

Suicide: Causes & Care

Presentation for Lailly

Donald W. Winslett, Ed.D.



Biblical Record of Suicide

- Judges 9:54 – A woman dropped a millstone from a tower, striking Abimelech. He called for an armor bearer to kill him with a sword.
- Judges 16: 29-31 – By collapsing a building, Samson sacrificed his own life yet destroyed thousands of Philistines
- 1 Samuel 31:3-6 – King Saul ended his life.

Biblical Record of Suicide Cont.

- 2 Samuel 17:23 – Rejected by Absalom, Ahithophel hung himself.
- 1 Kings 16:18 – Rather than being taken as a prisoner, Zimri set pasture on fire and died there.
- Matthew 27:5 – Judas overcome by remorse hung himself.

U.S.A. Suicide: 2010 Official Final Data

	Number	Per Day	Rate	% Deaths
Nation	38,364	105.1	12.4	1.6
Males	30,277	83.0	20.0	2.5
Females	8,087	22.2	5.2	0.7
Whites	34,690	95.0	14.1	1.6
Nonwhites	3,674	10.1	5.8	1.0
Blacks	2,144	5.9	5.1	0.7
Elderly 65+	5,994	16.4	14.9	0.3
Young 15-24	4,600	12.6	10.5	15.6

15 Leading Causes of Death in U.S.A., 2010

Rank	Causes of Death	Rate	Deaths
1	Diseases of the Heart (heart disease)	193.6	597,889
2	Malignant neoplasms (cancer)	186.2	574,743
3	Chronic lower respiratory diseases	44.7	138,080
4	Cerebrovascular diseases (stroke)	41.9	129,476
5	Accidents (unintentional injuries)	39.1	120,859
6	Alzheimer's disease	27.0	83,494
7	Diabetes mellitus (diabetes)	22.4	69,071
8	Nephritis, nephrosis (kidney disease)	16.3	50,476
9	Influenza & pneumonia	16.2	50,097
10	Suicide (Intentional Self-Harm)	12.4	38,364
11	Septicemia	11.3	34,812
12	Chronic liver disease and cirrhosis	10.3	31,903
13	Essential hypertension and renal disease	8.6	26,534
14	Parkinson's disease	7.1	22,032
15	Pneumonitis	5.5	17,011
	All other causes (Residual)	156.7	483,694

Suicide Attempts Annually – 1,000,000

(25 attempts to 1 completed)

- 3 female attempts for 1 male attempt
- 4 male completed suicides for 1 female completed
- 6 survivors for each completed suicide

United States 38,364 (12.4)

(12.4 per 100,000 population)

- Florida (20) – 2,789 (14.8)
- Alabama (23) – 679 (14.2)
- South – 14,778 (12.9)

Suicide by Days of week, seasons

- Monday – highest
 - Saturday – lowest
 - Tuesday – 2nd highest, then Wednesday, Thursday, Sunday, Friday
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- May, June – highest suicide rate months
 - November, December – lowest suicide rate months

Shneidman: List of thwarted needs

- Achievement
- Affiliation
- Autonomy
- Dominance
- Play
- Rejection
- Shame-avoidance

Shneidman

Also identified "lethality" as a key ingredient.

Aaron T. Beck

Hopelessness

"Suicide cannot occur outside the mindset of hopelessness. Suicide is the direct result of hopelessness."

Social Stressors

- Loss of Primary Relationships
- Loss of Health
- Loss of Social Definition
- Loss of Occupational Definition

Adolescents

"Adolescence is like a house on moving day,
a temporary mess."

Adolescents

- Aloneness – Isolation
- Victim of Bullying
- Family Discord
- Impulsivity

Thomas Joiner

"Why People Die by Suicide"

"Ability to enact lethal self injury is acquired."

Acquired Capacity to Enact Lethal Self Injury

- Repeated/escalating experiences involving pain
- Past suicidal behavior
- Repeated injuries
- Repeated witnessing of pain
- Repeated exposure to pain/provocation

Opponent Process Theory

With repetition, the opposite effect, or opponent process, becomes amplified/strengthened.
Example: skydiving

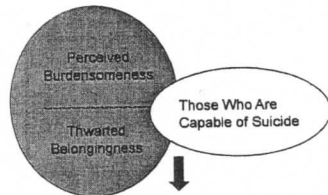


Constituents of the Desire for Death

- Perceived Burdensomeness
- Thwarted Belongingness



Those Who Desire Suicide



Serious Attempt or Death by Suicide

Care of the Person

Never shy away from asking if the person is considering suicide as an option – NEVER!!

Pope Francis

"Priests are shepherds to God's people and shepherds should smell like their sheep."

The Gospel speaks directly to themes of hopelessness, perceived burdensomeness and thwarted relationships (cast your burden upon me)

Brueggemann – *Spirituality of the Psalms*

- Orientation
- Dis-orientation
- New-orientation

Referral

Do you have a referral system in place? Do you have a relationship with a psychiatrist/psychologist? If not, why not?

Baker Act

(Handout in your packet)

Crisis Card

- Use what I know to identify what is upsetting me.
- Reasonable, non-suicidal responses to what is bothering me
- Do something that makes me feel better
- If the suicidal thinking becomes a plan, I will call...
- If I cannot control my suicidal behavior, I will call 911 or go to _____
- Suicide Hotline 1-800-273-TALK
- Favorite Scripture: _____

Care for the Family

- Survivor's Remorse (6 people dramatically impacted by 1 suicide)
- Guilt
- Grief
- Survivors of Suicide Support Group

Role of the Church

- Acceptance – Challenge
- Practice Hopefulness
- Out of the Darkness

“the Life in the Seed when the Seed looks Dead”

.word used for God by the Abenaki, New England Native
Americans.
