

REDUCE SUICIDE RISK BY ENHANCING RESILIENCE

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Learning Objectives

01

Explain the concept of resilience

02

Discuss the relationship between resilience and suicide risk

03

Identify three strategies for increasing resilience among incarcerated patients



<https://centerforresilientchildren.org/home/about-resilience/>

Suicide Risk

RISK FACTORS

Static

Dynamic

Situational

Environmental

PROTECTIVE FACTORS

Spiritual

Physical/Health

Cognitive

Relational/Social

Emotional

Reducing Risk for Suicide in Corrections

RISK FACTORS

~~Static~~

Dynamic

~~Situational~~

Environmental

PROTECTIVE FACTORS (RESILIENCE)

Spiritual

Physical/Health

Cognitive

Relational/Social

Emotional

Resilience and Suicide Risk

Research demonstrates a link between low resilience and increased risk for suicide

Perception of barriers to support and mental health services (external resilience factor) increases suicide risk

Risk factors may reflect low resilience

- Hopelessness
- Entrapment
- Fear
- Loss of meaning

What is Resilience?

Our ability or capacity to adapt to withstand stress and continue successfully in times of adversity



<https://amecenter.ucsf.edu/events/cultivating-stress-resilience-2019>

Pop-Quiz!

Resilience is:

- A) Something you either do or don't have, capacity or a personality trait
- B) Something you can develop or acquire, ability or a skill you can learn
- C) A little bit of both
- D) I don't know, Sharen, you haven't told me yet.

Ability or Capacity?

Our **ability or capacity** to adapt to withstand stress and continue successfully in times of adversity (Schwartz, 2018)

The lens through which we see this matters!

- Ability = Skill
- Capacity = Trait



Resilience as Ability

“...the ability to recover from adversity, to keep calm in the face of difficulty and to solve problems. It is the ***ability to manage your own emotions and remain aware of the emotions of others***. It doesn't mean you don't experience difficulty or distress, but it does involve the ability to live with those emotions” (McDonald, 2014)

“...the potential to exhibit resourcefulness by ***using available internal and external resources*** in response to different contextual and developmental challenges.” (Cohen, 2010)

Elements of Resilience

Spiritual

- Meaning-making, purpose, identity, reasons for living, religiosity

Physical/Health

- Wellness, freedom from pain, freedom from threats

Cognitive

- Combating thinking errors/distortions, perspective-taking, objectivity

Relational/Social

- Belonging, support, connectedness (most consistently correlated with well-being)

Emotional

- Self-esteem, affect regulation, distress tolerance

Assessing Resilience

Suicide Resilience Inventory – 25 (SRI-25)

- Internal protective factors
 - Positive intrapersonal characteristics and beliefs that minimize risk for suicide-related behavior
- External protective factors
 - Perceived emotional support in difficult life situations
- Emotional stability factors
 - Ability to handle specific life difficulties while experiencing negative or unbearable emotions

Abbreviated items and factor	Standardized factor loadings		
	1	2	3
Factor 1: Internal Protective			
1. I like many things about myself	.80	.00	.00
2. Most of the time I am happy	.77	.00	.00
5. I like myself	.85	.00	.00
9. Most of my goals are reasonable	.51	.00	.00
11. I am satisfied	.79	.00	.00
13. I am proud of my good qualities	.78	.00	.00
19. I feel emotionally strong	.68	.00	.00
20. I am happy regardless of problems	.80	.00	.00
25. I feel cheerful	.88	.00	.00
Factor 2: Emotional Stability			
4. I can deal with rejection	.00	.74	.00
8. I can resist thoughts of suicide	.00	.80	.00
10. I can resist suicidal urges when sad	.00	.79	.00
12. I can resist suicidal thoughts when in a difficult situation	.00	.79	.00
14. I can control suicidal urges when criticized	.00	.79	.00
18. I can handle suicidal thoughts when lonely	.00	.74	.00
23. I can resist suicidal thoughts when humiliated	.00	.73	.00
24. I can resist suicidal thoughts when feeling hopeless	.00	.81	.00
Factor 3: External Protective			
3. People close would listen if I were suicidal	.00	.00	.53
6. I could openly discuss suicidal thoughts	.00	.00	.52
7. I can find someone for support	.00	.00	.64
15. I can ask for support if suicidal	.00	.00	.79
16. I can ask for support even if people are angry with me	.00	.00	.60

