



Suicide & Crisis

**San Jose Police Communications
Basic Academy**

Objectives:

- What Is Suicide?
- What is a Crisis?
- Risk Factors
- Features of Suicide Risk
- Screening / Assessment for Suicide
- Suicide Intervention / Practice Exercise

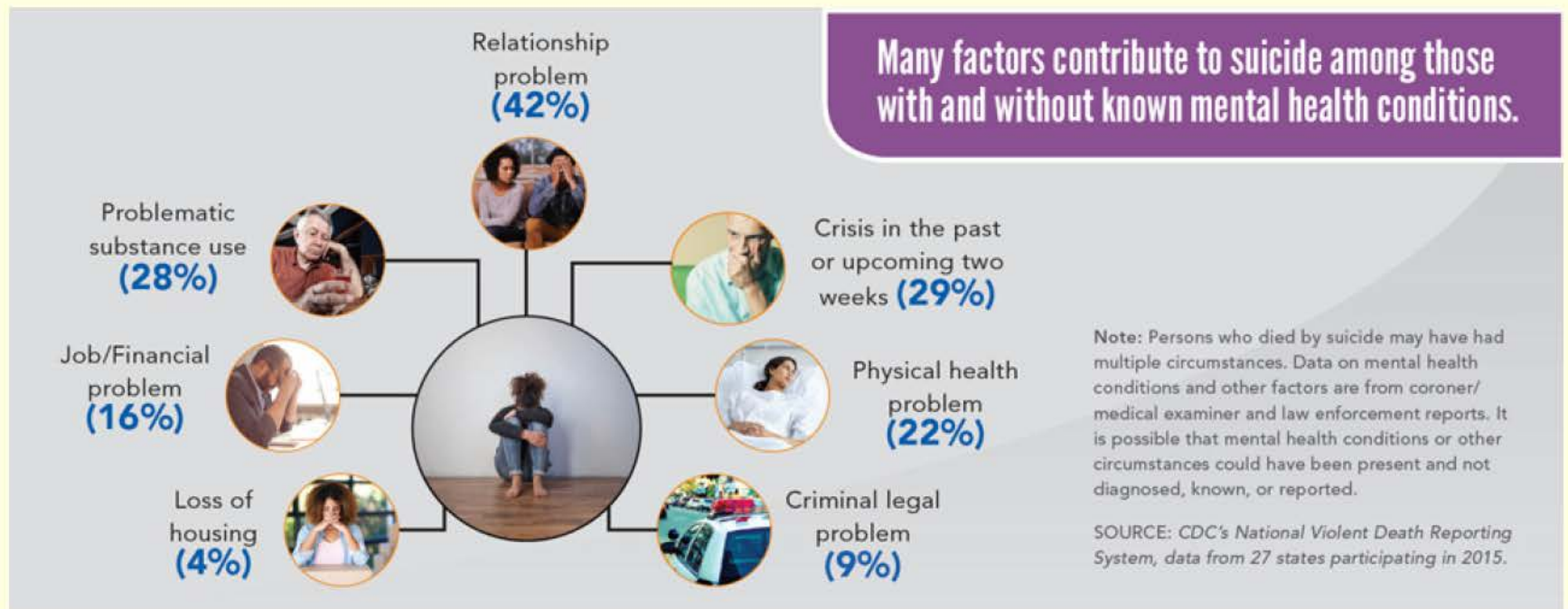
What is Suicide ???

- Suicide is the act of intentionally causing one's own death.
- It is sometimes a way for people to escape pain or suffering.

Causes:

Stressors.....

What kind of things would cause someone to think of killing themselves?



Nationwide Statistics

2018 data

- 10th ranking cause of death in the US
- Every day, approximately 123 Americans die by suicide
- There is one death by suicide in the US every 12 minutes
- Each year 44,965 Americans die by suicide
- Firearms account for 50% of all suicides
- Alcoholism is a factor in 30% of completed suicides

Risk Factors

- Family history of suicide
- Previous suicide attempt(s)
- History of mental disorders, particularly clinical depression
- History of alcohol and substance abuse
- Feelings of hopelessness
- Impulsive or aggressive tendencies
- Cultural and religious beliefs
- Local epidemics of suicide
- Isolation, a feeling of being cut off from other people
- Barriers to accessing mental health treatment
- Loss (relational, social, work, or financial)
- Physical illness
- Easy access to lethal methods
- Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or to suicidal thoughts

Factors which can Increase the Risk of Suicide



- Affective Disorders
- Bipolar
- Major Depression
- Substance Abuse
- Alcohol
- Schizophrenia
- Personality Disorders

Common Misconceptions

- People who talk about suicide won't really do it.
- If a person is determined to kill him/herself, nothing is going to stop them.
- People who commit suicide are unwilling to seek help.
- Talking about suicide may give someone the idea.
- Only crazy people commit suicide.

