

Columbia-Suicide Severity Rating Scale (C-SSRs): A Common Language for the Community

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Objectives

- Describe how and when to use the Columbia-Suicide Severity Rating Scale (C-SSRS).
- Utilize assessment findings of the C-SSRS as a common language when discussing suicide with Psychiatric Intake Response Center (PIRC) and other community providers.

Are you using the C-SSRs?



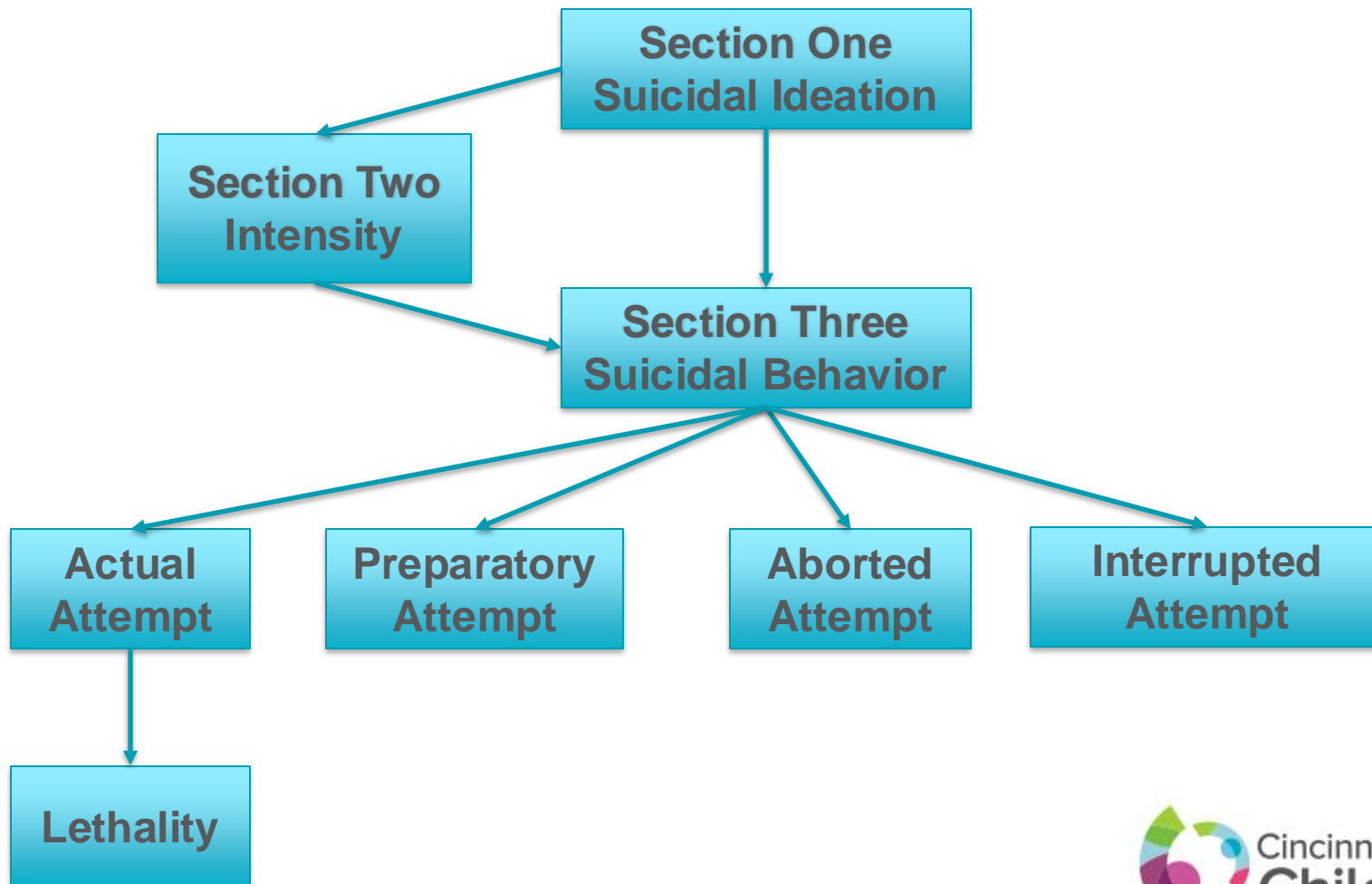
What is the C-SSRs

- A series of evidenced based question about **suicidal thoughts** and **suicidal behaviors**
- Provides information to **laymen** and **clinical staff** to identify next steps for an individual in crisis
- Developed in **2007** by Columbia University, the University of Pennsylvania, and the University of Pittsburgh as a screening tool for suicide.
- Today, the C-SSRS is used in clinical trials, public settings, and **everyday situations**, such as in **schools**, faith communities, **hospitals**, and the military, to identify who needs help — saving lives in 45 nations on six continents.

