

Austin ISD-Prevention and Postvention

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"We're encouraging people to become involved in their own rescue."



Suicide is the most
preventable kind of death,
and almost
**ANY POSITIVE ACTION
MAY SAVE A LIFE!!**



Austin ISD-Suicide Prevention and Postvention

- Why do we need a District-wide Suicide Plan?
- Suicide Prevention-Why, how, who, when?
- Suicide Postvention Plan-Why, how, who, when?
- Who are our partners, collaborators and who manages the implementation and when?



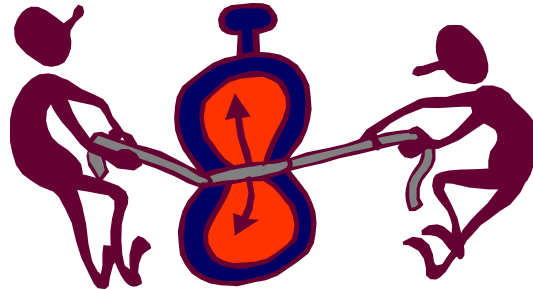
Austin ISD-Suicide Prevention and Postvention

- **There are 1½ times more suicides than homicides with an average of 6 deaths each day by suicide in Texas.**
- **Of the suicides carried out, 90% are related to untreated or under-treated mental illness with the most common factor associated with suicide being depression.**
- **Nearly 20% of the people diagnosed with bipolar disorder and 15% diagnosed with major depression and/or schizophrenia die by suicide.**
- **In Texas, 2,002 residents died by suicide in year 1999, and 2,304 in year 2002, a 10% increase in three years.**



Austin ISD-Suicide Prevention and Postvention

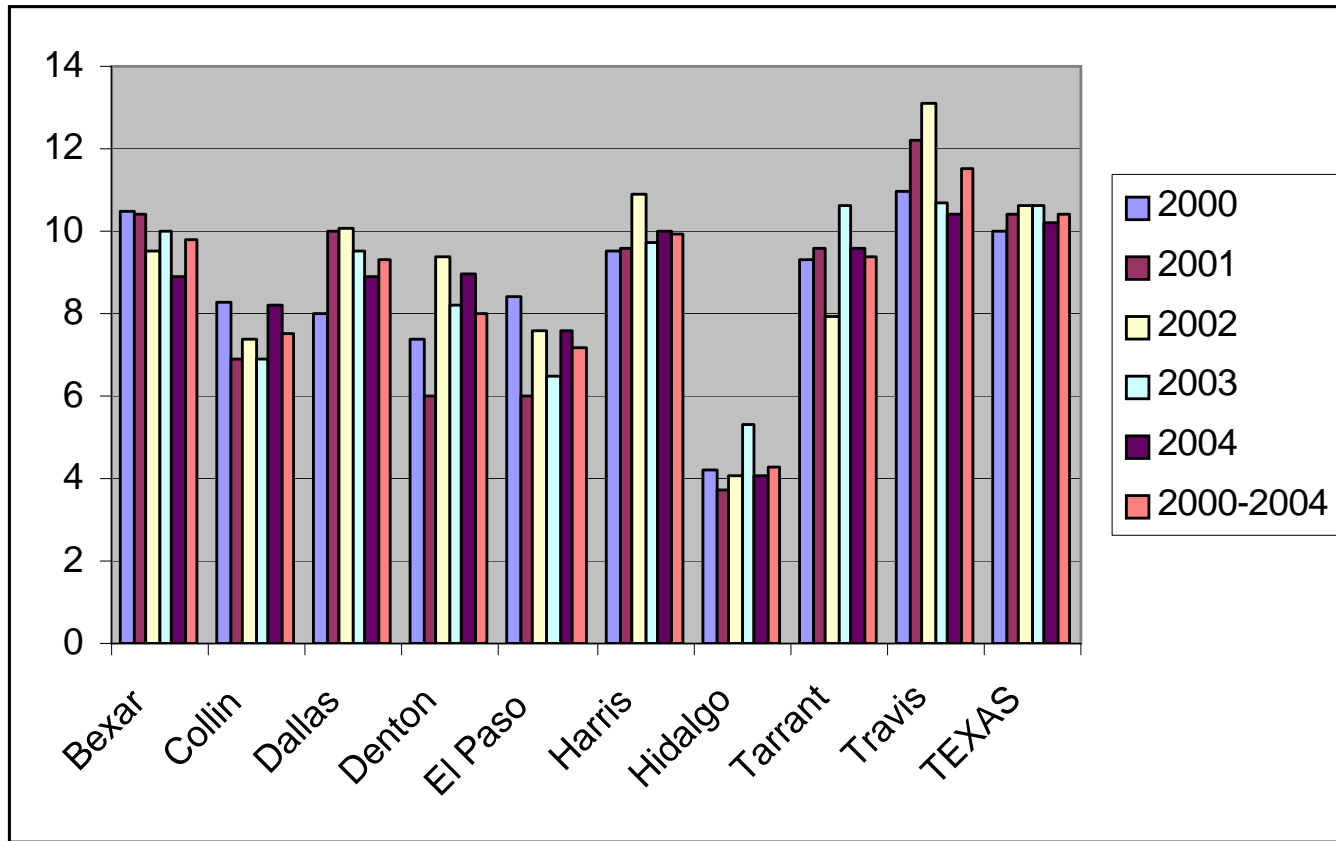
4316 young people
(age 15-24)
complete suicide each year (2004)



