

Safe Storage: Our Seatbelt for the 21st Century

Shayla Sullivant, MD

Prepped
& Ready

EXPERTS EDITION



Are you ready for the teen years? Be ready with our new **FREE** parenting video series, specifically for caregivers raising teens.

LEARN TIPS FOR:

- Addressing vaping
- Preventing eating disorders
- Handling tough questions
- Suicide prevention
- Understanding how teens think



Plus! Get a free safety toolkit mailed to you!*

Warning!
Steep



Objectives:

- Review the state of mental health for youth today
- Discuss how the Fab 5 can help us in difficult times
- Identify why exercise and protected time for sleep are beneficial
- Review how safe storage has saved lives
- Review initial outcomes of Prepped and Ready
- Share how Prepped and Ready: Experts Edition is available now for our community

JAMA Pediatrics | Original Investigation

Global Prevalence of Depressive and Anxiety Symptoms in Children and Adolescents During COVID-19 A Meta-analysis

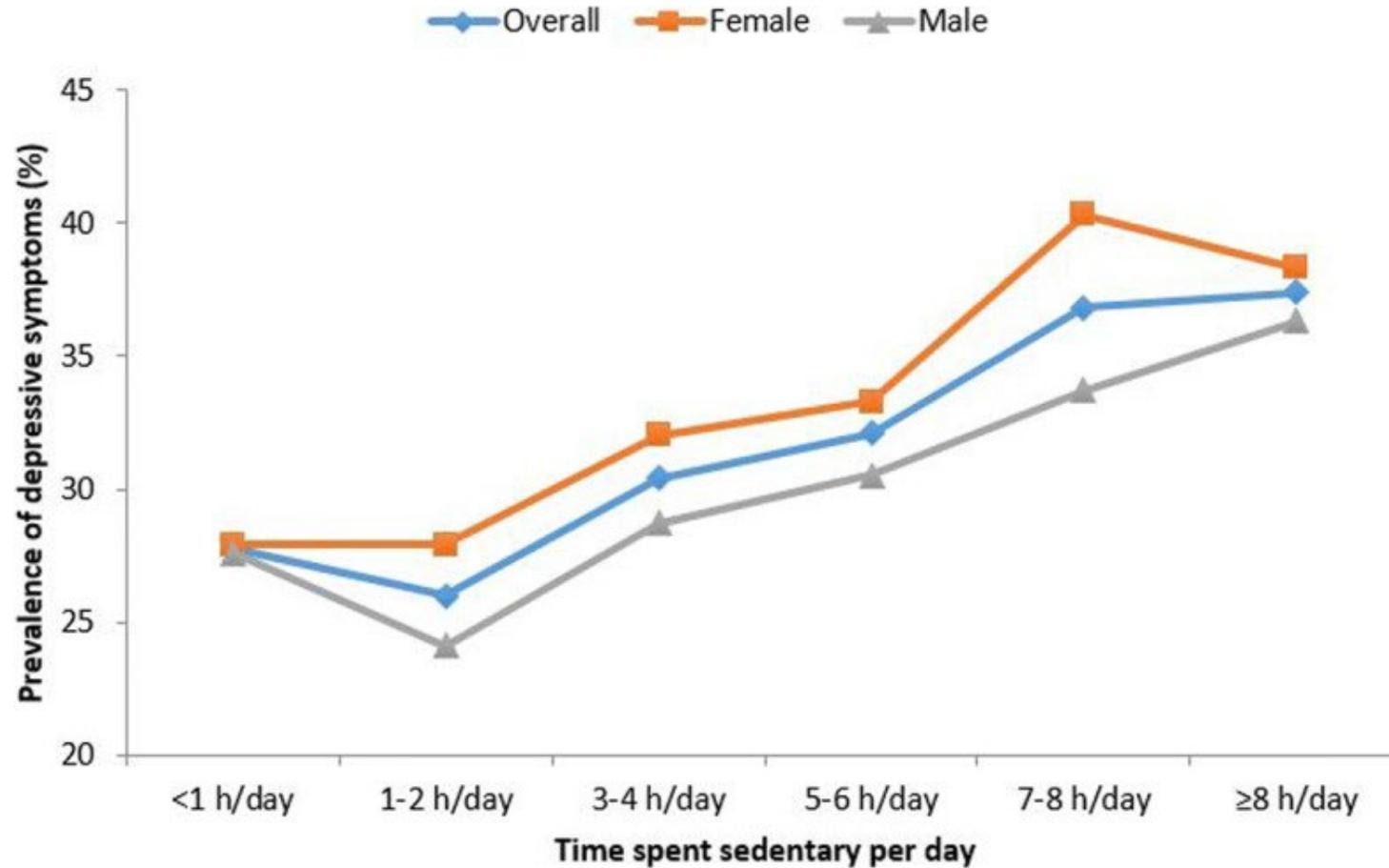
Nicole Racine, PhD, RPsych; Brae Anne McArthur, PhD, RPsych; Jessica E. Cooke, MSc; Rachel Eirich, BA;
Jenney Zhu, BA; Sheri Madigan, PhD, RPsych

