

My treatment plan

Name _____ Date of visit _____

Treatment

Self Care: Taking good care of yourself is the first step to feeling better. Think about how you could improve. Pick 1-2 areas to work on to start.

- **SLEEP** - An average of 8 hrs. of sleep a night is ideal for most teens. Avoiding screens/light/TV 30 minutes before bed makes it easier to fall asleep.
- **EXERCISE** - Exercise releases natural hormones called endorphins that help improve your mood. Try to move actively with a non-sitting activity every day.
- **NUTRITION** - Three meals a day will help you maintain energy. Fill up with what your body NEEDS. Try to make half your plate fruits and vegetables. Increase your water intake. Learn more at www.choosemyplate.gov
- **SCHEDULE TIME WITH OTHERS** - Plan something fun to do in person with someone else. Spending time with friends and loved ones can improve your mood.
- **DO SOMETHING YOU ENJOY** - Activities you like help relax and improve your mood.
- **SPIRITUAL/RELAXATION** - Ask family members how they have used spiritual tools, prayer, meditation or relaxation techniques to help them in their lives
- **GRATITUDE** - Focus on the positives. Write down 3 things you were grateful for each day.

Therapy: For most teens, the most helpful way to overcome illness is therapy. Several types of therapy can help. Therapy should help by giving you tools to use to help your brain (and thoughts) stay healthy. It is not just talking about problems on a couch! Sometimes it may seem hard, but remember that your illness may be getting in the way – talk to your therapist often about the recovery process.

Medication: Sometimes your doctor may offer medicine to help you reach your treatment goals fully. Your medical provider will work with you and your caregivers to decide if this is best. If a medication is started, your medical provider will give you more information.

Helpful Websites:

Cincinnati Children's Hospital

- **Mental Health Resources:** www.cincinnatichildrens.org/patients/child/special-needs/medical/mental-health
- **Psychiatry:** www.cincinnatichildrens.org/service/p/psychiatry/resources
- **Teen Resources:** <https://www.cincinnatichildrens.org/service/a/suicide-awareness/outreach-program>

1N5—General mental health resources and tools—<http://www.1N5.org>

National Alliance on Mental Health: mental health education and support groups—<http://www.nami.org>

Helpful apps:

- Calm
- Calm Harm
- Breathly
- Pacifica
- Headspace
- Mood Tools
- Virtual Hope Box
- Wysa

My self care goals: (first steps)

1. _____
2. _____
3. _____

My Treatment/Support Team:

Medical provider: _____

Therapist: _____

Nurse: _____

Family: _____

My Medication and dose (if started):

Emergencies:

Your treatment team wants to make sure you are safe and getting better. If your mood is getting worse, contact your family members and medical provider or therapist right away. Contact the National Suicide Prevention Lifeline: **1-800-273-TALK (8255)** anytime. Crisis Text Line: **Text "START" to 741-741**. If you are concerned that you might hurt yourself or someone else, call 911. or go to the Emergency Department right away.

Psychiatric Intake Response Center (PIRC) at Cincinnati

Children's Hospital
(available 24/7): 513-636-4124

Don't wait to educate yourself at
1N5.org/resources



1N5



Store It Safe: Suicide Prevention

Family Discussion Guide provided by the
Ohio Chapter, American Academy of Pediatrics

Suicide Facts:



Unsupervised youth
firearm access **triples** the
risk of death by suicide



50% of survivors
made an attempt within
20 minutes of their decision to
attempt suicide



Of youth who completed
suicide, **82%** used a firearm
from their home

Emotional Triggers Should Not Be Lethal

What can you do to keep your youth safe?

