
Suicide and Violence Prevention Newsletters

2014

2014 June Newsletter

Nova Southeastern University

Follow this and additional works at: <https://nsuworks.nova.edu/suicideprevention>

Office of Suicide and Violence Prevention

Nova Southeastern University

Issue 11, June 2014

Featured:

School Shooters:
Violence Prevention

2

Reaching out on
Social Media

3

How to Assess and
Ensure the Safety
of Your Suicidal
Patients

5

Youth Suicide
Prevention:
Physicians Can
Make the Difference

6

SVP Spotlights

7

SAMHSA Disaster
App

8



Pictured Above: Dr. Douglas Flemons, Dr. Scott Poland, Dr. Shannon Worton, and Stephanie Guedj

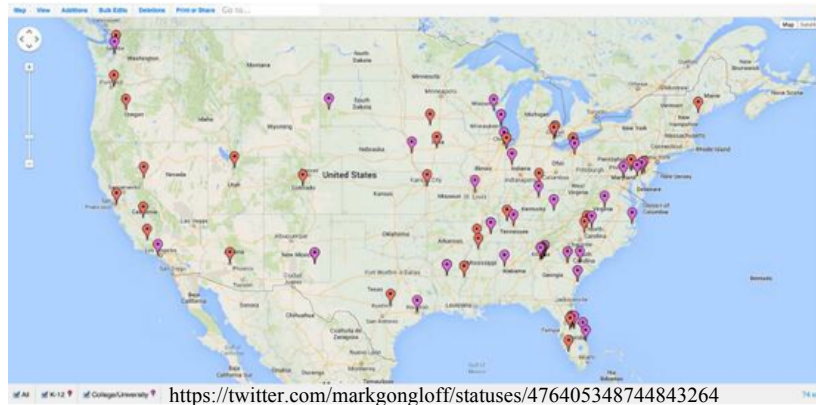
After Sandy Hook:

74 School Shootings and the Need for Violence Prevention

In a recent Twitter post, Mark Gongloff, Editor of *Huffington Post*, visually captured the 74 school shootings that have occurred since the school shooting that took place at Sandy Hook Elementary in Newtown, Connecticut (Beauchamp, 2014). One of the most recent school shootings, occurring at Reynolds High School in Troutdale, Oregon, sparked a response by President Obama, in which he highlighted the need for greater gun control (Peralta, 2014):

“The country has to do some soul searching about this.”

Continued on page 2



(Continued) “School Shooters Usually Not ‘Ordinary Kids,’” written by SVP’s Scott Poland, highlights the need for greater mental health services within the school system, and the need to make said mental health services a priority. According to Dr. Poland:

“If we do not make changes, then our past will determine our future and we will continue to have school shootings.”

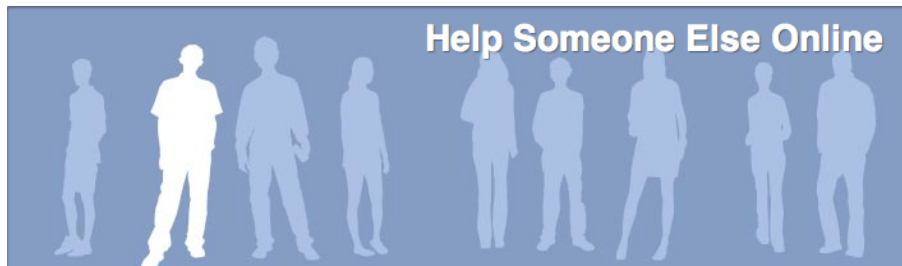
In his article, Dr. Poland works to capture the essence of most school shooters, indicating that they are not “ordinary kids,” and rather, are in need of significant support and care by mental health professionals. He indicates that “many school shooters who plan mass murder do not plan to survive, and suicide is their primary goal.” He also provides insight regarding the motivation for carrying out such acts, which for the great majority of school shooters involves a desire for fame (which the media fulfills through extensive coverage on school shooters) and revenge.

Prevention is key. With school being the place that kids and teens spend the great majority of their time, it is critical to implement prevention efforts within schools and establish mental health services able to reach all students in need. Doing so will likely reduce the frequency with which tragic events occur.

