

To: All Providers
From: PerformCare
Date: January 6, 2023
Subject: Suicide Prevention #9: Considerations in Working with Youth

PerformCare would like to wish our provider network a very Happy New Year! We would also like to thank all the providers who took time to complete our survey related to the bi-monthly communication on managing clients with suicidal thinking. The feedback helped us understand how useful the information has been, as well as to inform future communications.

For January, we would like to provide a valuable resource to you pertaining to suicide in youth. It is well known that suicide death and suicide attempts are increasing amongst those in the age range of 10-24. This increase has brought suicide to the second leading cause of death amongst this age group. In 2020, the Substance Abuse and Mental Health Services Administration released an evidenced based resource guide called Treatment for Suicidal Ideation, Self-Harm, and Suicide Attempts Among Youth. A PDF version of the guide can be downloaded by following this link:

https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-06-01-002.pdf

This guide addresses the core competencies in treating this population specifically in a concise and user- friendly manner. Prevalence rates for this age group, as well as for particularly vulnerable groups are provided. The guide also addresses risk and protective factors specific to youth. Linked to protective factors, the importance of early intervention and prevention is reviewed. Information on screening and a list of FDA approved medications for youth is provided. This resource lists the evidenced based treatments and means for safety planning specific to suicidal ideation and self-harm behavior for this age group. Lastly, the importance of quality monitoring of treatment outcomes is discussed.