C-SSRS Full and Young Child

- Full form (lifetime/most recent) has successfully been used with children 6 and older.
- The very young children form is designed for age 4 to 5.
 - Not alive
 - Did you think this is something you might do.

Lifetime/Recent Structure



Change in Language... Culture



ACCEPTABLE

- Attempted suicide
- Died by suicide



UNACCEPTABLE

- Completed or Committed suicide
- Successful or Failed attempt
- Non-fatal suicide
- Suicidal gesture or threat
- Manipulative suicide

Suicidal Ideations Definitions

Suicidal Ideation:
Any thought about
not wanting to be
alive

Dead:
Not Alive

Method:
How

“Wanting to go to
sleep and not wake
up”
Or “wanting to die”

With young children
may need to access
for understanding of
death

Hanging, jumping
off a bridge, taking
pills, shooting self

Suicidal Ideation Definitions

Plan:

Answers the how, when and where

Auditory Hallucinations:

Count as Suicidal Ideation

Frequency:

How often the thoughts occur

“After school I am going to take the pills that I hidden in my room, while my mom is still at work’

You don't have to determine if it is true auditory hallucinations any thought about wanting to die, even if unwanted counts

Less than once a week, once a week, 2-5 times a week, daily or almost daily, many times each day

Suicidal Ideation Definitions

Duration:

How long the thoughts last

For just a few moments, less than an hour, 1 to 4 hours, 4 to 8 hours, all day

Controllability:

Is an effort made to stop the thoughts

Distraction, listening to music, talking to friends, going to sleep

Deterrents:

Anything that stops you from wanting to die or end your life

Similar to protective factors: family, pets, religious beliefs, future plans,

Section 1: Suicide Ideation

SUICIDAL IDEATION

<p>Ask questions 1 and 2. If both are negative, proceed to “Suicidal Behavior” section. If the answer to question 2 is “yes”, ask questions 3, 4 and 5. If the answer to question 1 and/or 2 is “yes”, complete “Intensity of Ideation” section below.</p>	<p>Lifetime: Time He/She Felt Most Suicidal</p>	<p>Past 1 month</p>
<p>1. Wish to be Dead Subject endorses thoughts about a wish to be dead or not alive anymore, or wish to fall asleep and not wake up. Have you wished you were dead or wished you could go to sleep and not wake up?</p> <p>If yes, describe:</p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p>
<p>2. Non-Specific Active Suicidal Thoughts General non-specific thoughts of wanting to end one’s life/die by suicide (e.g., “I’ve thought about killing myself”) without thoughts of ways to kill oneself/associated methods, intent, or plan during the assessment period. Have you actually had any thoughts of killing yourself?</p> <p>If yes, describe:</p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p>

Section 1: Suicide Ideation

- Ask questions 1 & 2. If the answer is **NO** to both, **STOP** - do not ask questions 3-5, **GO** to Section 3: Suicide Behavior.
- If the answer to both or only question 2 is **yes**, **continue** to ask questions 3-5. Then **continue** to Section 2: Suicidal Intensity
- **Auditory hallucination saying “Kill yourself” = Ideation**
- For young Children (under 7), instead of “dead” use “not alive.” They need to have a concept of death.

Section 1: Suicide Ideation

<p>3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act Subject endorses thoughts of suicide and has thought of at least one method during the assessment period. This is different than a specific plan with time, place or method details worked out (e.g., thought of method to kill self but not a specific plan). Includes person who would say, "I thought about taking an overdose but I never made a specific plan as to when, where or how I would actually do it...and I would never go through with it." Have you been thinking about how you might do this?</p> <p>If yes, describe:</p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p>
<p>4. Active Suicidal Ideation with Some Intent to Act, without Specific Plan Active suicidal thoughts of killing oneself and subject reports having <u>some intent to act on such thoughts</u>, as opposed to "I have the thoughts but I definitely will not do anything about them." Have you had these thoughts and had some intention of acting on them?</p> <p>If yes, describe:</p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p>
<p>5. Active Suicidal Ideation with Specific Plan and Intent Thoughts of killing oneself with details of plan fully or partially worked out and subject has some intent to carry it out. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?</p> <p>If yes, describe:</p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p>

Section 1: Suicide Ideation

- Definition: **Method**
 - “Have you been thinking about how you might do this?”
 - Has the client thought about different ways
 - Hanging, overdosing, jumping off at tall building
 - Definition: **Plan**
 - “Have you started to work out the details of how to kill yourself?”
 - Client has answered the questions of how, when, where in their response.
 - After school I would take the pills that I have been hiding in my room before anyone else is home.

Polling Questions

For each questions

- Select the correct way to complete question 1 and 2 on the C-SSRs
- Select which questions on the C-SSRs should be asked next

Polling Question 1

Andy, a ten year old male, presents with anxiety. He says that he is afraid to go asleep after his grandfather died in his sleep. Pt denies wanting to die or thoughts about killing himself ever.

