

# SUICIDE AND INJURY PREVENTION



## A COMPREHENSIVE APPROACH TO INJURY PREVENTION AND SUICIDE PREVENTION

Suicide and self-harm have been identified as one of the TOP FIVE leading causes of injury in the United States (2014) according to most recent CDC statistics. The other FOUR are unintentional motor vehicles crashes, unintentional falls, interpersonal violence and unintentional poisoning. (Refer to presentation by Jerry Reed, PhD, MSW for additional information.

<http://www.texasuicideprevention.org/wp-content/uploads/2016/08/REED1.pdf>

### RISK AND PROTECTIVE FACTORS

Risk and protective factors vary for each type of injury, but there are some common factors that have been identified:

#### RISK FACTORS

- \* Neighborhood poverty
- \* High density alcohol outlet
- \* Poor behavioral control/impulsiveness
- \* Substance use
- \* Social isolation
- \* Poor parent-child relationships

#### PROTECTIVE FACTORS

- \* Association with pro-social peers
- \* Access to mental health & substance use services
- \* Community support /connectedness
- \* Connectedness with a caring adult
- \* Skills in problem solving, conflict resolution, and nonviolent ways of handling disputes

### PREVENTION STRATEGIES

#### Parent Education

<b>Interpersonal Violence</b>	<ul style="list-style-type: none"><li>* Triple P Positive Parenting Program <a href="http://www.triplep.net">http://www.triplep.net</a></li><li>* Parent-Child Interaction Therapy</li><li>* Training in non-violent problem solving skills</li></ul>
<b>Suicide</b>	<ul style="list-style-type: none"><li>* Triple P Positive Parenting Program <a href="http://www.triplep.net">http://www.triplep.net</a></li><li>* Incredible Years <a href="http://incredibleyears.com/">http://incredibleyears.com/</a></li><li>* Strengthening Families Program <a href="http://www.strengtheningfamiliesprogram.org">http://www.strengtheningfamiliesprogram.org</a></li><li>* Counseling on lethal means (CALM) Project <a href="http://legacy.nreppadmin.net/ViewIntervention.aspx?id=15">http://legacy.nreppadmin.net/ViewIntervention.aspx?id=15</a></li></ul>
<b>Motor Vehicle Accident</b>	<ul style="list-style-type: none"><li>* Safety seat education that is provided by the physicians and other health care professionals in clinical settings</li><li>* Proper installation and use of safety seats and booster seats through hands-on education</li><li>* Parent involvement in teen driving through knowledge of Graduated Driver Licensing regulations (Parents Are the Key to Safe Teen Drivers -- A campaign from the CDC)</li></ul>
<b>Falls</b>	<ul style="list-style-type: none"><li>* Anticipatory guidance from physicians about falls and traumatic brain injuries</li><li>* Social norms campaigns, such as the Children Can't Fly Program <a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1653830/">http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1653830/</a></li></ul>
<b>Poisoning</b>	<ul style="list-style-type: none"><li>* Anticipatory guidance from physicians about safe storage of medications out of reach of children and prompt and appropriate disposal of unused or expired medications to prevent misuse by children and adolescents. <b>Note: Suicide Safer Home App has practice tips. Available at smart phone App store.</b></li></ul>

## PREVENTION STRATEGIES continued

### School-wide Interventions and Supports

<b>Interpersonal Violence</b>	<ul style="list-style-type: none"><li>* Social and emotional learning programs, such as the Good Behavior Game <a href="http://leagacy.nreppadmin.net/Viewintervention.aspx?id=201">http://leagacy.nreppadmin.net/Viewintervention.aspx?id=201</a> and Coaching boys into Men <a href="http://www.coachescorner.org">http://www.coachescorner.org</a></li><li>* School-Wide Positive Behavioral interventions and Supports (PBIS) <a href="https://pbis.org">https://pbis.org</a></li></ul>
<b>Suicide</b>	<ul style="list-style-type: none"><li>* Good Behavior Game <a href="http://www.interventioncentral.org/behavioral-interventions/schoolwide-classroomgmt/good-behavior-game">http://www.interventioncentral.org/behavioral-interventions/schoolwide-classroomgmt/good-behavior-game</a></li><li>* Sources of Strength <a href="http://leagacy.nreppadmin.net/ViewIntervention.aspx?id=248">http://leagacy.nreppadmin.net/ViewIntervention.aspx?id=248</a></li><li>* Linking Education and Awareness of Depression and Suicide (LEADS) for Youth Curriculum</li><li>* Coping and Support Training (CAST) <a href="http://www.sprc.org/resources-programs/cast-coping-and-support-training">http://www.sprc.org/resources-programs/cast-coping-and-support-training</a> Note: See Suicide Safer Schools in Texas, Implementation Manual &amp; Toolkit at <a href="http://TexasSuicidePrevention.org">TexasSuicidePrevention.org</a>.</li></ul>
<b>Motor Vehicle Accident</b>	<ul style="list-style-type: none"><li>* Peer-to-peer educator programs, such as: Teens in the Driver's Seat <a href="http://www.hhs.gov/ash/oah/news/e-updates/eupdate-9.html#">http://www.hhs.gov/ash/oah/news/e-updates/eupdate-9.html#</a></li><li>* Impact Teen Drivers <a href="http://www.impactteendrivers.org/">http://www.impactteendrivers.org/</a></li><li>* Champion Schools Program <a href="http://www.ugotbrains.com/champion-schools">http://www.ugotbrains.com/champion-schools</a></li></ul>
<b>Falls</b>	<ul style="list-style-type: none"><li>* Return to Play Guidelines &amp; Coach Training <a href="http://www.cdc.gov/headsup/highschoolsports/training/">http://www.cdc.gov/headsup/highschoolsports/training/</a></li></ul>

