PROUD TO BE PRESENTING TODAY TO...

CIGNA CHILDREN AND FAMILIES AWARENESS SERIES
IT SEEMS THAT ALL GENERATIONS HAVE THEIR “SILENT EPIDEMICS” FOR THEIR TEEN POPULATIONS...
1960’s into the 1980’s
Teen pregnancy was the “Silent Epidemic”
1980’S INTO THE 1990’S
ALCOHOL AND DRUGS ABUSE BECAME THE “SILENT EPIDEMIC”
MID 90'S UNTIL TODAY
ANOTHER "SILENT EPIDEMIC" IS CHALLENGING OUR YOUTH...

SUICIDE
IN THE LAST 40 YEARS...

Youth suicide rates have more than TRIPLED.
IN THE UNITED STATES

EACH YEAR, HOW MANY YOUTH DO WE loose TO SUICIDE?
IT IS ESTIMATED THAT...

WE WILL LOSE APPROXIMATELY 5,900+ YOUNG PEOPLE TO SUICIDE EACH YEAR.
EACH WEEK IN OUR NATION...

This means we are losing approximately 113 young people to the “Silent Epidemic” of youth suicide.
FACT

Suicide is the SECOND leading cause of death for youth ages 10-14.
FACT

Suicide is the SECOND leading cause of death for youth ages 12-18 (middle and HS Ages)
Suicide is the SECOND leading cause of death for youth ages 10-24.
FACT

Girls attempt suicide three times as often as boys.

WHY?
HOWEVER...

Boys complete suicide almost four times as often as girls.

The reason for the difference?
CHOICE OF MEANS

Historically, girls have chosen drugs. Recently, girls have shown an increase in suffocation attempts. These methods may provide a “window of opportunity” for intervention.

Boys usually choose firearms, which are more lethal.
Girls are turning to more lethal means at an alarming rate. If this continues, the number of completed suicides will rise at an even higher pace.
DID YOU KNOW?

More teenagers and young adults die from suicide than from:

- Cancer
- Heart Disease
- Pneumonia
- AIDS
- Stroke
- Influenza
- Birth Defects
- Chronic Lung Disease

COMBINED
This survey covers a broad range of questions concerning behavioral actions and thoughts from our youth. It is presented in public and private schools to grades 9-12 – some districts choose to include grades 7-8.
QUESTION 1

“Have you felt sad or hopeless almost every day in a row for two weeks or greater so that it affected your usual activities in the past twelve months?”

Nationally 29.9%  (28)
Over 1 out of every 4 Students
QUESTION 2

“Have you seriously considered suicide in the past twelve months?”

Nationally 17.7%  (16)
Over 1 out of every 6 Students

Youth Risk Behavioral Surveillance
United States, 2015
QUESTION 3

“Have you made a plan about how to commit suicide in the past twelve months?”

Nationally 14.6% (14.2)
Over 1 out of every 7 Students

Youth Risk Behavioral Surveillance
United States, 2015
QUESTION 4

“Have you attempted suicide one or more times in the past twelve months?”

Nationally 8.6% (9.9)
Over 1 out of every 12 Students

Youth Risk Behavioral Surveillance
United States, 2015
BUT WHAT CAN BE DONE?
SUICIDE IS SO IMPULSIVE OF AN ACT...OR IS IT??
IMPORTANT FINDING

Four out of Five completed suicides gave "clear warning" signs before the attempt!
THAT MEANS...

In 80% of suicide attempts, we have an opportunity to recognize the warning signs and intervene!
WHAT CAN BE DONE?

- Increase Awareness
- Dispel Myths
- Education: Learning the Warning Signs & Elevated Risk Factors
INCREASING AWARENESS

Increasing Awareness Through:

- Seminars
- News Media
- Church Sponsored Programs
- Civic Organization Presentations
DISPELLING MYTHS

• Talking to someone about suicide will give them the idea for suicide.

• Someone who often talks about suicide is not at risk.