- Meta-analysis looking at global studies of depression and anxiety symptoms in youth during COVID-19
- One of four youth experience depression
- One of five youth experience anxiety
- **Rates are double pre-pandemic levels**
- Symptoms are higher in girls and later in the pandemic

The poster is a vertical rectangular card with a yellow background and a dark brown border. At the top, it features the 'FIT-TASTIC!' logo with icons for physical activity, screen time, milk, water, and fruits/vegetables. Below the logo, the text reads: 'Teach Kids Healthy Habits for a Healthy Future'. The main body of the poster lists five items, each with a small icon and text: 1. A bicycle icon followed by '1 HOUR OF PHYSICAL ACTIVITY'. 2. A computer monitor icon followed by '2 HOURS MAXIMUM OF SCREEN TIME'. 3. A milk carton icon followed by '3 SERVINGS OF LOW FAT MILK OR YOGURT'. 4. A water tap icon followed by '4 SERVINGS OF WATER NOT SUGARY DRINKS'. 5. An apple icon followed by '5 SERVINGS OR MORE OF FRUITS & VEGETABLES'. At the bottom, it says: 'Healthy lifestyles start at an early age. Learn how to make the right decisions at www.12345Fit-Tastic.org'.

- 1 hour of physical activity
- 2 hours of screen time
- 3 servings of milk or yogurt
- 4 servings of water
- 5 servings of fruits and vegetables

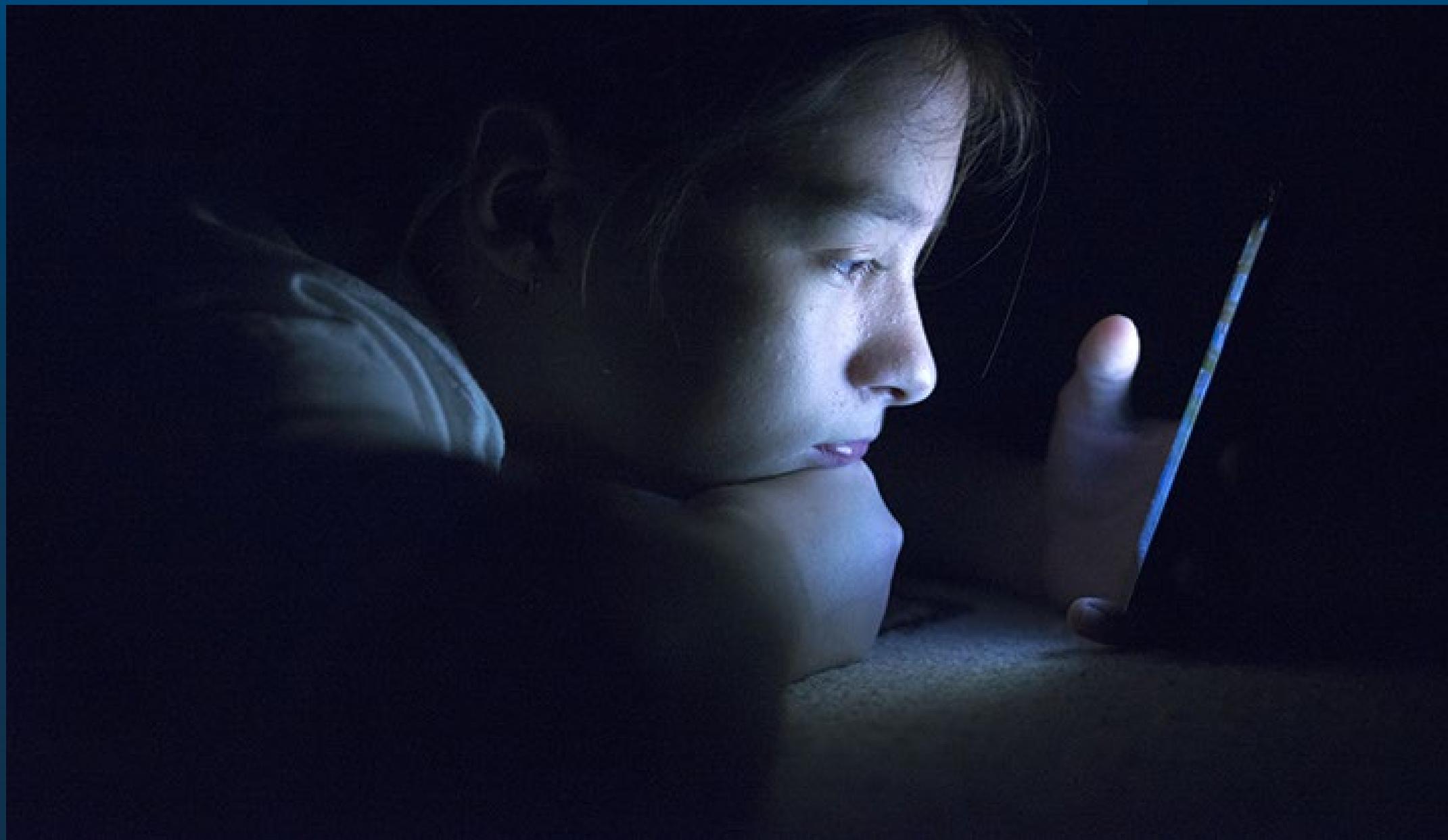
Spending >3 hours per day sedentary increased odds of depressive symptoms by 20% (Vancampfort et al, 2018)



