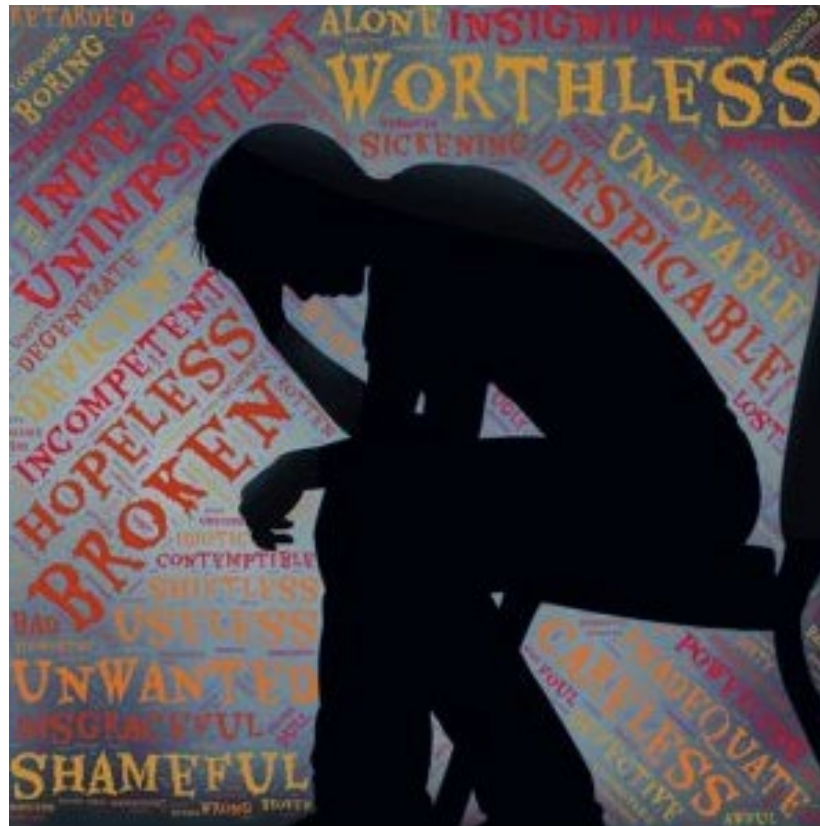


Why Are So Many Children And Teens Experiencing Suicidal Thoughts & Actions?

Helping To Identify & Support Vulnerable Kids.



Dr. Bryan Pearlman

Welcome & Speaker Bio

Dr. Bryan Pearlman is a veteran educator with experience as a teacher and administrator. His expertise is helping all children to succeed, trauma & challenging behaviors. His book ***Whatever It Takes For All Students To Succeed In School And Life*** was released in January 2019.

Bryan has presented to over 15,000 educators in the past two years. He has been a featured speaker at the Missouri Association of Elementary School Principal's conference, Maine Principal's Conference, School Social Worker Association Regional Conference, and as a graduate school adjunct professor.

He is the founder of **Most Valuable Professional Development, LLC** (MostValuablePD.com), co-founder & board member of the non-profit - **Distinguished School of Mental Health & Wellness** (DSMHW.org), and co-owner of the mental health therapy practice – **Dr. Lena Pearlman & Associates** (STLmentalhealth.com).

We are on a mission to positively impact a million kids!



Distinguished School of Mental Health & Wellness



**WHATEVER
IT TAKES!**



For All Students to Succeed
in School and Life

Dr. Bryan Pearlman

Are You On Twitter? If Not, You Really Need To Be! Sign-Up Today.



Twitter:

@drp_principal

(I Follow Back)

Please feel free to tweet today with the hashtag:

#WhateverItTakesForKids

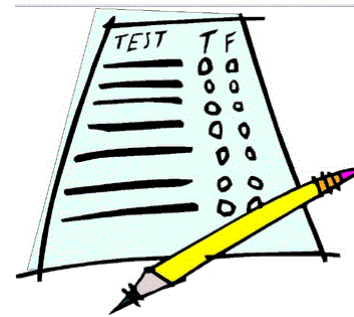
EVERY
KID IS ONE
CARING
ADULT
AWAY
FROM
BEING A
SUCCESS
STORY.

– JOSH SHIPP



Everyone in this
room can save a
child's life!!!