Polling Question 1

Andy, a ten year old male, presents with anxiety. He says that he is afraid to go asleep after his grandfather died in his sleep. Pt denies wanting to die or thoughts about killing himself ever.

	Lifetime	Past month
Question 1:	No	No
Question 2:	No	No

Next CSSRs questions to ask: Suicidal Behaviors

Polling Question 2

Violet, 17 year old female, reports that three months ago she wished she could die in her sleep, but denies these thoughts in the last month. She also denies ever thinking about killing herself.

Polling Question 2

Violet, 17 year old female, reports that three months ago she wished she could die in her sleep, but denies these thoughts in the last month. She also denies ever thinking about killing herself.

	Lifetime	Past month
Question 1:	Yes	No
Question 2:	No	No

Next CSSRs questions to ask: Intensity of Ideation Section

Polling Questions 3

Olaf, 13 year old male, reports that every day for the past 3 months he wishes he was dead and in the past week has started to have thoughts about killing himself.

Polling Questions 3

Olaf, 13 year old male, reports that every day for the past 3 months he wishes he was dead and in the past week has started to have thoughts about killing himself.

	Lifetime	Past month
Question 1:	Yes	Yes
Question 2:	Yes	Yes

Next CSSRs questions to ask: Question 3-5 followed Intensity of Ideation and Suicidal Behaviors

Section 2: Suicide Intensity

INTENSITY OF IDEATION

The following features should be rated with respect to the most severe type of ideation (i.e., 1-5 from above, with 1 being the least severe and 5 being the most severe). Ask about time he/she was feeling the most suicidal.

Lifetime - Most Severe Ideation: _____
 Type # (1-5)

_____ Description of Ideation

Most Severe

Most Severe

Recent - Most Severe Ideation: _____
 Type # (1-5)

_____ Description of Ideation

Frequency

How many times have you had these thoughts?

- (1) Less than once a week (2) Once a week (3) 2-5 times in week (4) Daily or almost daily
 (5) Many times each day

Duration

When you have the thoughts how long do they last?

- (1) Fleeting - few seconds or minutes (4) 4-8 hours/most of day
 (2) Less than 1 hour/some of the time (5) More than 8 hours/persistent or continuous
 (3) 1-4 hours/a lot of time

Section 2: Suicide Intensity

- Once it has been determined patient has suicide ideation, follow-up questions are necessary to help inform your clinical judgement.
- Top part of this section is just bringing down the data from suicidal ideation or what was the last question the child said yes to for each time period.

Section 2: Suicide Intensity

For very young children/cognitively delayed

- Only ask “How many times have you had these thoughts?”
- Options are, “Only one time,” “A few times,” “A lot,” “All the time” and “Don’t know/Not Applicable.”

INTENSITY OF IDEATION			
<i>The following feature should be rated with respect to the most severe type of ideation (i.e., 1-5 from above, with 1 being the least severe and 5 being the most severe).</i>			
Lifetime - Most Severe Ideation:	_____	_____	Most Severe
	<i>Type # (1-5)</i>	<i>Description of Ideation</i>	
Recent - Most Severe Ideation:	_____	_____	Most Severe
	<i>Type # (1-5)</i>	<i>Description of Ideation</i>	
Frequency	How many times have you had these thoughts?		
	Write response _____		
	(1) Only one time (2) A few times (3) A lot (4) All the time (0) Don't know/Not applicable		

Section 2: Suicide Intensity

- **Intensity Questions:**
 - **Frequency:** How many times have you had these thoughts? (Only one question for the very young child version)
 - **Duration:** When you have these thoughts how long do they last? (studies have shown that teenagers with higher duration of the suicidal ideation are at higher risk compared to other questions in this section.)

Section 2: Suicide Intensity

<p>Controllability Could/can you stop thinking about killing yourself or wanting to die if you want to?</p> <p>(1) Easily able to control thoughts (2) Can control thoughts with little difficulty (3) Can control thoughts with some difficulty</p> <p>(4) Can control thoughts with a lot of difficulty (5) Unable to control thoughts (0) Does not attempt to control thoughts</p>	<p>_____</p>	<p>_____</p>
<p>Deterrents Are there things - anyone or anything (e.g., family, religion, pain of death) - that stopped you from wanting to die or acting on thoughts of suicide?</p> <p>(1) Deterrents definitely stopped you (2) Deterrents probably stopped you (3) Uncertain that deterrents stopped you</p> <p>(4) Deterrents most likely did not stop you (5) Deterrents definitely did not stop you (0) Does not apply</p>	<p>_____</p>	<p>_____</p>
<p>Reasons for Ideation What sort of reasons did you have for thinking about wanting to die or killing yourself? Was it to end the pain or stop the way you were feeling (in other words you couldn't go on living with this pain or how you were feeling) or was it to get attention, revenge or a reaction from others? Or both?</p> <p>(1) Completely to get attention, revenge or a reaction from others (2) Mostly to get attention, revenge or a reaction from others (3) Equally to get attention, revenge or a reaction from others (4) Mostly to end or stop the pain (you couldn't go on living with the pain or how you were feeling) (5) Completely to end or stop the pain (you couldn't go on and to end/stop the pain living with the pain or how you were feeling) (0) Does not apply</p>	<p>_____</p>	<p>_____</p>