Exercise: effect on depression in adolescents

- Review and meta-analysis of 11 trials
- Exercise showed significant overall effect size on depression symptom reduction
- Group-based activity, light-to-moderate intensity
- Frequency: Three sessions per week, 6-12 weeks
- Can help both moderate and severe depression symptoms
- Need additional trials to clarify firmer clinical recommendations and firm up the dose-response relationship

(Carter, et al, 2016)





**Health Advisory: Healthy Sleep for Children and Teens During a
Pandemic**

AASM suggestions during pandemic:

- School age children need 9-12, Teens 8-10 hours
- Get enough sleep
- Set routine schedule
- Protect sleep time: minimize screens before bed, limit access during sleep time
- Ensure regular schedule for activities/exercise, preferring outdoor time
- Maintain regular meal times, promote healthy diet

Kansas youth suicide increased by 50 percent in one year, report says

HEALTH

Why Is The Risk Of Youth Suicide Higher In Rural Areas?

March 15, 2015 · 5:15 PM ET
Heard on [All Things Considered](#)

GUN VIOLENCE IN MISSOURI

A teen's death by suicide with her father's gun divides a small Missouri town

[BY KAITLIN WASHBURN](#)

UPDATED SEPTEMBER 21, 2021 3:10 PM



Missouri is facing a pediatric behavioral health crisis



TRISH LOLLO, PAUL KEMPINSKI, STEVEN BURGHART AND JOSEPH KAHN

Johnson County's youth suicide rate fell 33% during the pandemic last year — what could be behind that

Health

The Latest Data Show Youth Suicides Continue To Rise In Missouri And Kansas

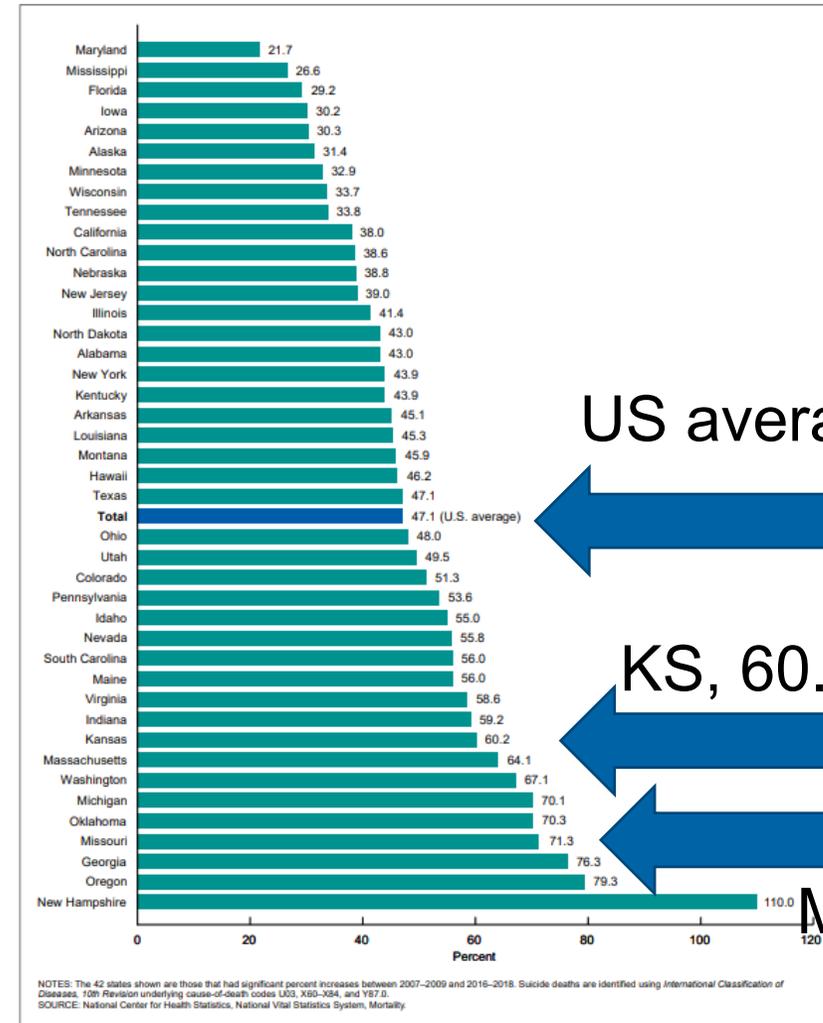
KCUR | By Kelsey Ryan
Published February 27, 2019 at 3:05 PM CST



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Percent increase in suicide death rates for youth 10-24 years old, by state (Curtin, 2020)

Figure 1. Percent increase in suicide death rates among persons aged 10–24 years: United States and selected states, 2007–2009 to 2016–2018



What can we do to prevent youth suicides?

