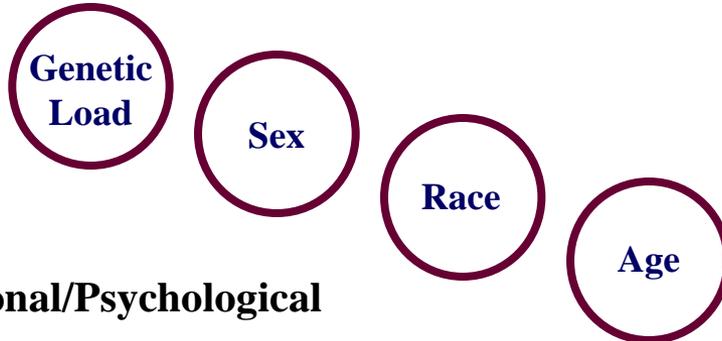


The Many Paths to Suicide

Fundamental Risk Factors

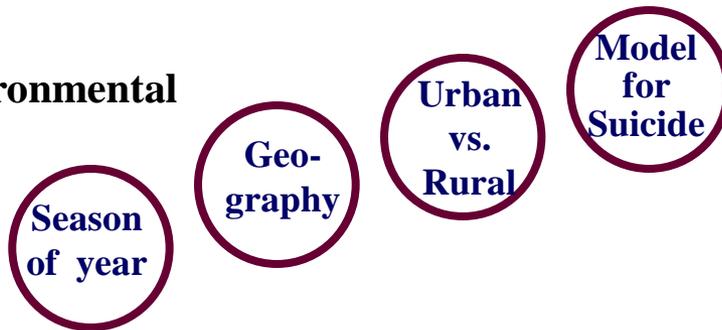
Biological



Personal/Psychological



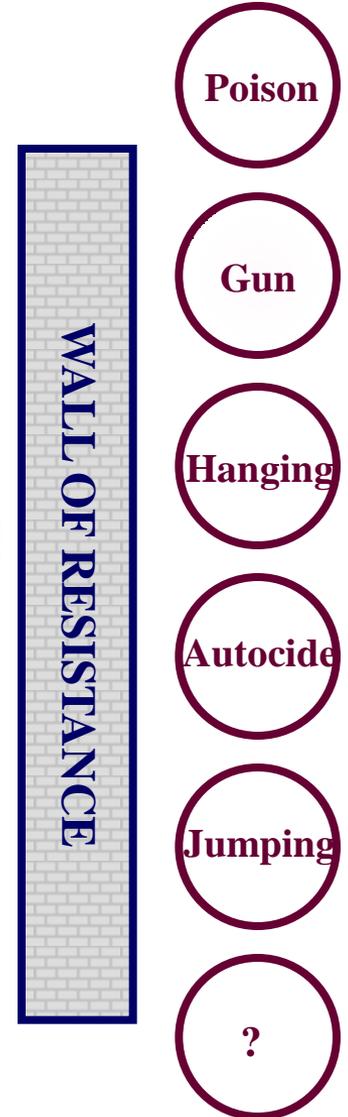
Environmental



Proximal Risk Factors “Triggers or Final Straws”