### Distribution and Use of Safety Devices

<b>Suicide</b>	<ul style="list-style-type: none"><li>* Cabinet locks and gun locks (Reducing a Suicidal Person's Access to Lethal Means of Suicide: A Research Agenda <a href="http://www.sciencedirect.com/science/article/pii/S0749379714002475">http://www.sciencedirect.com/science/article/pii/S0749379714002475</a></li><li>* Search "Suicide Safer Homes" at <a href="http://TexasSuicidePrevention.org">TexasSuicidePrevention.org</a> for practical steps to take.</li></ul>
<b>Motor Vehicle Accident</b>	<ul style="list-style-type: none"><li>* Free or reduced cost child safety seats and booster seats combined with proper installation and use of these seats (National Child Safety Seat Distribution Program Evaluation Assesses Training, NHTSA,</li></ul>
<b>Falls</b>	<ul style="list-style-type: none"><li>* Installation of stair guards, Installation of window guards, Use of bicycle helmets</li><li>* Safe playground design, especially installation of protective surfaces and removal of especially dangerous equipment</li></ul>

### Home Visiting

<b>Interpersonal Violence</b>	<ul style="list-style-type: none"><li>* Nurse-Family Partnership <a href="http://www.nursefamilypartnership.org/">http://www.nursefamilypartnership.org/</a> or Parents as Teachers <a href="http://www.parentsasteachers.org/">http://www.parentsasteachers.org/</a></li><li>* CDC's Essentials for Childhood: Steps to Create Safe, Stable, and Nurturing Relationships and Environments for All Children <a href="http://www.cdc.gov/violenceprevention/childmaltreatment/essentials.html">http://www.cdc.gov/violenceprevention/childmaltreatment/essentials.html</a></li></ul>
<b>Suicide</b>	<ul style="list-style-type: none"><li>* Conduct best practice based screening and assessment</li><li>* Encourage best practice based treatment and follow up which addresses the suicidality itself and not just the underlying condition</li><li>* Provide guidance on securing access to lethal means for those at risk for suicide Note: Suggest ASK About Suicide to Save A Life App with information about warning signs and risk factors plus links to Texas local and national crisis lines. Available at smart phone App store.</li></ul>
<b>Motor Vehicle Accident</b>	<ul style="list-style-type: none"><li>* Education, distribution, and installation of child safety seats and booster seats</li><li>* Education about the importance of consistent use of seat belts by older children and teens</li></ul>
<b>Falls</b>	<ul style="list-style-type: none"><li>* Use of home safety checklist to identify and remove fall hazards (American College of Preventative Medicine Childhood Injury Risk Assessment Tool <a href="http://www.acpm.org/page/ChildInjuryRisk">http://www.acpm.org/page/ChildInjuryRisk</a>)</li></ul>
<b>Poisoning</b>	<ul style="list-style-type: none"><li>* Safe storage of household chemical products to keep them out of the reach of children</li><li>* Safe storage of medications out of reach of children and prompt and appropriate disposal of unused or expired medications to prevent misuse by children and adolescents</li></ul>

Adapted with author's permission from presentation made at the Texas Suicide Prevention Symposium 2016 by : Jerry Reed, PhD, MSW, Education Development Center [reed@edc.org](mailto:reed@edc.org). Specific Texas related resources were added by editors. Reed's presentation powerpoint can be accessed at [TexasSuicidePrevention.org](http://TexasSuicidePrevention.org). For more information on injury prevention and suicide prevention in Texas, go to [TexasSuicidePrevention.org](http://TexasSuicidePrevention.org).

Funding for this publication was made possible by the Texas Department of State Health Services grant number 2016-048043-001 and in part by grant number SM61468 from SAMHSA. The views expressed in this publication do not necessarily react the views, opinions or policies of CMHS, SAMHSA, HHSC, or DSHS; nor does mention of trade names, commercial practices, or organizations imply endorsement by the State of Texas, U.S. Government or Mental Health America of Texas.