Assessing Resilience

Reasons for Living Inventory (RFL)

- Survival and Coping Beliefs
- Responsibility to Family
- Child-Related Concerns
- Fear of Suicide
- Fear of Social Disapproval
- Moral Objections

- | | |
|-----------|--|
| _____ 5. | I believe only God has the right to end a life. |
| _____ 6. | I am afraid of death. |
| _____ 7. | My family might believe I did not love them. |
| _____ 8. | I do not believe that things get miserable or hopeless enough that I would rather be dead. |
| _____ 9. | My family depends upon me and needs me. |
| _____ 10. | I do not want to die. |
| _____ 11. | I want to watch my children as they grow. |
| _____ 12. | Life is all we have and is better than nothing. |
| _____ 13. | I have future plans I am looking forward to carrying out. |
| _____ 14. | No matter how badly I feel, I know that it will not last. |
| _____ 15. | I am afraid of the unknown. |
| _____ 16. | I love and enjoy my family too much and could not leave them. |
| _____ 17. | I want to experience all that life has to offer and there are many experiences I haven't had yet which I want to have. |
| _____ 18. | I am afraid that my method of killing myself would fail. |
| _____ 19. | I care enough about myself to live. |
| _____ 20. | Life is too beautiful and precious to end it. |

(Linehan, et al., 1983)

Building Resilience

Mindfulness and acceptance

Self-esteem and self-care

Autonomy and self-efficacy

Affect regulation

Cognitive change strategies

Interpersonal skills



First...Mindfulness



Developing moment-by-moment awareness of physical, emotional and cognitive events



Noticing rather than controlling



Separation of self from thoughts and feelings



Strategies

Focus on breathing
Focus on single thought
Returning time and again



Self-Esteem & Self-Care

Make self a priority

Watch yourself be successful

Be grateful for what you have/who you are

Look at the positive

Tell another "story"

Sleep/eat well

Exercise

Autonomy & Self-Efficacy



Mine the past for the “gold”



Learn from mistakes



Examine what you have control over and focus on those things



Empower choice-making



Respect the struggle/expect to “bounce-back”



Encourage hope



Motivational interviewing

Do not provide solutions –
encourage weighing options

Affect Regulation

Dialectical behavior therapy (DBT) skills

Allow self to feel emotions/witness without changing

- Don't avoid or ignore

Understand “why” behind emotion (e.g., information)

- Take the opposite action

Cognitive Change Strategies

Cognitive Behavioral Therapy (CBT)

- Understand links between thoughts, feelings and actions
- Cognitive restructuring
- Challenge beliefs and automatic thoughts
- Identify and address thinking errors

Motivational Interviewing

- Address ambivalence

Communication abilities

Examine social connections (constructive and destructive)

