

Hood River Prevents

Hood River County Prevention Department

Youth Suicide Warning Signs & Risk Factors

Taken from the September 10-16, 2017 National Suicide Prevention Week Media Kit

A Young Person is at Critical Risk of Suicide if He or She:

- Threatens to hurt or kill him or herself; or talks of wanting to hurt or kill him or herself; and / or
- Looks for ways to kill him or herself by seeking access to firearms, pills, or other means; and / or
- Talks or writes about death, dying or suicide, when these actions are out of the ordinary. If your friend somehow indicates or communicates suicidal thoughts, get help **immediately** from a mental health professional or a professional in a hospital emergency department, or call 9-1-1.

If a youth shows or expresses any of the following behaviors or symptoms, they may signal a suicidal crisis. An evaluation by a mental health professional is essential to rule out the possibility of suicide and / or to initiate appropriate treatment.

Myths about Suicide

MYTH
Suicidal teens overreact to life events

FACT
Problems that may not seem like a big deal to one person, particularly adults, may be causing a great deal of distress for the suicidal teen. We have to remember that perceived crises are just as concerning and predictive of suicidal behavior as actual crises.

Find out more:
www.suicidology.org
www.preventyouthsuicide.org



- Feelings of **Hopelessness**
- **Anxiety**, agitation, trouble sleeping or sleeping all of the time
- Expressions of having no reason for living; no sense of **purpose** in life
- Feelings of being **trapped** - like there's no way out
- Increase **alcohol and/or drug use**
- **Withdrawal** from friends, family, and community
- Rage, uncontrolled **anger**, expressions of wanting or seeking revenge
- **Reckless** behavior or more risky activities, seemingly without thinking

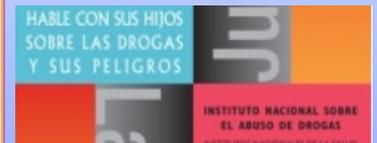
- **Dramatic mood changes**
- **Giving away** prized possessions
Keep in mind events and circumstances that increase risk:
- Having more warning signs. Having more than one warning sign has been associated with greater risk of suicidal behavior.
- Losses and other events — whether anticipated or actual — may serve as triggering events for suicidal behavior.
- Previous suicide attempts. If someone has attempted suicide in the past, he or she is at an increased risk for another attempt or suicide.

Get Help by contacting a mental health professional or calling the **National Suicide Prevention Lifeline** at 1-800-273-TALK (1-800-273-8255). The Lifeline staff can refer you to resources in your community. Lifeline has trained counselors available 24/7. To find support groups outside the U.S., go to **Befrienders Worldwide**.

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Some of our favorite links.



PARENTS.
THE ANTI-DRUG.

GET INVOLVED

ATOD Prevention Coalition:

When: First Wednesday of the month
3:30—5:00pm
Where: China Gorge Restaurant
(2680 Old Columbia River Dr.)
Contact: Belinda Ballah,
541-387-6890

Health Media Clubs (HRMS, Wy'east, HRVHS)

When: HRMS: Mondays
Wy'east: 1st & 3rd Tuesdays
HRVHS: 1st & 3rd Thursdays
Where: HRMS: Conference Rm
Wyeast: Lunch Room
HRVHS: Mr. Judah's Room
Contact: Belinda Ballah,
541-387-6890

Prepare For Peer Pressure Before School Starts

By Ilea Bouse, staff, Prevention & Education Specialist, 541-387-7030 / ilea.bouse@co.hood-river.or.us

It is almost September, where did the summer go? This is the time of year when we all start getting ready for fall. It is a great time to prepare the young people in your life for the upcoming school year. While you take your walks, wade in the water, drive to the store, or just lounge in the shade, pull your kids near and share your thoughts about under age drinking and resisting peer pressure.

In Hood River County, a survey of 8th graders shows the average age alcohol is first used is between 10 and 11 years old.* This means some kids are trying alcohol before they reach Middle School, and are likely sharing this information with their peers.

Would you like your kid to get their first lesson about alcohol from a 10 year old?

The kids in your life need adults to talk to them about underage drinking. The Substance Abuse Men-



FYI

Everyday in the United States, more than 4,750 kids under age 16 have their first full drink of alcohol.

Underage drinking accounts for 11% of all the alcohol consumed in the United States.

Youth who start drinking before the age of 15 are five times more likely to develop alcohol dependence or abuse in their lifetimes than those who begin drinking at age 21 years or later.*

[*https://www.samhsa.gov/underage-drinking-topic/contributing-factors-what-you-can-do](https://www.samhsa.gov/underage-drinking-topic/contributing-factors-what-you-can-do)

“The good news is that parents are the leading influence on kids’ decision not to drink alcohol” Xavier Becerra

tal Health Service Administration (SAMHSA) gives 5 tips for talking to your teen:

1. Show you disapprove of underage drinking.
2. Show you care about your child’s happiness and well being.
3. Show you’re a good source of information about alcohol.
4. Show you’re paying attention and you’ll notice if your child drinks.
5. Build your child’s skills and strategies for avoiding underage drinking.

