

Psych CE

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 sports involvement
- C. Increased alcohol use
- D. Increase 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 areas would not be covered in a typical safety plan?

- A. Recognizing warning signs of suicide risk in oneself.

- B. Employing internal coping strategies.
- C. Contacting family members or friends who may.
- D. Increasing the risk of access to and use of lethal means.

7. Why is Care Coordination important?

- 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 and peers can help a youth experiencing suicidal thoughts by doing which of the following?

- A. Listening
- B. Interrupting
- C. Panicking
- D. Offering advice

9. Non-Suicidal Self-injury includes all of these except for which of the following?

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

10. Which of the following is NOT a reason for youth self-harm?

- A. A cry for help
- B. Trying to feel something
- C. Anxiety
- D. For fun
