

Suicide and Violence Prevention Newsletters

2014

2014 September Newsletter

Nova Southeastern University

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Office of Suicide and Violence Prevention

Nova Southeastern University

Issue 11, September 2014

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Pictured above from left to right: Douglas Flemons, Ph.D., Stephanie Guedj, M.S., Courtney Cantrell, Psy.D., Dean Karen Grosby, Ed.D, Scott Poland, Ed.D.

Dr. Scott Poland in the Miami Herald:

Provides Commentary on the Death of Actor, Robin Williams

When Academy Award-winning actor, Robin Williams, died by suicide on August 11, 2014, the media was quick to cover the dramatic details of his untimely death. Such news stories can be insensitive for the families involved as well as promote copycat suicides. Responsible reporting of Robin Williams' death should focus more on raising awareness about depression and suicide, rather than sensationalizing the death of a celebrity. A news story published in the Miami Herald offers a pointed discussion on Williams' death, depression, and risk factors of suicide. SVP's co-director, Dr. Scott Poland, provided commentary for the news story.

Continued on page 3.



Robin Williams

1951 – 2014

We are deeply saddened by the passing of Robin Williams. He inspired us through his passion, his generosity, and the gift of laughter. He will be greatly missed.

A Chance to Reach Out in a Time of Loss

The tragic loss of actor Robin Williams, a brilliantly funny man, loved by many, has sparked massive media and news coverage. As Robin Williams has touched so many of our lives, we are confronted with the unique, albeit unfortunate, opportunity to touch the lives of the thousands of others who are at risk for depression and suicide. In 2011, someone died by suicide every 13.3 minutes, with a total of 39,518 individuals who died by suicide in that year (American Foundation for Suicide Prevention).

With the loss of such a well-known star to suicide, it is important to bring awareness to the phenomenon of suicide clusters. There are two types of suicide clusters. The term “point cluster” is typically used when there have been numerous suicides confined to a specific geographical location. It has been well documented in the literature that adolescents, who are prone to imitation, are particularly vulnerable with regard to point clusters. The Office of Suicide and Violence Prevention (SVP) at Nova Southeastern University (NSU) has responded to number point clusters in an attempt to help those affected to grieve and process the loss, and to educate community members on suicide prevention.

Particularly relevant given the loss of Robin Williams is the notion of “media clusters,” referring to an increase in suicide rates following exposure to suicide via media coverage. Coverage of suicide by the media has the potential to influence the lives of the millions of individuals who live in our country. With that, it is important to approach the coverage of Robin Williams’ death in a sensitive manner. Coverage should focus almost exclusively on the warning signs of depression and suicide. Local resources, including suicide prevention organizations, can serve as consultants to provide this information. National resources, including the American Foundation for Suicide Prevention, can also be used to obtain information and statistics, prevention resources, and ways to get involved. Additionally, SVP’s website, www.nova.edu/suicideprevention, provides a variety of resources, including training videos on suicide prevention and suicide assessment, a quarterly newsletter with the newest information relevant to suicide prevention, and links to additional resources.

Robin Williams touched our lives in many ways. Now it’s our turn to follow in his footsteps and touch the lives of so many others though bringing awareness to the risk factors of suicide, and connecting those at risk to support.

By Shannon Worton, Psy.D. & Scott Poland, Ed.D.

Dr. Poland in the Miami Herald



Continued from front page. Below is an excerpt from the news article in which Dr. Poland is quoted:

Scott Poland, a professor and co-director of the Suicide and Violence Prevention office at Nova Southeastern University in Fort Lauderdale, said that there are typical behavioral clues before someone commits suicide: loss of energy, lack of interest, feelings of hopelessness, poor concentration and changes in sleep and appetite.

"If somebody says, 'My family would be better off without me,' it's a big warning sign," Poland said. "We need to pay particular attention when someone's made a suicide attempt, even if it's minimal."

To read the full article, "Robin Williams' death focuses attention on depression," click the link here:

<http://www.miamiherald.com/2014/08/12/4286194/robin-williams-death-focuses-attention.html>

SVP Proudly Presents its New Post-Doctoral Staff Member, Courtney Cantrell, Psy.D.



