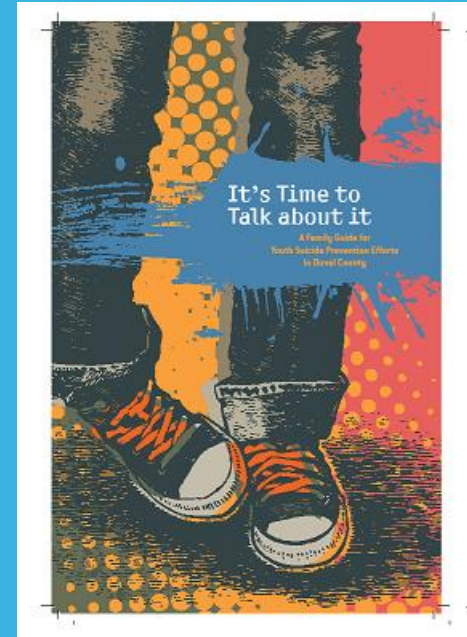


IT'S TIME TO TALK

A FAMILY DRIVEN SUICIDE PREVENTION INITIATIVE



**Kim Gryglewicz, Debbie Ojeda, Meredith Elzy,
Renee Brown, Melissa Witmeier, Krista
Kutash, and Marc Karver.**


Funding for this presentation was made possible (in part) by grant number 1U79SM058379-01 from SAMHSA. The views expressed in presentation materials do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA, or HHS; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Why Is Working With Families Important?

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



Agenda

- Discussion about interactions with families
 - Let's talk about family driven care (with activity)
 - Developing a Family Guide for Suicide Prevention
 - How to Implement the Family Guide
 - Evaluation efforts for the Family Guide
 - Conclusion
- 

Interactions With Families

- What have you observed to be the general attitude about working with families in your community? With people in your field?
- Do you have any examples of times that you or people you know have formed successful partnerships with families?



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.

Putting Family Driven Care Into Action

Which of these guidelines can be achieved through a Family Guide for Suicide Prevention?

So let's pretend...

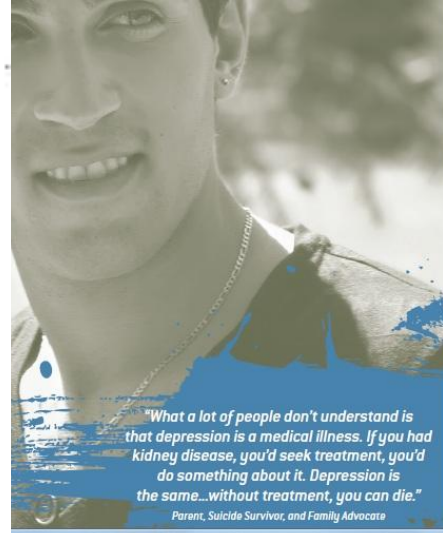
We are going to create a Family Guide for Suicide Prevention.

- What are the primary goals of such a guide?
 - What steps should we use?
 - What needs to be included?
- 



It's Time to Talk about it

A Family Guide for
Youth Suicide Prevention Efforts
in Doral 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

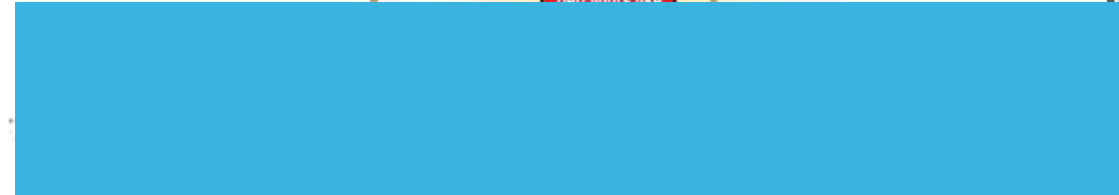
Some important risk factors include :

- 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

ing help grate p."

