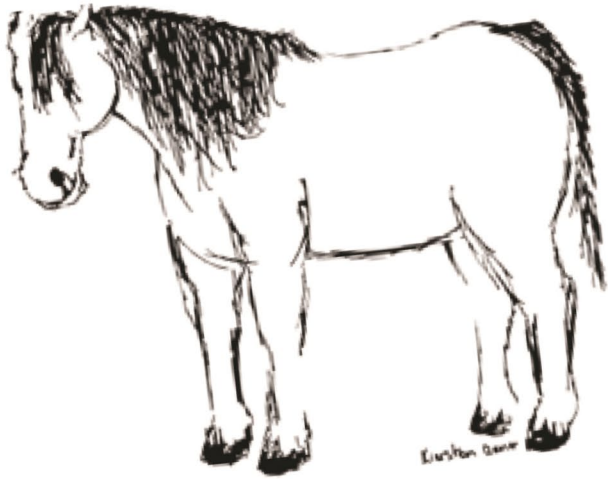


How Suicide Prevention Fits: The Big Picture



Kiersten's Ride

Denise Shea

719-447-5837

KierstensRide@outlook.com

KierstensRide.org

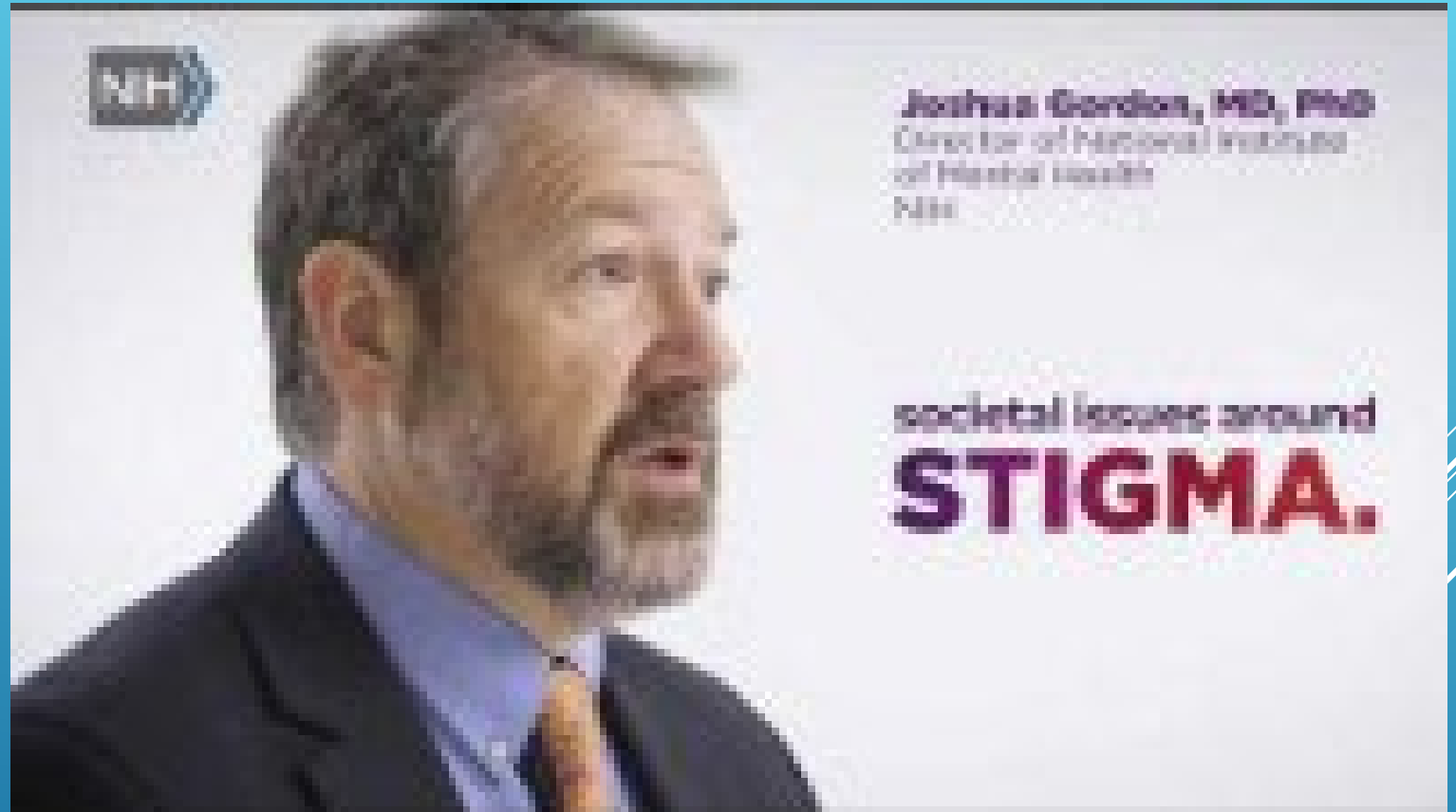
SUICIDE IS A TOPIC WE NEED TO TALK ABOUT...

