RESILIENCE: Strength Over Stress
Community Bridges, Inc. (CBI) is the premier non-profit fully integrated healthcare provider of substance use and behavioral health programs in Arizona, including prevention, education, and treatment using cutting-edge, nationally recognized, evidence-based models.
Our Locations

Maricopa County
Northern Region
Southern Region
Be in the Know: Substance Use, Suicide & More

Community Bridges, Inc. (CBI) empowers adults and youth with up-to-date information, resources and training opportunities on substance abuse, suicide prevention and other behavioral health concerns.

#BEINTHEKNOW
Today’s Objectives

1. Identify common causes of potentially toxic stress among youth and adults

2. Explain common variables related to suicide risk, as well as identify signs of suicidal ideation, and methods for preventing suicide

3. Demonstrate effective resiliency building skills for managing stress

#BEINTHEKNOW
Arizona’s Story

12th most stressed state in the US

What stresses us out?

• Odds of violent crime
• Commute
• Job stress
• Rates of divorce
• Income to cost of living ratio
AZ Teens and Stress

- School
- Relationships
- Sports
- Health Concerns
- Changes & Transitions
- "FOMO"
AZ Teens and Stress

- **61%** of AZ teens say stress and anxiety play a huge part in their lives.
- **60%** of AZ teens feel that difficulties pile up so high there’s no way to overcome them.
- **37%** of AZ teens have used substances in the last 30 days to help deal with stress.
Teens experience difficult emotions…

- Anger
- Being overwhelmed
- Fear
- Disappointment

The brain releases chemicals that prevent learning.

These chemicals cause teens to react negatively, or say and do things they don’t mean.
Social Media

• Victims of cyberbullying are almost 2x more likely to attempt suicide than those who are not being cyberbullied

• Cyberbullies are 1.5x as likely than other children to have attempted suicide

• 15.2% of AZ high schoolers report being cyberbullied

It’s Not Just Happening to Teens

- Over 40% of adults in the US report being cyberbullied
- Adult cyberbullies more adept at hiding identity – and are far more malicious
- Reputation attacks, harassment – leading to lives lost, careers and personal life damaged, families broken
Symptoms of Stress

- Headaches, body aches
- Upset stomach
- Forgetfulness
- Sleep problems
- Feeling under the weather
- Concentration and learning difficulties
- Anger, anxiety, frustration, irrational thinking
When the Stress Never Stops

- Chronic pain
- Asthma attacks
- Panic attacks
- Heart disease/stroke
- Acid reflux
- Digestive problems
- Reproductive health problems
- Severe depression/anxiety
- Suicidal Ideation/Attempt/Completion
Interacting Variables = Risk

**BIOLOGICAL FACTORS**
- Genetics
- Biological predisposition to mental illness

**PSYCHOLOGICAL FACTORS**
- Traits/Interpreting events
- Actions of others

**HISTORY**
- Death/Abuse/Trauma
- Family history of health problems

Current Life Events

Suicide Risk!
Suicide Facts & Figures: Arizona 2019 *

On average, one person dies by suicide every seven hours in the state.

Almost five times as many people died by suicide in Arizona in 2017 than in alcohol related motor vehicle accidents.
The total deaths to suicide reflect a total of 25,732 years of potential life lost (YPLL) before age 65.

Suicide cost Arizona a total of $1,246,006,000 combined lifetime medical and work loss cost in 2010, or an average of $1,139,987 per suicide death.

*Based on most recent 2017 data from CDC. Learn more at afsp.org/statistics.

8th leading cause of death in Arizona

2nd leading cause of death for ages 15-34
3rd leading cause of death for ages 35-44
5th leading cause of death for ages 45-54

7th leading cause of death for ages 55-64
15th leading cause of death for ages 65 & older

Suicide Death Rates

<table>
<thead>
<tr>
<th></th>
<th>Number of Deaths by Suicide</th>
<th>Rate per 100,000 Population</th>
<th>State Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arizona</td>
<td>1,327</td>
<td>18.14</td>
<td>20</td>
</tr>
<tr>
<td>Nationally</td>
<td>47,173</td>
<td>14.00</td>
<td></td>
</tr>
</tbody>
</table>

afsp.org/StateFacts
In 2017, 50 Arizona youth suicides were reported.