3

g



Our Family Guide For Suicide Prevention



Distribution

Brainstorming Ideas for Distribution

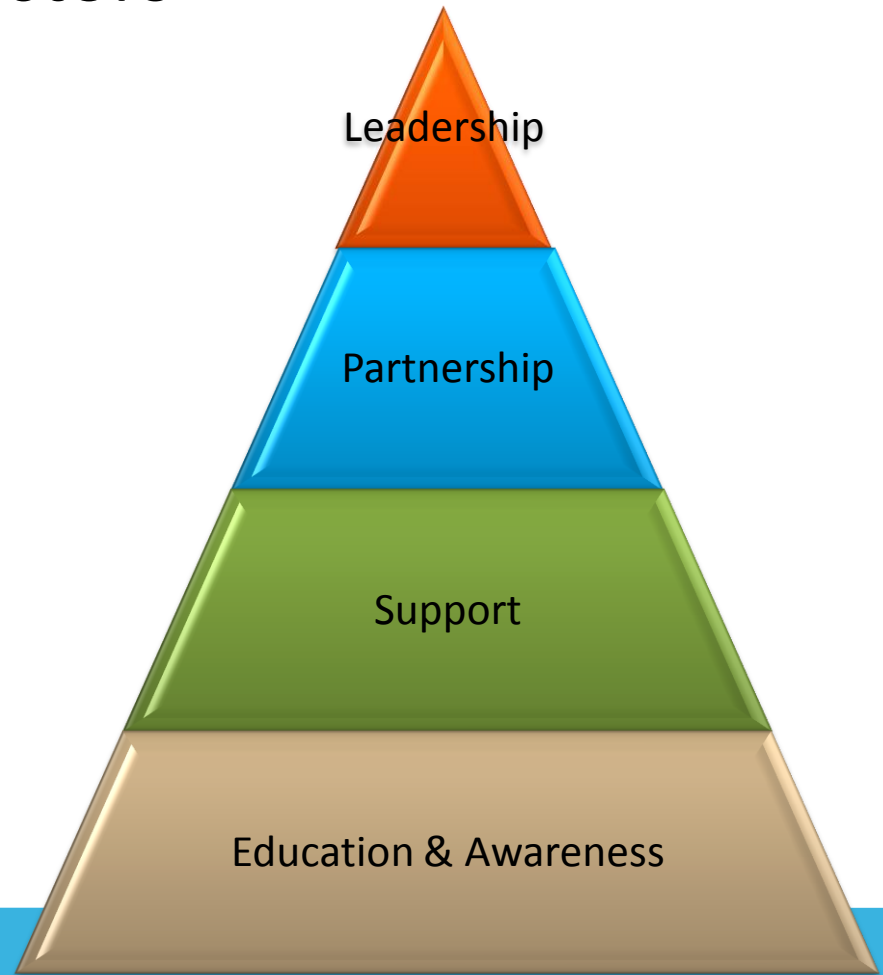
- How do we get the Family Guide in to the hands of parents that need the information?
- What is the plan and strategy for dissemination?
- Where do we focus our efforts?

“Do not worry about scarcity; rather worry about equal distribution.”

-Unknown Chinese Proverb

Distribution Sectors

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



How do we prioritize our efforts?

Barriers To Implementation

- Have you encountered any barriers to suicide prevention efforts?
- What about implementing family driven efforts for suicide prevention?

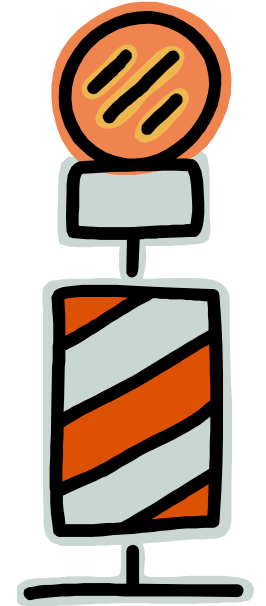
“Problems do not go away. They must be worked through or else remain forever a barrier to the growth and development of the spirit.”

-M. Scott Peck



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 was that?”*
- Timeframe and Schedule Delays



Develop an Effective Marketing Plan!!!

Evaluation – What Would You Do?



How would you evaluate a Family Guide?


- What outcomes would be important?
- What would you expect to change after a person reads a Family Guide for Suicide Prevention?

Evaluation – What We Are Doing.

Stand Alone Family Guide Intervention

- Asking recipients of the guide to go to a website and complete a short survey.
- Outcomes: Awareness, Usefulness, Meta-Knowledge

Curriculum Comparisons

- Pre-test and Follow-ups (1-2 wks & 3 month)
 - Outcomes: Awareness, Usefulness, Knowledge, Stigma, TPB constructs (including behavior)
- 

Conclusion

- Partnering with Families is Important!
- Partnering with Families is a Process!
- Family Guides are one medium that may be an effective way of reaching families.



- A Word of Caution