


Recognizing the Risk: Tools for Screening and Safety for Youth at Risk of Suicide

Sheila Nelson
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Assessing Risk

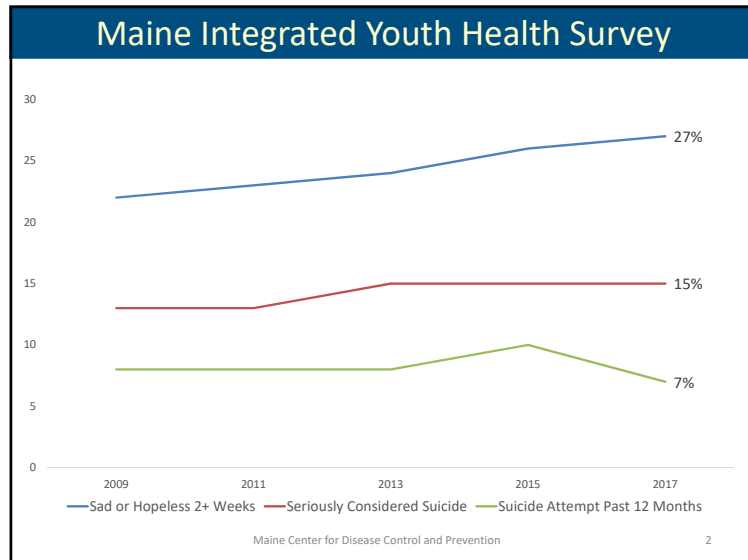
Currently...

How do you *identify* young people at risk for suicide?

Once identified, how do you determine their *level of risk*?

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Columbia Suicide Severity Rating Scale (C-SSRS)

	Past Month	
Ask questions that are in bold and underlined	YES	NO
Ask Questions 1 and 2		
<u>1) Have you wished you were dead or wished you could go to sleep and not wake up?</u>		
<u>2) Have you had any actual thoughts of killing yourself?</u>		
If YES to 2, ask questions 3, 4, 5, and 6. If NO to 2, go directly to question 6.		

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Columbia Suicide Severity Rating Scale (C-SSRS)

	YES	NO
3) <i>Have you been thinking about how you might do this?</i> e.g. "I thought about taking an overdose but I never made a specific plan as to when where or how I would actually do it....and I would never go through with it."		
4) <i>Have you had these thoughts and had some intention of acting on them?</i> as opposed to "I have the thoughts but I definitely will not do anything about them."		
5) <i>Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?</i>		

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Plan Ahead

Before you ask them, ask yourself...

- What is our response for each level of risk?
- When/how do we contact parents/guardians?
- What is our process for making behavioral health referrals and following up to ensure that care is received?
- When and how do we involve local crisis service providers?
- How do we plan for a return to school after treatment?

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Columbia Suicide Severity Rating Scale (C-SSRS)

	YES	NO
6) <i>Have you ever done anything, started to do anything, or prepared to do anything to end your life?</i> Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, took out pills but didn't swallow any, held a gun but changed your mind or it was grabbed from your hand, went to the roof but didn't jump; or actually took pills, tried to shoot yourself, cut yourself, tried to hang yourself, etc.		Lifetime
If YES, ask: <i>Was this within the past 3 months?</i>		Past 3 Months


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For tools and training on the C-SSRS: <http://cssrs.columbia.edu/the-scale-in-action/schools/>

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Questions?

Sheila Nelson
 Program Manager, Adolescent Health, Injury and Suicide Prevention
sheila.nelson@maine.gov
 (207) 287-3856



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