

SUICIDAL

De-escalation & Stabilization

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Let's talk about how things are done currently

What is the process for people who state they are suicidal?
Across the country ER's tend to be the answer.

- it can reduce risk for you and your department
- perhaps there are rules mandating it in your agency
- it's how your department has always handled this kind of situation (someone says the "magic words" and hospital trip required)

What is accomplished by this action?

Let's chat statistics...

Notes:

Let's imagine it could be done differently...

What if WE went to THEM for assessment?

- Person centered approach
- Less traumatic
- More immediate
- More comfortable
- You see the entire picture

Notes:

Let's talk about you _____

HOW ARE YOU PREPARED?

You are part of the situation

What is your belief about human nature?

What do you believe motivates/drives people?

Do you have any biases?

Cognitive Dissonance & suicide.

Notes:

Essential Skills _____

10 essential skills for crisis intervention
with suicidal individuals:

- Go in with a blank canvas
- Have a confident, yet calm presence
- Take your time
- Be an investigator – gain collateral
- Stay off autopilot
- Be a high self monitor
- Offer options not opinions
- Stay emotionally outside
- Caution with disclosure
- Use tactical empathy

Notes:

Gray Matter

MATTERS

The neuroscience behind behavior & how this helps with de-escalation, genuine connectedness & communication.

- Amygdala & the frontal lobe.
 - emotion vs. rational thought
- 7/38/55 communication make up
- When words and posture differ, follow the posture
- Subconscious interaction
 - brain to brain communication
- Tone, rate, volume
- Mimicry & the chameleon effect
- Fight or flight
- Genuineness is vital
 - without deference, respect & humility you lose

Notes:

The Conversation

SUICIDE DE-ESCALATION

Introduction

Making the connection

Rapport in 3, 2, 1...

Discuss and practice

Their Story

Expert active listening

What is the hook?

Discuss and practice

Risk Assessment Tools

What is your internal barometer on risk?

Risk assessment tools available

Is there one tool that is the "best"?

Let's look

Risk Assessment

TOOLS

C-SSRS

COLUMBIA UN.

ASQ

D. BRICKER, PH.D
J. SQUIRES, PH.D

SAFE-T

MENTAL HEALTH INC
SUICIDE PREVENTION
RESOURCE CENTER

C-SSRS asks about thoughts, plan and intent

ASQ asks about thoughts and plan only

Only the SAFE-T asks about protective factors

SAFE-T requires more thought and discretion

None ask about access to lethal means

Pros and Cons to any screener:

- self report data is easy to obtain
- people may not be truthful
- may overemphasize answers
- may underemphasize responses
- biases may play a role (i.e., social desirability bias)

The moral of the story is that any screener is only one tool in your toolbox!

Notes:

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Leaving them Safe

SAFETY PLANNING

Who is involved in planning?

Collateral, when available, is vital!

How is a safety plan written?

What aspects are included?

Let's write a safety plan

RESOURCES

<https://doh.wa.gov/you-and-your-family/injury-and-violence-prevention/suicide-prevention/988-suicide-and-crisis-lifeline>

<https://www.samhsa.gov/resource/dbhis/ask-suicide-screening-questions-asq-toolkit>

https://sprc.org/wp-content/uploads/2022/12/asQToolkit_0-1.pdf

<https://www.samhsa.gov/resource/dbhis/columbia-suicide-severity-rating-scale-c-ssrs>

https://cssrs.columbia.edu/wp-content/uploads/C-SSRS_Pediatric-SLC_11.14.16.pdf

<https://store.samhsa.gov/product/SAFE-T-Pocket-Card-Suicide-Assessment-Five-Step-Evaluation-and-Triage-for-Clinicians/sma09-4432>

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<https://www.samhsa.gov/resource/dbhis/safe-t-pocket-card-suicide-assessment-five-step-evaluation-triage-safe-t-clinicians>

<https://sprc.org/wp-content/uploads/2023/01/SafetyPlanningGuide-Quick-Guide-for-Clinicians.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7559434/>

Stanley, B. & Brown, G. K. (2016). Safety Planning Intervention: A brief intervention for reducing suicide risk. Retrieved from http://www.suicidesafetyplan.com/About_Safety_Planning.html

<https://www.healthline.com/health/stress/amygdala-hijack#how-to-stop>

<https://www.masterclass.com/articles/how-to-use-tactical-empathy-to-negotiate>

<https://dougroll.com/de-escalate/de-escalation-techniques/>