Section 2: Suicide Intensity

- **Intensity Questions**

- **Controllability:** Can you stop thinking about killing yourself or wanting to die if you want to?
- **Deterrents:** Are there things – anyone or anything that stopped you from wanting to die or acting on thoughts of committing suicide?
- **Reasons for ideation:** What reasons did you have for thinking about wanting to die or killing yourself? To end the pain or stop the way you were feeling? To get attention, revenge or a reaction from others?

Practice In Breakout Rooms

Group will create scenario in which either or both questions 1 and 2 are yes

- Roles
 - Child, Counselor, and other are observers
- Complete the C-SSRs through the **1st two sections (suicidal ideation and intensity of ideation)**

Suicidal Behaviors Definitions

Suicide Attempt:

A potentially self injurious act with some intent to die. Harm doesn't have to occur.

Intent:

A wish to die, doesn't need to be 100%. If any part of them wanting to die that counts,

Inferred intent:

A behavior or circumstances that assume intent even if without injury

Holding a gun to head, pulls trigger, but misfires.

or

Putting a rope around one's neck, but it comes undone without injury.

At the time of action there is some desire to die and belief that action could lead to death

Gunshot to head, jumping from window of high floor, person thought that what they were doing could kill them

Suicidal Behaviors Definitions

Interrupted Attempt:

When outside circumstances stop one from starting the potentially self injurious act; without this an attempt would have occurred

Aborted or Self Interrupt Attempt:

When a person takes steps towards an attempt, but stops themselves before engaging in self injurious act

Preparatory Behaviors:

Acts or preparation towards an imminent suicide

Pills, knife, gun in hand, but they are taken away. Person is poised to jump but is grabbed and brought to safety. Noose is around their neck, but they have not started to hang.

Same examples as Interrupted Attempt, but they stop themselves. On the way to get pills to take and they think of grandmother and don't follow through.

Preparing for a specific attempt: Buying or hiding pills, getting a rope or gun

Or

Preparing for attempt: giving things away, writing suicide note, or saying goodbye

Non-Suicidal Self-Injurious Behaviors

- Self harm for reasons other than to kill oneself
- Was added to Columbia, not because it clarified risk factors, but because the information was often provided during the interview, and they didn't want to lose data. It is still very important information for ongoing treatment.

Section 3: Suicidal Behavior

SUICIDAL BEHAVIOR (Check all that apply, so long as these are separate events; must ask about all types)	Lifetime	Past 3 months
<p>Actual Attempt: A potentially self-injurious act committed with at least some wish to die, as a result of act. Behavior was in part thought of as method to kill oneself. Intent does not have to be 100%. If there is any intent/desire to die associated with the act, then it can be considered an actual suicide attempt. There does not have to be any injury or harm, just the potential for injury or harm. If person pulls trigger while gun is in mouth but gun is broken so no injury results, this is considered an attempt.</p> <p>Inferring Intent: Even if an individual denies intent/wish to die, it may be inferred clinically from the behavior or circumstances. For example, a highly lethal act that is clearly not an accident so no other intent but suicide can be inferred (e.g., gunshot to head, jumping from window of a high floor/story). Also, if someone denies intent to die, but they thought that what they did could be lethal, intent may be inferred.</p> <p>Have you made a suicide attempt? Have you done anything to harm yourself? Have you done anything dangerous where you could have died? What did you do? Did you _____ as a way to end your life? Did you want to die (even a little) when you _____? Were you trying to end your life when you _____? Or Did you think it was possible you could have died from _____?</p> <p>Or did you do it purely for other reasons / without ANY intention of killing yourself (like to relieve stress, feel better, get sympathy, or get something else to happen)? (Self-Injurious Behavior without suicidal intent) If yes, describe:</p> <p>Has subject engaged in Non-Suicidal Self-Injurious Behavior?</p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of Attempts</p> <p>_____</p> <p>Yes No <input type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No <input type="checkbox"/> <input type="checkbox"/></p> <p>Total # of Attempts</p> <p>_____</p> <p>Yes No <input type="checkbox"/> <input type="checkbox"/></p>

Section 3: Suicidal Behavior

- Definition: **Suicide attempt**
 - “potentially self-injurious act with at least some intent to die”
 - Actual harm is not needed, just **potential** for injury
 - A suicide attempt begins with the first pill swallowed or scratch with a knife