References:

- Beauchamp, Z. (2014, June 15). This map shows every school shooting since Sandy Hook. *Vox*. Retrieved from <http://www.vox.com/2014/6/10/5797306/map-school-shooting-sandy-hook>
- Holt, A. (2014, June 12). To CNN, murders like my son's don't count: An open letter from a parent. *Huffington Post*. Retrieved from http://www.huffingtonpost.com/annette-holt/cnn-school-shooting-stats_b_5489805.html
- Peralta, E. (2014, June 10). Obama: Country needs to do some ‘soul searching’ on gun control. *National Public Radio*. Retrieved from <http://www.npr.org/blogs/thetwo-way/2014/06/10/320755973/obama-country-needs-to-do-some-soul-searching-on-gun-control>
- Poland, S. (2014, June 17). School shooters usually not ‘ordinary kids’. *Miami Herald*. Retrieved from <http://www.miamiherald.com/2014/06/17/4184537/school-shooters-usually-not-ordinary.html>

Reaching Out on Social Media



<https://www.suicidepreventionlifeline.org/gethelp/online.aspx>

Contacting the Lifeline

With the increasing role that social media plays in our lives, it is possible we will come across friends, family, or even strangers, who express thoughts of suicide on their social media sites. The National Suicide Prevention Lifeline encourages anyone who comes across warning signs of suicide to “post a message encouraging them to call the Lifeline.” By contacting 1-800-273-TALK (8255) you can speak to a crisis counselor who can support you in getting help to the individual.

Warning signs for suicide might include:

- ❖ “Writing about wanting to die or to kill oneself.
- ❖ Writing about feeling hopeless or having no reason to live.
- ❖ Writing about feeling trapped or in unbearable pain.
- ❖ Writing about being a burden to others.
- ❖ Writing about seeking revenge.”

Contacting Social Media Sites

You may also contact safety teams at the social media sites directly to report your concerns.

Facebook

Click on the following link “to anonymously report someone as suicidal on Facebook. A member of Facebook’s Safety Team will send the user an e-mail with the Lifeline number and possibly a link to chat with Lifeline counselor.”

<http://www.facebook.com/help/contact/?id=305410456169423>

Twitter

Click on the following link and select “Self-Harm” “to send an e-mail to Twitter reporting a suicidal user. Twitter will send the user a direct message with the Lifeline number.”

<https://support.twitter.com/forms/general>

(Continued)

MySpace

“Click on the ‘Report Abuse’ link that appears at the bottom of every MySpace page and complete the form. MySpace will then send an e-mail to the MySpace user with the Lifeline number.”

YouTube

“To report suicidal content, click on the flag icon under a video and select ‘Harmful Dangerous Acts’ and then ‘Suicide or Self-Injury.’ YouTube will then review the video and may send a message to the user that uploaded the video with the Lifeline number.”

Tumblr

Click on the following link “to write an e-mail to Tumblr about a suicidal user. Include as much information as possible including the URL of the Tumblr blog. A member of Tumblr’s Safety Team will send the user an e-mail with the Lifeline number.”

<http://www.tumblr.com/help>

Instagram

If you are concerned about someone, you can report the content to Instagram. They will review it and “try to reach out to the person to provide them with more information. To report a post for self-harm or suicide:

- Tap (iPhone and Windows Phone) or (Android) below the post
- Tap **Report Inappropriate**
- Select **This photo puts people at risk > Self-harm**”

Reference

National Suicide Prevention Lifeline. *Help someone else online*. Retrieved from

<https://www.suicidepreventionlifeline.org/gethelp/online.aspx>

Request an SVP Presentation!

To date, SVP has provided 278 presentations to various departments of NSU. SVP has presented to over 6100 faculty, staff, and students of NSU. Presentation topics include suicide and violence training, stress management, and test taking anxiety. Request a presentation on the SVP website!

http://nova.edu/suicideprevention/presentation_requests.html

How to Assess and Ensure the Safety of Your Suicidal Patients

by Leonard Gralnik and Douglas Flemons

SVP's Dr. Douglas Flemons, along with Dr. Leonard Gralnik, Assistant Professor of Psychiatry at the Herbert Wertheim College of Medicine at Florida International University in Miami, Florida, co-authored an article published in the *Florida Family Physician* on the important role medical professionals have in



Pictured Above: Dr. Leonard Gralnik; Dr. Douglas Flemons

suicide prevention. As Drs. Flemons and Gralnik point out, suicide is one of the leading causes of death throughout the world. A large percentage (nearly half) of individuals who die by suicide are known to have visited their physician in the 30-days prior to their death. While psychoeducation is often provided to mental health professionals regarding suicide, it is equally helpful (and necessary) to inform physicians of the risk factors and protective factors (i.e., resources) surrounding suicide.

