



PPS-PSCAP-PPA Task Force on Mental Health

Child and Adolescent Mental Health within REACH

(Resiliency, Empathy, Acceptance, Connection, Hope)



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• Education and Training

- Doctor of Medicine - Pamantasan ng Lungsod ng Maynila
- Residency in Pediatrics – UP-Philippine General Hospital
- Fellowship in Adolescent Medicine - Philippine General Hospital
- Fellowship in Clinical Toxicology - National Poison Management and Control Center UP - PGH

• Current Positions/Affiliations

- Head, National Poison Management and Control Center (NPMCC), UP-PGH
- Vice President, Philippine Society of Adolescent Medicine Specialists (PSAMS)
- Vice President, Philippine Society of Clinical and Occupational Toxicology (PSCOT)
- Associate Professor 7, Department of Pharmacology and Toxicology, College of Medicine, U.P. Manila



Mental Health Risk Assessment

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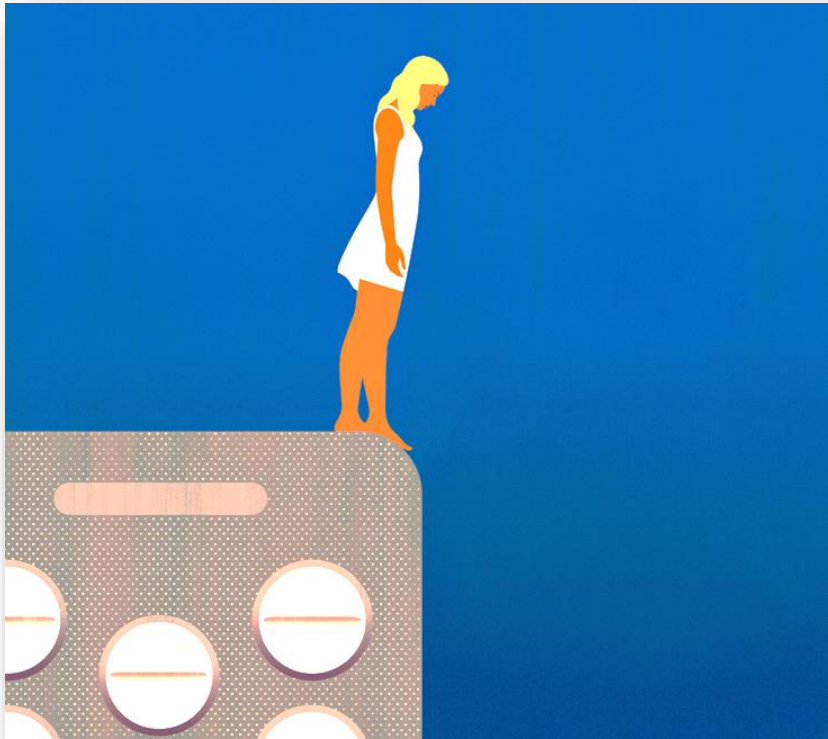


Outline: Suicide Risk Assessment

- General Approach
- Risk Factors
- Warning Signs
- Protective Factors



General Approach



- Adolescent should be interviewed separately from the parent.
- Clinician should communicate sympathy and understanding.
- Care needs to be taken in interviewing to increase likelihood of the patient sharing sensitive mental health concerns.
- Initial questions may be open-ended and non-threatening



General Approach

- Confidentiality must be assured

“I want to assure you that as much as possible, what we will talk about will remain between us. However, if I believe that you are at risk for harming yourself or others, your **safety takes precedence** so I will have to break confidentiality.”



General Approach

- Clinician should inform parents and guardians when they believe the patient is at risk, even if it is against what the patient wishes



HEEADSSSS Psychosocial Interview

H	Home
E	Education/Employment
E	Eating/Exercise
A	Activities/Peer/Relationships
D	Drugs and alcohol
S	Sexual health/sexuality
S	Suicidality
S	Safety
S	Strengths/ Spirituality



Suicide Risk Assessment

- Assess Risk Factors
- Check for Warning Signs
- Identify Protective Factors



Risk Factors

- Characteristics that make it more likely for an individual to consider, attempt or die by suicide
- Considered as indicators for a child's or adolescent's potential for self-harm
- They may not be direct causes



<https://www.cdc.gov/suicide/factors/index.html>

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Risk Factors



INDIVIDUAL

- Previous suicide attempt
- Mental illness, such as depression
- Social isolation
- Criminal problems
- Financial problems
- Impulsive or aggressive tendencies
- Job problems or loss
- Legal problems
- Serious illness
- Substance use disorder



<https://www.cdc.gov/suicide/factors/index.html>

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Risk Factors



<https://www.cdc.gov/suicide/factors/index.html>

RELATIONSHIP

- Adverse childhood experiences such as child abuse and neglect
- Bullying
- Family history of suicide
- Relationship problems such as a break-up, violence, or loss
- Sexual violence



Risk Factors



COMMUNITY AND SOCIETAL

- Barriers to healthcare
- Suicide cluster in the community
- Stigma associated with mental illness or help-seeking
- Easy access to lethal means
- Unsafe media portrayals of suicide



<https://www.cdc.gov/suicide/factors/index.html>

Warning Signs

- Earliest identifiable signals that a child or adolescent may **imminently harm** himself
- Imminent means it implies that the act may possibly occur within minutes, hours, days or months of the observed behavior
- They may overlap with risk factors



Rudd and Berman et al. 2006

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Warning Signs vs. Risk Factors

- **Risk factors** are geared towards use of experts and authorities in predicting threat for suicide (Predictive value)
- **Warning signs** serves the primary purpose of saving lives through improved recognition of those at risk and facilitating the much needed referral for professional care. (Immediate life-saving)



Doan J et al. 2012

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Warning Signs

TALK

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain



<https://afsp.org/risk-factors-protective-factors-and-warning-signs>

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Warning Signs

BEHAVIOR

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue



<https://afsp.org/risk-factors-protective-factors-and-warning-signs>

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Warning Signs

MOOD

People who are considering suicide often display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement



<https://afsp.org/risk-factors-protective-factors-and-warning-signs>

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Protective Factors

- Risk factors can be balanced out to a certain extent by the presence of protective factors.
- Make it less likely for an individual to consider, attempt or die by suicide
- These are resilience factors that are helpful in preventing suicide and reducing the risk for suicide



<https://www.cdc.gov/suicide/factors/index.html>

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Protective Factors

- Strong, positive relationships with parents and guardians – feeling secure and supported
- Connections to other non-parental adults
- Closeness to caring friends
- Academic achievement



<https://www.cdc.gov/suicide/factors/index.html>

<https://healthyfamilies.beyondblue.org.au/age-13/mental-health-conditions-in-young-people/suicide/risk-factors-for-suicide>

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Protective Factors

- School safety
- Feeling a sense of belonging to something bigger than themselves – community, culture, religion, sports team
- Neighborhood safety
- Availability of physical and mental health care
- Limited access to lethal means among people at risk



<https://www.cdc.gov/suicide/factors/index.html>

<https://healthyfamilies.beyondblue.org.au/age-13/mental-health-conditions-in-young-people/suicide/risk-factors-for-suicide>

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Important Points

- Application of a good general approach will allow for better disclosure
- Suicide can be prevented by assessing the risk factors, checking for warning signs and maximizing the protective factors