Intent is of primary importance

- Definition: **Intent**
 - “**Wish to die**” Client does not have to endorse 100% wanting to die, if any part of them wanted to die then the act would be considered an attempt
 - Helps determine if act was a suicide attempt or self harm
- Definition: **Inferred Intent**
 - A client does not respond or denies intent/plan to die, but the behavior and potential for being lethal is evident.
 - A client denies intent to die, but they thought that what they did could be lethal.
 - “**Clinically impressive**” circumstances – highly lethal act where no other intent but suicide can be inferred

How to ask the questions

- Have you made a suicide attempt?
- Have you done anything to harm yourself?
- Have you done anything dangerous where you could have died?
- What did you do?
- Did you _____ as a way to end your life?
- Did you want to die (even a little) when you _____?
- Were you trying to end your life when you _____?
- Or Did you think it was possible you could have died from _____?

Section 3: Suicidal Behavior

- Definition: **Self injurious behavior**
 - Self harming for other reasons than to kill oneself
 - No intention of death
 - Purpose of action was to relieve stress, feel better get sympathy or *get sympathy, attention, make someone angry*

Section 3: Suicidal Behavior

Interrupted Attempt:

When the person is interrupted (by an outside circumstance) from starting the potentially self-injurious act (if not for that, actual attempt would have occurred).

Overdose: Person has pills in hand but is stopped from ingesting. Once they ingest any pills, this becomes an attempt rather than an interrupted attempt. **Shooting:** Person has gun pointed toward self, gun is taken away by someone else, or is somehow prevented from pulling trigger. Once they pull the trigger, even if the gun fails to fire, it is an attempt. **Jumping:** Person is poised to jump, is grabbed and taken down from ledge. **Hanging:** Person has noose around neck but has not yet started to hang - is stopped from doing so.

Has there been a time when you started to do something to end your life but someone or something stopped you before you actually did anything?

If yes, describe:

Yes No

Yes No

Total # of interrupted

Total # of interrupted

Aborted or Self-Interrupted Attempt:

When person begins to take steps toward making a suicide attempt, but stops themselves before they actually have engaged in any self-destructive behavior. Examples are similar to interrupted attempts, except that the individual stops him/herself, instead of being stopped by something else.

Has there been a time when you started to do something to try to end your life but you stopped yourself before you actually did anything?

If yes, describe:

Yes No

Yes No

Total # of aborted or self-interrupted

Total # of aborted or self-interrupted

Section 3: Suicidal Behavior

- **Definition: Interrupted Attempt**
 - When person starts to take steps to end their life, but someone or something stops them. Bottle of pills or gun in hand but someone grabs it. On ledge poised to jump, but police stop them.
 - *“Has there been a time when you started to do something to end our life, but someone or something stopped you before you actually did anything?”*

Section 3: Suicidal Behavior

- Definition: **Aborted or Self Interrupted Attempt**
 - When a person begins to take steps towards making a suicide attempt, but stops themselves before they actually have engaged in any self-destructive behavior.
 - *“Has there been a time when you started to do something to end your life, but you stopped yourself before you actually did anything?”*

Section 3: Suicidal Behavior

Preparatory Acts or Behavior:

Acts or preparation towards imminently making a suicide attempt. This can include anything beyond a verbalization or thought, such as assembling a specific method (e.g., buying pills, purchasing a gun) or preparing for one's death by suicide (e.g., giving things away, writing a suicide note).

Have you taken any steps towards making a suicide attempt or preparing to kill yourself (such as collecting pills, getting a gun, giving valuables away or writing a suicide note)? If yes, describe:

Yes	No	Yes	No
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total # of preparatory acts		Total # of preparatory acts	
_____		_____	

- **Definition: Preparatory Acts or Behavior**

- Any other behavior – beyond saying something with suicide intent. Not impulsive, but planned. Collecting or buying pills; Purchasing a gun; Writing a will or suicide note
- *“Have you taken any steps towards making a suicide attempt or preparing to kill yourself such as, collecting pills, getting a gun, giving valuables away, writing a suicide note?”*

Section 3: Suicidal Behavior

	Most Recent Attempt Date:	Most Lethal Attempt Date:	Initial/First Attempt Date:
<p>Actual Lethality/Medical Damage:</p> <p>0. No physical damage or very minor physical damage (e.g., surface scratches).</p> <p>1. Minor physical damage (e.g., lethargic speech; first-degree burns; mild bleeding; sprains).</p> <p>2. Moderate physical damage; medical attention needed (e.g., conscious but sleepy, somewhat responsive; second-degree burns; bleeding of major vessel).</p> <p>3. Moderately severe physical damage; medical hospitalization and likely intensive care required (e.g., comatose with reflexes intact; third-degree burns less than 20% of body; extensive blood loss but can recover; major fractures).</p> <p>4. Severe physical damage; medical hospitalization with intensive care required (e.g., comatose without reflexes; third-degree burns over 20% of body; extensive blood loss with unstable vital signs; major damage to a vital area).</p> <p>5. Death</p>	Enter Code	Enter Code	Enter Code
<p>Potential Lethality: Only Answer if Actual Lethality=0</p> <p>Likely lethality of actual attempt if no medical damage (the following examples, while having no actual medical damage, had potential for very serious lethality: put gun in mouth and pulled the trigger but gun fails to fire so no medical damage; laying on train tracks with oncoming train but pulled away before run over).</p> <p>0 = Behavior not likely to result in injury 1 = Behavior likely to result in injury but not likely to cause death 2 = Behavior likely to result in death despite available medical care</p>	Enter Code	Enter Code	Enter Code