Courtney Cantrell, Psy.D. is a recent graduate from Nova Southeastern University's clinical psychology program. She is currently completing her post-doctoral residency with both the Suicide and Violence Prevention Office and School-related Psychological Assessment and Clinical Interventions clinic. Her previous experience includes, pre-doctoral internship at Broward Health Medical Center and multiple clinical experiences including student counseling, community mental health, psychoeducational evaluations, and geriatric neuropsychological evaluations. She has co-authored a chapter in the book *Rural Mental Health*, entitled *Suicide in rural areas: Risk factors and prevention*. Dr. Cantrell has significant involvement in teaching at local colleges and lecturing at various national conferences.

Suicide Prevention Week at NSU

The American Foundation for Suicide Prevention (AFSP) announced in June that the Center for Disease Control (CDC) released the 2011 suicide statistics. The results showed an increase in suicide rates from 12.1 per 100,000 deaths to 12.3 making 2011 the fifth year in a row that an increase occurred. Consistent with previous years, the report indicted that men are dying from suicide four times more often than women, and it newly found that suicide rates for youth 15 to 24 were on the rise, increasing from 10.5 to 10.9. The report did show optimism in the decrease of suicide rates among the elderly and the Native American/Alaskan Native ethnic group, who was found to have the second highest rate of suicide. With suicide rates ascending for the fifth year in a row and the increase in the teenage and young adult group, it is easy to understand why suicide is considered a national health issue that continues to be addressed today even here on our own campus.



Pictured above, Grace Carricarte, Executive Director at the Ganley Foundation.

September 8th through the 12th was National Suicide Prevention Week. SVP, along with the student organization, Students for Prevention, Intervention, and Response to

NSPIRE held their first meeting for the semester on September 4th, and have planned for several guest speaking events throughout the year, including a talk by SVP's Dr. Flemons.

SVP hosted a presentation by Grace Carricarte, a representative from the Ganley Foundation on September 8th. The Ganley Foundation is a non-profit organization that was founded in memory of Jimmy Ganley who died by suicide at 22 years of age. Their mission is to promote mental health through education of depression and to reduce the stigma of mental illness in society. Raising awareness, educating others, and communicating about these health issues are the gatekeepers to change. Let's keep talking!

For more information about the Ganley Foundation, visit their website at www.ganleyfoundation.org.

For information about AFSP, as well as links to their available resources, visit their website at <http://www.afsp.org/>

By Leah Taylor, B.A.

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

SVP Spotlights

Dr. Scott Poland was interviewed for an article on Suicide Prevention Week, and was published online in Healthline News. Below is an excerpt of the article, “World Suicide Prevention Day: We Need to Talk About it.” To read the full news article, visit Healthline News’ website,

<http://www.healthline.com/health-news/world-suicide-prevention-week-090914#1>.

When Is a Moody Teen at Risk for Suicide?

Those young people are of particular concern to Scott Poland, Ed.D., a professor at Nova Southeastern University’s (NSU) Center for Psychological Studies in Fort Lauderdale, Florida. He is also co-director of NSU’s suicide and violence prevention office, and has led national crisis teams following numerous school shootings and suicides.

Identifying an at-risk student can be challenging, according to Poland. “We have difficulty trying to figure out what is teenage depression from what we might call moodiness, irritability, things that teenagers just go through,” he explained.

Dr. Poland was also interviewed for an article published online in the Cape Coral Daily Breeze. The news article in which Dr. Poland is quoted, “Guest opinion—Preventing School Shootings: Mental health treatment needed at school,” is available online at <https://www.cape-coral-daily-breeze.com/page/content.detail/id/540054/Guest-opinion--Preventing-school-shootings--Mental-health-treatment-needed-at-school.html?nav=5008>.

Dr. Poland also had an op-ed published in the Miami Herald, “School shooters usually not ‘ordinary kids.’” To read the full article, visit <http://www.miamiherald.com/2014/06/17/4184537/school-shooters-usually-not-ordinary.html>.

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.

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