Means restriction is one of the most evidence-based interventions to prevent suicide deaths (Mann, 2020)

Safe Storage



LOCK IT FOR LOVE

An Unlocked Gun
is an Accident
Waiting to Happen.



Many crisis are short-lived

- Less than 10 minutes is the time between decision and action for 47% in a study of individuals who attempted suicide (Deisenhammer EA, et al, 2009)
- This tells us that impulsivity plays a critical role: if methods are not available, the attempt may not happen
- Limiting access to methods is vastly underutilized

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Firearm Access and Suicides

- Greater than 80% of firearm suicides among youth involve a gun found at home (Grossman et al, 2005)
- Suicides with a firearm increased 60% among youth between 2007-2014
- Only 18% of youth who died by suicide with a firearm were getting mental health treatment when they died
- Approximately 60% of suicides were completed with a handgun (Fowler et al, 2017)

First attempts are hugely important

(McKean AJS et al, 2019)

- Retrospective study in Rochester looked at 813 youth who presented with index (first) attempts
- 29/813 (3.6%) died by suicide during the f/u period
- 20/28 (71.4%) died on their first attempt before turning 25
- Males composed only 31.7% of the cohort but the majority of suicides were males: 23/29 (79.3%)
- The vast majority of index attempts (85%) were completed with a firearm
- Of attempters, 41.2% had no history of psychiatric diagnosis

Mortality Rates by Method

Most lethal

Firearm: 89.6%

Drowning: 56.4%

Suffocation/hanging:
52.7%

Poison by gas: 30.5%

Least lethal

Jumping: 27.5%

Drug ingestion: 1.9%

Non-drug poisoning:
1.1%

Cut/pierce: 0.7%

(Conner A, Azrael D, Miller M., 2019)