Actual Lethality/ Medical Damage

0. No physical damage or very minor physical damage (i.e., surface scratches)
1. Minor physical damage (i.e., lethargic speech; 1st degree burns; mild bleeding; sprain)
2. Moderate physical damage/medical attention needed (i.e., conscious, but sleepy; somewhat responsive; 2nd degree burns; bleeding of major vessel)
3. Moderately severe physical damage/medical hospitalization and likely intensive care required (i.e., comatose with reflexes intact; 3rd degree burns less than 20% of body; extensive blood loss but can recover; major fractures).
4. Severe physical damage/medical hospitalization with intensive care required (i.e., comatose without reflexes; 3rd degree burns over 20% of body; extensive blood loss with unstable vital signs; major damage to a vital area).
5. Death

Potential Lethality:

Only answer if actual lethality is 0

1. Behavior not likely to result in injury
2. Behavior likely to result in injury but not likely to cause death
3. Behavior likely to result in death despite available medical care

Polling Question 4

Rapunzel wanted to escape from her mother's home. She researched lethal doses of ibuprofen. She took 6 ibuprofen pills and said she felt certain from her research that this amount was not enough to kill her. She stated she did not want to die, only to escape from her mother's home. She was taken to the emergency department where her stomach was pumped and she was admitted to a psychiatric unit.

Was this a suicide attempt?

Yes

No

Not enough information

Polling Question 4

Rapunzel wanted to escape from her mother's home. She researched lethal doses of ibuprofen. She took 6 ibuprofen pills and said she felt certain from her research that this amount was not enough to kill her. She stated she did not want to die, only to escape from her mother's home. She was taken to the emergency department where her stomach was pumped and she was admitted to a psychiatric unit.

Was this a suicide attempt?

No – She never wanted to die. No intent

Polling Question 5

Anna, age 15, following a fight with her boyfriend, felt like she wanted to die, impulsively took a kitchen knife and made a superficial scratch to her wrist. Before she actually punctured the skin or bled, she changed her mind and stopped.

Was this a suicide attempt?

Yes

No

Not enough information

Polling Question 5

Anna, age 15, following a fight with her boyfriend, felt like she wanted to die, impulsively took a kitchen knife and made a superficial scratch to her wrist. Before she actually punctured the skin or bled, she changed her mind and stopped.

Was this a suicide attempt?

Yes – She wanted to die. There was intent.

Polling Question 6

Ralph was feeling ignored. He went into the kitchen where mother and sister were talking. He took a knife out of the drawer and made a cut on his arm. He denied that he wanted to die, but just wanted them to pay attention.

Was this a suicide attempt?

Yes

No

Not enough information

Polling Question 6

Ralph was feeling ignored. He went into the family kitchen where mother and sister were talking. He took a knife out of the drawer and made a cut on his arm. He denied that he wanted to die, but just wanted them to pay attention.

Was this a suicide attempt?

No – He didn't want to die. There was no intent

Polling Question 7

Sally cut her wrist after an argument with her boyfriend.

Was this a suicide attempt?

Yes

No

Not enough information

Polling Question 7

Sally cut her wrist after an argument with her boyfriend.

Was this a suicide attempt?

Not enough information

Polling Question 8

Wendy stated that she experienced heartbreak over the “loss of her boyfriend” a week ago. She stated that she took 4 clonazepam, called a girlfriend, and talked/cried it out while on the phone. She was dismissive of the seriousness of the attempt, but indicated that she wanted to die at the time she took the overdose.

Was this a:

- Suicide attempt
- Interrupted attempt
- Aborted attempt

Polling Question 8

Wendy stated that she experienced heartbreak over the “loss of her boyfriend” a week ago. She stated that she took 4 clonazepam, called a girlfriend, and talked/cried it out while on the phone. She was dismissive of the seriousness of the attempt, but indicated that she wanted to die at the time she took the overdose.

This was a:

Suicide attempt – There was intent and she actually took pills. It does not matter that it was not a lethal dose.

Role Play w/ Susie

Ready, Willing, and Vaguely Competent.



