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- Fostering resiliency
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- Reducing risk
- Preventing suicide

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*A Suicide Prevention Program for School Administrators*

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## RESOURCE SHEET No. 2: Helping Students Who Have Lost a Peer or Sibling to Suicide

### REFERENCES MADE BY PRESENTER DAVID BRENT, M.D. TO WORK THAT CAN INFORM OUR UNDERSTANDING OF HOW TO HELP YOUTH WHO HAVE LOST A PEER OR SIBLING TO SUICIDE

#### RE: Kathy Shear's complicated grief work, attachment theory, and 1 study piloted in youths

M. Katherine Shear, M.D., is Marion E. Kenworthy Professor of Psychiatry Columbia University School of Social Work and Columbia University College of Physicians and Surgeons, New York City; Special Interest: Anxiety disorders and bereavement-related problems

- **AN ATTACHMENT-BASED MODEL OF COMPLICATED GRIEF INCLUDING THE ROLE OF AVOIDANCE**, Eur Arch Psychiatry Clin Neurosci. Author manuscript; available in PMC 2010 January 14.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2806638/>

- **TRAUMATIC GRIEF AMONG ADOLESCENTS EXPOSED TO A PEER'S SUICIDE**, (Am J Psychiatry 2004; 161:1411–1416)

<http://www.google.com/url?sa=t&source=web&cd=3&ved=0CB4QFJAC&url=http%3A%2F%2Fajpp.psychiatryonline.org%2Fcgi%2Fprint%2F161%2F8%2F1411.pdf&rct=j&q=%22M.%20Katherine%20Shear%22%20%2Bbereavement%20filetype%3Apdf&ei=6tzaTKyHPMSIngeEzYn7Ag&usq=AFQjCNFYxzR4gmX0eWomJHFWg0WPS8rLwA&cad=rja>

#### RE: Australian intervention: Impact of an Empowerment-based Parent Education Program on the Reduction of Youth Suicide Risk Factors

- Toumbourour JW, Gregg ME J Adolesc Health 2002; 31 (3): 277-85

<http://www.reachoflouisville.com/kerry/kerry/impact%20of%20an%20empowerment%20based%20parent%20education%20program%20on%20the%20reduction%20of%20youth%20suicide.pdf>

#### RE: CBT (Cognitive Behavioral Therapy)

Check out Association for Behavioral and Cognitive Therapies at [abct.org](http://abct.org)



#### RE: Judy Cohen and Tony Mannarino's work in family-based interventions

- **TREATING TRAUMA AND TRAUMATIC GRIEF IN CHILDREN AND ADOLESCENTS**, Guildford Press, New York, NY, 2006, 248 pp

<http://www.springerlink.com/content/58pp50123028885q/>

- **TREATING TRAUMATIZED CHILDREN: CLINICAL IMPLICATIONS OF THE PSYCHOBIOLOGY OF PTSD**, funded in part by a National Institute for Mental Health Independent Scientist Award (K02 MH01938), Judith A. Cohen, M.D., Principal Investigator.

[www.nctsnct.org/nctsn\\_assets/Articles/28.pdf](http://www.nctsnct.org/nctsn_assets/Articles/28.pdf)

#### RE: Pathologic Internet Use by Teens Linked to Increased Depression Risk

- August 3, 2010 — Young people who are initially free of mental health problems but who use the Internet pathologically are at risk for depression as a consequence of their addictive Internet use, new research suggests. Lawrence Lam, PhD, School of Medicine, Sydney, and the University of Notre Dame, Fremantle, Australia, and colleagues performed a prospective study in which they showed that students who used the Internet pathologically at baseline were 2.3 times as likely to experience depression at 9-month follow-up compared with students who did not exhibit pathologic Internet use.

Lam LT, Pam ZW, Arch Pediatr Adolesc Med 2010; 164 (10):901-6

<http://www.medscape.com/viewarticle/726217>

#### RE: Irwin Sandler's work on parentally bereaved youths

- **SIX-YEAR FOLLOW-UP OF A PREVENTIVE INTERVENTION FOR PARENTALLY BEREAVED YOUTHS, A RANDOMIZED CONTROLLED TRIAL** This study demonstrates efficacy of the Family Bereavement Program at Arizona State University to reduce mental health problems of bereaved youths and their parents 6 years later.

Arch Pediatr Adolesc Med. 2010;164(10):907-914. doi:10.1001/arch-pediatrics.2010.173

<http://archpedi.ama-assn.org/cgi/content/abstract/164/10/907>

## RESOURCE SHEET No. 2 (continued): Helping Students Who Have Lost a Peer or Sibling to Suicide

### QUESTIONS AND COMMENTS SUBMITTED BY WEBINAR ATTENDEES AT THE NOVEMBER 9TH, 2010 WEB EVENT FEATURING DR. DAVID BRENT

#### ■ Do you think teens would be more willing to call a peer counseling hotline since they would talk to another teen?

Caution with peer hotlines, and make sure peers are well trained and don't act as junior counselors, but in a role to connect callers with appropriate services. References a study on a program that has a peer component and is very well thought out. Its main role is to encourage at-risk youth to get help, and not have peer helpers be responsible for those at-risk kids.