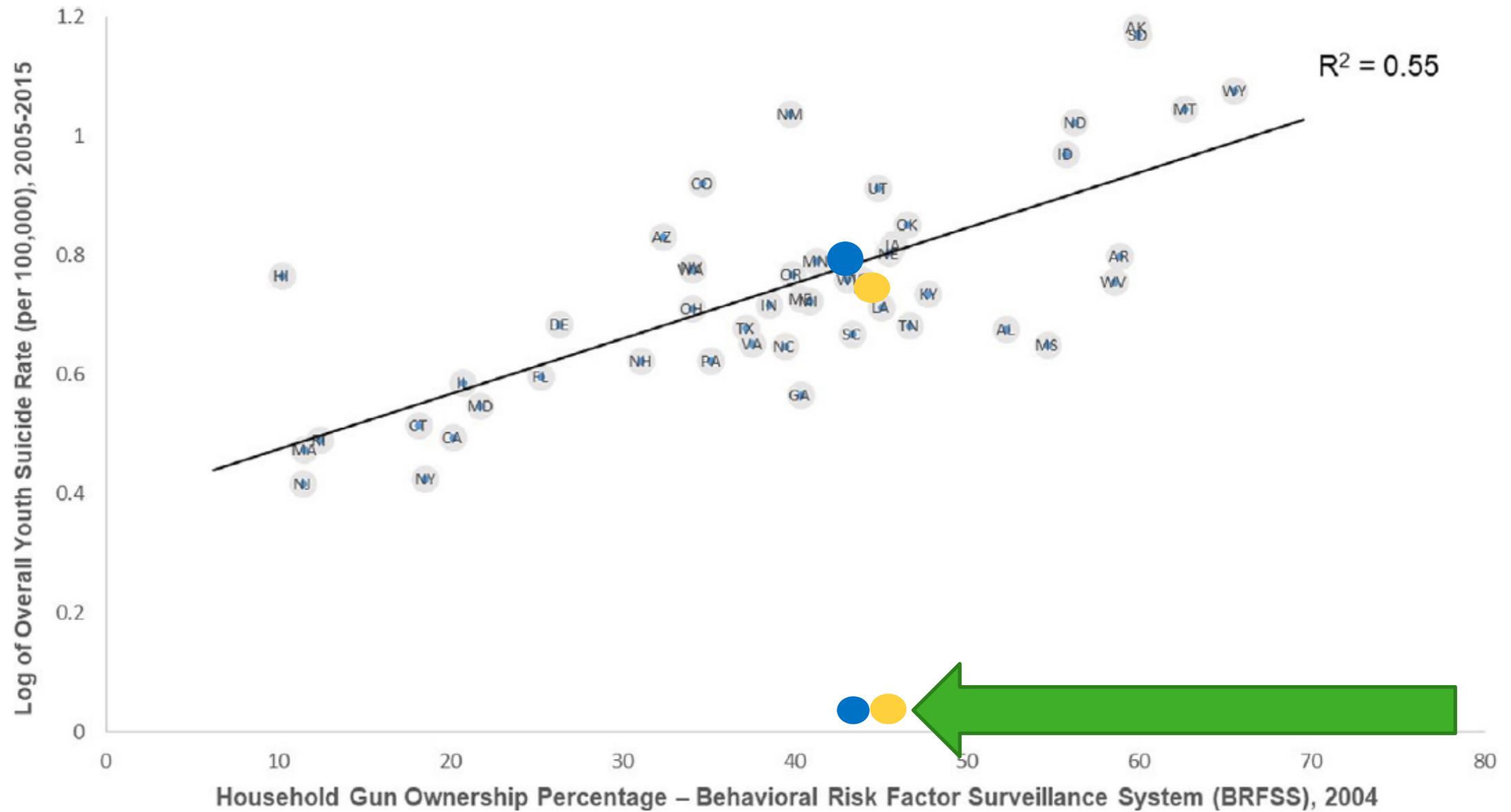


Figure 1. Relationship between household gun ownership in 2004 and log of youth suicide rate, 2005–2015.

Do families know to store firearms safely?

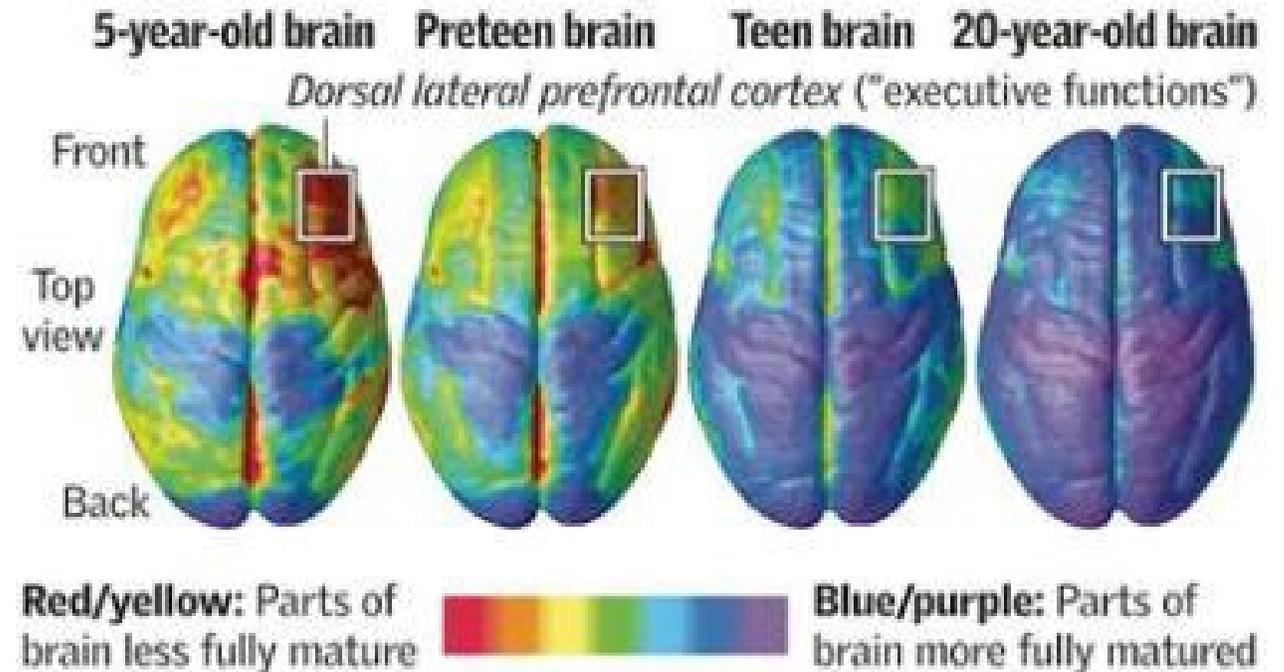
(Scott et al, 2018)

- Families were asked about firearm storage patterns (n=3949, response rate 55%)
- Comparison between families:
 - Families without reported risk factors, compared to
 - Families where kids had depression, ADHD or another mental health condition
- Those with children who had risk factors were no more likely to store firearms safely

Brain development continues into our mid-20's

Judgment last to develop

The area of the brain that controls "executive functions" — including weighing long-term consequences and controlling impulses — is among the last to fully mature. Brain development from childhood to adulthood:



Sources: National Institute of Mental Health;
Paul Thompson, Ph.D., UCLA Laboratory of
Neuro Imaging

Thomas McKay | The Denver Post

Addressing
firearm storage
and adolescent
brain
development:
low-hanging
fruit?