- EVERY youth is at risk
- The adolescent brain is still developing, which can lead to emotional situations that override their still-developing impulse control
- Knowing risks for injury and using a barrier can help keep youth safe
- Youth can engage in risky behaviors and react to seemingly small stressors
- Even with no history of depression, youth sometimes make impulsive decisions with deadly results. **Education alone is not enough.**

Barriers are Effective

Risks

Firearms:

- 90% of suicide attempts with a firearm are fatal
- Nearly 2/3 of all US firearm deaths are due to suicide
- The rate of firearm suicide by teens is up 61% over the past 10 years
- Youth should not know the combination or location of keys to firearm safe



Barrier as Prevention

- Even if experienced with firearms, youth should only have supervised access to them
- Keep any firearms that are not under your direct control locked away
- Ammunition should also be locked when not in use
- Consider temporarily removing firearms from the home if someone is suicidal

Medications:

- Youth often take medications in suicide attempts
- Both prescription and over-the-counter medications can result in overdose deaths
- **Tylenol**, when taken over suggested dosage, can cause life-threatening injuries or death, even if appearing symptom free for the first 24 hours



- Always keep prescription and over-the-counter medications locked away and out of the reach of children and youth
- Have a family conversation about the dangers of misusing medications
- Never share medications with family members
- Dispose of prescription medications after the period they are prescribed

Alcohol:

- Alcohol is the most commonly used and abused drug among youth in the US and is readily accessible in homes
- Alcohol causes more than 4,300 deaths among US teens each year



- Like medications, alcohol should be locked away and not accessible to youth
- Talk to your youth about alcohol and potential dangers. Keep the lines of communication open and let your youth know that they will not be in trouble if they come to you with concerns.



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My child...

- ...Is an honor roll student
- ...Is in the school band
- ...Doesn't make friends easily
- ...Is a talented athlete
- ...Is busy all the time
- ...Has a lot of friends
- ...Runs with the popular crowd
- ...Spends a lot of time alone
- ...Has a small, close group of friends
- ...Is leader of a school club
- ...Struggles with grades

Should I talk to my child about mental health and suicide?

YES!

Every parent should be having honest and open discussions with their teen no matter the circumstances. Depression and suicide may be hard to recognize, which is why an open dialogue is key.

Have frequent conversations with your teen on this topic even if your teen seems disinterested. Incorporating them into your normal routine, such as during family dinners, is an easy way to do so.

You can make a difference.

Suicide Warning Signs:

- Depression and other mental concerns, or a substance use disorder
- Talking about feeling hopeless or worthless
- Previous suicide attempt(s)
- Withdrawing or isolating from friends, peers and family
- Family history of suicide, mental illness, or depression
- Knowing someone with suicidal behavior (for example, a family member, friend or celebrity)
- Severe stress or anxiety
- Sudden changes in behavior such as talking less or becoming disengaged



Whether your child has mental health concerns or not, youth should not have unsupervised access to any lethal means. This includes firearms, prescription medication, and over-the-counter medicine. Keep these items locked and ensure youth do NOT know the location of the keys.



Resources:

Your youth's safety is important to you, your doctor, and members of your community. You deserve to have all the information possible to prevent injury risks.

- 1) Have a discussion with your youth and their pediatrician
- 2) If you have further questions, refer to the following resources and continue to do frequent check-ins with your youth:
 - [Crisis Text Line](https://www.sprc.org/) - Text HOME to 741741
 - [Suicide Prevention Resource Center](https://www.sprc.org/) - <https://www.sprc.org/>
 - [Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/) - <https://suicidepreventionlifeline.org/>
 - [Suicide and Crisis Lifeline](https://suicidepreventionlifeline.org/) - Call or Text 988
- 3) If you have life threatening concerns go directly to your local emergency department

Questions?

Ohio AAP resources can be found at: <http://ohioaap.org/storeitsafe>

Pediatric Mental Health Urgent Care



Is your child experiencing an immediate mental health crisis that left unaddressed would lead to a safety concern?

- Child is unable to calm/terribly upset
 - Family distress
 - Excessive crying
 - Temper outbursts
- Immediate safety concern
 - Passive suicidality
 - Loss/grief
- Intense relationship challenges



BEST POINT
BEHAVIORAL HEALTH
BY THE CHILDREN'S HOME

Mon - Fri
3 - 10 p.m.
5051 Duck Creek Road
Cincinnati, Ohio
(513) 527-3040