Emotions

- Sad, despondent
- Hopeless
- Helpless
- Worthless
- Lonely
- Extreme mood changes
- Apathy
- Guilt



Behaviors:

- Inactivity
- Giving away possessions
- Loss of interest
- Withdrawal from family, friends, work/school
- Reckless behavior
- Substance abuse (alcohol / drugs)
- Sudden changes in behavior
- Impulsivity

Expressed Thoughts:

- "I wish I were dead."
- "All of my problems will end soon."
- "I'm a loser."
- "I can't do anything right."
- "I won't be needing these things anymore."
- "Everyone will be better off without me."
- "I just can't keep my thoughts straight anymore."



Changes can be Physical and/or Physiological:



Lack of interest in appearance

Change/loss of interest in sex

Change in sleep pattern

Change in appetite or weight

Physical health complaints



**Are you thinking
of killing yourself?**

juventina

Different Types Of Suicide Calls



- Shooting
- Hanging
- Overdose
- Jumper
- Stabbing or Cutting
- Putting themselves in harms way – running into traffic or in front of a train



SUICIDE BY COP

Police Use of



Deadly Force

Different Ways Calls Are Received

- The actual suicidal caller themselves
- The person who finds the body
- The family or friend who is concerned about a loved one who they feel is suicidal
- A witness or passerby
- Posted on social media



What is your plan?

- How?
- How prepared? Do they have the means?
- How soon? When?

What is a Crisis ???

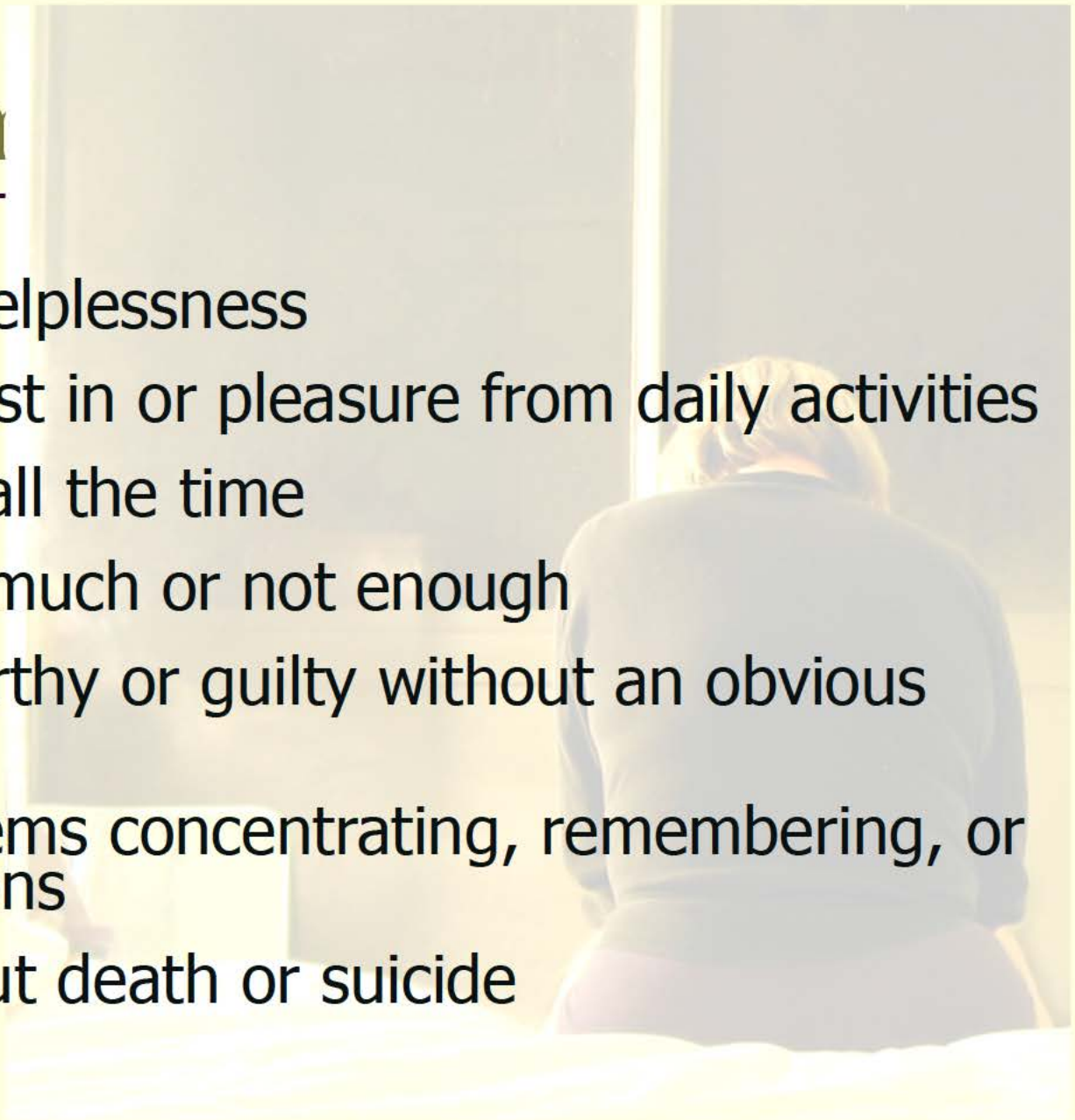
- A persons reaction to an event.
 - 1 person might be deeply affected by an event....while another individual suffers little or no effects.