Meeting parents in the midst of a crisis is not the best time to provide education, and it often feels too late in the process.

Prevention is needed.



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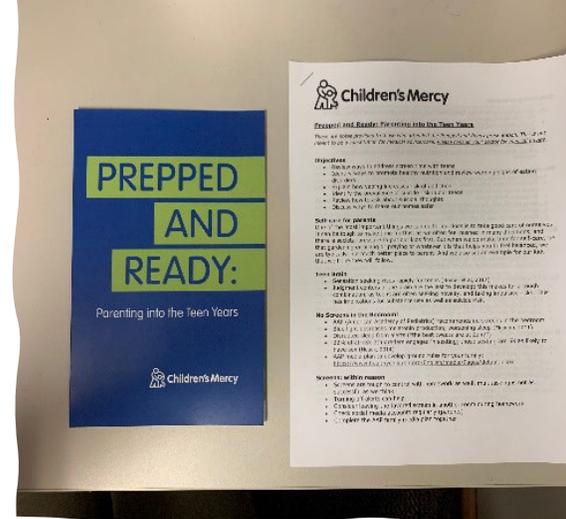


Prepped and Ready: Parenting into the Teen Years

- Live, in-person presentations

Safety Toolkit

- Lockable med storage box
- Four weekly med organizers
- Bag to dispose of old medications, dish soap
- And for firearm owners:
 - Cable gun lock
 - Locked gun box



Participants in Prepped and Ready (2018-2019)

N=581 (80.9% female)

Age: 43% 18-44, 56% >=45 years

Race: 90% White

Education: 91% college graduate or higher

Setting: 15% urban, 79% suburban, 6% rural

**Percentage reporting firearm ownership:
37.9%**

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Changes in Firearm Storage

At baseline 37.9% reported
firearm ownership

The odds of storing in the safest
manner (locked, unloaded,
ammunition separately)
increased 5.9 times

Changes in Medication Storage:

At baseline 96.6% reported unlocked medication

At final survey:

- 56.5% had disposed of medication
- 53.0% had locked up medication
- 41.5% had used medication organizers

What do participants say?

I learned so much useful information on vaping and disposal of old meds. The presentations used wonderful lay person verbiage, making everything easy to understand.

I wish I had this information before even becoming a parent. I may have been able to prevent a suicide. I feel more prepared for my children's future.

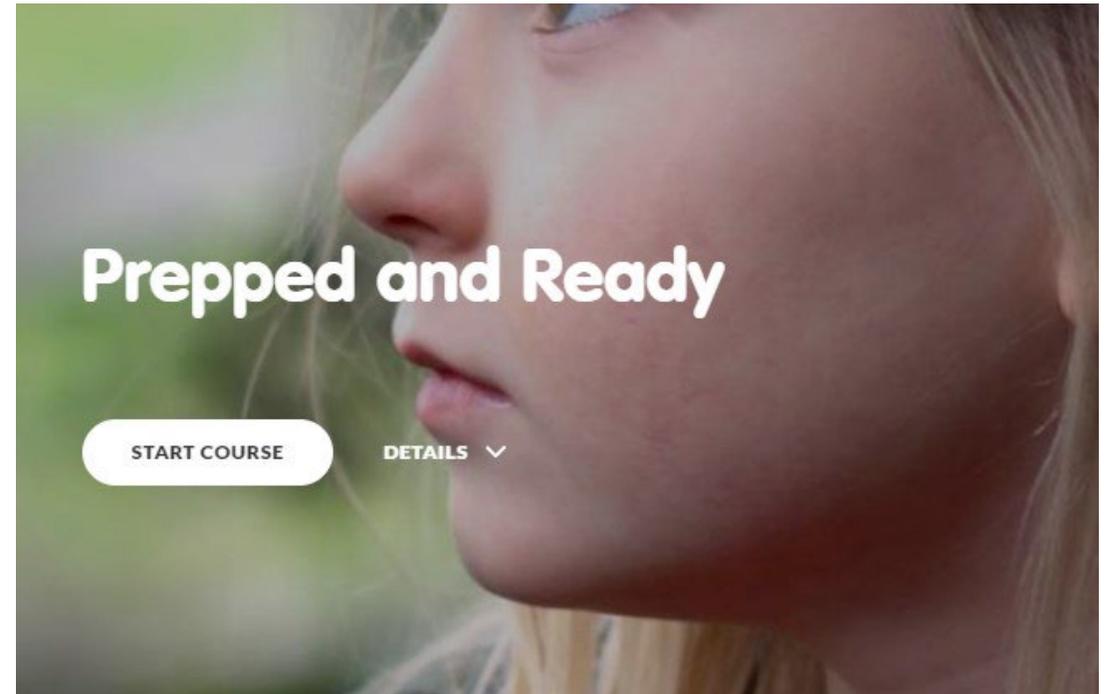
I feel like it will save kids lives and prevent the worst outcomes if you can get this information into the hands of all parents in our community.