Answers for Susie's Interview

SUICIDAL IDEATION	Lifetime: Time He/She Felt Most Suicidal		Past 1 month	
<p>Ask questions 1 and 2. If both are negative, proceed to "Suicidal Behavior" section. If the answer to question 2 is "yes", ask questions 3, 4 and 5. If the answer to question 1 and/or 2 is "yes", complete "Intensity of Ideation" section below.</p>				
<p>1. Wish to be Dead Subject endorses thoughts about a wish to be dead or not alive <u>anymore</u>, or wish to fall asleep and not wake up. <i>Have you wished you were dead or wished you could go to sleep and not wake up?</i></p> <p>If yes, describe:</p>	<p>Yes No</p> <p><input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No</p> <p><input checked="" type="checkbox"/> <input type="checkbox"/></p>		
<p>2. Non-Specific Active Suicidal Thoughts General non-specific thoughts of wanting to end one's life/die by suicide (e.g., "I've thought about killing myself") without thoughts of ways to kill oneself/associated methods, intent, or plan during the assessment period. <i>Have you actually had any thoughts of killing yourself?</i></p> <p>If yes, describe:</p>	<p>Yes No</p> <p><input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No</p> <p><input checked="" type="checkbox"/> <input type="checkbox"/></p>		
<p>3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act Subject endorses thoughts of suicide and has thought of at least one method during the assessment period. This is different than a specific plan with time, place or method details worked out (e.g., thought of method to kill self but not a specific plan). Includes person who would say, "I thought about taking an <u>overdose</u> but I never made a specific plan as to when, where or how I would actually do it...and I would never go through with it." <i>Have you been thinking about how you might do this?</i></p> <p>If yes, describe:</p>	<p>Yes No</p> <p><input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/></p>		
<p>4. Active Suicidal Ideation with Some Intent to Act, without Specific Plan Active suicidal thoughts of killing oneself and subject reports having <u>some intent to act on such thoughts</u>, as opposed to "I have the thoughts but I definitely will not do anything about them." <i>Have you had these thoughts and had some intention of acting on them?</i></p> <p>If yes, describe:</p>	<p>Yes No</p> <p><input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/></p>		
<p>5. Active Suicidal Ideation with Specific Plan and Intent Thoughts of killing oneself with details of plan fully or partially worked out and subject has some intent to carry it out. <i>Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?</i></p> <p>If yes, describe:</p>	<p>Yes No</p> <p><input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>Yes No</p> <p><input type="checkbox"/> <input checked="" type="checkbox"/></p>		

Answers for Susie's Interview

INTENSITY OF IDEATION			
<p>The following features should be rated with respect to the most severe type of ideation (i.e., 1-5 from above, with 1 being the least severe and 5 being the most severe). Ask about <u>time</u> he/she was feeling the most suicidal.</p> <p><u>Lifetime - Most Severe Ideation:</u> <u>5</u> _____ <small>Type # (1-5)</small> <small>Description of Ideation</small></p> <p><u>Recent - Most Severe Ideation:</u> <u>3</u> _____ <small>Type # (1-5)</small> <small>Description of Ideation</small></p>		Most Severe	Most Severe
<p>Frequency How many times have you had these thoughts? (1) Less than once a week <u>(2)</u> Once a week (3) 2-5 times in week (4) Daily or almost daily (5) Many times each day</p>		<u>3</u>	<u>2</u>
<p>Duration When you have the thoughts how long do they last? (1) Fleeting - few seconds or minutes <u>(4)</u> 4-8 hours/most of day (2) Less than 1 hour/some of the time <u>(5)</u> More than 8 hours/persistent or continuous (3) 1-4 hours/a lot of time</p>		<u>5</u>	<u>2</u>
<p>Controllability Could/can you stop thinking about killing yourself or wanting to die if you want to? (1) Easily able to control thoughts <u>(4)</u> Can control thoughts with a lot of difficulty (2) Can control thoughts with little difficulty <u>(5)</u> Unable to control thoughts (3) Can control thoughts with some difficulty <u>(0)</u> Does not attempt to control thoughts</p>		<u>4</u>	<u>3</u>
<p>Deterrents Are there things - anyone or anything (e.g., family, religion, pain of death) - that stopped you from wanting to die or acting on thoughts of suicide? (1) Deterrents definitely stopped you from attempting suicide <u>(4)</u> Deterrents most likely did not stop you (2) Deterrents probably stopped you <u>(5)</u> Deterrents definitely did not stop you (3) Uncertain that deterrents stopped you <u>(0)</u> Does not apply</p>		<u>1</u>	<u>1</u>
<p>Reasons for Ideation What sort of reasons did you have for thinking about wanting to die or killing yourself? Was it to end the pain or stop the way you were feeling (in other words you couldn't go on living with this pain or how you were feeling) or was it to get attention, revenge or a reaction from others? Or both? (1) Completely to get attention, revenge or a reaction from others <u>(4)</u> Mostly to end or stop the pain (you couldn't go on living with the pain or how you were feeling) (2) Mostly to get attention, revenge or a reaction from others <u>(5)</u> Completely to end or stop the pain (you couldn't go on living with the pain or <u>how</u> you were feeling) (3) Equally to get attention, revenge or a reaction from others and to end/stop the pain (0) <u>Does not apply</u></p>		<u>5</u>	<u>0</u>

