Mindfulness Prevention for Youth Suicide

Presenters:
Sara Kohlbeck, Assistant Director, Injury Research Center, Medical College of Wisconsin
Lisa Listle, Director, Together for Jackson County Kids
Monica Lobenstein, 4-H Youth Development Agent, Jackson County UW-Extension

Session Objectives

Participants will:
- Learn about how integration of mindfulness education across the life span can support mental wellness and suicide prevention.
- Understand various systems' roles in supporting community-based mindfulness education.
- Gain tools and resources that may be adapted to suit their own county's needs.

One Community's Need

Jackson County, WI
Jackson County’s suicide rate is higher than the state’s rate
- 33.9/100,000 in Jackson County versus 15.2/100,000 in Wisconsin (2015)

Trends in Suicide:
- Jackson County males affected at higher rates than females
  - Male rate (2011-2015) = 29.1/100,000
  - Female rate (2011-2015) = 10.4/100,000

Jackson County Males and Suicide – by age group (2011-2015)
- Younger white men disproportionately affected
  - Suicide rate among 18-24 year old white males in Jackson County = 108.7/100,000 (2011-2015)

Jackson County’s rate for ED Visits for self-inflicted injury was also higher than the state rate in 2014.
- 111.3/100,000 in Jackson County versus 110.2/100,000 in 2014

Trends in ED visits for self-inflicted injury:
- Jackson County females affected at higher rates than males
  - Female rate (2010-2014) = 134.6/100,000
  - Male rate (2014) = 90.8/100,000
Suicide & Self-Harm Data

- Jackson County females and ED visits for self-inflicted injury – by age group (2014)
- Younger white females disproportionately affected

Self-inflicted injury rate for 18-24 year old females in Jackson County = 531.9/100,000 (2014)

YRBS Comparison – Jackson County & WI

- Whose mental health was not good on one or more of the past 30 days
- Who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months
- Who seriously considered attempting suicide during the past 12 months
- Who made a plan about how they would attempt suicide during the past 12 months
- Who attempted suicide one or more times during the past 12 months
- Whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Percentage of students...

Jackson (2014)  WI (2013)
Moving “Upstream”

Coping Skills - Mindfulness

“Adolescents’ ability to reason abstractly typically increases with age and education. In addition adolescents’ capacity for introspection (“emerging introspection”) increases and they are able to profit from learning about how their minds work. Programs and interventions can capitalize on this emerging skill to help adolescents recognize patterns of helpful and unhelpful thoughts and emotions. In this way, ruminative and reactive patterns might be modified.”


Coping Skills – Mindfulness for Teens

“Stress is a common problem in the lives of children and adolescents today. Adolescent brain development is marked by significant structural and functional changes that make it vulnerable to permanent stress-related alterations, rendering adolescence a period of unique sensitivity to stress. The onset of many major physical and mental illnesses – like anxiety, depression, addictions, eating disorders, and so on – often occurs in adolescence. However, this period is also potentially receptive to interventions that support healthy development.”

One-minute breathing activity

Set your papers and devices aside for one minute.
Sit straight and relaxed in your chair, feet flat on the floor.
Just listen and pay attention to your breathing.

Responding to the Need

Systems Change – Systems Alignment

Pathway connects institutions and families to resources.
Offering mindfulness education across the age span.
Targeted messaging reinforces awareness of healthy coping.
Search for Funding Support

- Healthier Wisconsin Partnership Program
  - Focus on systems change
  - Specifically – connecting young people and their families to "upstream" resources, before they reach a crisis point

- County-based Mini-Grant
- Taking Care of You: Body Mind Spirit Facilitator Training
- Security Health Plan Grant
- MindUP in the Schools
- Taking Care of You implementation
- Alcohol & Other Drug Abuse Prevention Grant (DPI)
  - Broadly, mindfulness education in schools

Systems Change – Systems Alignment

- Referrals
- Pathway connects institutions and families to resources
- Offering mindfulness education across the age span
- Targeted messaging reinforces awareness of healthy coping

Referral Pathway

- How do we connect young people (and their families) to "upstream" resources so they can build coping skills?
- Institutional alignment around a Referral Pathway
- Frontline Staff at a range of institutions receive training to recognize “red flags” and ask questions
- Frontline Staff make appropriate internal referrals to Resource Person(s)
- Resource Person(s) at those institutions conduct a more detailed screening
- Resource Person(s) help connect youth (and their families) to appropriate mental health resources
Here’s a sample of how it might look:

**Referral Pathway**

**Jackson County Mental Health Resources List**

https://tfjck.org/mental-health/

**Case Study**

**Sam**

Gender: Male  
Age: 15 years old

Home Life:
- Parents: divorced; both live in area; they get along and communicate well with each other; custody is 50-50  
- Siblings: 13-year-old sister and 20-year-old brother (lives outside of the home)  
- Pets: dog

