

Depression and Suicide in Children and Adolescents

Program Description

Suicide among adolescents has more than tripled in the past 45 years and many children with whom we work suffer from illnesses that put them at risk of suicide. While clearly recognizing the seriousness of the topic, this workshop presents a hopeful view of the current state of research and the significant progress being made in suicide prevention and treatment. This workshop will focus on the biological and environmental contributors to depression and suicide in the young and discuss the most important risk and protective factors for youth. It will address prevention efforts and their effectiveness, provide updates on research related to suicide risk assessment and crisis intervention, and discuss clinical treatment and standards of care. Participants will learn a recently developed, evidence-based treatment for reducing suicide risk. It will offer guidelines for responding to families and communities after a suicide.

Learning Objectives

Upon completion of this workshop, participants will be able to:

1. Describe and explain the incidence of youth suicide relative to other ages.
2. List at least five risk and protective factors for youth suicide.
3. Explain the causes of depression and the role of each in the disorder.
4. Describe prevention efforts and their effectiveness.
5. Describe three appropriate treatment options and their efficacy.
6. Demonstrate use of an evidence-based crisis intervention technique for reducing suicide risk.
7. List at least three resources for support / intervention for children and families and how to access them.
8. Formulate an agency prevention and aftermath plan.

Target Audience

Mental health professionals, including psychologists, clinical social workers, marriage and family therapists, pastoral counselors, substance abuse counselors and others interested in this subject.

Contact Hours

3.0 to 6.0 hours

Program Agenda

9:00 a.m.	Risk and Protective Factors Specific to Youth Suicide
10:00 a.m.	Causal Factors in Depression and Suicide
11:00 a.m.	Break
11:15 a.m.	Evaluating Suicide Capacity
12:15 p.m.	Lunch
1:15 p.m.	Suicide Risk Assessment (long-term and short-term)
2:30 p.m.	Evidence-Based Interventions in Suicide Risk
3:30 p.m.	Break

3:45 p.m. Postvention guidelines: Responding after a suicide
4:30 p.m. Adjourn

Faculty

Jodi Flick, LCSW, ACSW, has an MSSW from the University of Tennessee-Knoxville and has earned an LCSW and ACSW. Prior to becoming a Clinical Associate Professor with the UNC-CH School of Social Work, she provided direct services in out-patient and in-patient mental health, in emergency poverty relief services, in crisis intervention with the police department and in medical social work, with 40 years clinical social work experience. She is a member of the N.C. Youth Suicide Prevention Task Force and the Triangle Coalition for Suicide Prevention, and she facilitates a local Survivors of Suicide Support Group. She has been actively involved in volunteer work and community organization around social justice and service issues. In addition, Ms. Flick has considerable experience teaching at conferences, colleges and local organizations and is a dynamic trainer who engages participants in the learning process.