

Mindful Continuing Education

Exploring and Preventing Youth Suicide

1. Which of the following is not a risk factor for youth suicide?

- A. Mental Disorder
- B. Substance Use
- C. Excessive Gaming
- D. Cyberbullying

2. Which of the following is not a protective factor for youth suicide?

- A. Supportive Family Relationships
- B. Positive School Experiences
- C. Problem-Solving Skills
- D. Identifying as LGBTQ Youth

3. Which of the following is not a warning sign for youth suicide?

- A. Feeling hopeless
- B. Increased social media attention
- C. Increased alcohol use
- D. Increased sleep

4. What is the most effective evidence-based psychotherapy treatment?

- A. CBT
- B. MST
- C. FFT
- D. IP

5. What question on the Columbia Protocol may cause you to call 911 if the answer is yes?

- A. Have you done anything, started to do anything, or prepared to do anything to end your life?
- B. Have you wished you were dead or wished you could go to sleep and not wake up?
- C. Have you actually had any thoughts about killing yourself?
- D. Have you thought of how you might do this?

6. Which of the following is not typically included in a safety plan?

- A. Recognizing warning signs of suicide risk in oneself

- B. Employing internal coping strategies without needing to contact another person
- C. Contacting family members or friends who may help resolve a crisis
- D. Assessing all lethal means in the house.

7. Care Coordination is important because

- A. Case managers need work to do.
- B. The period following hospital discharge is associated with highest risk for suicide.
- C. Family members should know the patient's situation.
- D. Suicidal youth want attention.

8. Parents & peers can help a youth experiencing suicidal thoughts by

- A. Listening
- B. Interrupting when necessary
- C. Expressing emotions openly
- D. Offering advice

9. Non-Suicidal Self-injury include all of these except

- A. Digging at scabs
- B. Burning
- C. Flouring
- D. Erasing

10. Reasons youth self harm include all except

- A. A cry for help
- B. Trying to feel something
- C. Anxiety
- D. Because they are suicidal