Social:
- Girlfriend: Lily (she’s a positive support)  
- 3 close male friends: appear to get Sam into trouble (spoking marijuana, vandalism)

Medical:
- No known health issues  
- Recently had his annual physical

School:
- Very smart  
- Average grades; doesn’t apply himself academically since the divorce (straight A’s prior to divorce)  
- No extracurricular activities

Hobbies:
- Takes part in 4-H club  
- Is artistic  
- Enjoys playing video games
Case Study

Trying out the Referral Pathway
(if we hadn’t done anything with Sam #1)

Sam (6 months later)
Gender: Male
Age: 15 years old

- Home life: No significant change
- Social:
  - Girlfriend – Lily broke up with him
  - 3 close male friends – Sam got into a physical fight with his friends
- Medical:
  - Went to the Emergency Room for his injuries during the fight with his friends
- School:
  - Has started skipping school
  - Caught selling marijuana at school
- Hobbies:
  - Has his artwork going into an art exhibit in the county 4-H art show
- Other:
  - Has had 1-2 vandalism encounters with the police

Systems Change – Systems Alignment

- Pathway connects institutions and families to resources
- Offering mindfulness education across the age span
- Targeted messaging reinforces awareness of healthy coping

Mindfulness Across the Age Span
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<th>Program Name</th>
<th>Description</th>
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| MindUP                             | Developed by the Hawn Foundation  
|                                   | Designed as a classroom-based mindfulness program for youth in grades 6-8 with separate curricula for grades K-2, 3-5, and 6-8  
|                                   | 14 age-appropriate lessons that can be broken up into smaller pieces to fit into the school day  
|                                   | Available and affordable for purchase online  
|                                   | Jackson County delivery:  
|                                   | 2 models  
|                                   | 1-day summer session for Special Education teachers  
|                                   | 4, 45-minute lessons on in-service days for school district staff during the school year  
|                                   | Encouraging staff to incorporate mindfulness in their lives first, then teach what they know |
| Mindfulness for Teens              | Will be available both in the schools and the community  
|                                   | Mindfulness-based Stress Reduction for 2 staff members of Black River Memorial Hospital  
|                                   | Planned to be 8 sessions plus a screening and parent/guardian orientation  
|                                   | Facilitate Mindfulness for Teens, an adaptation of MBSR for teen audiences  
|                                   | Learning to BREATHE: A mindfulness curriculum for adolescents to cultivate emotion regulation, attention, and performance  
|                                   | Designed for youth in grades 5-13  
|                                   | Can be used in a school or therapeutic setting  
|                                   | 2 people attended facilitator training in early April  
|                                   | Plan to train school district staff – Middle School and High School – this coming summer |
| Taking Care of Your Body: Mind Spirit | Developed by the University of Missouri-Extension  
|                                   | Research-based and designed for adults  
|                                   | 4, 2-hour sessions providing tools and practices – including mindfulness – for stress-reduction  
|                                   | Jackson County delivery:  
|                                   | Use it to reinforce mindfulness and health coping skills among the adults in students’ lives  
|                                   | Started offering it in 2015 when we had 19 local facilitators trained  
|                                   | In January, 2017, 16 people from around the state were trained as Master Trainers – 2 from Jackson County  
|                                   | Hosting a local Facilitator Training at SJU and available to train facilitators in other communities after that date. |
Systems Change – Systems Alignment

- Pathway connects institutions and families to resources
- Offering mindfulness education across the age span
- Targeted messaging reinforces awareness of healthy coping

Social Marketing Campaign

- Message Development
- Soft Release - Summer
- Official Release - School Year

Jackson County's Campaign
Evaluation
How will we know we've been successful?

MindUP Evaluation
Mid-year Survey for staff members
End-of-year Survey for staff members

Taking Care of You Evaluation
Pre-session Survey
Post-session Survey

After the sessions were complete, participants report statistically significant (p < 0.05) changes in:

- Trouble sleeping (decreased)
- Pain or ache in body (decreased)
- Confidence in ability to deal with personal problems (increased)
- Intake of 3 or more servings of vegetables daily (increased)
- Stress, nervousness, and anxiousness (decreased)
- Feeling like difficulties are piling up too high to overcome (decreased)
- Drinking soda or other sweetened beverages (decreased)
- Minutes of physical activity (increased)
- Eating fried food (decreased)
- Having trouble staying focused (decreased)
- Experiencing stress-related physical symptoms (decreased)
- Feeling angry or irritated (decreased)
We are evaluating two systems-level outcomes:
- Reach, effectiveness, adoption, implementation, and maintenance (RE-AIM) of the Referral Mechanism itself
- Relationship of the Partnership Council
Both outcomes evaluated using a survey, delivered annually to PC members

Questions?