



# ACT TO SAVE A LIFE

Youth Suicide Prevention

# About EMPACT-SPC

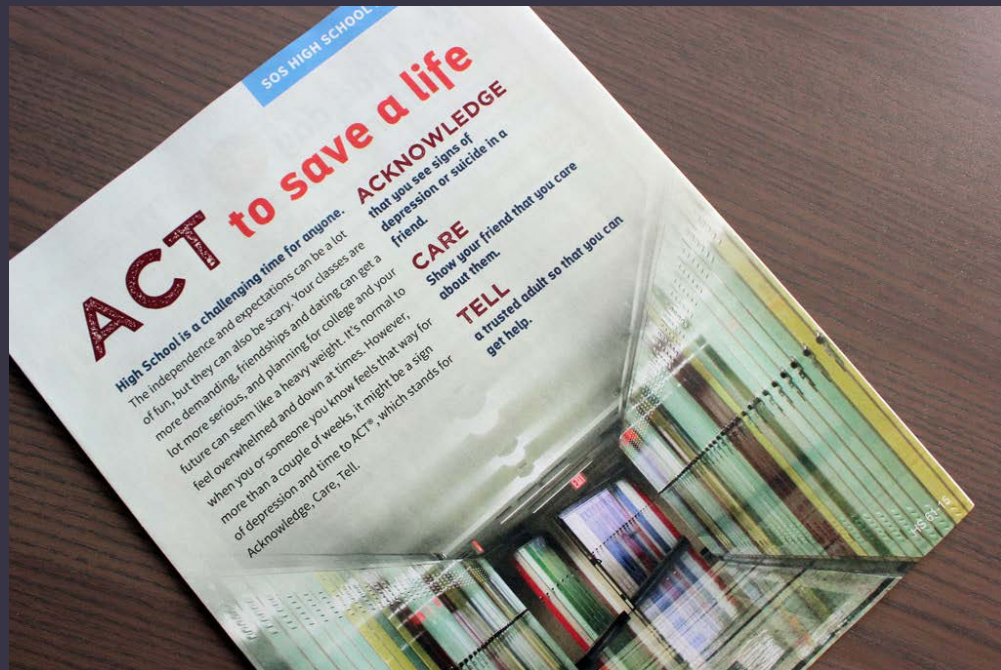
La Frontera Arizona EMPACT-Suicide Prevention Center offers comprehensive behavioral health services to youth, adults, and families. Services are provided in the home or at one of the office locations.



Programs and Services:

- Counseling & Psychiatry
- Substance Abuse Treatment
- Trauma Healing Services
- Crisis Services
- Military Navigator Services
- Prevention
- Survivors of Suicide
- Training

# Youth Suicide Prevention: About Your Child's Presenters



Renée Ouellet is a prevention specialist with La Frontera, EMPACT-SPC and is the departments lead facilitator for the SOS and MTS suicide prevention programs in Maricopa and Yavapai County.

Steve Schiro is a retired educator and former Chapter Chairman for AFSP in Arizona.

How Steve came to be involved in the world of suicide prevention-

# About the Youth Program

Through generous funding from Mercy Maricopa Integrated Care, La Frontera, EMPACT-SPC is able to provide school-based prevention programs that are nationally recognized and evidence-based. In partnership with Queen Creek High School, EMPACT staff will facilitate classroom based suicide prevention presentations wherein your student will view a video that educates them about signs of depression and suicide in themselves and others. They are educated on how to respond to these signs using a 3-step process known as **ACT**:

- **Acknowledge** seeing the signs.
- **Care** about a friend and show concern.
- **Tell** a trusted adult.



# ACT: Acknowledge Care Tell

- *Acknowledge*: Admit that you are seeing the signs of depression or suicide in yourself or a friend and that it is serious (staff will review signs and symptoms).
- *Care*: Let your friend know that you care about him or her, and that you are concerned that he or she needs help you cannot provide (staff will review specific ways to let someone know there is cause for concern).
- *Tell*: Inform a trusted adult, either with your friend or on his or her behalf (staff will discuss with students who they consider trusted adults in their life).

# Self-Identification



Also included in the program is a self-identification tool to allow students an opportunity to share concerns about themselves or a friend, to disclose thoughts of suicide and to follow up with a member of EMPACT or school counseling staff to discuss their thoughts and feelings. The self-identification tool is not diagnostic but indicates a potential need for help.

Parents of youth who are recommended for behavioral health services will be contacted by school counseling staff.

# About Your Presenter, Jill McMahon

Jill McMahon, a licensed professional counselor, works as a Prevention Specialist with La Frontera of Arizona EMPACT Suicide Prevention Center. She has specialized in working with Survivors of Suicide, facilitating support groups, and working with Survivors individually for the last 16 years.

Jill helped to build the LOSS (Local Outreach for Suicide Survivors) Program through EMPACT-SPC. This program provides survivors with help and support at the scene of a suicide. She can also be found providing suicide preventions presentations and trainings around the community, as well as speaking about Survivors of Suicide and survivor grief, nationally and internationally.

# College Freshman are Entering College at the Highest Rate of Anxiety Ever

- How can we do our part in helping our kids to keep anxiety and inferiority at bay?
- Rescuing parents create kids that are deficient of survival skills.
- Setting realistic expectations.
- Social Media and "The Great Life."
- Monitoring social media for risk.





# Despite Our Best Efforts, Sometimes “It” Happens

- What to look for.
- Signs of teen depression.
- About teen suicide attempts.
- Talking to your kids about suicide.
- Signs are not always obvious.



# The Giver: When a Friend is Hurting

- Feeling desperate to help-overwhelming.
- Emotional burnout at an early age.
- Aimee's story (personal story of how suicide impacted me as a youth.)



# Teaching Resiliency

- Letting them fall.
- Inspiring without coddling.
- Be fair. Be honest. Be objective.



# Questions



# Contact

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