Need to Know: A Fact Sheet Series on Juvenile Suicide

Juvenile Probation Staff

Prepared by the Youth in Contact With the Juvenile Justice System Task Force of the National Action Alliance for Suicide Prevention

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What You Need to Know about Juvenile Suicide

Youth suicide is a significant, yet preventable, public health problem.
- Suicide is the second leading cause of death among youth ages 10–18.\(^1\)
- About one in thirteen high-school students attempted suicide in the past year.\(^2\)
- Nearly 88,000 youth ages 10–18 were treated in emergency rooms for self-harm injuries in 2011.\(^3,4\)
- Males are more likely to die by suicide\(^1\) and females are more likely to attempt suicide.\(^4\)
- Certain populations (e.g., American Indian/Alaskan Native and sexual minority youth) have increased rates of suicide.\(^5,6\)

Youth involved with the juvenile justice system have increased risk of suicide.
- Suicide is the leading cause of death for youth in confinement.\(^7\)
- Youth in residential facilities have nearly three times the suicide rate of peers in the general population.\(^8\)
- Risk factors for suicide are often more prevalent among youth in the juvenile justice system.\(^9\)
- Studies report that over half of juveniles had current suicidal ideation\(^10\) and one-third had a history of suicidal behavior.\(^11\)

Factors that may increase the risk of suicide among all youth include:\(^11,12,13,14\)
- Mental illness and/or substance use disorder
- History of suicide attempts, self-harm behavior, and/or death by suicide in the family
- Social isolation, relationship problems, or separation from family
- Impulsive, aggressive, or reckless behavior
- History of bullying or being bullied
- Access to lethal means
- History of trauma or child maltreatment

Factors that may increase suicide risk among youth in the justice system include:\(^15,16,17,18\)
- History of mental illness and/or substance use disorder
- Involvement in special education
- Legal/disciplinary problems
- Prior disciplinary action
- Prior offenses
- Referral to juvenile court
- Being placed on room confinement
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部位 immediate 帮助自杀风险是需要包括：
- 所感知危机（例如，过渡司法系统）
- 无常或突然变化在个性，行为，或情绪
- 讲话想要死或自杀一个人
- 表达希望或感觉被困
- 积极获得访问到致命的手段

保护因素，可以减少自杀风险在司法系统包括：
- 易获得有效的精神健康和滥用物质治疗服务
- 问题解决和解决冲突的技巧
- 文化或宗教信仰，抑制自杀
- 连接和支持的家和社区
- 一个好的学校经验
- 缺乏访问到致命的手段
- 防自杀的住宿
- 多个司法和心理健康系统间的合作沟通

What You Can Do to Prevent Juvenile Suicide

- 演示你的信念，自杀可以预防。
- 学习保护因素，风险因素，和自杀的警告标志。
- 实施和评估全面的自杀预防政策，程序，和实践，以针对风险和保护因素在多个水平。
- 提取任何书面，口头，或其他通信自杀认真。如果你认为某人是危险：
  - 不要害怕问某人正在考虑自杀。这个 will not 引发自杀。
  - 坚决。问：
    - 你正在考虑自杀吗？
    - 你正在考虑结束自己的生命吗？
    - 你是否曾经觉得如果自己死了事情会更好？
  - 听取和不要判断任何人你认为正在考虑自杀。
  - 避免表现出震惊，如果一个青少年说他或她正在考虑自杀。
  - 不要发誓保密，或做出承诺你不告诉任何人。
  - 传达任何对一个青少年正在考虑自杀的怀疑的立即告诉精神健康专业人员或上司。
  - 停留与青少年。不要离开自杀的青少年单独，你去寻求帮助。
What Probation Departments Can Do to Prevent Juvenile Suicide

- Develop, implement, and maintain a comprehensive suicide prevention program that includes the following critical components:
  - Routine suicide prevention training for all probation staff
  - Standardized intake screening for suicide risk using a valid and reliable tool for all youth, with suicide risk assessment by a qualified mental health professional administered as necessary
  - Protocol to share information between probation staff and detention/facility staff about a youth’s suicide warning signs and risk/protective factors
  - Protocol for physical safety in probation offices and other spaces where youth meet officers and other staff
  - Protocol for responding to a suicide, suicide attempt, or suicide-related crises in emergency response plans
  - Memoranda of understanding and agreements with mental health providers for emergency referral and treatment
  - Reporting requirements for all incidents of suicide, suicide attempts, or suicide-related crises

Access additional resources for more information.