In “How to Assess and Ensure the Safety of Your Suicidal Patients,” Drs. Flemons and Gralnik outline risk and protective factors, discuss the use of assessment to evaluate risk, and outline how to take action when an individual presents with suicidal ideation. The importance of a clinical interview, along with clinical judgment, and the development of a comprehensive safety plan are highlighted.

For more information, and to read Drs. Flemons and Gralnik’s article, visit:

<http://d27vj430nutdmd.cloudfront.net/15643/104375/104375.1.pdf>

Reference:

Gralnik, L. M., & Flemons, D. (2012, Spring). How to assess and ensure the safety of your suicidal patients. *Florida Family Physician*, pp. 12-14.

Youth Suicide Prevention: Physicians Can Make The Difference

Scott Poland, Ed.D.

In his article, "Youth Suicide Prevention: Physicians Can Make The Difference," Dr. Scott Poland discusses how physicians may prevent the occurrence of suicide. Specifically, he addresses these crucial questions:

- **What signs should physicians look for?**
- **What information should physicians consider during an exam, and what questions should they ask?**
- **What steps should be followed if they believe that one of their teenage patients is at risk for suicide?**

Dr. Poland explains that physicians' clinical judgment is key in determining whether a patient is at risk of suicide. Consideration of the patient's risk and protective factors as well as assessing for suicidal ideation, plan, and intent are important steps in making such a determination.

To view Dr. Poland's full article, go to Medscape's website at:

<http://www.medscape.com/viewarticle/588917>

How do you Remember the Warning Signs of Suicide? Here's an Easy-to-Remember Mnemonic:

IS PATH WARM?

I	Ideation
S	Substance Abuse
P	Purposelessness
A	Anxiety
T	Trapped
H	Hopelessness
W	Withdrawal
A	Anger
R	Recklessness
M	Mood Change

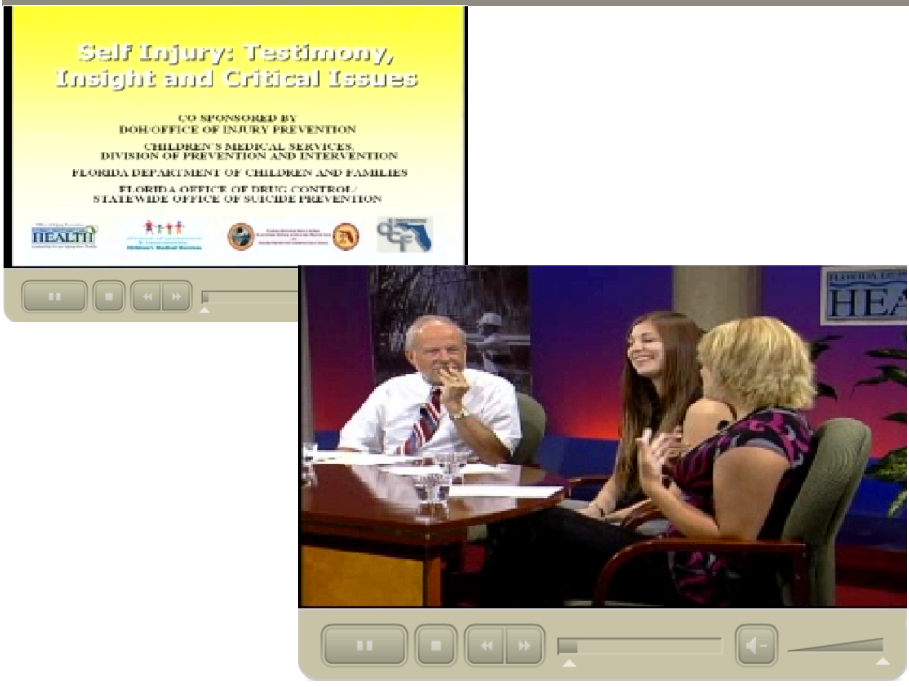
Warning Signs of Acute Risk (for suicidal behavior):

- Threatening to hurt or kill him or herself, or talking of wanting to hurt or kill him/herself
- Looking for ways to kill him/herself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying or suicide, when these actions are out of the ordinary

These might be remembered as expressed or communicated **IDEATION**. If observed, seek help as soon as possible by contacting a mental health professional or calling 1-800-273-TALK (8255) for a referral.

