



PRIMARY CARE VIRTUAL DROP-INS

From managing risks to
developing a life worth living

HOW CAN WE HELP OUR PATIENTS AND FAMILY IMPROVE HEALTH AND WELLNESS

So far we have discussed:

The importance **sleep** hygiene and adequate sleep

The importance of a family **media** plan and some age-appropriate constraints on electronics and media for children and teens

How to empathically support the need for more **structured parenting** to improve functioning after pandemic regression.

Our last virtual drop-in topic is

“The Safety Net”, how to manage behavioral crises as we raise expectations.

We will discuss safety planning for suicidal thoughts and threats, self-injury and behavioral outbursts.

We will learn about a tool that can help determine when and how to use local crisis supports.

THE FEAR

100% Rigid Expectations

100% Accommodations



distress
acting out
impairment



The Terribles

distress
acting out
impairment



MANAGING RISK



- **A**ssess risk, risk stratification
- **B**uild hope and reasons for living
- **C**onnect, strengthen connections with protective adults
- **D**evelop safety plan

<https://services.aap.org/en/patient-care/mental-health-minute/suicide/>

ASSESS RISK

Assessments:

PHQ-9

CSSRS

ASQ

Risks:

- Previous attempt (rehearsal)
- Family history of suicide attempt
- Access to firearms
- Traumatic stress
- Untreated mental health problems & substance use

ASK SUICIDE-SCREEN QUESTIONS (ASQ)

NIMH: Youth ASQ Toolkit

Some pearls:

- Praise patient for positive screen. "These are hard things to talk about..."
- Assess suicidal thoughts in more depth.
- Interview with patient alone and then together with parent/guardian.
- Create a safety plan.

ASK SUICIDE-SCREEN QUESTIONS

1. In the past few weeks, have you wished you were dead?
2. In the past few weeks, have you felt that you or your family would be better off if you were dead?
3. In the past week, have you been having thoughts about killing yourself?
4. Have you ever tried to kill yourself? How? When?
5. Are you having thoughts of killing yourself right now?

COVID-19: YOUTH SUICIDE RISK SCREENING PATHWAY

Who: New patient, existing patient not screened in last 30 days, history of positive screen, clinical judgement suggests screen

Results: 5 no's, negative screen

Any yes, 1-4 or refuses to answer – positive screen

Yes to answer 5 – imminent risk, safety precautions and planning, ?ED

Brief Suicide Safety Assessment (BSSA) (Share)

Low Risk - non-urgent MH follow up, primary care follow up and safety plan

Medium Risk – safety plan, urgent MH intake, primary care follow up in 72 hours

High Risk – Parent precautions and observation and urgent MH follow-up vs ER

SAFETY PLAN

- Child/teen participation
- What are my warning signs?
- What I can do to stay safe.
- Who can I reach out to.
- Who/what are my resources.
- (Share template)

Parent safety response:

Example:

1. safety sweep child/teen's room
2. check in frequently
3. direct observation/supervision
4. call the primary care office for advice
5. go to the emergency room

<https://projectteachny.org/covid/>

CONNECT

Connect to protective adults.

Who is one adult you can turn to when feeling distressed?

Can we practice how you might discuss Suicidal Thoughts together?

How might your parent respond if you were to express Suicidal Thoughts?

Example: Using 0-5 scale to monitor.

0 - no suicidal thoughts

1 - passive suicidal thoughts

2 - passive, more distressing suicidal thoughts.

3 - active plans, no intent.

4 - very active planning, more detail.

5 - active plan & intent.

BUILD HOPE & REASONS FOR LIVING

Developing life worth living goals.

Use these goals to motivate youth towards healthy steps forward.

What makes your life worth living?

What is really important to you?

What is one goal that you are working towards?

SELF-COMPASSION BREAK

This is a moment of suffering. This hurts. Ouch.

Everyone is suffering some. I'm not alone.

May I can be kind to myself. Or what do I need to hear right now to express kindness to myself?

Dr. Kristin Neff

<https://self-compassion.org/exercise-2-self-compassion-break/>

DISTRESS TOLERANCE SKILL



T – Temperature

Change your body temperature using cold water or ice.



I – Intense exercise

Walk quickly. Climb the stairs. Jump up and down. Run on the spot.



P – Paced breathing

Breathe in to the count of 5, hold then breath out to the count of 7.



P – Paired muscle relaxation

Tense your muscles when breathing in and relax them when breathing out.

REFERENCES & RESOURCES

1. AAP Mental Health Minute: <https://services.aap.org/en/patient-care/mental-health-minute/>
2. ASQ: <https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/index.shtml>
3. Self compassion break: <https://self-compassion.org/exercise-2-self-compassion-break/>

SUICIDE PREVENTION RESOURCES

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Spanish/Español: 1-888-628-9454

Crisis Text Line

Text HOME to 741-741

Suicide Prevention Resource Center

National Institute of Mental Health

Substance Abuse and Mental Health Services Administration