

August 21, 2014

<b>DIRECTIVE:</b>	<b>JOB CORPS INFORMATION NOTICE NO. 14-04</b>
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**TO:** ALL JOB CORPS NATIONAL OFFICE STAFF  
ALL JOB CORPS REGIONAL OFFICE STAFF  
ALL JOB CORPS CENTER DIRECTORS  
ALL JOB CORPS CENTER OPERATORS  
ALL NATIONAL TRAINING AND SUPPORT CONTRACTORS  
ALL OUTREACH, ADMISSIONS, AND CTS CONTRACTORS

**FROM:** LENITA JACOBS-SIMMONS  
Acting National Director  
Office of Job Corps

**SUBJECT:** National Suicide Prevention Week, September 8-14, 2014, and World  
Suicide Prevention Day, September 10, 2014

1. Purpose. To remind the Job Corps community that the 40th National Suicide Prevention Week (NSPW), sponsored by the American Association of Suicidology, is September 8-14, 2014, and World Suicide Prevention Day (WSPD), co-sponsored by the International Association for Suicide Prevention and World Health Organization, is September 10, 2014. This Information Notice provides center staff members and students with ideas and resources to support NSPW and WSPD.

2. Background. The Action Alliance and the U.S. Surgeon General, Dr. Regina Benjamin, released the revised “National Strategy for Suicide Prevention” (NSSP)<sup>1</sup> September 10, 2012. The revised strategy emphasizes the role Americans can play in protecting their friends, family members, and colleagues from suicide. Suicide is a serious public health issue and is the second leading cause of death among people ages 15 to 24.<sup>2</sup> Additionally, among those ages 15 to 24, there are approximately 100-200 attempts for every completed suicide.<sup>3</sup> Moreover, suicidal behaviors are particularly common among some subgroups of youth. For example, the suicide rate among American Indian/Alaska Native adolescents and young adults ages 15 to 34 (31 per 100,000) is 2.5 times higher than the national average for that age group (12.2 per 100,000).<sup>4</sup>

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<sup>1</sup> U.S. Department of Health and Human Services. (2012). 2012 National Strategy for Suicide Prevention: Goals and Objectives for Action. Rockville, MD. Available from <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/overview.pdf>

<sup>2</sup> Centers for Disease Control and Prevention. National Center for Injury Prevention and Control. Web based Injury Statistics Query and Reporting System (WISQARS) 2011. Available from <http://www.cdc.gov/injury/wisqars/fatal.html>

<sup>3</sup> Centers for Disease Control and Prevention. Violence Prevention “Suicide: Facts at a Glance.” (2012). Available from <http://www.cdc.gov/violenceprevention/pdf/suicide-datasheet-a.PDF>

<sup>4</sup> Ibid.

Risk factors have remained the same over the years. Mental illness, substance abuse, previous suicide attempts, hopelessness, access to lethal means, recent loss of loved ones, unemployment and vulnerability to self-harm are just few examples of risk factors.

Protective factors are also important to consider and include in prevention efforts. High self-esteem, social connectedness, problem-solving skills, supportive family and friends are all examples of factors that buffer against suicide and suicidal behaviors.

Suicide places a heavy burden on the nation in terms of the emotional suffering that families and communities experience, as well as the economic costs associated with medical care and lost productivity. According to the Centers for Disease Control and Prevention, suicide results in an estimated \$34.6 billion in combined medical and work loss costs.<sup>5</sup> For each suicide prevented, the United States could save an average of \$1,182,559 in medical expenses (\$3,875) and lost productivity (\$1,178,684).<sup>6</sup>

Suicide prevention is everyone's business and anyone can participate in National Suicide Prevention Week. Just as suicide has no one single cause, there is no single prevention activity that will prevent suicide. To be successful, prevention efforts must be comprehensive and coordinated across organizations and systems at the national, state/territorial, tribal, and local levels. As with other health promotion efforts, suicide prevention programs should be culturally attuned and locally relevant.<sup>7</sup> Job Corps can be one of the organizations to increase awareness about suicide prevention during the 40<sup>th</sup> National Suicide Prevention Week. This year's theme is "Suicide Prevention: One World Connected," and will focus on raising awareness that suicide is a major preventable cause of premature death on a global level. The NSPW is the Monday through Sunday surrounding World Suicide Prevention Day, which is September 10, 2014.

3. Recommendations. Job Corps does a great job supporting suicide prevention as evidenced by the mental health assessment, promotion, and education efforts provided to both staff and students by Center Mental Health Consultants on each center. However, below are some additional suggestions and resources for centers to enhance and expand upon their current prevention activities for both NSPW and WSPD.

- Review the attached document from the American Association of Suicidology, "Understanding and Helping the Suicidal Individual." Consider creating suicide prevention training for staff and students using the information.
- To learn more about what you can do on your center or in the community for NSPW, go to <http://www.suicidology.org/resources/nspw> and download the media and information kit.

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<sup>5</sup> Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web based Injury Statistics Query and Reporting System (WISQARS) 2012. Available from <http://www.cdc.gov/injury/wisqars/fatal.html>

<sup>6</sup> Investment in Research Saves Lives and Money: Facts about Suicide. Available from [www.researchamerica.org/uploads/factsheet21suicide.pdf](http://www.researchamerica.org/uploads/factsheet21suicide.pdf)

<sup>7</sup> U.S. Department of Health and Human Services. (2012). 2012 National Strategy for Suicide Prevention: Goals and Objectives for Action. Rockville, MD. Available from <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/overview.pdf>

- To learn more about what you can do on your center or in the community for WSPD, go to <http://www.iasp.info/wspd/index.php>, and download the tool kit and view planned activities from around the world, including how your center can participate in the “Cycle around the World” core event.
  - Check out NSPW and WSPD Facebook pages for ideas and encourage students to “like” the page.
  - Let staff and students know about Lifeline Ecards which can be sent via e-mail to offer support and information to someone you may be concerned about. These can be accessed at <http://ecards.suicidepreventionlifeline.org/#step1>.
  - Hold a health fair on center with a specific focus on suicide prevention.
  - Invite a guest speaker from the local community with an expertise in suicide prevention, or one who may have a special suicide prevention story to share.
  - Let staff and students know about a new suicide prevention feature offered on iPhones with “Siri.” If someone is feeling suicidal, they can tell "Siri" and she will connect the person directly to the National Suicide Prevention Lifeline.
  - Make sure all students and staff members know how to access the National Suicide Prevention Lifeline, 800-273-TALK (8255), which is available 24/7.
4. Action. Addresses are to ensure this Information Notice is distributed to all appropriate staff.
  5. Expiration Date. September 14, 2014.
  6. Inquiries. Inquiries should be directed to Carol Abnathy at (202) 693-3283 or via e-mail at [abnathy.carol@dol.gov](mailto:abnathy.carol@dol.gov) or Johnetta Davis at (202) 693-8010 or via e-mail at [davis.johnetta@dol.gov](mailto:davis.johnetta@dol.gov).

Attachment

Understanding and Helping the Suicidal Individual