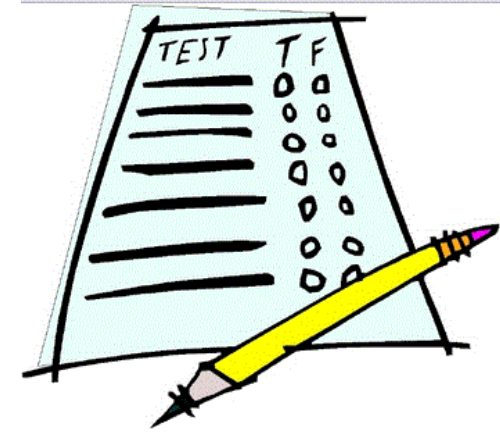
Pre-Test for You



- 1.) Suicide is the 2nd leading cause of death for people age 10-24 (T or F)
- 2.) All talk of suicide needs to be taken seriously (T or F)
- 3.) 90% of people who die by suicide are suffering from one or more psychiatric disorders (T or F)
- 4.) Over half of depressed youth will attempt suicide, and at least 7% will ultimately die as a result (T or F)
- 5.) Asking someone about suicide can put the idea of suicide in their head (T or F)
- 6.) Some behaviors may indicate that a person is at immediate risk for suicide (T or F)
- 7.) The # of youth age 10 & 17 who commit suicide annually has nearly doubled in the past 10 years (T or F)
- 8.) LGBTQ suicide attempt rates are 3-4 times their peers (T or F)
- 9.) In the month before their death by suicide, 50% saw a general practitioner & 30% saw a mental health professional (T or F)
- 10.) Cyberbullying, fear of being left out & sleep deprivation tied to constant smartphone use negatively impact a teen's mental health and well-being (T or F)
- 11.) People who talk about suicide, threaten suicide, or call suicide crisis centers are 30X more likely than average to kill themselves (T or F)
- 12.) Keeping the attention of training participants in the morning is super easy 😊 (T or F)

Pre-Test for You

I hope you passed!



Otherwise, this is the end of the presentation.

Enjoy the rest of the day!



Objectives For Today

- Participants will acquire knowledge, skills, and current research on suicide and suicidal ideation.
- Participants will be able to problem-solve and plan for children and teens that are most at-risk.
- Participants will acquire knowledge about Childhood Trauma & Adverse Childhood Experiences (ACES).



In The News...





"teen suicide"

All

News

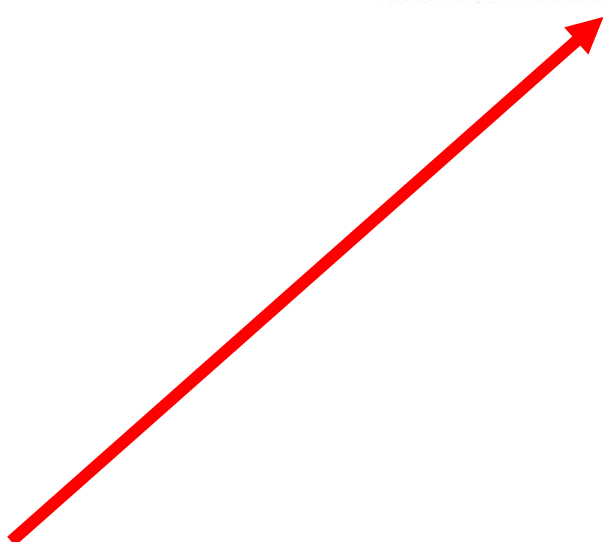
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SELECTED

WSJ wants to hear from you. Take part in this short survey and share your feedback with the Journal. [Take Survey](#)



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152

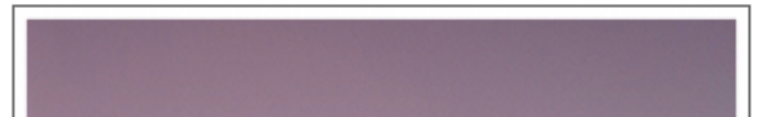
LIFE & STYLE

Youth Suicidal Behavior Is on the Rise, Especially Among Girls

Suicide was the second-leading cause of death among 10- to 24-year-olds in 2016, up from third place in earlier years, according to the CDC

By *Jeanne Whalen*

Updated May 15, 2018 2:21 p.m. ET



U.S. NEWS

Alabama 9-year-old's family says bullying drove her to suicide, officials are investigating

The girl's school district said it is cooperating with the police investigation of the tragedy.



