

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

- A. CBT
 - B. MST
 - C. FFT
 - D. IP
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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?
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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.
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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.
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8. Parents & peers can help a youth experiencing suicidal thoughts by

- A. Listening
 - B. Interrupting when necessary
 - C. Expressing emotions openly
 - D. Offering advice
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9. Non-Suicidal Self-injury include all of these except

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