The Crisis Process

- Recognition
- Attempted Resolution
- Emotional Blockage

Sympton

- Sadness or Helplessness
- Loss of interest in or pleasure from daily activities
- Feeling tired all the time
- Sleeping too much or not enough
- Feeling unworthy or guilty without an obvious reason
- Having problems concentrating, remembering, or making decisions
- Thinking about death or suicide



What is Emotional Trauma?

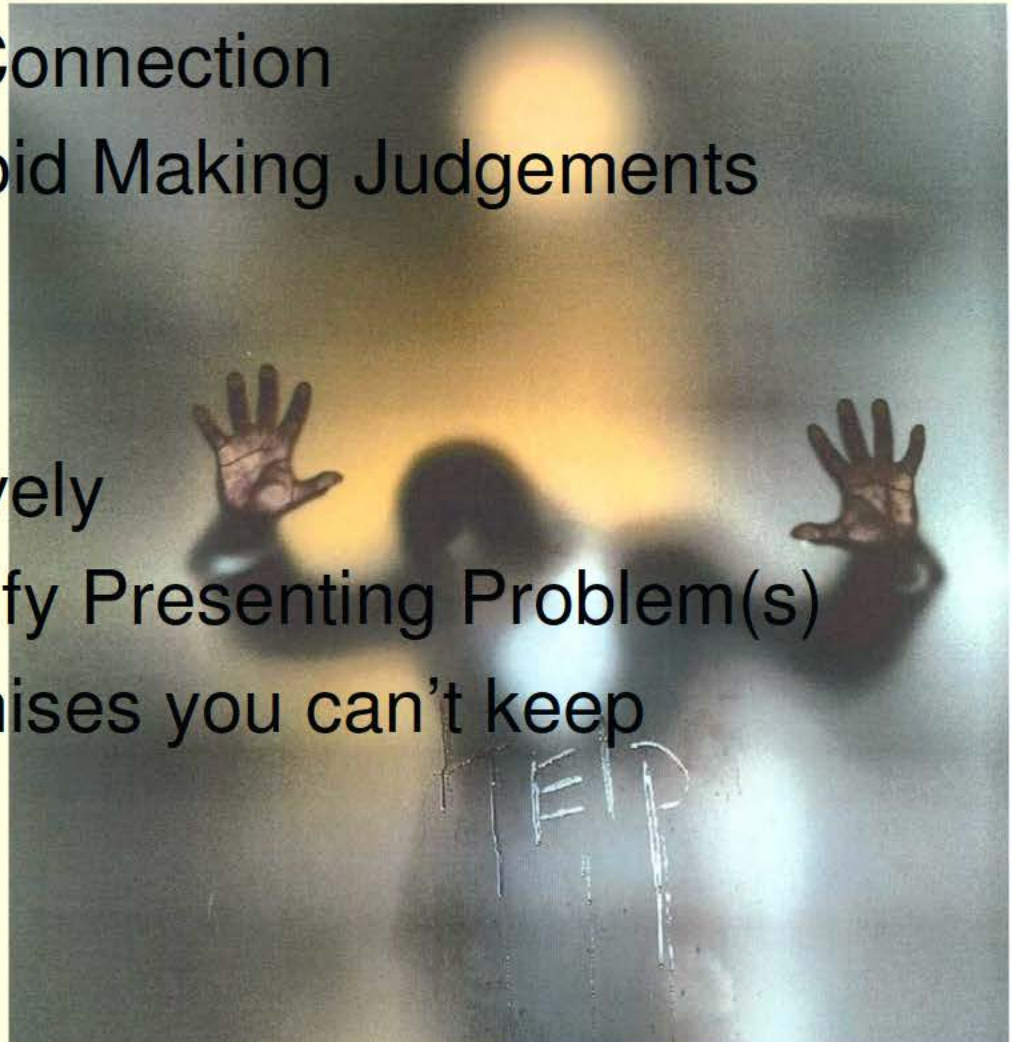
Emotional and psychological trauma is the result of extraordinarily stressful events that shatter your sense of security, making you feel helpless and vulnerable in a dangerous world.

Resources

- Internal
- External

Intervention Techniques

- Build Rapport / Connection
- Acceptance / Avoid Making Judgements
- Elicit Feelings
- Empathize
- Listen Responsively
- Identify and Clarify Presenting Problem(s)
- Don't make promises you can't keep
- Be honest



Protective Factors:

Protective factors buffer individuals from suicidal thoughts and behavior:

- Effective clinical care for mental, physical, and substance abuse disorders
- Easy access to a variety of clinical interventions and support for help seeking
- Family and community support (connectedness)
- Support from ongoing medical and mental health care relationships
- Skills in problem solving, conflict resolution, and nonviolent ways of handling disputes
- Cultural and religious beliefs that discourage suicide and support instincts for self-preservation

Associated Communication Policies

- A 2511 Crisis Intervention Team (CIT)
- C 1660 Attempted Suicide 1056A
- C 1689 Mentally Disturbed Person 5150
- C 1737 Welfare Check
- R 1217 Crisis Intervention Team – CIT Response

■ Any Questions

