



Response to Incidents of Potential Suicide Related Behavior *Lesson 9.2*



Terminal Learning Objective

Upon completion of this lesson and without the aid of references, the student will identify and/or demonstrate the ability to use approved and standardized procedures to respond to and handle various Suicide Response situations.



Enabling Learning Objectives

Upon completion of this lesson and without the aid of references, the student will be able to:

- ***IDENTIFY techniques for effectively dealing with potential suicide related behavior***
 - ***DEMONSTRATE proper safety precautions and questioning techniques and procedures for incidents of potential suicide related behavior.***
 - ***DEMONSTRATE proper response techniques and procedures to de-escalate incidents of potential suicide related behavior.***
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Agency Roles in Suicide Response



- ***Coordinated Response***
- ***NSF Crisis Intervention Role***
- ***Security Department Role***
- ***Communications Role***



Attitude of First Responder

- ***Check Your Attitude***
 - ***Use a Tactful Approach***
 - ***Expect the Unexpected***
 - ***Remain Unobtrusive and Unbiased***
 - ***Consider Your Remarks***
 - ***Always Assume Proper Mental Attitude***
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Four Steps to Effectively Dealing with a Suicidal Situation



- ***Step 1: Listen***

- ***Step 2: Assess the situation***

- ***Step 3: Develop an action plan***

- ***Step 4: Close and closing elements***



Suicide Response Safety Precautions and Questioning Techniques



- ***Ask a question about suicide***

- ***Never...***

- ***Three steps to helping a suicidal person***
 - *Listen*
 - *Ask*
 - *Act*

- **Persuading Someone to Get Help**



Response Procedures



Responding

- *Suicides or threats are treated seriously*
- *Dispatcher should keep caller on phone*
- *Park away from the residence*
- *Close doors quietly*
- *Turn down radios*
- *Response plan*
- *Approaching on foot*
- *Initial observation*



Response Procedures



Responding (Cont.)

- ***Check windows and doors***
- ***Night approaches***
- ***Using your flashlight***
- ***At the front door***
- ***Making entry***
- ***First aide***



Contact Response Procedures



If NSF arrive before the suicide attempt is made, they should take action.

- *Avoid sudden, aggressive moves*
- *Give reassurance*
- *Determine the main theme*
 - *Angry*
 - *Depressed*



Contact Response Procedures



- ***Convince attempter that suicide is not the answer***
- ***Be patient and understanding***
- ***Keep crowds away***
- ***Comply with attempter requests if possible***
- ***Do not try and deceive them***



Contact Response Procedures



- *Ask directly*
- *Immediate family*
- *Attempter is in control*
- *High state of emotional distress*



Contact Response Procedures



Remember that if one thing doesn't work, try another. If your suggestions do not work or seem to aggravate the situation, quickly back off. It is amazing what will solve the problem and what won't. Be flexible.



Suicide Response Referral



How to Refer Someone for Help

- *Do not hesitate to intervene*
- *Know your alternatives*



Suicide Response Referral



What if help is refused?

- *Crisis Service Agencies*
- *Refusing Transport*
 - *Protective Custody per SOP*
 - *CNIC 5530.14 Prohibits NSF from riding in an ambulance when transporting*



Follow-on Actions



- ***Medical evaluation***
- ***After the crisis is over, reassure the attempters***
- ***At the hospital***



Documenting the Suicide Attempt



- ***Notifications***

- ***Past history***

- ***Describe the scene***

- ***Preserve and collect evidence***



Summary

The responding NSF should always remember that a proper, safe response to a suicide incident is paramount in order to handle the situation.

Officers must stay alert to the current situation and be able to think on their feet.

RESPOND, ASSESS and REFER

The key to helping a suicide attempter is:

LISTEN, ASK and ACT



Review

How is a crisis defined?

An emotionally significant or radical change of status in a person's life.

What is the first and most important element of listening?

Stop Talking, Listen

What are the "Four Steps to Effective Listening"?

Listen, Assess the situation, Develop an action plan, Close and closing elements



Review

What are the two main themes in a suicide attempt?

Angry at someone and want that person to pay for whatever they feel was done to them.

They are depressed and see life as hopeless.



Review



What must “NEVER” be done with a subject who is suicidal?

- Ignore the behavior
- Promise total confidentiality or agree to keep a secret
- Try to forcefully remove a weapon
- Leave a person alone if you think there is an imminent danger of suicide



Questions