SVP Spotlights

- ❖ Dr. Flemons conducted a 3-hour workshop on "Relational Suicide Assessment" for the Florida Association of Marriage and Family Therapy in Orlando.
- ❖ Dr. Poland provided a keynote session at the Great Lakes Homeland Security Conference in Grand Rapids, MI. His presentation was entitled, "What do we know about school shooters that will help prevent the next school shooting?" Dr. Poland is currently consulting with the Fairfax County VA schools in response to a suicide cluster.
- ❖ Dr. Flemons gave a 3-hour workshop entitled "May the Pattern be with You," at the Texas Association of Marriage and Family Therapy in Houston, TX. He spoke about the systemic (relational) underpinnings of his approach to suicide assessment, hypnosis, brief therapy, and sex therapy.



SVP Webpage Spotlight

The NSU Suicide and Violence Prevention website provides a variety of training materials for colleges across the nation and abroad. Among the resources available are several training videos, including a comprehensive educational video depicting SVP’s Dr. Poland, along with three others, provide education and information on self-injury. The self-injury assessment video, which is ideal for mental health professionals, highlights the incidence and factors in self-injury, the relationship between self-injury and suicide, school’s role in intervention and developing policy, and legal issues. Insights from those who have struggled with self-injury will also be explored. The self-injury video can be found by going to the SVP webpage (www.nova.edu/suicideprevention) and clicking on the following links:

Training Videos → Training Videos for NSU *OR* Training Videos for All Colleges → Self-Injury: Testimony, Insight and Critical Issues

Visit the Suicide and Violence Prevention’s webpage at:

www.nova.edu/suicideprevention

SAMHSA Disaster App

In December 2013, the Substance Abuse and Mental Health Services Administration (SAMHSA) released its new mobile application, the SAMHSA Disaster App. The app was developed to assist disaster responders with helping people in need. Users can access disaster-related behavioral health resources for any type of disaster, including a list of nearby treatment facilities and evidence-based resources. The Disaster App includes several navigation options for any phase of an emergency, including “Prepare To Deploy,” “On the-Ground-Assistance,” and “Postdeployment Guide.” It also allows its users to easily share content with colleagues and survivors via text messages and emails, and transfer documents to a computer for printing. The Disaster App is available for free in the iTunes App Store, Google play, and BlackBerry App World.



For more information on the SAMSHA Disaster App, visit:

<http://store.samhsa.gov/apps/disaster/?from=carousel&>

SVP Spotlights (continued)

- ❖ Dr. Flemons offered a workshop in April on "Relational Suicide Assessment" at the annual conference of the American Association of Suicidology in Los Angeles, CA.
- ❖ Dr. Poland conducted a workshop on legal issues for schools and suicide with Dr. Jim Mazza from University of Washington?
- ❖ Coming soon!
National Suicide Prevention Week will be September 8th through September 14th. Look out for events hosted by SVP to raise awareness for suicide prevention.

National Suicide Prevention Lifelines

1-800-SUICIDE

– Or –

1-800-273-TALK (8255)

Mobile Crisis Response Teams

Broward:

Henderson: 954-463-0911

Palm Beach:

North: 561-383-5777 South: 561-637-2102

Miami-Dade:

Miami Behavioral: 305-774-3627



Henderson

Student Counseling Services

What should every student know?

Students can participate in up to 10 sessions per year
FOR FREE!

The counseling relationship is strictly confidential!

An on-call counselor is available after hours in times of
crisis.

Just call **(954) 424-6911** to make an appointment!

Hours of Operation

Monday..... 9:00 am - 5:00 pm
 Tuesday..... 9:00 am - 8:00 pm
 Wednesday..... 9:00 am - 8:00 pm
 Thursday9:00 am - 5:00 pm
 Friday9:00 am - 5:00 pm

Suicide Prevention Resources

Suicide Prevention Resource Center

www.sprc.org

Suicide Awareness Voices of Education

www.save.org

The Depression Center

www.depressioncenter.net

Yellow Ribbon International

www.yellowribbon.org

Florida Suicide Prevention Coalition

www.floridasuicideprevention.org

National Center for Injury Prevention and Control

www.cdc.gov/ncipc/dvp/suicide

National Mental Health Information Center

<http://mentalhealth.samhsa.gov/suicideprevention/>

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

Nova's Counselor in Residence



Meet...

MICHAEL PUSATERI

Supporter
 Motivator
 Mentor
 Resource

**NSU Counselor
 in Residence**

**Goodwin Residence Hall,
 Room 209B**

To schedule an appointment, please call **(954) 262-8911**
 or email mp1268@nova.edu.

Student counseling service also available through
 Henderson Student Counseling Center 24/7 by
 calling **(954) 424-6911**.



NOVA SOUTHEASTERN
UNIVERSITY
Office of Residential Life and Housing
Division of Student Affairs