxiety are common among adolescents although their prevalence has predominantly been studied in high income countries. This study estimated the population prevalence of suicidal ideation and anxiety and their correlates with peer support, parent-adolescent relationship, peer victimization, conflict, isolation and loneliness across a range of low-income, lower-middle-income, upper-middle-income countries and high-income countries (LMIC HICs).

Data were drawn from the Global School-based Student Health Survey (GSHS) of adolescents aged 12–17 years between 2003 and 2015 in 82 LM-HICs from the six World Health Organization (WHO) regions. For those countries with repeated time point data in this study, we used data from the most recent survey. We estimated weighted prevalence of suicidal ideation and anxiety by country, region and at a global level with the following questions:-“Did you ever seriously consider attempting suicide during the past 12 months?” and “During the past 12 months, how often have you been so worried about something that you could not sleep at night?”. We used multiple binary logistic regression to estimate the adjusted association between adolescent age, sex, socioeconomic status, peer support, parent-adolescent relationship, peer victimization, conflict, isolation and loneliness with suicidal ideation and anxiety.

[**Online Self-Help Tied to Less Suicidal Ideation**](https://www.medpagetoday.com/psychiatry/depression/86203?vpass=1)

Internet-based cognitive behavioral therapy (CBT) seemed effective for preventing suicidal thoughts, according to a systematic review and meta-analysis.

In six randomized trials, people who participated in an online CBT or dialectical behavioral therapy program saw a much lower rate of suicidal ideation versus controls (standardized mean difference -0.29, 95% CI -0.40 to -0.19, P<0.001, I2=0%), reported Rebekka Büscher, of the University of Freiburg in Germany, and colleagues.

**[Rural Resilience: Farm Stress Training](https://opencoursesstore.d2l.com/product?catalog=msu_urmfs_2020)**

Course Description: WHAT IS FARM STRESS AND HOW CAN YOU HELP?

In this course, you will learn to recognize the signs and symptoms of stress and suicide, ways to effectively communicate with people under stress, and how to reduce stigma related to mental health concerns. What you learn in this course can help your friends, family, neighbors and community during stressful times.

[**Rethinking Youth Suicide Prevention During COVID**](https://www.webmd.com/lung/news/20200626/rethinking-youth-suicide-prevention-during-covid)

As a leading cause of adolescent death, suicide is a constant focus among mental health researchers and clinicians. But the coronavirus, in some ways, may have made it tougher for youths to get the help they need

A recent commentary in the Journal of Adolescent Health discusses what the pandemic may mean for individual adolescents. Time away from usual social settings can help or hurt their mental health, depending on the safety and support of the home, the authors say. Remote schooling, the economic downturn, and potential sickness also play a role in stress and risk levels

[**Threefold Increase Seen in Children Visiting Emergency Departments for Deliberate Self-Harm**](https://alert.psychnews.org/2020/06/threefold-increase-seen-in-children.html)

The percentage of children presenting to emergency departments (EDs) with mental illness and substance use disorders rose dramatically between 2007 and 2016, with visits related to deliberate self-harm increasing by more than 300%, according to a report in Pediatrics.

“We observed that children were presenting at EDs in all locations with all pediatric volumes, whether they were specialized or not,” said lead author Charmaine Lo, Ph.D., M.P.H., senior research scientist at National Children’s Hospital, in a video presentation about the study that accompanies the report. “In fact, most visits were to nonspecialized, nonchildren hospital EDs,” she added.

[**Characteristics of persons who die on their first suicide attempt- results from the National Violent Death Reporting System**](https://www.cambridge.org/core/journals/psychological-medicine/article/characteristics-of-persons-who-die-on-their-first-suicide-attempt-results-from-the-national-violent-death-reporting-system/67EDDECE3A1B6D2C6BB31C08EB2A712C)

Background

Much of suicide research focuses on suicide attempt (SA) survivors. Given that more than half of the suicide decedent population dies on their first attempt, this means a significant proportion of the population that dies by suicide is overlooked in research. Little is known about persons who die by suicide on their first attempt–and characterizing this understudied population may improve efforts to identify more individuals at risk for suicide.

[**The impact of the COVID-19 pandemic on self-harm and suicidal behaviour: protocol for a living systematic review**](https://f1000research.com/articles/9-644)

The COVID-19 pandemic has caused widespread morbidity and mortality as well as disruption to people’s lives and livelihoods around the world; this has occurred as a result of both infection with the virus itself and the health protection measures taken to curb its spread. There are concerns that rates of suicide, suicidal behaviours and self-harm may rise during and in the aftermath of the pandemic. Given the likely rapidly expanding research evidence base on the pandemic’s impact on rates of suicide, suicidal behaviours and self-harm and emerging evidence about how best to mitigate such effects, it is important that the best available knowledge is made readily available to policymakers, public health specialists and clinicians as soon as is possible. To facilitate this, we plan to undertake a living systematic review focusing on suicide prevention in relation to COVID-19.

[**LGBTQ Youth Suicides Likely Driven by Bullying**](https://www.medpagetoday.org/psychiatry/generalpsychiatry/87371?xid=nl_mpt_DHE_2020-07-02&eun=g1430597d0r&utm_term=NL_Daily_DHE_dual-gmail-definition&vpass=1)

-LGBTQ teens who died by suicide had nearly five times the odds of experiencing bullying vs heterosexual peers

Target Audience and Goal Statement: Pediatricians, primary care physicians, psychiatrists, public health and policy makers

The goal of this study was to determine if bullying is a more common antecedent to suicide among lesbian, gay, bisexual, transgender, and queer (LGBTQ) youth compared with non-LGBTQ counterparts.

Question Addressed:Was bullying associated with a higher rate of suicide among LGBTQ youth?

[**U.S. Commandos at Risk for Suicide: Is the Military Doing Enough?**](https://www.nytimes.com/2020/06/30/magazine/special-operations-suicide-military.html)

He was one of the most elite military men in America, but his service in the Special Operations forces (S.O.F.) had taken a heavy toll. “The job I love and have committed my whole being to is creating my suicidal condition, but I’d rather die than admit to having trouble and being removed from my unit and my team,” he said often, according to someone close to him. It was impossible for The New York Times to follow up with this special operator, however, because he had died by suicide.