

The Jason Foundation, Inc.
at Streamwood Hospital

*And our
affiliate*



*“Keeping More than Dreams
Alive...”*



The Jason Foundation, Inc. (JFI) was begun in 1997 after the tragic suicide of our President / CEO's youngest son Jason – age 16. In this short time, JFI has become nationally recognized as a leader in youth suicide awareness and prevention programs. JFI programs are now in use in 47 states and 3 foreign countries. JFI uses education as a tool to create awareness and to provide the tools and resources for identification and support of at-risk youth.




Our National Spokesperson.....



**Phillip
Fulmer**


University of
Tennessee
Head Football
Coach



Ardent was established in 1993 as Behavioral Healthcare Corp. with six behavioral facilities; today it is one of the largest free standing providers of inpatient and outpatient mental health services. Currently, Ardent has 23 facilities in 13 states. Ardent's corporate office is in Nashville, TN.


Our Affiliate.....
Streamwood Hospital – Streamwood,IL

- Provided mental health treatment for the Chicagoland area and State of Illinois since 1991.
- Past five years have focused on the needs of children, adolescents, and families.
- Provides free and confidential 24hr / 7 day assessments
- Includes..Streamwood Behavioral Health Center – Five Facilities in the Chicago area.




What Can You Expect Today?

- Not meant to make you an expert on youth suicide or a crisis counselor.
- We will... help bring an awareness of the problem of youth suicide and suggest ways of helping such "at-risk" youth




f **Our Program is designed to help participants to:**


- Become Aware of the scope and severity of the problem of youth suicide.
- Recognize general "Signs of concern" or "warning signs" of suicidal ideation.
- Recognize certain factors that increase the "at-risk" factor in a youth.
- Learn about community resources that can help in dealing with a possible suicidal situation.




f ***Our Mission.....***
To confront the "Silent Epidemic" of Youth Suicide by equipping young people, educators, counselors, and parents with information, tools, and resources to identify and assist at-risk individuals.




f **Awareness....**
The First Step in confronting the Silent Epidemic of youth suicide.



Youth Suicide...
The “Silent Epidemic”



In 1999....
Dr. David Satcher declared
Suicide a “A National
Health Problem”
..especially within the youth
and elderly.



How Many young
people do we lose Each
Year to Suicide?



**It is projected that
we will lose in
Excess of 5,000
Young People.**



*That means we lose
approximately 100+
young people **EACH**
WEEK in our Nation
to Suicide.*



**In July 2002, NHSDA Report /
SAMHSA and U.S. Dept. Of Health...**

**It was reported that in the year
2000 that over THREE million
youth ages 12-17 were at-risk of
suicide.**

**Of that THREE million, over
ONE million actually attempted
suicide.**



That means.....

In a typical week, there are more than 19,000 suicide attempts nationally!

Almost two attempts *each minute!*



Girls attempt suicide over three times more than boys.....

However, boys complete suicide over three times more than girls.

The reason for difference.....



Choice of means.....

Girls usually use drugs which can provide a “window of opportunity” to intervene.

Boys usually use firearms which are more lethal.



f

Firearms are used in almost 70% of completed suicides.... Since 1980, 90% of the increase in suicide attempts have been through the use of firearms.



f

A recent trend....

Girls are turning to more lethal means at an alarming rate. If continues, the number of completed suicides will rise even at a higher pace.



f

Suicide is the THIRD leading cause of death for youth ages 15-24



*In Ages 10-14.....
We have seen an
alarming 128%
increase in Suicides
since 1980.*



*Suicide is now the
SECOND leading
cause of death for
college age youth.*



*Suicide Rates have
Tripled for our Youth
in the past forty
years.*



f

Did you know?....

More Teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza, and chronic lung disease, COMBINED



f

In Fact...

We have lost more young people to suicide in the past twelve years in our Nation...than the total of American Lives that were lost during the entire Vietnam War! And the casualties of Suicide continue today...



