Suicide Prevention and the Neurodivergent Population

Content Warning: Emotional content
National Crisis Lines
Suicide & Crisis Lifeline 988
Crisis Text Line 741-741

Charles’s ND, Health & Mental Health Issues
• ADHD
• Dyscalculia
• Depression & Anxiety
• Addiction (SUD)
• Sleep Disorder (DSPS)
We are a normal family

Mental Health & Self Harm

OBITUARIES & IN MEMORIAM
ROGERS, CHARLES

ROGERS, Charles Aubrey, 26, died Friday, June 5, 2015 and is survived by his parents, Randy and Anne Moss Rogers of Mocksville, N.C.; brother, Richard Rogers, 22, of Winston-Salem, N.C.; grandparents, Richard and Myra Rogers of Pine Mountain, Ga. and Ande and Anne Lucas of Fayetteville, N.C., and his beloved dog, Andy. He graduated high school in 2014 from Wasatch Academy in Utah. A deep, soulful, passionate and sensitive young man, Charles loved and treasured family. He was a true artist, an off-the-cuff comedian who loved to rap, entertain and act. He loved dogs, funny books, drama, theatre, writing and making people laugh. But most of all, he loved people. As many artists do, Charles lived life on his own terms and ultimately chose how he wanted to end it. He filled up every room he ever walked into. But he also struggled and is now at peace. He was one of a kind, a true non-conformist. Charles Rogers was Peter Pan. He was just never meant to grow up. In lieu of flowers, please send donations to Beckett's Brewery.
Masking

• Help them feel when they are numb inside
• Be able to physically see pain they feel inside
• To escape/distract from emotional pain
• To punish themselves
• Feel control, joy, excitement
• Communicate emotional pain
• Don’t know how to express their feelings to others

Why Self Harm?

I explained that for me (and many others) I self harm because I don’t know how to express my feelings.

Young Lady, 25, ADHD, autism, struggles with thoughts of suicide, occasional self-harm (cutting)

I couldn’t help but notice the burns/scars on your arms. Can you tell me more about what you might be going through?

What You Can Say
A Closer Look at Suicide

"Suicided"
"Died by suicide."
"Ended his life."
"Killed himself."

Issues That Heighten Risk for Suicide In ND
- Lack of Connection
- Mental Health Issues
- ADHD & Impulsivity
- Bullying
- Unemployment
- LGBTQ, Chronic health issues etc.
- Family History/Exposure
- Systems that don’t understand ND people

"Our findings suggest acknowledging and talking about suicide may reduce, rather than increase suicidal ideation."
Source: National Center for Biotechnology Information
PMID:24998511, DOI:10.1017/S0033291714001299

Health
History
Environment

Start of suicidal thoughts 10 minutes 20 minutes
intensity of suicide peak intensity of suicide attempt
more ambivalent about dying
Suicide is something a person is driven to in an moment of extreme pain.

Red Flag Behavior:
- Isolates/Avoids
- Sudden behavior changes
- Falls asleep in class/at work
- Frequent flier to doctor
- Angry, irritable, violent
- Bullying others
- Sad
- Frequent absences
- Gives Away Prized Possessions
- Self-harm/drug use escalates
- Behaves recklessly

What do people say?
- “I want to die.”
- “I’m so worthless.”
- “I feel so numb.”
- “I’m such a burden.”
- “I can’t do this anymore.”
- “I feel so overwhelmed.”

Younger ones say:
- “I want to go see grandma.”
- “I want to run in front of a car.”
- “I am ugly.”
- “I have no friends.”
- “I hate myself.”
Considerations for the Neurodiverse

- Masking makes it harder to see
- ND have challenges in stress response, emotional regulation
- ND need more time to process
- Challenges with communicating emotions

What do you ask if you want to know if someone is thinking of suicide?

Adults, Teens & Tweens

“Are you thinking of suicide?”

Younger Children

“Are you thinking of making yourself dead?”

