Time Well Spent Together:
Person Centered Planning and Suicide Prevention

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The Sisters
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▪ Training and judging dogs for dog shows

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▪ Retired Police Officer in Madison, WI
▪ Teaches suicide prevention classes and works for Dept of Public Health part time
▪ Organizes youth projects like Bike Rodeo and snack program for underserved youth

How do we work smarter in suicide prevention?

How does suicide prevention look for people with disabilities?
Person Centered Planning

- Problem solving process
- More satisfactory life
- Focus on the person
- A vision of a quality life

People in a Suicide Crisis

- Relationship crisis
- Hopeless
- Isolated, cut off
- Anxiety
- Feel like a burden
- Untreated mental health problems
- Substance abuse disorders

Person-Centered Planning & Suicide Crisis

- Problem solving process
- More satisfactory life
- Focus on the person
- A vision of a quality life

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How does suicide prevention work for people with disabilities?

Can person centered planning be a part of it?

Review: Suicide and People with Intellectual Disabilities

Suicide is Not Measured

- Separating the intellectual disability from the mental illness
- Poorly adapted or no tools in assessment of mental health disorders like depression
- People with disabilities are not recognized or counted in prevention strategy documents
Roadblocks and Unhappiness in Life
- Relationships
- Financial stability
- Job issues

NOT medications or reliance on machines

Risk Factor

A risk factor is a biological condition, substance, or behavior that has an association with but has not been proven to cause an event or disease.

Protective Factors
- Appropriate screening tools and training in how to recognize depression
- Connection to family and community
- A sense of purpose and belonging
- Empowerment, self-determination and a strong social support
- Access to and recognition of the need for treatment of depression and substance abuse disorders

Risk Factors
- Anxiety, depression, substance abuse
- Isolation, loneliness
- Relationship Crisis
- Loss: financial, job, social, home
- Barriers to treatment and care
Why Should I Be Trained in QPR?

- A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.
- QPR teaches how to recognize the warning signs of a suicide crisis and how to Question, Persuade, and Refer someone to help.

The person most likely to save your life from suicide is someone you already know. Sometimes it may be a family member or a supervisor. Often its a peer.

Because peers are around us more often than other relationships in our lives, they are often the first to know when things are not right.

Dr. Sally Spencer-Thomas, “You Matter to Me”, Oct 9 , 2018
Suicide risk factors impact all people

We need to understand suicide risks

Person-centered planning promotes connectedness, which is a protective factor to preventing suicide.

Person-centered planning can begin needed conversation on suicide prevention.

Training and screening tools need to be adapted for people with disabilities.

In Review

Let’s Hear Your Thoughts

- Should we demand more capture of data to properly measure suicide rates among people with disabilities?
- What is the role of physicians in diagnosing and treating depression?
- What is lethal means reduction and how does it relate to suicide prevention?
- What role can advocates play in suicide prevention for people with disabilities?

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