Cloud of Despair
Depression, Self-Injury, and Suicide
Adolescent Response

- Survival Mindset vs. Thriving Mindset
- World Beneath vs. Community Integration
- Surrogate Family vs. Familial Belonging
- Incongruent Identity vs. Congruent Identity
- Moral Disengagement vs. Engaged Morality

#U1WI

Chris & Trudy Schaffner

Celebrating 25 Years
Conversations on the Fringe (CotF) is an organization seeking creative and innovative ways to bridge the gap between marginalized youth and those entities (particularly families, schools and churches) that serve youth in contemporary society.

conversationsonthefringe.com

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Social Media <3

Twitter Hashtags

#UYWI
#conversefringe
#25yearsofimpact

Instagram

@conversationsonthe fringe
What is Depression

Depression, otherwise known as major depressive disorder or clinical depression, is a common and serious mood disorder. Those who suffer from depression experience persistent feelings of sadness and hopelessness and lose interest in activities they once enjoyed. Aside from the emotional problems caused by depression, individuals can also present with a physical symptom such as chronic pain or digestive issues. To be diagnosed with depression, symptoms must be present for at least two weeks.
DSM-V Criteria

1. Depressed mood most of the day, nearly every day.
2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.
3. Significant weight loss when not dieting or weight gain, or decrease or increase in appetite nearly every day.
4. A slowing down of thought and a reduction of physical movement (observable by others, not merely subjective feelings of restlessness or being slowed down).
5. Fatigue or loss of energy nearly every day.
6. Feelings of worthlessness or excessive or inappropriate guilt nearly every day.
7. Diminished ability to think or concentrate, or indecisiveness, nearly every day.
8. Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for committing suicide.
Neurotransmitters

Serotonin – In the Central Nervous System, serotonin is believed to play an important role as a neurotransmitter, in the modulation of anger, aggression, body temperature, mood, sleep, sexuality, and appetite as well as stimulating vomiting.

Dopamine - dopamine is believed to play a role in rewarding behaviors and the experience of pleasure.
Gender Differences

**Guys**
- Externalize
- Distractions
- Blame
- Abusive toward others

**Girls**
- Internalize
- Perseverate
- Self-critical
- Self-abusive

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Causes of Depression

- Biological
- Cognitive
- Social
- Behavioral
- Experiential
- Cultural
- Generational
What is Self-Injury

Self Injury (SI) or Self-Harm (SH) is deliberate injury inflicted upon their own body.
What Self-Injury Isn’t

A New Behavior
A Passing Fad
Social Statement
Suicide Attempt
Attention Seeking
Demon Possession
Common Types of Self-Injury

Cutting – knives, blades, glass, etc.

Carving – cutting or burning words into skin

Burning and Branding – heated metal objects, acid on skin
Other Types of Self-Injury

- Hair Pulling
- Bruising or Hitting One’s Self
- Scab Picking/Interfering with Healing
- Scratching
Common Location of Self-Injury

Arms

Legs

Abdomen
Other Locations of Self-Injury

Between the Toes
Breasts
Genitals
Signs of Self-Injury

- Cuts
- Scars/Scabs
- Bruises
- Burns
Signs of Self-Injury

Attire That’s Inappropriate for Current Weather Conditions

(i.e., long sleeves during warm/hot weather)
Signs of Self-Injury

Bracelets

Bangles

Wristbands

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Signs of Self-Injury

Broken Disposable Razors

Collection of Cutting Paraphernalia

Knives, Blades, Glass Unexpectedly Found in a Teenagers Room
Signs of Self-Injury

Bloody wads of toilet paper or Kleenex

Blood on clothing where injuries might be common

Blood on towels
Signs of Self-Injury

First-Aid Supplies in Teenager’s Room

Itching or Rubbing Arms and Wrists or Other Potential Injury Areas

Rapid Emotional Fluctuations
Precursors to Self Injury

Hyperstress
- Feeling overwhelmed, unable to cope, exposed and/or sensitive.

Dissociation
- Feeling numb, lost, alone, disconnected and/or unreal.

Trigger

Self injury

Feeling relieved, in control and/or calm.

Feeling real, alive and/or able to function.

Hope and Healing For Kids Who Cut – Marv Penner/Zondervan

Increased Vulnerability
“I assume more bad things will happen

Painful Events
Victimization

Distorted Interpretation
“It must be my fault”

Spiral Of Addiction
This process continues like a spiral with shorter and shorter cycles

Assumptions Reinforced
“I knew I was defective”

Negative Emotions
Guilt, failure, stress

Destructive Choices
Relational or behavioral

Unchallenged Assumptions
“I am defective”

Survival Self-Protection
Compensate, deny, or express

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reinforcers
positive
control
pleasure
power
security
safety

time interval

t.i.

t.i.

decrease in positive outcomes

reinforcers
negative
victimization
abuse
trauma
abandonment
neglect

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point of addiction
Suicide Prevention, Screening, Response, and Aftermath
Suicide Prevention

Create a safe space to discuss hard things
Know the signs and symptoms
develop partnerships with
parents/caregivers
Know your policies/procedures
Have referral process in place
Train all staff/volunteers
Suicide Screening

Youth Suicide Risk Assessment

**CotF Youth Suicide Risk Assessment**

<table>
<thead>
<tr>
<th>Youth's Name:</th>
<th>DOB:</th>
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<tbody>
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</table>

Information Sources:

Staff Completing Assessment: Date of Assessment:

**Information**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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<tbody>
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1. Have you been sadder than usual? Yes No
   If yes, for how long?
2. Have you been more irritable than usual? Yes No
   If yes, for how long?
3. Have you been thinking of killing yourself? Yes No
   If yes, for how long?
4. Have you thought about how you would kill yourself? Yes No
   - pills/overdose
   - cut wrist
Suicide Response

EMS Activation
Mandatory Reporting
Chain of Command
Documentation
Crisis Response Team
Family Support
Controlling the Spread of Misinformation
Suicide Aftermath

Holding Space
Grief/Mourning
Long-Term Family Support
Student Support
Self-Care
Evaluation of Response
Anniversaries
Seeking Professional Help
Youth Ministry Suicide Prevention Initiative

Certified Training

Fringe Resources/Training
Contact Information

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Cloud of Despair

Adolescent Depression