Cause of Death

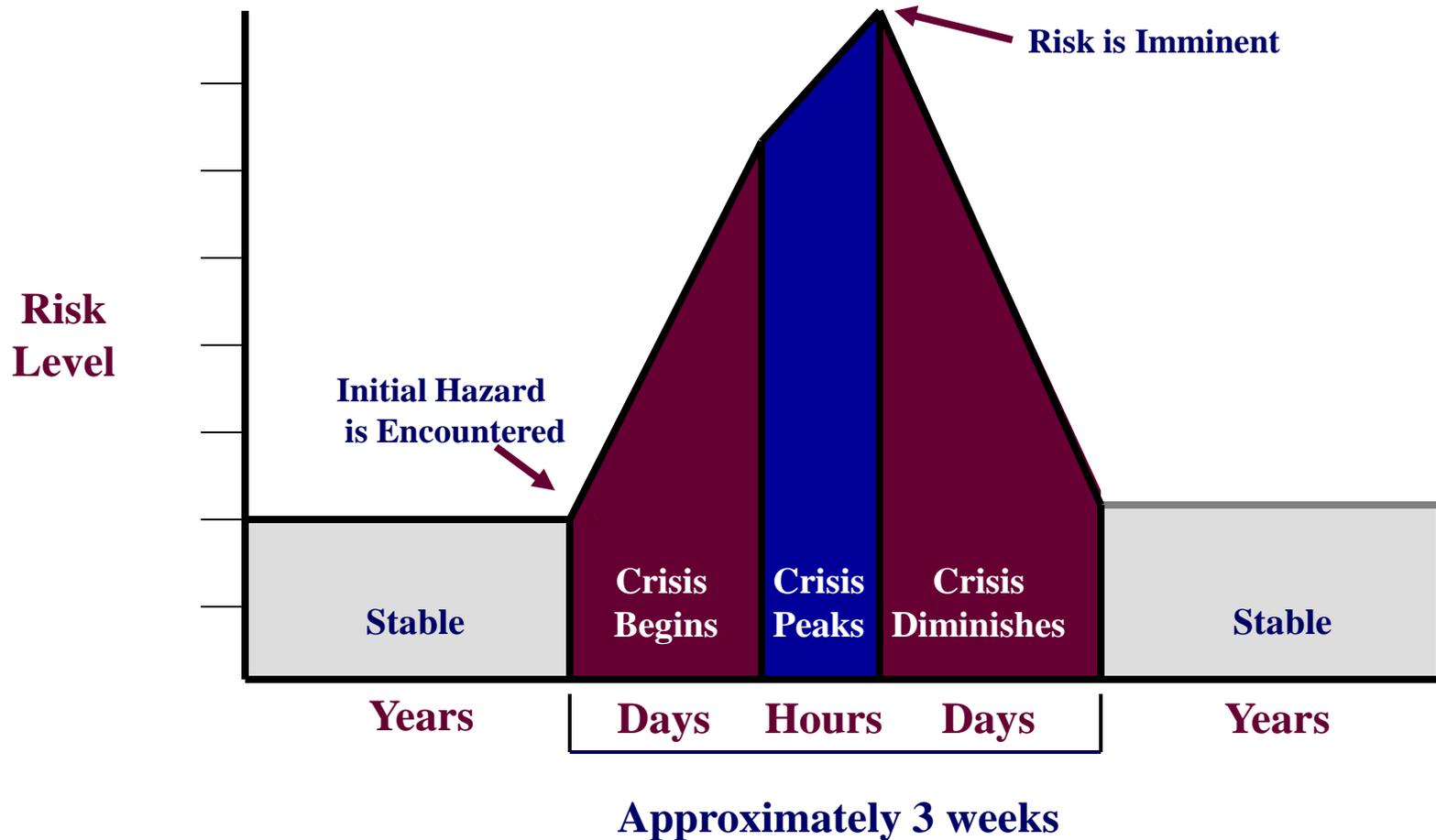


- All “Causes” are real.
- Hopelessness is the common pathway.
- Break the chain anywhere = prevention.

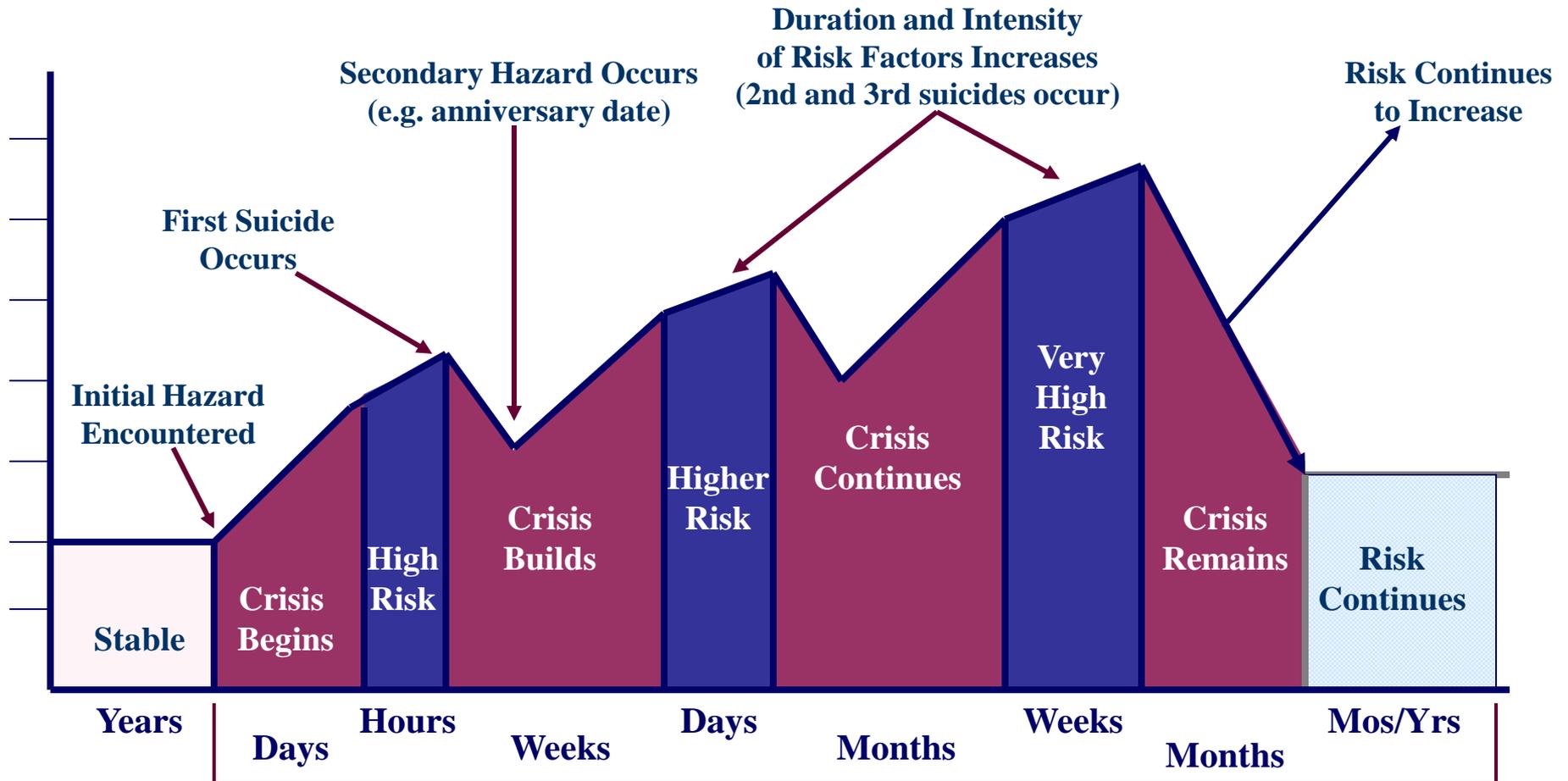
Counselor or therapist	Duty to others	Others?	
Good health	Medication Compliance	Fear	
Job Security or Job Skills	Responsibility for children	Support of significant other(s)	
Difficult Access to means	A sense of HOPE	Positive Self-esteem	
Pet(s)	Religious Prohibition	Calm Environment	AA or NA Sponsor
Best Friend(s)	Safety Agreement	Treatment Availability	
-- Sobriety --			