CDC Youth Risk Behavioral Survey 1999

National Report

Grades 9 – 12

Public Schools

f *Question #1*

“Have you felt sad or hopeless almost everyday in a row for two weeks or greater so that it effected your usual activities in the past twelve months?”

Nationally 28.3%
Almost 3 out of every 10 Students

f *Question #2*


“ Have you seriously considered suicide in the past twelve months?”

Nationally 19.3%
Almost 2 out of every 10 students

f *Question #3*

“Have you made a plan on how to commit suicide in the past twelve months?”


Nationally 14.5%
Almost 1 out of every 7 students



f **Question #4**


“Have you attempted suicide one or more times in the past twelve months?”

*Nationally 8.3%
Approximately 1 out of every 12 students.*



f ***That's nationally....***

What about Illinois survey results?



f **Question #1**

“Have you felt sad or hopeless almost everyday for two weeks or greater in a row that it effected your usual activities in the past twelve months?”

*Illinois 25.8% / Chicago 30.2%
Nationally 28.3% Over 1 out of every 4 students*

f **Question #2**

“Have you seriously considered suicide in the past twelve months?”

*Illinois 17.9% / Chicago 14.4%
Nationally 19.3%*

Average - 1 out of 6 students

f **Question #3**

“Have you made a plan on how to commit suicide in the past twelve months?”

*Illinois 14.4% / Chicago 12.3%
Nationally 14.5%*


Statewide 1 out of every 7 students

f **Question #4**

“Have you attempted suicide one or more times in the past twelve months?”


*Illinois 7.1% / Chicago 9.0%
Nationally 8.3%*

Average 1 out of every 13 students



That means.....in Illinois


- Over **1** out of **4** students reported that they had battled the start of depression in the past twelve months.
- Almost **1** out of every **6** students seriously considered suicide.
- **1** out of every **7** students had made a plan to commit suicide in the past twelve months.
- **1** out of every **14** students had attempted suicide in the past twelve months.



In Illinois in 1998...*

- In our youth ages 5 –14, Suicide was the 8th leading cause of death.
- In ages 15 – 24, Suicide was the 3rd leading cause of death

(*) latest figures available



What Can Be Done??

Education Is The Key

To

Prevention

f

*According to American
Psychiatric Association...*

*Four out of Five youth
suicides gave “clear
warning” signs before the
attempt!*

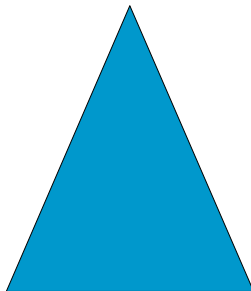
f

That means.....

*In 80% of the suicide
attempts.....we have
an “opportunity” to
recognize the warning
signs and intervene!*

f

Students



Educators

Parents


Triangle of Prevention

f **The Jason Foundation's Programs..**

- **"A Promise for Tomorrow"**
- **Parent Seminars**
- **Teen Seminars**
- **In-Service Training for Teachers**
- **Community Assistance Resource Line - CARL**

f **"A Promise for Tomorrow"**

- A school-based curriculum that provides a 5 classroom program in positive peer support awareness and prevention of youth suicide. It stresses how to help a friend who may be thinking about harming themselves.



f **In-Service for Educators**

A two-hour seminar designed to educate teachers in awareness of youth suicide and provide them with the tools and resources to help identify possible "signs of concern" specifically that exist within a student-teacher relationship. Educators are also provided local resources that are available to help.



Parent Seminars

If parents are not aware of the danger of youth suicide, they do not look for nor would even recognize “signs of concern”. This program helps bring an awareness of the danger while providing practical tools and resources to help a parent identify possible “signs of concern” in their son or daughter. Resources for help are also identified and provided.



Community Assistance Resource Line - C.A.R.L

CARL is a 24hr / 7day resource help line staffed by clinical specialists with a Master’s degree or higher. CARL provides the community with a professional resource to help individuals identify possible suicidal ideation and find what local resources are available to help. CARL is a confidential and free service.