Sonoma County school counselors on alert following Parkland teen suicides



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This is

WELLS
FARGO

On Parenting

Teen suicides are on the rise. Here's what parents can do to slow the trend.



Is an Online University

 Walden University

Teenagers Say Depression and Anxiety Are Major Issues Among Their Peers



A mural in downtown Denver in 2017, sponsored by the California-based health system Kaiser Permanente. Seven in 10 American teenagers said that mental health was a big issue among people their age. RJ Sangosti/The Denver Post, via Getty Images

For a million U.S. men, failing to register for the draft has serious, long-term consequences [Read Story](#)

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DAILY WOW
UP TO 70% OFF

-27%



-39%



-73%



-25%



-65%



-44%



All The Moms

[PARENTING](#)
[MONEY](#)
[HEALTH-SAFETY](#)
[NEWS](#)

The teen suicide rate has more than doubled: Here's how you can help save your child



What's behind the rise in youth suicides?

BY ASHLEY WELCH

NOVEMBER 21, 2017 / 11:42 AM / CBS NEWS

A spate of suicides among unusually young people has made headlines in recent weeks.-

d



Woman in handsy Joe Biden photo says it was taken out of context



Details reveal the moment a teen died taking a daring Yosemite picture



6-year-old from he while ta team pl



NEWS

Missing teen bound for Harvard found dead

By Paulina Dedaj, Fox News

June 15, 2018 | 10:57pm



Haran Kumar

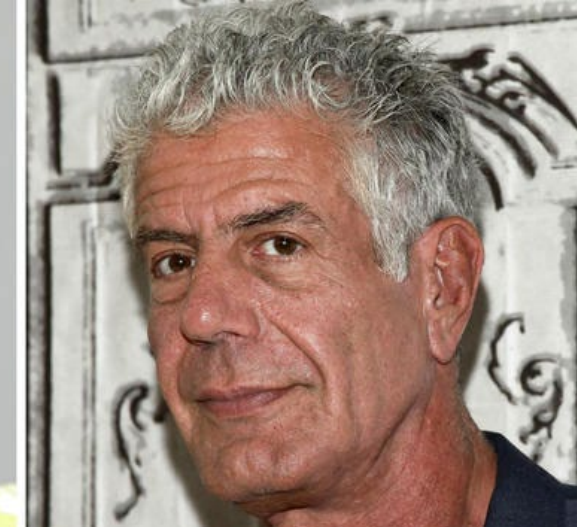
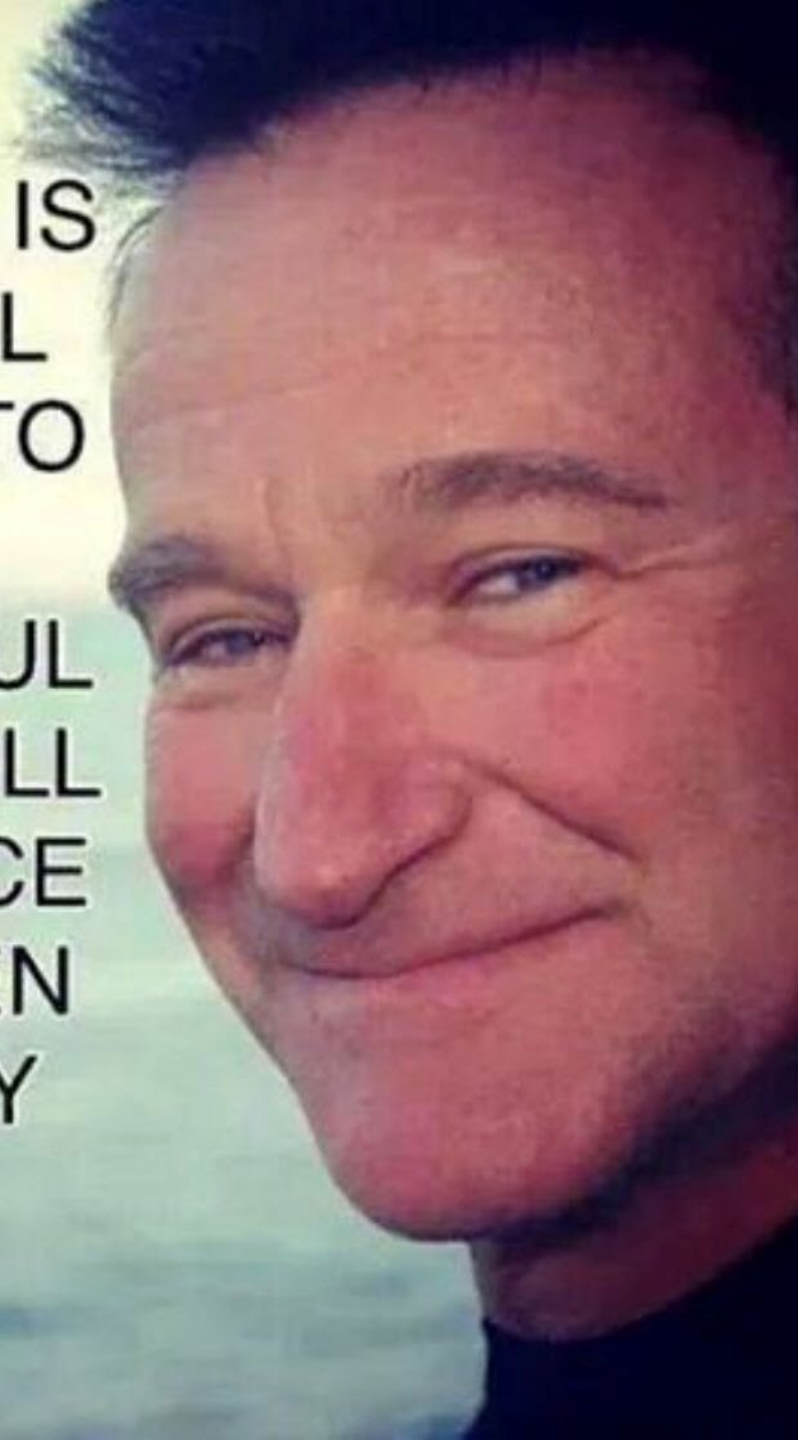
We work to create a world where bullying and cyberbullying no longer exist.