With Covid, and the fear of
Superspreader events, we turned
to technology...

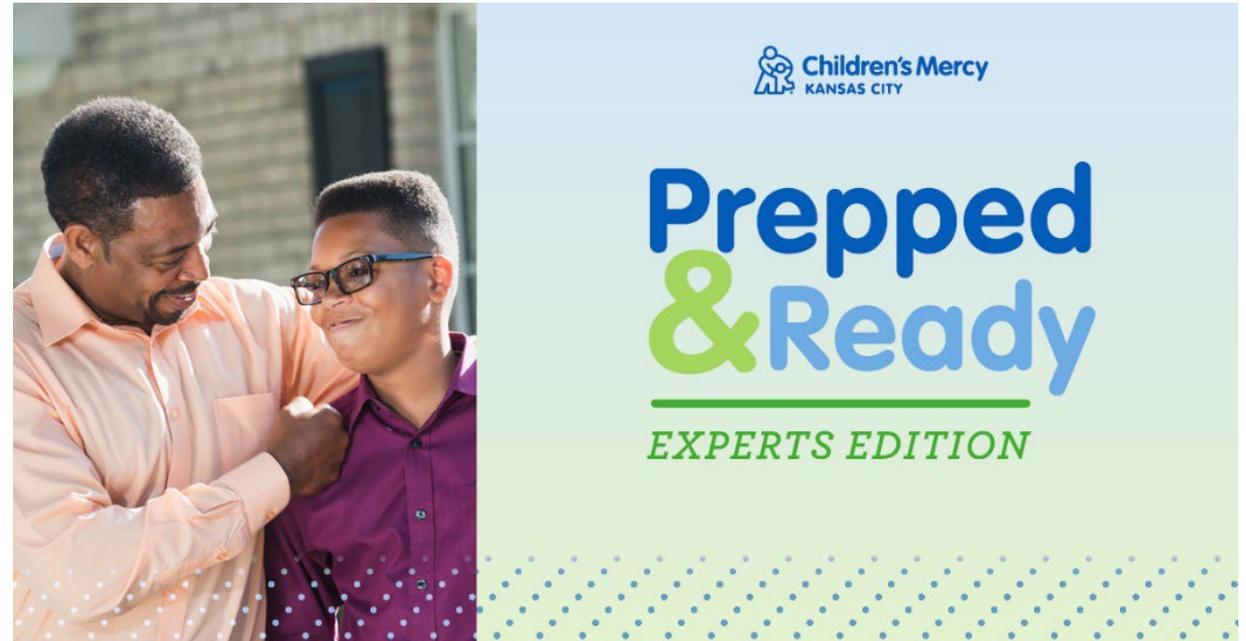
Prepped and Ready: Experts Edition

- Free virtual videos
- Geared towards caregivers of teens
- 11 videos, 3-5 minutes each
- 45 minutes total
- Mailed toolkit after survey with research participation



Prepped and Ready: Experts Edition

- Goal: scale
- Reach a more diverse audience: people of color, males, people with less education, more firearm owners
- Available in Kansas & Missouri for 1,000 caregivers
- Participants mailed toolkit after survey with research participation, up to \$70 value
- Need flyers? Questions? Message us at preppedandready@cmh.edu



<https://bit.ly/preppedandready>

Topics included in Prepped and Ready

- Prevention of ingestions
- Medication storage and disposal
- Eating disorders & Obesity
- Impulsivity and risk
- Firearm storage
- Asking tough questions with teens
- Speaking up



Experts

- Alvin Singh, MD – Pulmonology
- Geoffrey Allen, MD – Critical Care Physician and Critical Care Division Director
- Amy Beck, PhD – Clinical Psychologist, Center for Children’s Healthy Lifestyles & Nutrition
- Denise Dowd, MD, MPH – ED Physician and Center for Childhood Safety Director
- Officer Bill Koehn – Crime Prevention Officer
- Michelle Camerer, LCSW, LMSW – Clinical Social Work Manager
- Shayla Sullivant, MD – Child and Adolescent Psychiatrist

Reaching caregivers in our region

preppedandready@
cmh.edu

We have a “partner toolkit” with suggested language so the info can be cut/paste easily into a newsletter or social media post



Connecting us with community leaders helps us make headway as they don't know us, but they do know and trust you!

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10-001-0213

Video series available at cmkc.link/PreppedAndReady

*One caregiver per household raising children under 18 years old is eligible to participate in this research study with a safety toolkit for the first 1,000 participants.