Keep it low-key. Don’t worry, you don’t have to get everything across in one talk. Many small talks are better. And remember, listening is essential when talking to your kids. Young people need to know you care, so show you care by talking with your kids today!

*Oregon Student Wellness Survey , 2016 data.

Are You Ready To Quit Or Do You Know Someone Who Is Ready?

By Jane Palmer, Smoking Cessation in the Gorge, 541-386-3335 / jane.palmer@co.hood-river.or.us

Quitting cigarette smoking is hard but the benefits are great. Research shows that nearly 70% of adult smokers want to quit. It's also known that it takes anywhere from 7-9 serious quit attempts before many are able to "kick" the habit.

There is no perfect method for quitting. Having the help of others may be just the ticket for a successful quit plan.

Hood River County Prevention Department and North Central Public Health District are pleased to announce a FREE upcoming evidence-based smoking cessation group. Beginning September 7th and running every

Thursday evening from 5:30-6:30 pm, the American Lung Association's *Freedom From Smoking* 7 week small group clinic will be held at The Dalles library, located at 722 Court Street. A trained facilitator will lead this peer support group.



Participants will learn about medications that can increase success, lifestyle changes and preparing for quit day, coping strategies and how to stay smoke-free for good.

If you or someone you know wants to quit smoking and are ready to improve health and the health of family, you owe it to yourself to sign up for this free resource.

To register, call North Central Public Health at 541-506-2600 or Hood River Prevention Department at 541-386-2500 ext. 3. *Space is limited so call now.*

FREEDOM FROM SMOKING CLASS

- ✓ **FREE for the first 10 people who sign up**
- ✓ **Sept. 7- Oct. 19, 5:30-6:30 p.m.**

- ✓ **The Dalles Public Library – 722 Court Street**

Talk To Your Kids About Drugs And Alcohol

By Luz Oropeza, staff, Odell Hispanic Drug Prevention & Health Promotion Coalition, 541-387-7031 / luz.oropeza@co.hood-river.or.us

Warning Signs of a Drinking or Drug Problem

Although the following signs may indicate a problem with alcohol or other drugs, some also reflect normal teenage changes. Experts believe that a drinking problem is more likely if you notice several of these signs at the same time, if they occur suddenly, and if some of them are extreme in nature.

- ◆ Mood changes: irritability and defensiveness
- ◆ School Problems: poor attendance, low grades, and/or recent disciplinary action
- ◆ Rebellion against family rules
- ◆ Friend changes: switching friends
- ◆ A “nothing matters” attitude: sloppy appearance, a lack of involvement in former interests, and general low energy
- ◆ Alcohol or marijuana presence
- ◆ Physical or mental problems: memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech.

If you suspect that your child is using alcohol or marijuana seek help. You are not alone!

Summer is almost over and fall is right around the corner! Which means that parents are getting ready to send their kids off to school again. Going back to school can be a stressful times for students and parents, especially for those students who are transitioning to middle school or high school. It is important to be aware of stressful events like these, because stress has the potential to increase the risk of teen alcohol and drug use. Parents and guardians have a huge impact on their kids. Did you know that parents are the number one reason why kids choose not to drink or use drugs? Below are some helpful tips to help keep your kids alcohol and drug free:

Be a positive adult role model.

- ◆ Stay away from alcohol and marijuana in high-risk situations. For example, don't drive or go boating when you've been drinking or consuming marijuana.
- ◆ Get help if you think you have an alcohol- or drug-related problem.
- ◆ Do not give alcohol or marijuana to your teens. Tell them that any alcohol or marijuana in your home is off limits to them and to their friends.

Work with schools, communities, and government to protect teens from underage alcohol and marijuana use by ensuring that—

- ◆ Schools and the community support and reward young people's decisions not to drink;
 - ◆ Rules about underage drinking or marijuana use are in place at home, at school, and in your community;
 - ◆ Penalties for breaking the rules are well-known. Rules are enforced the same way for everyone;
- #### Support your children and teens and give them space to grow.
- ◆ Be involved in your teens' lives. Be loving and caring.
 - ◆ Encourage your teens' growing independence, but set appropriate limits.
 - ◆ Make is easy for your teens to share information about their lives.
 - ◆ Know where your teens are, what they're doing, who they're with, and who their friends are.
 - ◆ Help your teens get professional help if you're worried about their involvement with alcohol or marijuana.

Stay informed about the harmful effects of underage alcohol and marijuana use.



