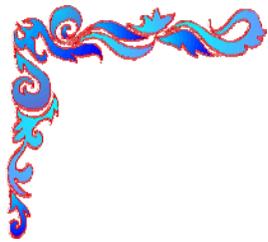


SOUTHERN UTAH

ASK a Question—SAVE a Life Newsletter

Winter 2017



Caring Conversations



The 2014 suicide of Conrad Henri Roy III — coming after he allegedly received disturbing text messages from a friend, 18-year-old Michelle Carter, urging him to act — offers a sobering example of how *not* to respond to someone who is suicidal.

"You can make a difference, especially if you can get somebody to talk about it," said Elsa Ronningstam, a McLean Hospital psychologist, and board member of the American Foundation for Suicide Prevention. "Many completed suicides, people don't talk about it — they just go and do it."

Anyone who takes the time to listen — calmly, sympathetically — can save a life, said Dr. Christine Moutier, the foundation's chief medical officer.

"A suicidal crisis — the actual moment, that period of possibility — is on the order of five minutes to 30

minutes," Moutier said. "If you engage them in conversation, there's a very good chance you're getting them through that period."

First, recognize the signs of suicidal thinking, which can include: behavioral changes that are out of character, such as showing up late or having angry outbursts; increased use of alcohol or drugs; loss of appetite; sleeping too much or too little; withdrawing from family or friends; reckless or aggressive behavior; giving away possessions; and visiting or calling people to say goodbye.

"Some people just feel a very specific sense of calmness, as if they had come to terms with something," Ronningstam said. The signs "can be very very subtle. You may need to know someone quite well." Approach the person in private, Moutier advised. "Say

in a very caring, supportive way, 'I'm bringing this up because I care about you. I've noticed something that caught my attention,' " Moutier said. Instead of asking, "Are you OK?" — likely to get a terse "yes" in response — Moutier recommended open-ended.

Listen for references to feeling hopeless, trapped, or overwhelmed; suffering unbearable pain; or having no reason to live. If the person expresses such feelings, then, you should ask them quite directly, 'Does

that mean you're actually thinking about ending your life?' " If the person denies it, but you're still worried, let him or her know you're available to help. Encourage the person to seek professional help.

"Offer some hope that life can change even if it feels dark today," Ronningstam said.

CONTINUED ON NEXT PAGE

"Offer some hope that life can change even if it feels dark today"



Caring Conversations continued from Page 1

If the person admits to suicidal thinking, make sure he or she is safe. Ask whether there is a method in mind. Separate the person from anything lethal — guns, knives, medications. Urge him or her to contact a mental health therapist or primary care physician.

If the person seems in imminent danger, take him or her to the emergency room or call 911. Help can also be found by calling the National Suicide Prevention Lifeline: 800-273-8255 or visiting the American Foundation for Suicide Prevention website: www.afsp.org.

Specialists recommend against:

- ◆ Reacting with shock or judgments
- ◆ Minimizing the person’s pain
- ◆ Engaging in arguments about the value of life
- ◆ Suggesting ways to fix problems
- ◆ Assuming you can solve the problem without professional help

“Suicide almost always takes place in the context of a mental illness,” usually depression, said Dr. Mark J. Goldblatt, a psychiatrist and past president of the foundation’s New England chapter. “Someone who is clear-thinking can steer them in the right direction, help them get to a doctor or nurse or clergy person. . . .

“Never give up. You can do a lot. You can hang in there. You can show them support.”

Source: Boston Globe Newspaper



In the five southwest Utah counties, 831 people were trained as QPR Gatekeepers in 2016!

BEAVER COUNTY
 Beaver County Sheriff's Office
 Smithfield

GARFIELD COUNTY
 Afterschool Program
 Forest Office
 Garfield County
 Kenny Rays
 Panguitch Fire Dept.