Answers for Susie's Interview

SUICIDAL BEHAVIOR <i>(Check all that apply, so long as these are separate events; must ask about all types)</i>	Lifetime		Past 3 months	
<p>Actual Attempt: A potentially self-injurious act committed with at least some wish to die, <i>as a result of act</i>. Behavior was in part thought of as method to kill oneself. Intent does not have to be 100%. If there is any intent/desire to die associated with the act, then it can be considered an actual suicide attempt. There does not have to be any injury or harm, just the potential for injury or harm. If <u>person</u> pulls trigger while gun is in <u>month</u> but gun is broken so no injury results, this is considered an attempt. Inferring Intent: Even if an individual denies intent/wish to die, it may be inferred clinically from the behavior or circumstances. For example, a highly lethal act that is clearly not an accident so no other <u>intent</u> but suicide can be inferred (e.g., gunshot to head, jumping from window of a high floor/story). Also, if someone denies intent to die, but they thought that what they did could be lethal, intent may be inferred.</p> <p>Have you made a suicide attempt? Have you done anything to harm yourself? Have you done anything dangerous where you could have died? <i>What did you do?</i> <i>Did you _____ as a way to end your life?</i> <i>Did you want to die (even a little) when you _____?</i> <i>Were you trying to end your life when you _____?</i> <i>Or Did you think it was possible you could have died from _____?</i> Or did you do it purely for other reasons / without ANY intention of killing yourself (like to relieve stress, feel better, get sympathy, or get something else to happen)? (Self-Injurious Behavior without suicidal intent) If yes, describe:</p> <p>Has subject engaged in Non-Suicidal Self-Injurious Behavior?</p>	Yes No <input type="checkbox"/> <input checked="" type="checkbox"/>	Yes No <input type="checkbox"/> <input checked="" type="checkbox"/>		
	Total # of Attempts	Total # of Attempts		
	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
	Yes No <input checked="" type="checkbox"/> <input type="checkbox"/>	Yes No <input checked="" type="checkbox"/> <input type="checkbox"/>		

Answers for Susie's Interview

<p>Interrupted Attempt: When the person is interrupted (by an outside circumstance) from starting the potentially self-injurious act (<i>if not for that, actual attempt would have occurred</i>).</p> <p>Overdose: Person has pills in hand but is stopped from ingesting. Once they ingest any pills, this becomes an attempt rather than an interrupted attempt. Shooting: Person has gun pointed toward self, gun is taken away by someone else, or is somehow prevented from pulling trigger. Once they pull the trigger, even if the gun fails to fire, it is an attempt. Jumping: Person is poised to jump, is grabbed and taken down from ledge. Hanging: Person has noose around neck but has not yet started to hang - is stopped from doing so.</p> <p>Has there been a time when you started to do something to end your life but someone or something stopped you before you actually did anything? If yes, describe:</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Total # of interrupted</p> <p><u>1</u></p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>Total # of interrupted</p> <p><u>0</u></p>
<p>Aborted or Self-Interrupted Attempt: When person begins to take steps toward making a suicide attempt, but stops themselves before they actually have engaged in any self-destructive behavior. Examples are similar to interrupted attempts, except that the individual stops him/herself, instead of being stopped by something else.</p> <p>Has there been a time when you started to do something to try to end your life but you stopped yourself before you actually did anything? If yes, describe:</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>Total # of aborted or self-interrupted</p> <p><u>0</u></p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>Total # of aborted or self-interrupted</p> <p><u>0</u></p>
<p>Preparatory Acts or Behavior: Acts or preparation towards imminently making a suicide attempt. This can include anything beyond a verbalization or thought, such as assembling a specific method (e.g., buying pills, purchasing a gun) or preparing for one's death by suicide (e.g., giving things away, writing a suicide note).</p> <p>Have you taken any steps towards making a suicide attempt or preparing to kill yourself (such as collecting pills, getting a gun, giving valuables away or writing a suicide note)? If yes, describe:</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>Total # of preparatory acts</p> <p><u>0</u></p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>Total # of preparatory acts</p> <p><u>0</u></p>

What's next?

- Complete a crisis management plan.
- Connect the student to their mental health provider or primary care physician.
- Call PIRC **513-636-4124** if further assessment is needed either through Bridge Clinic or the Emergency Department.

Questions?

For more information on suicide and C-SSRs:

<https://cssrs.columbia.edu/>

<https://zerosuicidetraining.edc.org/>

For further trainings on C-SSRs:

<https://practiceinnovations.org/resources/scorm/cssrs>

https://www.youtube.com/watch?v=Xfddz_Yfnc4