Will you join us and Be the Change?

The Megan Meier Foundation was founded by Tina Meier in 2007 after her daughter Megan took her own life following a cruel cyberbullying hoax by an adult neighbor posing as a fictitious boy on MySpace. Since its inception, MMF has grown into a global bullying and cyberbullying prevention foundation. Through education, prevention, and intervention we work to support and inspire actions to end bullying, cyberbullying, and suicide.



ALL IT TAKES IS
A BEAUTIFUL
FAKE SMILE TO
HIDE AN
INJURED SOUL
AND THEY WILL
NEVER NOTICE
HOW BROKEN
YOU REALLY
ARE.



HOME > MUSIC > MUSIC NEWS

SEPTEMBER 7, 2017 3:39PM ET

Chester Bennington's Widow Shares Family Photo Taken Days Before His Death

"Suicidal thoughts were there, but you'd never know," she captioned the touching image



RollingStone

Subscribe



Why Do People Attempt Suicide...

(Pair & Share)

- 1.)
- 2.)
- 3.)
- 4.)
- 5.)
- 6.)
- 7.)
- 8.)
- 9.)
- 10.)
- 11.)
- 12.)
- 13.)
- 14.)
- 15.)

Why?

Why Do People Attempt Suicide...

- 1.) Mental Illness (Anxiety, Bipolar Disorder, Depression, Schizophrenia...)
- 2.) Traumatic Experience (PTSD, Physical/Sexual Abuse, War...)
- 3.) Bullying
- 4.) Personality Disorder
- 5.) Substance Abuse
- 6.) Eating Disorders
- 7.) Unemployment
- 8.) Social Isolation/Loneliness/Hopelessness
- 9.) Relationship Problems
- 10.) Genetics/Family History
- 11.) Philosophical Desire/Existential Crisis
- 12.) Terminal Illness
- 13.) Chronic Pain
- 14.) Financial Problems
- 15.) Prescription Drugs

Why?

Did You Know?

Psychological autopsy studies done in various countries from over almost 50 years report the same outcomes.

90% of people who die by suicide are suffering from one or more psychiatric disorders:

- Major Depressive Disorder
- Bipolar Disorder, Depressive Phase
- Alcohol or Substance Abuse
- Schizophrenia
- Personality Disorders such as Borderline Personality Disorder

Something To Think About...

“People who've survived suicide attempts have reported wanting not so much to die as to stop living.”
- Dr. Alex Lickerman (Psychology Today)

What does this mean???