at a rate of
one suicide every two hours



Austin ISD-Suicide Prevention and Postvention



Austin ISD-Suicide Prevention and Postvention

DEATHS BY SUICIDE	TRAVIS COUNTY BY Year									
	2000		2001		2002		2003		2000&2001& 2002&2003	
Age	#	Rate	#	Rate	#	Rate	#	Rate	#	Rate
5 to 14	1	@. @	1	@.@	0	@. @	1	@.@	3	@.@
15 to 24	16	10.7	18	12.0	13	8.8	12	8.3	59	10.0
25 to 34	25	15.5	16	9.6	26	15.4	14	8.0	81	12.1
35 to 44	14	10.3	28	20.3	23	16.7	14	10.0	79	14.3
45 to 54	17	17.0	23	21.8	23	21.4	23	20.6	86	20.3
55 to 64	6	12.4	3	@.@	14	25.7	10	16.6	33	15.4
65 to 74	5	16.7	7	23.0	8	26.2	11	35.4	31	25.4
75 and over	5	20.0	6	23.5	3	@. @	7	27.0	21	20.6
All Ages	89	11.1	102	12.8	110	13.6	92	12.2	393	12.5
Footnote	Rates Per 100,000 Rates for "All Ages" are Age Adjusted. Others are age group specific @.@ indicates numerator too small for rate calculation Age Adjustment Uses 2000 Standard Population									



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ANECDOTAL INFORMATION INDICATES THAT AUSTIN/TRAVIS COUNTY HAS HAD MORE YOUTH SUICIDE DEATHS FOR AGES 15-19 (5) IN FOUR MONTHS IN 2007 THAN THE COUNTY SAW FOR THE WHOLE YEAR IN 2005 (4).



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PREVENTION STEPS



Austin ISD-Suicide Prevention and Postvention

2007-08

- 1. Suicide Action Plan approved by General Counsel and Cabinet**
- 2. Suicide Action Plan and QPR training presented to:**
 - ❖ **Counselors and Social workers**
 - ❖ **Nurses**
 - ❖ **Assistant Principals/Administrators**
 - ❖ **SRO (School Reserve Officers on AISD campuses)**
 - ❖ **Parents/Parent organizations**
 - ❖ **PAL summer institute (Peer assistant Leadership)**
- 3. Prevention training with MMHTF and with Community for Protocols**



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2008-09

1. Suicide Action Plan- updated training
2. Partnerships with Community and Protocols training
3. Suicide Prevention Training:
 - Teachers
 - Students
 - Parents
4. Make a Call-Save a Life!! (hotline)



Austin ISD-Suicide Prevention and Postvention

Prevention Training

Sponsored by the:

Texas Youth Suicide Prevention Grant

and

Central Texas Chapter of the
American Foundation for Suicide Prevention

and

Austin/Travis County Suicide Prevention Coalition



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QPR (Question, Persuade, and Refer) Training:

- ★ Increases awareness about suicide
- ★ Common myths
- ★ Common causes
- ★ Key warning signs
- ★ QPR interventions
- ★ Increases self-awareness
- ★ Instills HOPE!



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POSTVENTION PRACTICES



Austin ISD-Suicide Prevention and Postvention

2007-08

- ★ Dr. Frank Zinere, Miami, FL, presented to parents, teachers, and staff members about best practices for prevention and postvention.
- ★ Best practices for postvention given to principals/administrators
- ★ Community partnerships for postvention protocol: funeral directors, nurses, doctors, hospitals, mental health professionals, educators, law enforcement

Given to schools for implementation in 2008-09



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