- American Probation and Parole Association
  - [http://www.appa-net.org](http://www.appa-net.org)
- Centers for Disease Control and Prevention
  - [http://www.cdc.gov/ViolencePrevention/suicide](http://www.cdc.gov/ViolencePrevention/suicide)
- National Center on Institutions and Alternatives, Inc.
- National Suicide Prevention Lifeline
  - [http://www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org); (800) 273-TALK (8255)
- Office of Juvenile Justice and Delinquency Prevention
  - [http://www.ojjdp.gov](http://www.ojjdp.gov)
- Substance Abuse and Mental Health Services Administration
- Suicide Prevention Resource Center
  - [http://www.sprc.org](http://www.sprc.org)
About This Fact Sheet

Need to Know: A Fact Sheet Series on Juvenile Suicide was developed by the Youth in Contact with the Juvenile Justice System Task Force (http://actionallianceforsuicideprevention.org/task-force/juvenilejustice) of the National Action Alliance for Suicide Prevention (http://actionallianceforsuicideprevention.org) (Action Alliance). The task force’s Public Awareness and Education Workgroup developed this series to raise awareness among individuals who work with youth involved with the juvenile justice system, as well as provide practical information on what:

• you need to know about juvenile suicide
• you can do to prevent juvenile suicide
• systems can do to prevent juvenile suicide

This fact sheet is tailored to juvenile probation staff; companion pieces are tailored to juvenile court judges and staff and to juvenile detention and secure care staff.

The Public Awareness and Education Workgroup included the following members and staff:

• Deborah Stone, ScD, MSW, MPH (workgroup lead) – Behavioral Scientist, National Center for Injury Prevention and Control, Centers for Disease Control and Prevention
• Christy Lentz, MSW – Senior Policy Associate, National Association of State Mental Health Program Directors
• Roy Praschil – Director of Operations, National Association of State Mental Health Program Directors
• Steffie Rapp, LCSW-C – Program Manager, Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice
• Kathleen Skowyra – Associate Director, National Center for Mental Health and Juvenile Justice, Policy Research Associates


Action Alliance

Envisioning a nation free from the tragic experience of suicide, the Action Alliance was launched in 2010 by U.S. Department of Health and Human Services Secretary Kathleen Sebelius and former U.S. Department of Defense Secretary Robert Gates. This public-private partnership advances the National Strategy for Suicide Prevention (NSSP) by championing suicide prevention as a national priority, catalyzing efforts to implement high-priority objectives of the NSSP, and cultivating the resources needed to sustain progress.

The Action Alliance established the Youth in Contact with the Juvenile Justice System Task Force to focus attention on the needs of youth in the juvenile justice system. The task force was co-led by:

• Melodee Hanes, JD – Acting Administrator, Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice
• Joseph J. Cocozza, PhD – Director, National Center for Mental Health and Juvenile Justice, Policy Research Associates

The task force comprised four workgroups: Public Awareness and Education; Suicide Research; Suicide Prevention Programming and Training; and Mental Health and Juvenile Justice Systems Collaboration.
References


3. The term “self-harm” includes suicide attempts and non-suicidal self-injuries.


The National Action Alliance for Suicide Prevention is the public-private partnership advancing the National Strategy for Suicide Prevention (NSSP) (http://actionallianceforsuicideprevention.org/NSSP) by championing suicide prevention as a national priority, catalyzing efforts to implement high-priority objectives of the NSSP, and cultivating the resources needed to sustain progress. The Action Alliance envisions a nation free from the tragic experience of suicide. For electronic copies of this paper or for additional information about the Action Alliance and its task forces, please visit http://www.actionallianceforsuicideprevention.org.