Your Thoughts...

What are the causes of the increase in teen/youth suicide rate?





Did you know...

- Suicide cases have been documented in kids [as young as 5 years old](#).
- Earlier this year, research presented at the May 2017 Pediatric Academic Societies Meeting in San Francisco found that the number of children and adolescents admitted to children's hospitals for thoughts of [suicide](#) or [self-harm](#) more than doubled during the last decade.



Emily



We Were Not Prepared!
We Were Lucky!

Emily is an above-average student that has won several attendance and character awards. She generally flew under the radar. She did not seek attention and generally preferred to work by herself. Emily was the definition of a quiet and compliant student.

One day, Emily refused to comply with the teacher's directions, completed no work & generally seemed preoccupied (and out of character). The teacher sent Emily to the counselor to see if she could figure out what was going on. Emily articulated a detailed plan on how she was going to kill herself later that day. The counselor attempted unsuccessfully to reach out to the parents and the other emergency contacts.

As a team, we decided to call for an ambulance so that Emily would get an emergency psychiatric evaluation. While waiting for the ambulance, I tried to talk to Emily. She had her head down and did not respond. I decided to give her a pen and some paper. I let her know that she could draw or write until the ambulance arrived. The paramedics and a police officer walked Emily to the ambulance. The counselor went along with them. I let her know that I would finish the school day and then meet them over at the hospital.

When the day was over, I returned to my office and began to pack up to head to the hospital. I looked across my office and noticed a folded up note on the table. I thought to myself that this was weird. The folded piece of paper had writing on the outside that said "To Dr. P". I unfolded the paper and read the note, "I'm sorry for ruining your day and causing such a big problem today. You probably don't know who I am. I am very sad most of the time and alone. My parents don't get me and every day is pretty much the same. I don't have any friends. I really can't see things getting better in the future. I feel bad and hopeless most of the time. I wonder a lot about whether it is worth being alive at all. Your student, Emily."

I put the note down and started to tear up. I thought about Emily and remembered that she came in third place in our school spelling bee earlier that year, she was the second fastest runner at our annual school run, and I even remembered the power point that she presented in her class last year about pollution. How could there be such a disconnect between what we knew about Emily and how Emily was feeling right now? I sat there puzzled because in my mind she had everything going for her – she was smart, athletic, and very kind. At the same time, she was perhaps hours away from taking her own life before her tenth birthday.

The Child That Acts Out Is Actually Doing You A Favor!



The quiet & compliant child in the 3rd row that is traumatized, struggling, feeling hopeless, has no friends, is isolated at home, and is not on our radar – **is the one that keeps me up at night!**

That child is suffering in silence and may be quietly thinking about taking their own life (right in front of us). **We don't have a minute to waste!**

Did You Know...

Suicidal ideation can occur when a person feels they are no longer able to cope with an overwhelming situation. This could stem from financial problems, death of a loved one, a broken relationship, or a devastating or debilitating illness.

The most common situations or life events that might cause suicidal thoughts are grief, sexual abuse, financial problems, remorse, rejection, a relationship breakup, and unemployment.

***Big Problem For Teens = Very Impulsive ("end of the world" feelings)



Did You Know?

People who talk about suicide, threaten suicide, or call suicide crisis centers are 30 times more likely than average to kill themselves.



What causes adolescents to attempt suicide?

Adolescence is a stressful developmental period filled with major changes — body changes, changes in thoughts, and changes in feelings. Strong feelings of stress, confusion, fear, and uncertainty, as well as pressure to succeed, and the ability to think about things in new ways, influence a teenager's problem-solving and decision making abilities.

For some teenagers, normal developmental changes, when compounded by other events or changes in their families, such as divorce or moving to a new community, changes in friendships, difficulties in school, or other losses, can be very upsetting and can become overwhelming. Problems may appear too difficult or embarrassing to overcome. For some, suicide may seem like a solution.



***Hopelessness* What is hopelessness? What does it look like?**

Common Myths About Suicide

Myth: *Suicide only affects individuals with a mental health condition.*

Fact: Many individuals with mental illness are not affected by suicidal thoughts and not all people who attempt or die by suicide have mental illness. Relationship problems and other life stressors such as criminal/legal matters, persecution, eviction/loss of home, death of a loved one, a devastating or debilitating illness, trauma, sexual abuse, rejection, and recent or impending crises are also associated with suicidal thoughts and attempts.