—Child Fatality Review
### Warning Signs

#### Talk
- No reason to live
- Feeling trapped
- Too much pain
- There’s no way out
- I should kill myself
- I hate my life
- It’s pointless

#### Mood
- Depression
- Anxiety
- Rage
- Shame
- Loss of interest
- Irritability
- Embarrassment

#### Behavior
- Increased substance use
- Searching for ways to kill themselves
- Withdrawing
- Sleeping too much
- Sleeping too little
- Aggression
- Fatigue
- Isolation
Treatment Barriers

• Don’t recognize the symptoms of their treatable illness
• Fear of what treatment might involve
• Belief that nothing can help
• Cost
• Embarrassment
• Believe adults/peers won’t understand
How You Can Help?

• Talk in private
• Express concern
• Listen to their story
• Ask directly about suicide
• Reassure that help is available
How You Can Help

• SafeTALK, Suicide Alertness for Everyone (3.5 hour training)

• ASIST, Applied Suicide Intervention Skills Training (2 day training)

• Mental Health First Aid
  – Adult
  – Youth
  – Veterans
  – Etc.
Helping “After”

- Nonjudgmental support
- An opportunity to tell the story, sometimes over and over again
- A safe and supportive environment
- To be listened to and heard
- To express grief in their own way
- Finding support Groups
“May your bounce-back be stronger than your setback”

American Psychological Association, 2018
The Resilience Recipe

1. Mindfulness practices
2. Living your values
3. Creating positive emotions
4. Managing negative emotions
5. TLC: Therapeutic lifestyle choices
6. Positive role models and supports
Mindfulness Is a Superpower

“Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”
Mindfulness Practices

- Breathing
- Eating
- Commuting
- Daily Routines

BEING MINDFUL

Mind Full, or Mindful?
What Do You Value?

....and how do you show it?

- Career
- Education
- Significant others
- Family
- Friends
- Your health
- What else?

The Cognitive Triangle

- Thoughts
- Feelings
- Behavior
Creating Positivity

Easier to be positive or negative?

- You only find what you go looking for!
- Negativity can be a generational trait

How do we change?

- Find the silver lining
- Find the positive in others
- Develop positive “go-to” staples
- Practice gratitude
- Focus on small, good things
- Build strong connections with others
- Random acts of kindness
Negative Emotions

What makes negative emotions so dangerous?
• They narrow a person’s perception
• “Amygdala hijack” in stress
• They can effect others around us

How do we stop these emotions from taking over?
• Think about the reaction
• Identify triggers
• “name it to tame it, and then let it pass”
• Distraction
• Relaxation techniques
• Self-soothing
• “The Rockslide Metaphor”
TLC

Therapeutic Lifestyle Choices

TLC

Sleep

Diet

Exercise
TLC: Sleep

Sleep is important for nearly everything

• Get 8 hours
• Don’t go to bed unless you’re sleepy
• If you’re not asleep after 20 mins, get up and do something relaxing
• Follow relaxing rituals
• Reduce stimuli in the bedroom
• Get up and go to sleep at the same time everyday
• Avoid naps
TLC: Diet

We are what we eat: Everything is good in moderation

• How you eat is just as important as what you eat
• Include colorful fruits and vegetables in meals
• Eat healthier carbs
• Eat healthy fats, less unhealthy fats
• Red meat isn’t the ONLY protein
• Limit sugar and salt
Exercise is one of the healthiest things we can do for our bodies

- Overcome excuses: they are just thoughts, not reality
- Only 30% of people get enough exercise
- You need 2+ hours of aerobic exercise per week, and should perform weight bearing exercise 2 days per week
Positive Role Models

“CHILDREN LEARN MORE FROM WHAT YOU ARE THAN WHAT YOU TEACH.”
—W.E.B. DuBois
CBI Teen Programs

- Evaluation and medical consultation
- Individualized Intensive substance use treatment, all ages
- Outpatient medical detoxification
- Evening and weekend hours
- Education and wellness curricula
- Family therapy and psychoeducation
- Peer support and navigation
- DCS Coordination
- Medication Assisted Treatment 16+ (MAT)
- Payson, Mesa, and Scottsdale locations
- Family Centered Services

***Suboxone is SAMHSA’s evidence-based best practice for Adolescent MAT Services***
CBI Services

- Patient-Centered Medical Homes
- Opioid Treatment
- Outpatient Treatment
- Residential Treatment
- Inpatient Treatment
- Crisis Care
- Mental Healthcare
- Crisis Mobile
Other Resources

- Crisis Response Network  602-222-9444

- Crisis Text Line  Text Start 741-741

- SOP program arizona@afsp.org.  
  - (A trained volunteer can call or visit)
THANK YOU