

COUNSELLORS' EXPERIENCES working with SUICIDAL YOUTH

STANDARD PRACTICE

WHOLE PROCESS IS DRIVEN BY **LIABILITY!**

- ☐ KEEP THEM ALIVE
- ☐ BETTER NOT DIE ON YOUR WATCH!
- ☐ PAPERWORK BETTER BE IN ORDER!

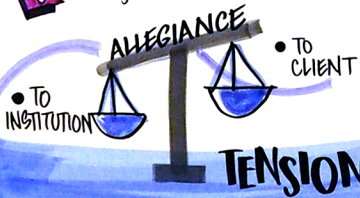
WORKING UNDER SURVEILLANCE/ SCRUTINY

FEAR

... SUICIDAL THOUGHTS ...

1. SCREENING QUESTION

Are you suicidal?



2. SCREENING TOOL

✓ YES

IS PATH WARM

3. TASRA

✓ YES

CONSULT WITH CLINICAL COORDINATOR

SAFETY PLAN if needed

RISK ASSESSMENT

Disconnects us from client

WHO ARE THESE TOOLS BENEFITING?

ARE THEY helping?

ARE THEY getting in the way?

DISCRETION TO USE TOOLS OR NOT

PREFERRED PRACTICE

TALK ABOUT CONTEXT OF PEOPLE'S LIVES

Instead of a safety plan, why not just turn on the HYDRO??

HOUSING

POVERTY

FAMILY

SUPPORTIVE CONDITIONS

OPENNESS to THESE KINDS of QUESTIONS

FLEXIBILITY in CLINICAL COORDINATORS

MORE OPPORTUNITIES to TALK TOGETHER

- Validation
- Help to think critically

DEDICATED TIME & SPACE to SHARE IDEAS, THOUGHTS, QUESTIONS

PROFESSIONAL DEVELOPMENT

WORKPLACE CULTURE THAT VALUES & ENABLES ALL THIS

EMPATHY

TALK ABOUT DEATH

meaningful conversations

- Matter of fact
- Positive
- Normalize
- Part of life

FRAME SUICIDE differently:

RESPONSE to UNTENABLE SITUATION

MOVE AWAY FROM FEELING of ISOLATION & BEING CAGED

Validate

Contextualize

SUICIDE AS STRATEGY of RESISTANCE

SOMETIMES HAVING AN EXIT STRATEGY IS WHAT KEEPS PEOPLE ALIVE!

EXIT

DIGNIFY/HONOUR YOUNG PEOPLE'S WISDOM & LIVED experience!

ALLOWING THESE TO BE ON THE TABLE → FEELING of RELIEF / FREEDOM

Sitting alongside in the darkness & in the midst of CONTRADICTION

NEED TO SIT IN THE DARKNESS BEFORE TURNING ON THE **LIGHT**

SUICIDAL YOUTH = NOT A TIDY CATEGORY!

Doesn't show up on TASRA

Intent? Or not?

SUBSTANCE USE COMPLICATES THINGS!

If SUICIDAL THOUGHTS but NO INTENT:

NOTES: Suicidal thoughts with no intent

I WILL CONTINUE to MONITOR

CAN WE JUST SKIP TO THE HELPFUL PARTS??

- ✓ TICKING
- ✓ OFF
- ✓ BOXES

MOVING Beyond



Sitting alongside in the darkness & in the midst of CONTRADICTION