Myth: *Most suicides happen suddenly without warning.*

Fact: Warning signs—verbally or behaviorally—precede most suicides. Therefore, it's important to learn and understand the warning signs associated with suicide. Many individuals who are suicidal may only show warning signs to those closest to them. These loved ones may not recognize what's going on, which is how it may seem like the suicide was sudden or without warning.

Myth: *People who die by suicide are selfish and take the easy way out.*

Fact: Typically, people do not die by suicide because they do not want to live—people die by suicide because they want to end their suffering. These individuals are suffering so deeply that they feel helpless and hopeless. Individuals who experience suicidal ideations do not do so by choice. They are not simply, “thinking of themselves,” but rather they are going through a very serious mental health symptom due to either mental illness or a difficult life situation.

Myth: *Asking Someone About Suicide, Puts the Idea Into Their Head.*

Fact: Asking someone about suicide is not harmful. There is a common myth that asking someone about suicide can put the idea into their head. This is not true. Several studies examining this concern have demonstrated that asking people about suicidal thoughts and behavior does not induce or increase such thoughts and experiences. In fact, asking someone directly, “Are you thinking of killing yourself,” can be the best way to identify someone at risk for suicide.

Warning Signs – “Is Path Warm”

I *Ideation / threatened or communicated*
S *Substance abuse / excessive or increased?*

P *Purposelessness / no reasons for living*
A *Anxiety / agitation / insomnia*
T *Trapped / feeling no way out*
H *Hopelessness / nothing will ever change*

W *Withdrawal from friends, family, society*
A *Anger (uncontrolled)/ rage / seeking revenge*
R *Recklessness/ risky acts / unthinking*
M *Mood changes (dramatic)*



Keep Your Eyes and Ears Open

(Take These Very Seriously!!!)

Direct clues:

- I wish I was dead
- I'm going to end it all
- I'm going to kill myself

Less Direct clues:

- Life's just too hard
- You'd be better off without me
- What's the point?

Intervention

Three basic steps:

1. Show you care
2. Ask about suicide
3. Get help



Prevention of suicide

Recognition and early intervention of mental and substance abuse disorders is the most effective way to prevent suicide and suicidal behavior. Studies have shown that suicide prevention programs most likely to succeed are those focused on identification and treatment of mental illness and substance abuse, coping with stress, and controlling aggressive behaviors.

According to the American Foundation for Suicide Prevention, it is important to learn the warning signs of teenage suicide in order to prevent an attempt. Maintaining open communication with your teenager and their friends provides an opportunity for helping as needed. If a teen is talking about suicide, he or she must receive an immediate evaluation.



How to communicate with a depressed teen

Depression will not go away on its own. Left untreated, depression can be very damaging and can result in suicidal ideation. If you suspect that your teen is depressed, it's important to open up a dialogue in an honest and non-judgmental way. You want to convey to your teen that you are there to help, no matter the triggers beneath the depression.

- Listen more than you talk**
- Don't minimize**
- Be persistent**
- Trust your instincts**



What About Self-Harming Behaviors? Is This Similar To Suicide?

When someone self-injures, they do not intend to die. Young people who self-injure may do so as a method to cope with stress—hurting themselves is often seen as a way to control their upsetting feelings. Others do so to dissociate from their problems (e.g. to distract themselves from emotional pain). Research suggests that self-injury can activate different chemicals in the brain which relieve emotional turmoil for a short period of time.

- Distinct from suicidal intent, and yet.....
- **Those who self-injure are at higher risk for suicidal behavior**
- **Reasons for Self-Injury are many:**
 - Release of tension and anxiety
 - Physical pain versus emotional pain
 - Euphoria; Brain chemistry
 - Self punishment
 - To affect change in others



What About Mental Health, ACES & Trauma?



Did you know...

The average high school student today has the same level of anxiety as the average psychiatric patient in the early 1950's!

"Teens are much more likely now than they were just five years ago, or seven years ago, to say that they are anxious and depressed and thinking about suicide."

Jean Twenge, a psychologist at San Diego State University



Prevalence of Mental Health Disorders Among Youth¹

FIND
youth
INFO

According to a 2010 report:²

49.5%

of U.S. adolescents met criteria
for mental health disorders.³

• **42%**

of all affected youth also met
criteria for a second disorder.

