

STOP Texas SUICIDES

SUICIDE AND INJURY PREVENTION

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. (Source: Jerry Reed, PhD, MSW).

www.texassuicideprevention.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

INTERPERSONAL VIOLENCE

- Triple P Positive Parenting Program
www.triplep.net/glo-en/home/
- Parent-Child Interaction Therapy
- Training in non-violent problem-solving skills

SUICIDE

- Triple P Positive Parenting Program
www.triplep.net/glo-en/home/
- Incredible Years
incredibleyears.com/
- Strengthening Families Program
www.strengtheningfamiliesprogram.org
- Counseling on lethal means (CALM) www.sprc.org/resources-programs/calm-counseling-access-lethal-means

MOTOR VEHICLE ACCIDENT

- Safety seat education that is provided by the physicians and other health care professionals in clinical settings
- Proper installation and use of safety seats and booster seats through hands-on education
- 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)

FALLS

- Anticipatory guidance from physicians about falls and traumatic brain injuries
- Social norms campaigns, such as the Children Can't Fly Program
www.ncbi.nlm.nih.gov/pmc/articles/PMC1653830/

POISONING

- 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

Texas Suicide Prevention Council

TexasSuicidePrevention.org

admin@texassuicideprevention.org

[@StopTXSuicides](https://twitter.com/StopTXSuicides) [bit.ly/2UHgzlc](https://www.youtube.com/channel/UC...)

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PREVENTION STRATEGIES — SCHOOL-WIDE INTERVENTIONS AND SUPPORTS

INTERPERSONAL VIOLENCE

- Social and emotional learning programs, such as the Good Behavior Game leagacy.nreppadmin.net/Viewintervention.aspx?id=201 and Coaching boys into Men www.coachescorner.org
- School-Wide Positive Behavioral interventions and Supports (PBIS) <https://pbis.org>

SUICIDE

- Good Behavior Game www.goodbehaviorgame.org
- Sources of Strength sourcesofstrength.org
- Linking Education and Awareness of Depression and Suicide (LEADS) for Youth Curriculum www.sprc.org/resources-programs/leads-youth-linking-education-and-awareness-depression-and-suicide-0
- Coping and Support Training (CAST) www.sprc.org/resources-programs/cast-coping-and-support-training
- See Suicide Safer Schools in Texas, Implementation Manual & Toolkit at TexasSuicidePrevention.org

MOTOR VEHICLE ACCIDENT

- Peer-to-peer educator programs, such as: Teens in the Driver's Seat www.t-driver.com
- Impact Teen Drivers <http://www.impactteendrivers.org/>

FALLS

- Return to Play Guidelines & Coach Training www.cdc.gov/headsup/highschoolsports/training/

PREVENTION STRATEGIES — DISTRIBUTION AND USE OF SAFETY DEVICES

SUICIDE

- Cabinet locks and gun locks (Reducing a Suicidal Person's Access to Lethal Means of Suicide: A Research Agenda <http://www.sciencedirect.com/science/article/pii/S0749379714002475>)
- The Texas Suicide Safer Homes guidelines http://www.texasuicideprevention.org/wp-content/uploads/2014/11/TexasSuicidePrevention-Suicide_Safer_Home-20141110.pdf
- Counseling on Access to Lethal Means online training <https://training.sprc.org/enrol/index.php?id=20>

MOTOR VEHICLE ACCIDENT

- 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)

FALLS

- Installation of stair guards, Installation of window guards, Use of bicycle helmets
- Safe playground design, especially installation of protective surfaces and removal of especially dangerous equipment

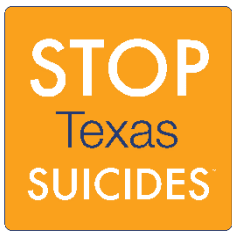
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PREVENTION STRATEGIES — HOME VISITING

INTERPERSONAL VIOLENCE

- Nurse-Family Partnership <http://www.nursefamilypartnership.org/>
- Parents as Teachers <https://parentsasteachers.org>
- CDC’s Essentials for Childhood Framework <https://www.cdc.gov/violenceprevention/childabuseandneglect/essentials.html>

SUICIDE

- Conduct best practice screening and assessment
- Encourage best practice based treatment and follow up which addresses the suicidality itself and not just the underlying condition
- Provide guidance on securing access to lethal means for those at risk for suicide by using the Texas Suicide Safer Homes guidelines http://www.texassuicideprevention.org/wp-content/uploads/2014/11/TexasSuicidePrevention-Suicide_Safer_Home-20141110.pdf

MOTOR VEHICLE ACCIDENT

- Education, distribution, and installation of child safety seats and booster seats
- Education about the importance of consistent use of seat belts by older children and teens

FALLS

- Use of home safety checklist to identify and remove fall hazards (American College of Preventative Medicine Childhood Injury Risk Assessment Tool <http://www.acpm.org/page/ChildInjuryRisk>)

POISONING

- Safe storage of household chemical products to keep them out of the reach of children
- 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



MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline (call or chat):
 SuicidePreventionLifeline.org
 1-800-273-TALK (8255)
 Crisis Text Line: Text HOME to 741741



Crisis Lines - Texas HHSC Helpline
 Dial 211 or call 1-877-541-7905
211texas.org

SAMHSA (Substance Abuse & Mental Health Services Administration)
www.samhsa.gov

NAMI Texas
www.NamiTexas.org

National Institute of Mental Health
www.nimh.nih.gov

Texas Youth Hotline: 1-800-989-6884
 Text: 512-872-5777 / Chat:
www.dfps.state.tx.us/Youth_Hotline/

American Association of Child and Adolescent Psychiatry
www.aacap.org

Texas Suicide Prevention Council
TexasSuicidePrevention.org

American Foundation for Suicide Prevention
afsp.org

The Trevor Project (LGBTQ Youth)
 Call: 1-866-488-7368
www.thetrevorproject.org

Texas Health and Human Services Commission
hhsc.texas.gov

Suicide Prevention Resource Center
www.sprc.org

American Association of Suicidology
www.suicidology.org

This factsheet is provided for information purposes only and is not intended to diagnose, treat or manage any physical or mental health concern. It does not necessarily reflect the views of the Texas Suicide Prevention Council, its contractors, or sponsoring organizations. Please seek medical or mental health advice from a mental health professional. If you or someone you know is in crisis or at risk of suicide, contact 911 or the National Suicide Prevention Lifeline at 1-800-273-8255.