

Welcome!

Without using words, please
draw/color with supplies
provided what is at the top
of your paper.

Hint: **Don't** look at your
neighbors drawing.

Teaching About Depression and Suicide Gracefully and Meaningfully

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Art as Communication



Depression and Suicide



- Suicide - the 3rd leading cause of death in 10-19 yr olds
- In 90% of cases, a mental disorder is at the root.
- What are the signs and symptoms of depression?
- Children and teens, present uniquely!

Criteria for Major Depression DSM IV TR

5 or more present during same 2 week period and are a change – also must have either # 1 or #2

1. Depressed mood most of the day, nearly every day
2. Decreased interest or pleasure in activities
3. Weight/appetite change
4. Insomnia/hypersomnia
5. Psychomotor agitation or retardation
6. Fatigue or loss of energy
7. Feeling worthless or guilty
8. Indecisive, difficulty concentrating
9. Recurrent thoughts of death, recurrent suicidal ideation, suicide attempt

Remember...

AMBIVALENCE

Worth

Catching them upstream!



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Paper Dolls of Support – A safety net activity

1. Fold paper in half lengthwise vertically (fold will then be on left).
2. Fold from bottom to top (fold will then be on top and left).
3. Fold bottom left corner to right side.
4. Turn paper 180 degrees so the point is now up. The paper is open on bottom and left side (in part).
5. Draw outline of self making sure to extend arms out to edge. Feet only need to reach the fold at the bottom, but do not extend feet to the very bottom of paper.
6. Cut around the silhouette making sure NOT to cut up the hands. Cut everywhere else.
7. Tell students NOT to open the document.
8. Tell students to put their own name on the top doll.
9. Flip over to label the next with favorite and most-trusted person.
10. Continue carefully opening and labeling with people who would be supportive. Suggestions include friends, family, teachers, clergy, coaches, therapists, counselors, etc.
11. Open carefully.
12. Take time to discuss the importance of this support circle!
13. Read the Goose Story. Relate to the paper dolls. Listen to Mayer song. Relate to dolls & geese.
14. Encourage students to keep the dolls either secured with a paperclip in a special place and open and use as needed.

The Heart of Life
is good and so are
Geese.

John Mayer – The Heart of Life from Continuum CD



You can help. . . .

Intervention

- **Three Basic Steps**
 1. **Show you care**
 2. **Ask about suicide**
 3. **Get help**
(AFSP)



Myths versus facts...

- **MYTH:**

Asking a depressed person about suicide will push him/her to complete suicide.

- **FACT:**

Studies have shown that patients with depression have these ideas and talking about them does not increase the risk of them taking their own life.

Let's talk about why we are NOT talking about it!

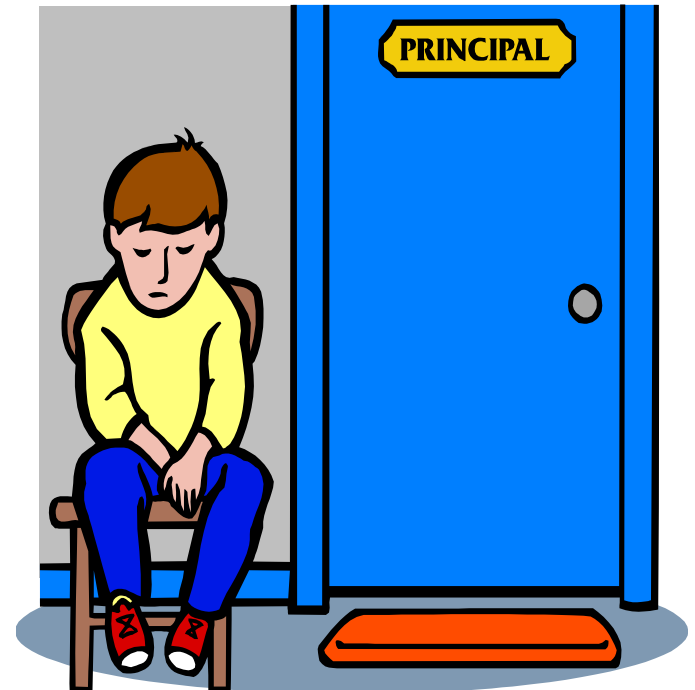
- Poor listening
- Too self-absorbed
- Fear
- Denial
- Discomfort
- Uncertainty
- Aversion