• **14.3%** met criteria for
MOOD DISORDERS

• **31.9%** met criteria for
ANXIETY DISORDERS

• **19.6%** met criteria for
BEHAVIOR DISORDERS

• **11.4%** met criteria for
SUBSTANCE USE
DISORDERS

Symptoms and Warning Signs

When people first begin to experience symptoms of a mental health condition, they shouldn't be ignored or brushed aside in the hopes that they go away. Like other health conditions, we need to address the symptoms early, identify the underlying disease, and plan an appropriate course of action on a path towards overall health.



Too much sleep or
trouble sleeping



Trouble focusing
or having racing



Changes in
appetite



Isolating yourself
from others or



Irritability or
having a short

ADVERSE CHILDHOOD EXPERIENCES – ACES

What are Adverse Childhood Experiences (ACEs)?
ACEs are potentially traumatic events that occur in a child's life:



Physical
Abuse



Emotional
Abuse



Sexual
Abuse



Domestic
Violence



Parental
Substance Abuse



Mental
Illness



Suicide
or Death

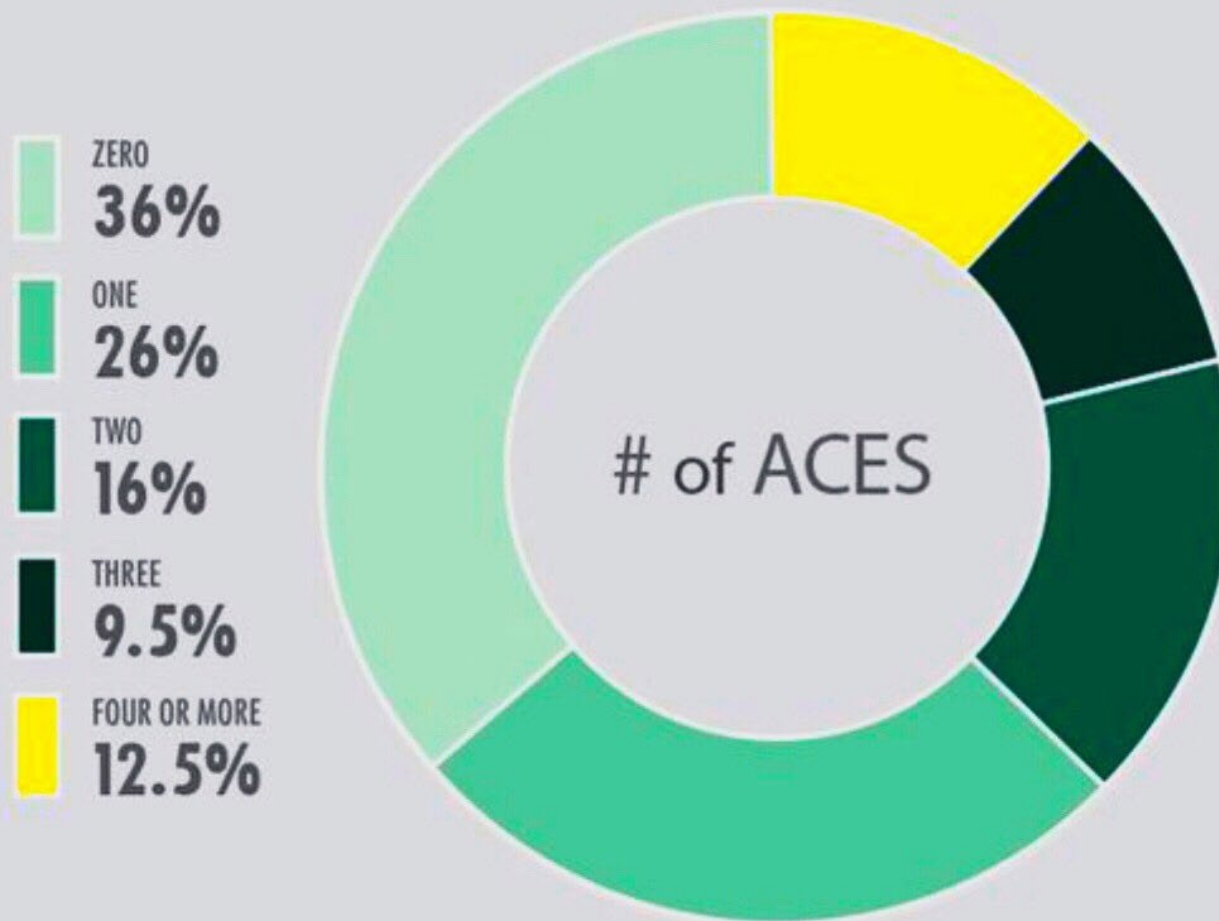


Crime or
Imprisoned Family

Causing lifelong medical, mental & social suffering

How Common are ACES?