• Suicide is impulsive and there is nothing we can do to prevent it.
SIGNS OF CONCERN

• Suicide Threats
• Previous Suicide Attempts
• Depression
• Out of Character Behavior
• Final Arrangements
Although there is really no suicidal type of young person, the statistics on youth suicide do suggest that there are certain behaviors or characteristics that can alert you to an elevated risk of possible suicidal ideation.
ELEVATED RISK FACTORS

- Perfectionists
- Depressed Teens
- Loners
- Low Self-Esteem
- Changes in School Status
- Abused, molested, or neglected youth
- Bullying
- Gay/Lesbian Youth
- Learning Disabled
- Students in Trouble
- Abusers of Drugs/Alcohol
BASIC RULE TO REMEMBER

If you have any doubt of a young person’s intentions or any concern about their behavior, get professional help for them IMMEDIATELY!
REMEMBER THOSE 113 YOUNG PEOPLE WE LOSE EACH WEEK TO SUICIDE...

If we had trained their friends, teachers / youth worker and parents on how to identify these “Warning Signs” and know how to respond.

90 of them did not have to die!
THE “SILENT EPIDEMIC”

“Keeping More Than Dreams Alive...One Young Person At a Time”
The Jason Foundation, Inc. is dedicated to the prevention of the “Silent Epidemic” of youth suicide through educational and awareness programs that equip young people, educators / youth workers and parents with the tools and resources to help identify and assist at-risk youth.
OUR NATIONAL COMMUNITY AFFILIATES

ACADIA HEALTHCARE

HCA
Hospital Corporation of America

SPRINGSTONE

SIGNATURE HEALTHCARE SERVICES, LLC

AFCA
AMERICAN FOOTBALL COACHES ASSOCIATION

ATTORNEYS GENERAL STATE PROGRAM

e4health™
A school-based curriculum that provides a 3 to 5 lesson unit in positive peer support awareness and prevention of youth suicide. It stresses how to help a friend who may be thinking about suicide.
“A Friend Asks”

A smartphone application
Android or Apple

Free Download
JFI Website, Apple Store, or
Android Market

“Warning Signs – do’s and don’ts –
How to Help a Friend- Resources -
Instant Connectivity to National
Talkline / Crisis Line
Staff Development Training is available in several formats for teachers, youth workers and anyone who works with young people

- Interactive CD-Rom for individual study
- DVD format for group presentations
- Staff presented programs
- Internet
THE JASON FLATT ACT

THE JASON FLATT ACT

Since that date, Louisiana, Mississippi, California, Illinois, Arkansas, West Virginia, Utah, South Carolina, Alaska, Ohio, North Dakota, Wyoming, Montana, Georgia, Texas, South Dakota, Alabama and Kansas have passed and signed into Law The Jason Flatt Act – 19 states total.
THE JASON FLATT ACT

States That Have Passed The Jason Flatt Act
Rascal Flatts / Jason Foundation

Awareness and education are key to preventing youth suicide, the 2nd leading cause of death for young people ages 10-24.

Someone You Know May Need a Friend

LEARN how you can B1 for a friend rascalflattsB1.com
If parents are not aware of the danger of youth suicide, they do not look for nor would they even recognize “signs of concern.” This program helps bring an awareness of the danger while providing practical tools and resources to help a parent identify possible “signs of concern” in their son or daughter. Possible resources for help are also identified and discussed.
VISIT US ON THE WEB

www.jasonfoundation.com
THE "SILENT EPIDEMIC"

FACES TO STATISTICS
IF I COULD HAVE JUST ONE MORE DAY

OUR TRIBUTE TO A FEW THAT REPRESENT THE 100+ LOST EACH WEEK TO THE “SILENT EPIDEMIC” OF YOUTH SUICIDE.
FACES TO STATISTICS

Nick
Age 18
Christopher
Age 14
FACES TO STATISTICS

Julia
Age 15
FACES TO STATISTICS

Tito
Age 19
FACES TO STATISTICS

Angela
Age 16
FACES TO STATISTICS

Beau
Age 17
FACES TO STATISTICS

Nick
Age 16
The "Silent Epidemic"

Faces to Statistics

Jason
Age 16
FACES TO STATISTICS

Robert
Age 14
The "Silent Epidemic"

Faces to Statistics

Jamie
Age 16
FACES TO STATISTICS

Jennifer
Age 15
FACES TO STATISTICS

Justin
Age 16
FACES TO STATISTICS

Brian
Age 19
FACES TO STATISTICS

BJ
Age 15
FACES TO STATISTICS

Travis
Age 23
Levi
Age 15
ONE MORE DAY...

Every Hour and forty-five minutes
Another Face is Added

Please Help Us Add

One More Day

and another... and another...
Staff Development Training Seminar

The Jason Foundation, Inc.
18 Volunteer Drive
Hendersonville, TN 37075
www.jasonfoundation.com