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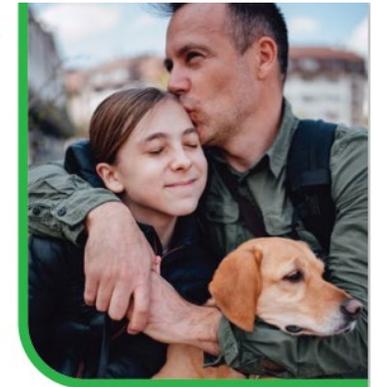
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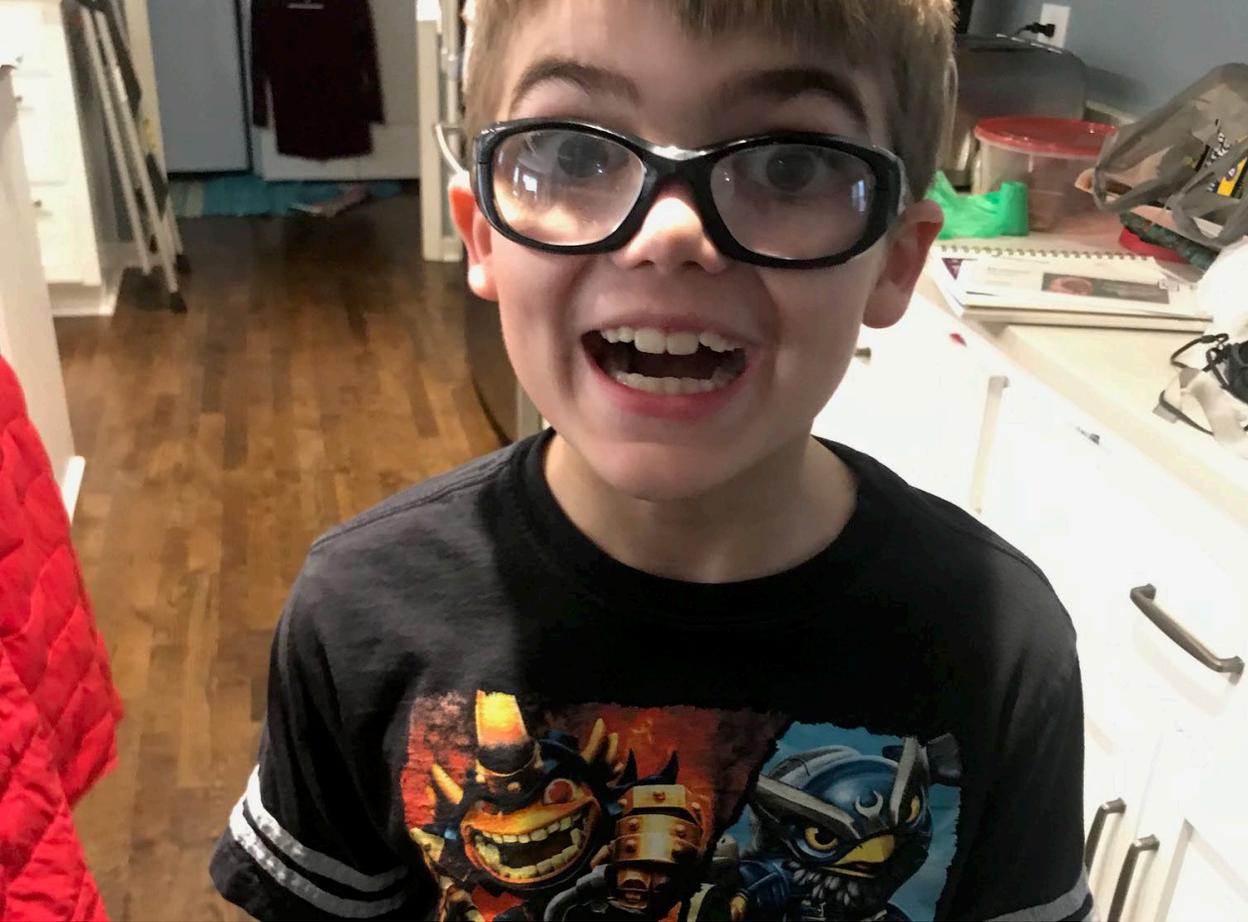
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preppedandready@cmh.edu



Do you know leaders who might be interested?
Please connect me to them!
preppedandready@cmh.edu

Thank you!
Questions?

References:

- Carter, T, Morres ID, Meade O, Callaghan P. The effect of exercise on depressive symptoms in adolescents: A systematic review and meta-analysis. *J Am Acad Child Adolesc Psychiatry* 2016;55(7):580-590.
Keks N, Hope J, Keogh S. Switching and stopping antidepressants. *Aust Prescr*. 2016;39(3):76–83. doi:10.18773/austprescr.2016.039.
- Korczak DJ, Madigan S, Colasanto M. Children’s Physical Activity and Depression: A Meta-analysis. *Pediatrics*. 2017;139(4):e20162266
- Vancampfort D, Stubbs B, Firth J, Van Damme T, Koyanagi A. Sedentary behavior and depressive symptoms among 67,077 adolescents aged 12-15 years from 30 low- and middle-income countries. *Int J Behav Nutr Phys Act*. 2018;15(1):73. Published 2018 Aug 8. doi:10.1186/s12966-018-0708-y