Protective Factors

Suicidal Crisis Episode



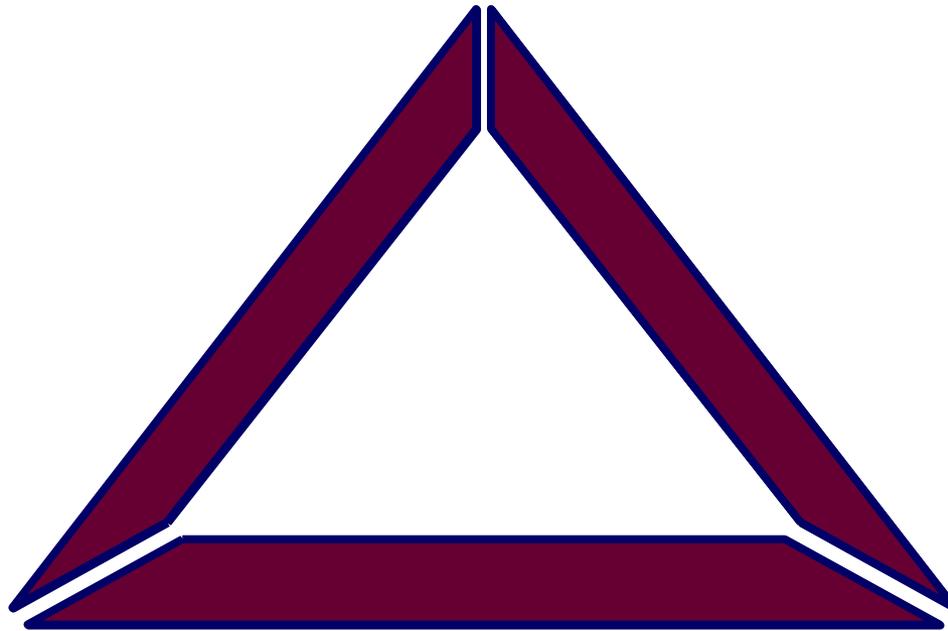
Contagion Effect



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.

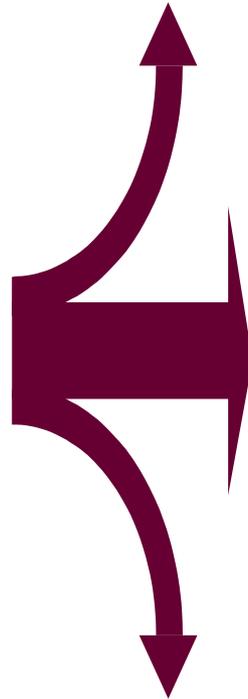
Disease Management Model for Suicidal Patients

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



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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!