Poetry and Song – They Create



Communication: Assertiveness and Support

St 3,4,7



Assertiveness Training

1. Examples of communication styles
 1. Passive, assertive, aggressive
 2. Verbal, non-verbal
2. Problem defined & meeting arranged
3. Students practice writing problem *and* assertive statement
4. Assertive statement includes 3 “I”s.
5. Group share
6. Role play and evaluation of some.

Please consider...

- A Counselor
- A guest speaker

BLIND TOSS

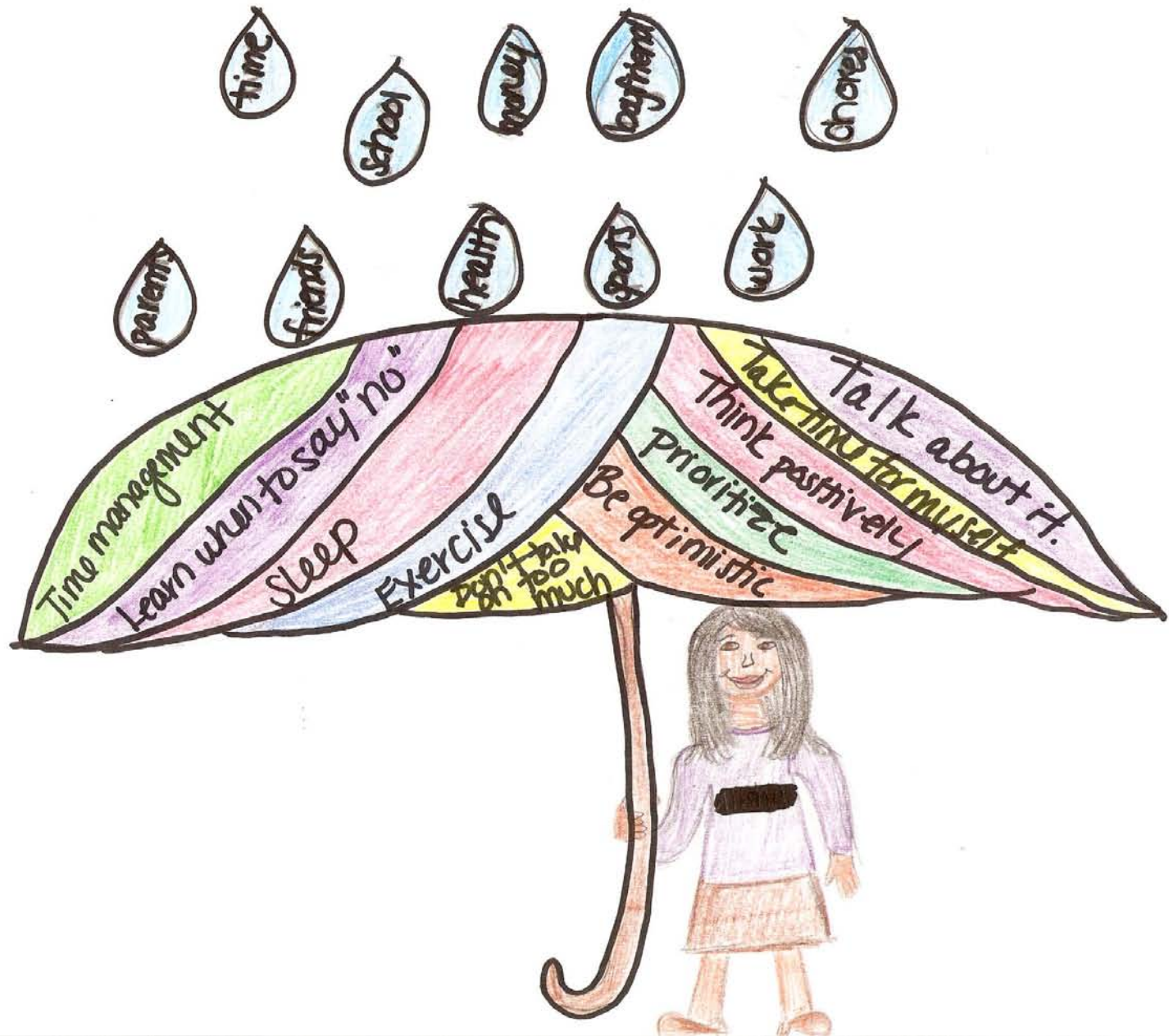


Blind toss instructions

- Disclaimer
- Write idea/problem
- Crumple, close, toss and retrieve
- Open, read silently and respond in writing
- Crumple, close, toss and retrieve
- Open, read silently and share

Drawing A Stress Management Plan: The students will...

1. Use a journal and/or list they wrote
2. Learn, develop & practice techniques
 - Hint: Refer to a brochure *they* created
3. Make decisions
4. Develop a plan / set goals
5. Create it
6. Follow-up / evaluate



Stress Management Drawing - Scoring Rubric

	Eagle	Par	Bogie
Elements	<p>10 stressors clear. Ten strategies clear. You in protected/powerful manner. Unique and effective idea.</p> <p style="text-align: center;">6-7 points</p>	<p>10 stressors clear. Ten strategies clear. You in protected/powerful manner.</p> <p style="text-align: center;">5 points</p>	<p>Elements missing or unclear. Ineffective idea.</p> <p style="text-align: center;">Up to 4 points</p>
Presentation	<p>Extra effort and/or creativity beyond par.</p> <p style="text-align: center;">6-7 points</p>	<p>Colorful, and appealing, and inviting to view. Message was clear. Neat.</p> <p style="text-align: center;">5 points</p>	<p>Drawn in pencil or one to two colors and/or message not clear, and/or not neat.</p> <p style="text-align: center;">Up to 4 points</p>