NOTE: Check out Sources of Strength ([www.sourcesofstrength.org](http://www.sourcesofstrength.org)) (see right), a new addition to the National Best Practice Registry at SPRC, the Suicide Prevention Resource Center ([www.sprc.org](http://www.sprc.org)), and in Wyman PA et al., Am J Public Health, 2010 100(9):1653-1661.

#### ■ When should that screening take place, 1 month post exposure or longer?

Earlier, and if kids are having difficulty, follow up with those who continue on a fixed trajectory.

#### ■ Does anyone know anything more about suicide TEXTING hotlines? I think it's a great idea, and upon google-ing it, it seems that many people (including adolescents) are interested in reaching out this way when they do not feel up to actually talking.

We are aware of the State of Nevada which is exploring texting aimed at youths. Contact Misty Vaughan Allen, Suicide Prevention Coordinator of Nevada, Office of Suicide Prevention, (775) 443-7843, 445 Apple Street, Ste. 104, Reno, NV 89502, [mvallen@dhs.nv.gov](mailto:mvallen@dhs.nv.gov), [www.suicideprevention.nv.gov](http://www.suicideprevention.nv.gov) for more.

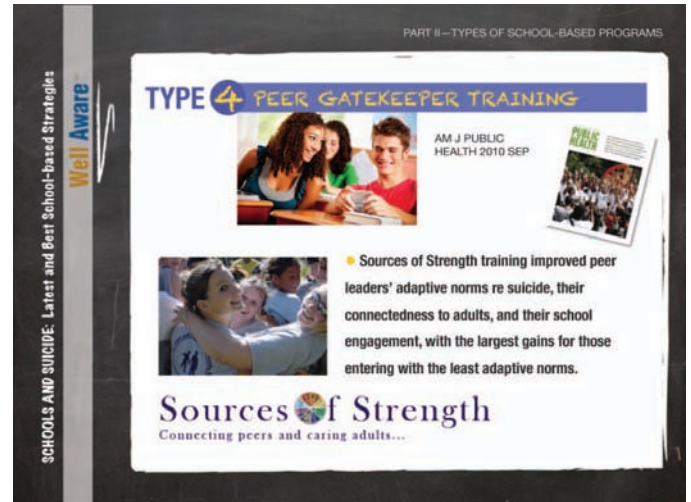
#### ■ How about prevention/resiliency programs in rural areas where resources aren't available for referrals. What is your opinion on whether these types of programs could change the norms...and improve help seeking and codes of silence with the youth around the suicidal student.

FYI, Jeff Linkenbach has done some good work in positive community norms; see his work and more at the website [www.mostofus.org](http://www.mostofus.org). Dr. Linkenbach's Positive Community Norms Model provides a process to guide researchers, practitioners, and community leaders to improve health and safety. MOST of Us was founded in 1998 by Jeff Linkenbach, Ed.D. His organization strives to create meaningful change and improve outcome effectiveness in institutions, organizations and communities through the social norms and Positive Community Norms models.

#### ■ FYI: Facebook also has a safety page you can be a fan of. They also have a way to report suicidal content.

#### ■ FYI: Boys Town also provides online crisis chat at certain times of the week.

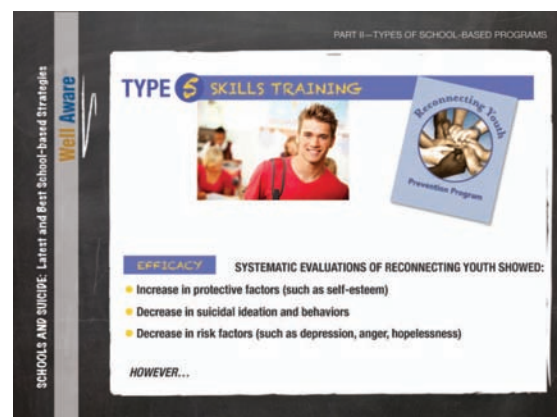
#### ■ FYI: The National Suicide Prevention Lifeline at 1-800-273-TALK has a Face Book page that they closely monitor and provide support online and in chat rooms. See [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).



LEARN MORE ABOUT SOURCES OF STRENGTH, ONE OF THE NEWEST ADDITIONS TO THE NATIONAL BEST PRACTICES REGISTRY, IN THE WELL AWARE WEBINAR FROM SEPTEMBER 29, 2010, AVAILABLE ONLINE AT [WWW.WELLAWARESP.ORG/WEBINARS.PHP](http://WWW.WELLAWARESP.ORG/WEBINARS.PHP).



REACH DR. JEFF LINKENBACH AND HIS POSITIVE COMMUNITY NORMS MODEL AT MOSTOFUS.ORG BY EMAILING HIM AT [JWL@MONTANA.EDU](mailto:jwl@montana.edu).



A POTENTIAL FLAW OF THIS INTERVENTION THAT CAN ELICIT UNTOWARD IATROGENIC EFFECTS CAN OCCUR WHEN GROUPING AT-RISK YOUTH WITH SIMILAR BEHAVIORAL AND/OR EMOTIONAL PROBLEMS, OBSERVES DR. MADELYN GOULD.