- Friends, family, romantic, professional, healthcare

Empathy building

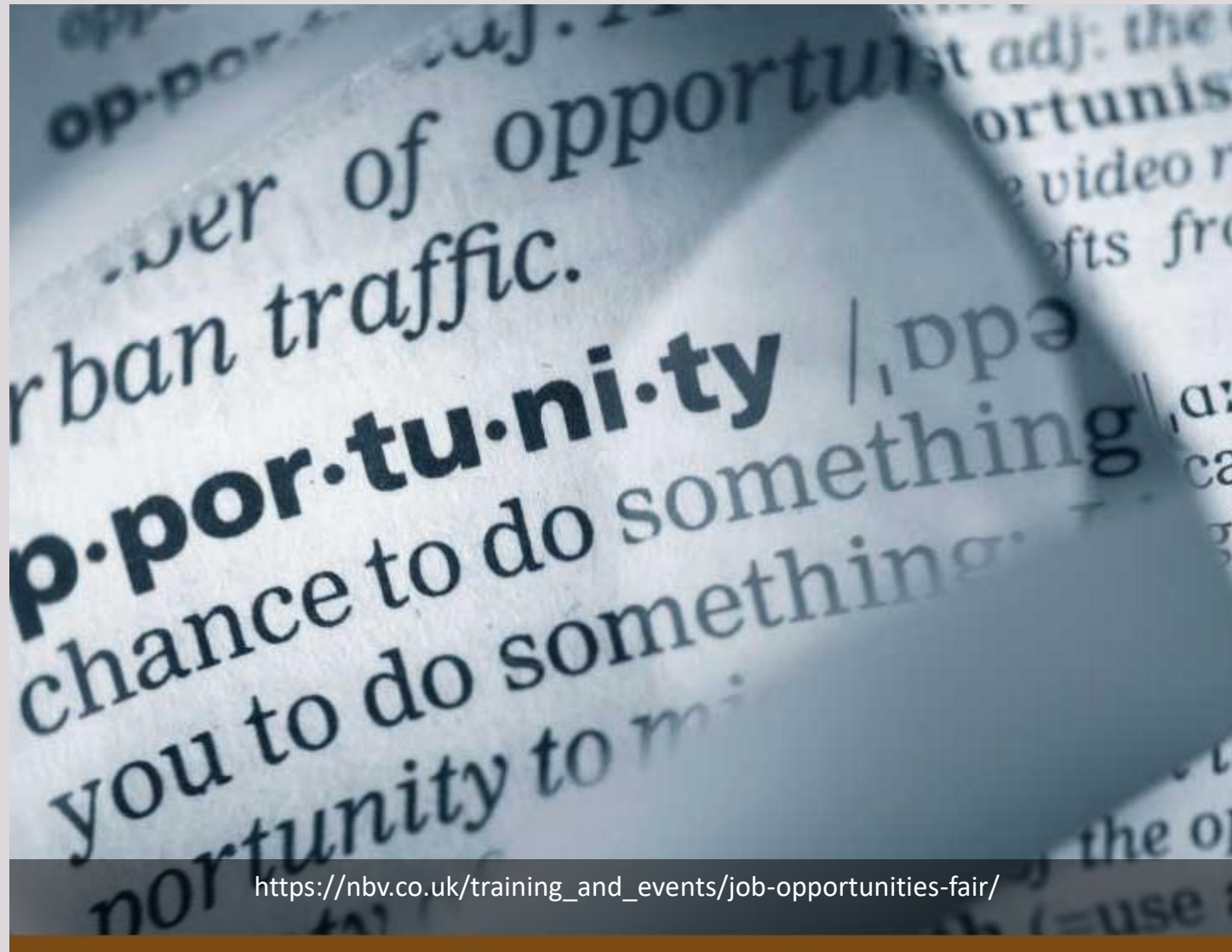
Understanding mutual influence/reciprocity

Assertiveness vs. aggression

Balancing priorities & demands/wants & shoulds

Practicing kindness

Interpersonal Skills



https://nbv.co.uk/training_and_events/job-opportunities-fair/

Opportunities for Building Resilience

Caseload

- Treatment planning
- Individual sessions
- Group sessions

Non-caseload

- Reception/intake
- Non-emergent requests for services
- Transfer evaluations
- Consultations

When in crisis...

Stabilization becomes the focus

Difficult to build resilience in the midst of a crisis

Need resources to draw from in crisis situations

Positive experiences allow “mining for gold” during crises

Building resilience is preventive and proactive

Resources

*Positive Psychology Group Therapy for Long-Term Incarceration:
A Therapy Manual*

- Alecia Douglas Chahine, 2013

Skills Training Manual for Borderline Personality Disorder

- Marsha Linehan, 1993, 2017

Positive Identities: Narrative Practices and Positive Psychology

- Margarita Tarragona, 2014, 2019

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Questions? Comments?

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