ACE Study



CHILDREN RAISED
BY AN ADULT WITH
1 OR MORE ACEs ARE

1000X

MORE LIKELY

TO SUFFER
THEIR OWN
ADVERSE
EXPERIENCES

**CYCLE
OF ADVERSE
CHILDHOOD
EXPERIENCES**
(ACEs)

2/3

ADULT
POPULATION
WITH
**AT LEAST
ONE**
ACE

2X MORE LIKELY TO EXPERIENCE
PHYSICAL HEALTH ISSUES

3X MORE LIKELY TO EXPERIENCE
MENTAL HEALTH ISSUES

87% HAVE EXPERIENCED
MULTIPLE ACEs

WRAP UP

“Suicide represents a worst case failure in mental health care. We must work to make it a ‘never event’ in our programs and systems of care.”

*Dr. Mike Hogan
NY Office of Mental Health*



Most experts agree that a lack of good mental health care is at the core of the suicide problem.

"We have a serious, national problem in terms of adequate recognition of psychiatric illnesses and their treatment. We're missing most of these cases, that's really the bottom line!"

**-John Mann,
psychiatrist and neuro-chemist at Columbia University**



What Can We Do?

- Spread the word & educate about what to look for
(Extremely important = help educate adult caregivers)
- Remove stigma
- Early intervention
- Connect organizations & pool resources

SAVE LIVES!

What else?



NATIONAL

SUICIDE

PREVENTION

LIFELINE

TM

1-800-273-TALK (8255)

suicidepreventionlifeline.org

Questions, Comments, Other



Did I Mention Twitter 😊

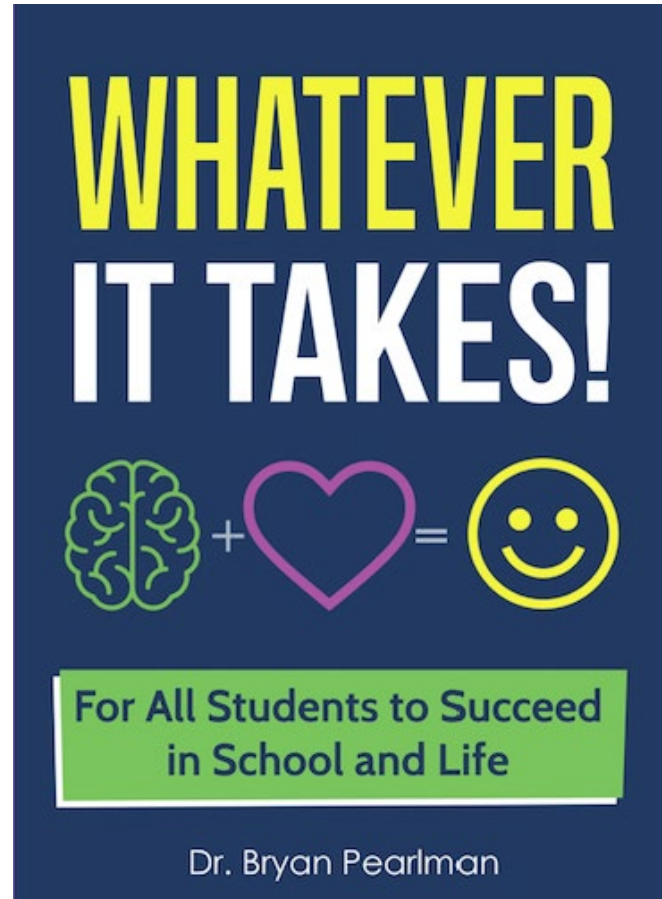


Twitter:
@drp_principal
(I Follow Back)

Please feel free to tweet today with the hashtag:

#WhateverItTakesForKids

Did I Mention My Book?



Available on Amazon.com

100% of the proceeds goes to providing mental health training to school staff.

Thank You For Attending Today!



Please contact me anytime. I'm here to help.

Office: 314-455-4347 Mobile: 314-323-7340

bryan@MostValuablePD.com

Twitter @drp_principal