The Many Paths to Suicide

Fundamental Risk Factors

Biological
- Genetic Load
- Sex
- Race
- Age

Personal/Psychological
- Child Abuse
- Loss of Parent
- Culture Shock/Shift
- Values Religions
- Beliefs
- Drugs or Alcohol

Environmental
- Season of the Year
- Geography
- Urban vs. Rural
- Model for Suicide

Proximal Risk Factors

“Triggers or Final Straws”

- Crisis in Relation
- Loss of Freedom
- Fired/Expelled
- Illness
- Increasing Hopelessness
- Contemplation of Suicide as Solution

Cause of Death

- Poison
- Gun
- Hanging
- Autocide
- Jumping

• All “Causes” are real.
• Hopelessness is the common pathway.
• Break the chain anywhere = prevention.
<table>
<thead>
<tr>
<th>Protective Factors</th>
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<tbody>
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<td>-- Sobriety --</td>
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<tr>
<th>Good health</th>
<th>Medication Compliance</th>
<th>Fear</th>
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<tr>
<td>Job Security or Job Skills</td>
<td>Responsibility for children</td>
<td>Support of significant other(s)</td>
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<td>Difficult Access to means</td>
<td>A sense of HOPE</td>
<td>Positive Self-esteem</td>
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<td>Pet(s)</td>
<td>Religious Prohibition</td>
<td>Calm Environment</td>
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<tr>
<td>Best Friend(s)</td>
<td>Safety Agreement</td>
<td>Treatment Availability</td>
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Suicidal Crisis Episode

- Risk Level
  - Stable
  - Crisis Begins
  - Crisis Peaks
  - Crisis Diminishes
  - Stable

- Years
  - Approximately 3 weeks

- Days
- Hours
- Days
- Years

- Initial Hazard is Encountered
- Risk is Imminent
Due to mounting losses, increasing frequency of anniversary dates, role-modeling effects, and building stress, the risk for additional suicides can remain present for months and even years.
The Lethal Triad

Upset Person

Firearm

Alcohol/drugs

When these three are present—risk of violence is high.
Disease Management Model for Suicidal Patients

Psychiatric Illness
- Schizophrenia
- Depressive Disorder
- Bipolar Disorder
- Panic Disorder
- Substance Abuse Disorder
- Personality Disorder
- Comorbid Physical Illness

Comorbid Transient Psychological States
- Agitation
- Perturbation
- Psychic Pain
- Hopelessness
- Dopamine Deficit
- Serotonin Deficit
- Alcohol Myopia
Six QPR Goals

Access

Active Intervention

Accompanied Referral

Alleviation of Immediate Risk Factors

Accurate Diagnosis

Aggressive Treatment

We can make a difference!
Gatekeeper training research results

- Increased knowledge
- Increased recognition of sources of stress
- Increased confidence and competence in helping someone in crisis
- Increased likelihood to intervene
- Increased likelihood to call a resource
- Satisfaction with the training

For every 13 gatekeepers trained, there was one referral made

Knowledge and skills are retained over time

QPR Works!