C.A.R.L

The Jason Foundation
@ Streamwood Hospital


1-877-778-CARL

(1-877-778-2275)



f What You Can Do...

- Learn the Signs of Concern
- Get Involved
- ACT
- Goal Alternatives




f

Signs of Concern

- Sometimes listed as "Warning Signs" -

A general listing by The U. S. Surgeon General's Office.



f Warning Signs....

- Suicide Threats
- Previous Suicide Attempts
- Depression
- Out of Character Behavior
- Final Arrangements



Suicide Threats.....

- "I would be better off dead!"
- "You won't have me around much longer to bother you!"
- "I wish I was dead"
- "I am going to Kill myself"...(this is straight forward, but it happens)

Can you think of other examples....



Previous Suicide attempts

- Four out of five completed suicides are not the first attempt by the victim.
- Take even so-called "half-hearted" attempts seriously...these are serious calls for help!
- Never keep an attempt secret from parents / school officials (counselors).



Depression

- In a study conducted by the U.S. Surgeon General's office in 2001, it was reported that One out of Ten teenagers in our nation was considered "Clinically Depressed".
- Many times exhibits itself through "out of character behavior"

f *Out of Character Behavior*

- Abrupt changes in attendance...
- Dwindling academic performance
- Sudden failure to complete assignments
- Lack of interest and withdrawal
- Sudden changes in appearance
- Changed relationships with classmates
- Increased irritability or aggressiveness
- Preoccupation with death and suicide
- Despairing attitude

f *Final Arrangements*

- The giving away of “prized possessions” examples: favorite piece of jewelry or clothing, driver’s license, collection, etc.
- “Making rounds”... the visiting of friends to set things right and say good-bye.
- Sharing of Funeral Plans (primarily by girls to a best friend).

f *Can you think of any other “Signs of Concern” that could signal that a student might be having problems?*



f

It is important to note that these represent a few “general” signs of concern and are not to be considered as a complete listing of suicidal intentions.

When in Doubt...Always seek professional help!



f

Many times these signs of concern can be considered part of the normal growth unless...

- Persist over a long period of time
- Several signs are evident at once
- The Behavior is “out-of-character” for the individual as you know him/her.



f

Basic Rule of Thumb!

If you have any doubt of a young persons intentions or behavior...get **professional** help immediately!

f

Although there is no such thing as a “suicidal type”..the statistics on youth suicide do suggest that there are certain behaviors / characteristics that can alert you to an elevated risk of Suicidal ideation.

f

Elevated Risk Factors..

- Low Self-esteem
- Depressed Teens
- Students in trouble, especially first real trouble
- Abused, molested, or neglected youth
- Abusers of Drugs / Alcohol
- Perfectionists
- Gay and Lesbians
- Learning Disabled youth
- Loners
- Changes in school status

f

“Choices”

As we view this video, see if you can list the “signs of concern” exhibited by Jan and Mark. What were the positive actions and negative actions by others (teachers and students). What would you have done? What could you do now?

f *Project Hug*



f **The Jason Foundation, Inc.**

1-888-881-2323
Corporate Office
or
The Jason Foundation
@ Streamwood Hospital

1-877-778-CARL

www.jasonfoundation.com

f *Faces to Statistics*

JFI'

Memory Quilt

If I could have just One More Day....


A tribute to a few that represent the 100+ Each Week lost to the "Silent Epidemic" of Youth Suicide.

Nick....

■ Age 18


Christopher....

■ Age 14




Robert....

■ Age 14



Jamie.....

■ Age 16



Jennifer....

■ Age 15

Justin...


■ Age 16

Brian.....

• Age 19

BJ....

■ Age 15




Travis....

■ Age 23



Levi.....

■ Age 15



Every One Hour and
Forty-Five minutes..
Another Face is Added.
*Please Help Us Add
One More Day....
and another... and
another...*
