

# TEEN SUICIDE IN 2020

Parent Straight Talk – jill mcMahon

# GO DUCKS!



# Freshman are Entering College with the Highest Rate of Anxiety Ever. Why?

- Fear of being far from home
- Independence, adjustment
- The Rescuing Parent – didn't do your child a service after all. Not having the survival skills needed to get by.
- Social Media Glamour Shots – “life is GREAT here!”

# How Can we do our Part in Keeping Anxiety and Inferiority at Bay?

- REAL EXPECTATIONS
- Refuse to Compete with the Jones
- Let Them Fail – a lesson we all should have learned in the 4<sup>th</sup> grade.
- Overparenting: 5 Recovery Step From a Former Stanford Dean

# Despite our Best Efforts, Sometimes “IT” Happens.



# Suicide in Arizona – What Does it Really Look Like?

- Top 18 in the Country
- Recent Increase – 2<sup>nd</sup> leading cause, ages 15-34\*
- Teen Suicides have increased 25% since 2016 \*\*
- Adult Stats v. Teen Stats\*
  - 35.7% - Highest rate- Middle Aged (45-64)
  - 13.25% - Youth (15-24)

\*American Association of Suicidology -2017 report

\*Americas Health Rankings – 2019 report

# It's Most Likely Not About Us



# Signs of Teen Depression

## □ Risk Factors:

- Mental Illness
- Substance Use
- Firearms in the Household
- Previous Attempts
- Exposure to friend/family suicide
- Low Self-esteem - hopelessness- no sense of purpose
- Isolation

## □ Protective Factors:

- Family and School Connectedness
- Academic Achievement
- Self-esteem



# Is There a Black Dog in Your Family?



# What you may see....

- ▣ Feeling more irritable or angry than usual
- ▣ Weight gain or loss, change in appetite
- ▣ Having trouble sleeping, or sleeping too much
- ▣ Physical feeling of restlessness
- ▣ Not having energy
- ▣ Feeling worthless or guilty for no clear reason
- ▣ Can't concentrate or make decisions
- ▣ Comments like: I just want it to stop. I don't want to be here anymore. I just can't do this anymore.

# Teens are Tricky

- Signs are NOT Always Obvious
- Brain Development in the 21<sup>st</sup> Century
- Born With a Media Computer Chip – we are outsiders in their world. Embrace media. Learn their language.

# When a Friend is Hurting...

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- The Giver – always available 24/7
- Feeling Desperate to Help
- Emotional Burnout at a Young Age
- Aimee's Story

# Teaching Resiliency

- Help Your Children Feel Confident in Their Own Strength
- Let Them Fail and Pull Themselves Up
- *Be inspiring, encouraging – without coddling.*

# Local Resources

- Teen Lifeline [www.teenlifeline.org](http://www.teenlifeline.org) 602.248.8336
- Buddy Project <http://www.buddy-project.org>
- PSC- Psychological Counseling Services  
[www.pcsearle.com](http://www.pcsearle.com) 480.947.5739
- Therapy with Heart [www.therapywithheart.com](http://www.therapywithheart.com)  
480.888.5380

# When the Day Comes to Let Them Go.....

.....feel confident that you've done the best you can to clear their path, and teach them how to clean the debris out of the their own way. Know that they might need a refresher course from time to time. They may need our help to MEND what's been torn....and that mending (not rescuing) provides them hope in themselves. With hope comes LIFE!



*Thank you for listening –*

*Jill McMahon, LPC*

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