Reflection	<p>Detailed and clear connections. Nine to ten tactics were preventative, proactive, restructuring and assertive.</p> <p style="text-align: center;">11-12 points</p>	<p>7-8 tactics were preventative, restructuring, and assertive. Clear and effective connections made.</p> <p style="text-align: center;">10 points</p>	<p>Disconnection between stress and strategy and/or 6 or less strategies were not proactive.</p> <p style="text-align: center;">Up to 5 points</p>

Caution

Discuss with students and staff that often a child is immortalized post-suicide.

Evidence of this is memorials boasting about the child's goodness, talents, personality, etc. Some fellow students may find this memorial admirable and choose to reach similar post-mortem status through copy-cat behavior. Be careful about these memorials for this reason.

Risk Factors

Psychiatric Disorders: 90% of people who die by suicide have one or more psychiatric disorders.

- **Most *common* psychiatric risk factor resulting in suicide**

- **Depression***

- Major Depression
 - Bipolar Depression
 - Alcohol abuse and dependence
 - Drug abuse and dependence
 - Schizophrenia

*Especially when combined with alcohol and drug abuse

- **Other psychiatric risk factors with potential to result in suicide
(*account for significantly fewer suicides than Depression*)**

- Post Traumatic Stress Disorder (PTSD)
 - Eating disorders

Warning Signs

- **Observable signs of serious depression**
 - Unrelenting low mood
 - Pessimism
 - Hopelessness
 - Desperation
 - Anxiety, psychic pain, inner tension
 - Withdrawal
 - Sleep problems
- **Increased alcohol and/or other drug use**
- **Recent impulsiveness and taking unnecessary risks**
- **Threatening suicide or expressing strong wish to die**
- **Making a plan**
 - Giving away prized possessions
 - Purchasing a firearm
 - Obtaining other means of killing oneself
- **Unexpected rage or anger**

(AFSP)

Resources

American Foundation for Suicide Prevention
afsp.org

National Institute of Mental Health
nimh.nih.gov

National Suicide Prevention Lifeline
suicidepreventionlifeline.org

American Association of Suicidology
suicidology.org