Talk with your kids early and often about the dangers of underage drinking and marijuana

Source: Office of the Surgeon General. (2007). [The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking: A Guide for Families](#) (PDF 889KB) Rockville, MD: U.S. Department of Health and Human Services.

6 Tips To Protect Your Teen From A Cyber-Bully

Kid Pointz website, <http://www.kidpointz.com/parenting-articles/tweens-teens/bullies-cyber-bullying/view/cyber-bully-tweens-teens/index.html>

Bullying, unfortunately, is nothing new. Most kids, at some point, are going to be the victim of a bully. As scary as bullying can be for teens, it's also worrisome for you as a parent.

And, as if parents don't have enough to worry about, now there's a new bully on the block— called a cyber-bully. This type of bully can do his work from anywhere.

What Exactly Is a Cyber-Bully?

A cyber-bully is someone who harasses others using electronic means. From spreading rumors online, to harassing text messages, or even emailing inappropriate content, the cyber-bully wreaks havoc using a cell phone, computer, or other electronic device.

Ways to Prevent Cyber-Bullying

So, as a parent, what can you do to prevent your child from falling prey to a cyber-bully?

- Make sure your teen keeps all of her passwords private. Passwords shouldn't be given to anyone (other than you, the parent), even best friends.



“... Most kids, at some point, are going to be the victim of a bully ...”

- Tell your teen to keep her communication online positive or neutral. If she is angry at someone, it's best to just let it go. It's important that your teen understands to never send an email or an instant message that may come back to haunt her.
- Place limits on your teen's Internet time as well as her mobile use. Your teen doesn't need to be online all the time. Spending less time online means your teen will be less susceptible to cyber-bullies.
- Talk to your kids about internet safety. Keep the family computer in a common area of the house, and monitor your teen's online use. If your child knows you are monitoring her online activities, she may be more likely to tell you immediately when she is being cyber-bullied. This will give you the opportunity to do something about it as soon as it occurs.

Cyber-bullying has become more common as teens use the Internet to keep in touch with friends and hang out on social networking sites. As a parent, the more you know about this problem and take steps to prevent it, the better chance your teen will have a great experience online.

Basic Guidelines for Cell-phone Use

- ♦ **Primary use is to inform you about a change in plans**
- ♦ **Let your child know you are keeping track of calls**
- ♦ **Teach your child to answer the phone each time you call**
- ♦ **Make sure your child knows who to call in case of an emergency**

H.E.A.L.T.H. Media Clubs Promotes Healthy Youth

By Luz Oropeza, staff, H.E.A.L.T.H. Co-Facilitator, 541-387-7031 / luz.oropeza@co.hood-river.or.us

Summer is almost over and the start of the new school year is imminent. Which means we are getting ready to start our H.E.A.L.T.H Media clubs again. Even though our Club meetings ended at the same time the school year ended, we still kept the kids busy during summer.

The Hood River Valley High School H.E.A.L.T.H. Media Club has been working on a logic model to address the growing issue of marijuana use at the high school as well as alcohol and other drug use. The logic model was first created at the National Youth Leadership Initiative at the CADCA Mid-Year Training Institute last year in Las Vegas.

We have updated it since it fit our current needs.

During the month of July, the kids participated in the Sticker Shock campaign before the 4th of July weekend. The purpose of this activity is to warn the community about the dangers of binge drinking and of driving under the influence.

Also during the month of July, some of the students

from our High School H.E.A.L.T.H. Media Club and our School Resource Deputy, Joel Ives, presented the logic model to the School Board Administration Cabinet in an effort to create an action plan to reduce drug use at HRVHS. The presentation included a proposal to survey parents in order to determine the gaps in awareness of harm of drug use between adults and youth. The survey was successfully conducted at both middle schools where over 600 parents were surveyed. We will use the results to better focus our prevention efforts.

Talk to your child about joining a H.E.A.L.T.H. Media Club. It is a great way to get involved in the community and have fun at the same time!



HRVHS H.E.A.L.T.H. Media Club 2017 sweatshirt

GET INVOLVED

High School Health Media

Club:

When: To be announced

Where: Hood River Valley High School
Mr. Judah Room (1220 Indian Creek)

Contact: Belinda Ballah,
541-387-6890

Middle School Health Media Clubs:

When: HRMS

6, 7, 8th Lunch Periods

Wy'east 2nd & 4th Tuesday
3:45–5:00pm

Where: HRMS Conference Room

Wy'east Middle School Cafeteria

Contact: Belinda Ballah,
541-387-6890

Odell Hispanic Drug Prevention Coalition

When: 3rd Monday of each odd numbered month

12–1:30 pm

Where: Place to be determined

Contact: Luz Oropeza,
541-387-7031



This newsletter was compiled by Hood River County Prevention Department