Kiersten’s Ride

How Suicide Prevention Fits: The Big Picture

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THANK YOU for your time, dedication and commitment to creating safety from opioid use.

- Correlation/stigma of Opioid use and suicide
- Identify those who may be having thoughts of suicide
- Additional trainings to better serve those who need help.
Opioid Use & Suicide...

- OUD and suicide have shared risk factors
- People who misused prescription opioids were 40-60% more likely to have thoughts of suicide (even after controlling for other health and psychiatric conditions)
- People with a prescription OUD were twice as likely to attempt suicide as individuals who did not
- People who use opioids are 14 times more likely to die by suicide compared to the general population
- Overdose intent often unknown

Why this matters...

- Stigma can prevent people from seeking treatment
- Stigma can perpetuate negative stereotypes about people, leading to intense feelings of shame, guilt and anger
- Stigma can push people into secrecy

https://cccmedscoalition.org/stigma-reduction/
LET'S BREAK THRU THE STIGMA!

- Be willing to talk openly/honestly/respectfully
- Ask about suicide if you have any concern
- Encourage equality
- Respectful language
- Respect privacy (while not promising secrecy)
- Demonstrate/encourage help seeking behavior

- Be aware of what invitations to suicide might look like
- Connect to appropriate resources
- Find/take suicide prevention/intervention training
**INVITATIONS TO SUICIDE**

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**TALKING ABOUT:**
- Wanting to die
- Great guilt or shame
- Being a burden to others

**FEELING:**
- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

**CHANGING BEHAVIOR, SUCH AS:**
- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items, or making a will
- Taking dangerous risks such as driving extremely fast
- Displaying extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often

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**Life Situations:**
- Opioid Use Disorder
- Abuse
- Rejection
- Loss
- Suicide Experience

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**IF INVITATIONS, THEN ASK ABOUT SUICIDE... CLEARLY AND DIRECTLY!**
ADDITIONAL RESOURCES

- 988 Call or Text; Crisis Text Line 741741; 911
- CMH:
  - North Country CMH (24/7 hotline): (877) 470-4668
  - Northern Lakes CMH (24/7 hotline): (833) 295-0616
  - Northeast Michigan CMH Authority: (989) 356-2161/(800) 968-1964
- https://www.michigan.gov/opioids/find-help
- Northern Michigan Opioid Response Consortium (NMORC)
- Northern Substance Abuse Services (NSAS): (989) 732-1791
- Women’s Resource Center – (231) 347-0082 or (800) 275-1995
- DV National Hotline – (800) 799-7233(SAFE)
- Emergency Shelters:
  - Nehemiah Project (231) 347-0363/(844) 900-0500; Patriot Place (989) 448-2260; Emmanuel House (989) 370-8149
EVIDENCE-BASED TRAINING AVAILABLE

- Yellow Ribbon (Best Practice)
- START
- safeTALK
- ASIST

- [https://kierstensride.org/training/](https://kierstensride.org/training/) to find more available trainings

- Bring training to your workplace, school, church or community! Let us schedule a training for you!
THANK YOU
CONVERSATIONS, EDUCATION AND EMPOWERMENT

BRING HELP AND HOPE, SO LET’S KEEP TALKING… UNTIL THERE IS NOTHING LEFT TO TALK ABOUT.
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Questions?