1. Avoid minimizing feelings
2. Avoid convincing them life is worth living
3. Avoid trying to “fix” it
Say this:
“Tell me more About how you feel”

Not that:
“You have so much to live for!”

#SayThisNotThat

Say this:
“I am grateful you shared this with me. I know it was hard.”

Not that:
“You got this! You gotta stop talking like that.”

#SayThisNotThat

A trend I have noticed

798abc replied: “Anne Moss Rogers thank you for your responses. To be seen at all is a relief unto itself.

When are people most vulnerable?

• Transitions, Mini Transitions
• Relationship Disruption

Summary of What To Do

1. Engage in private conversation
2. Listen w/ compassion, no “fixing”
3. Ask, “Are you thinking of suicide?”
4. Connect person w/ help
1. 911 is a last resort. You can call 988 together.
2. If a person has taken a med, call 911.
3. Trust the process. Don’t focus on the outcome.

Looking for a
1. Suicide Risk Assessment
2. Safety Plan

Coping Card
1. Reasons 4 living
2. Coping Strategies
3. 2 trusted adults
4. Crisis Resources
5. Bonus Backside: Book of Wins

Safety Plan for Neurodiverse LGBTQ YA w/ NSSI ADD, Anxiety, Depression, Chronic Suicidalty

My Warning Signs
- I have active thoughts about suicide & killing myself
- I feel trapped & that there is no escaping the pain I'm in
- I feel disconnected from myself & the world around me

My Reasons for Living
- Accepting myself
- Healing
- Recovery
- Surviving

My Coping Strategies
- List 3 hobbies
- Listen to music
- Taped bubble wrap
- Exercise
- Take a hot shower
- Wrap up in a blanket
- Watch TV

My Support Network
- Assist Movas Rogers from the emotionally abused blog
- Charlotte Medical Practice: 919 922 2579 (Msg for Text-Sms)
- Samaritans: 111 113 2

My Environment Safety
- Storing up or removing items I may use to harm myself (medications, ligatures, etc.)
- Removing my front area I am not safe (near bridges or water)
- Avoiding things that make me feel unsafe (skies, bodies, noises, etc.)

Based on CRP by Drs David Rudd and Craig Bryan

Tyler Daykin 14 hours ago
After I watched this video about 2 years ago I had a bit of hope that stuff would go right thank you.

The Coping Card Activity (get and do)

MentalHealthSpeakers.net
NIMH Validated Suicide Screening Tool For Ages 10+

Ask Suicide Screening Questions

1. In the past few weeks, have you wished you were dead? Yes No
2. In the past few weeks, have you felt that you or your family would be better off if you were dead? Yes No
3. Have you ever tried to kill yourself? Yes No
4. Have you ever tried to kill yourself? If yes, how? Yes No

If the patient answers yes to any of the above, ask the following question:
5. Are you having thoughts of killing yourself right now? Yes No


Paul Lipkin, MD
Pediatrician. Director, Kennedy Krieger Institute, Baltimore, MD.

Restricting Access to Means

Clear Out or Restrict Access to Medications
• Takebacks
• Lockboxes
• Limit access to OTC Meds!

Buy in blister packs
When UK changed Tylenol to blister packs, suicide deaths from Tylenol ODs declined 43%. 
Replace Tylenol with Advil & Buy Small Quantities

Limit access to skipping ropes, scarves, belts, lanyards and access to beams

Lock up Firearms.
- Suicides make up 76% of all firearm deaths in CO
- Half of all suicides in Colorado are by firearm.

Resources

Get the Resources

MentalHealthSpeakers.net

3/7/24

https://drive.google.com/file/d/1xtfI5kB3itjNQq-lG-PUPFdKCp0TJxo/view?usp=sharing
Episode 12

How do I turn off the new proportional scaling by default behavior while transforming layers?

“Can a Blog Save Lives?”

List one thing you learned today in the chat

Charles taught everyone around him what it meant to let another human being know they mattered.