- ▶ 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

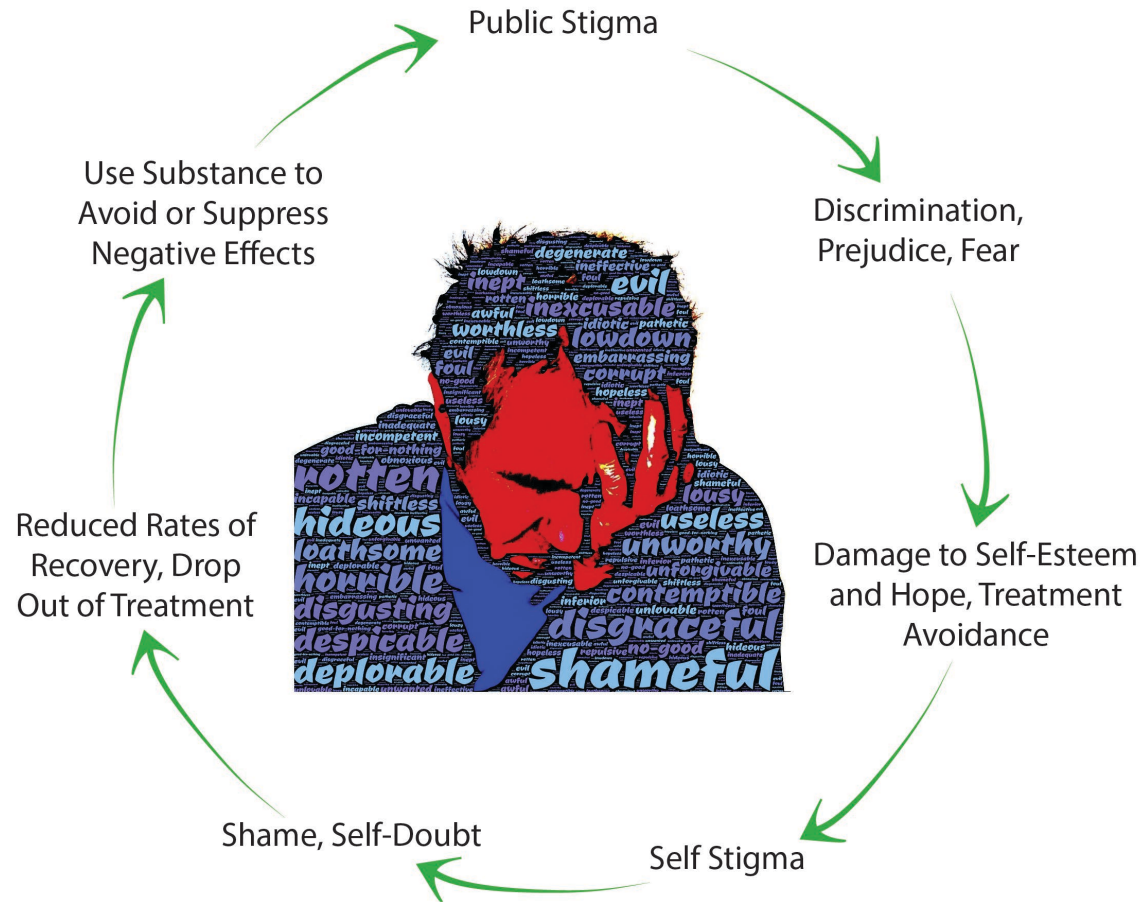
Opioid Use & Suicide...

- 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

<https://www.nimh.nih.gov/about/director/messages/2019/suicide-deaths-are-a-major-component-of-the-opioid-crisis-that-must-be-addressed>



Cycle of Stigma



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

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

Life Situations:

- Opioid Use Disorder
- Abuse
- Rejection
- Loss
- Suicide Experience

****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

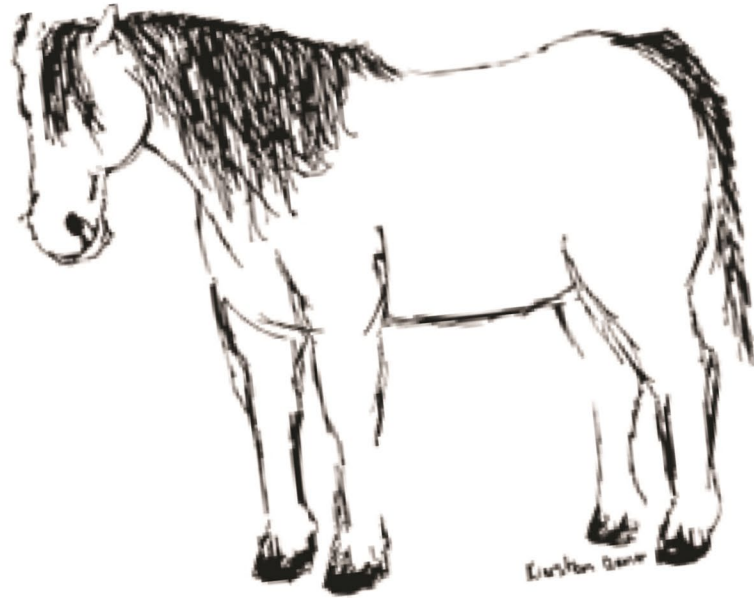
- ▶ Yellow Ribbon (Best Practice)
 - ▶ START
 - ▶ safeTALK
 - ▶ ASIST
-
- <https://kierstensride.org/training/> to find more available trainings
 - Bring training to your workplace, school, church or community! Let us schedule a training for you!



THANK YOU

CONVERSATIONS, EDUCATION AND EMPOWERMENT

BRING HELP AND HOPE, SO LET'S KEEP TALKING... UNTIL THERE IS
NOTHING LEFT TO TALK ABOUT.



Kiersten's Ride

Denise Shea

719-447-5837

KierstensRide@outlook.com

KierstensRide.org

Questions?