KANE COUNTY
 DCFS
 Kanab High School
 Kane County Youth Coalition
 Kanab Middle School Hope Squad

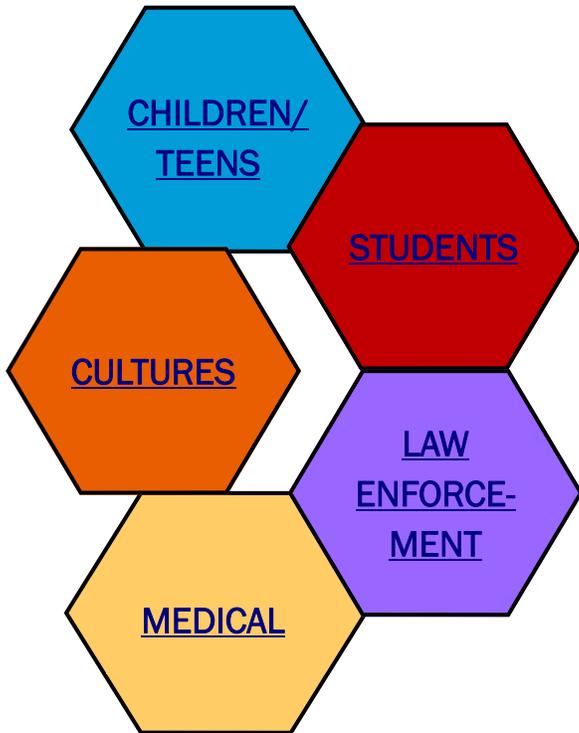
IRON COUNTY
 DCFS
 Deseret Industries
 Gateway Preparatory Academy
 Iron County School District
 Iron County Sheriffs Office
 Southwest Applied Technology College
 Southwest Behavioral Health Center

WASHINGTON COUNTY
 DCFS
 Desert Hills Middle School Students

WASHINGTON COUNTY CONT.
 Desert Solace
 Dixie Montessori Academy
 Dixie State University
 DXATC Medical Assisting Students
 Hurricane Valley Clinic
 Law Enforcement Officers
 Panorama LDS Ward Adults/Youth
 Sand Hollow Rangers
 Southern Utah Deaf & Hard of Hearing
 Southwest Behavioral Health Center
 St. George LDS East Stake
 Washington County Employees

Specialty Suicide Prevention Information

The links below are articles on suicide issues/prevention by individual populations/specialties. Choose your specialty/interest and click on the link to read the article.



Reach4Hope Coalition Videos

The Washington County Reach4Hope Suicide Prevention Coalition has created some excellent videos on suicide prevention that are available to view on the [Southern Utah LIVE](#) website. These videos were recently used by Senator Orrin Hatch in a roundtable discussion he hosted on suicide prevention.

Reach4Hope Videos

	PSA Gun Safety Tue, Nov 15th, 2016 Community		Karen's Story Tue, Oct 25th, 2016 Community
	The Hope Squad Mon, Oct 24th, 2016 Community		Dr. Nygaard Mon, Oct 17th, 2016 Community
	Dr. Paul Staheli Mon, Oct 17th, 2016 Community		Teen Suicide Katlyn Gubler Sun, Oct 9th, 2016 Community
	The Hansen's Story Sun, Oct 9th, 2016 Community		The Rubio's Story Sun, Oct 2nd, 2016 Community
	Michael Cain Clinical Sun, Oct 2nd, 2016 Community		Tina Hender's Story Mon, Sep 26th, 2016 Community
	Taaha Hopkinson Suicide Survivor Sun, Sep 25th, 2016 Community		Suicide and Law Enforcement Mon, Sep 19th, 2016 Community
	Reach 4 Hope Mon, Sep 19th, 2016 Community		



We recently began providing QPR trainings to the Washington County Employees. One of our employees shared this feedback with us and consented to share it in the QPR newsletter.



I just wanted to tell you what a great job the two of you did on the suicide prevention training. It's such a kind of taboo and touchy subject, and you presented it in a very sensitive way. It, of course, was a little hard for me to hold it together, but you were both super.

Nicholle Felshaw & Brandon Ray
QPR Instructors
Washington County Administration

Have you had an experience where QPR has made a difference by assisting someone in getting the help they need? Tell us about it. Send an email with your story to **Mona Griffin** at mgriffin@sbhcutah.org.