

“Addressing Suicide Risk for Transgender and Gender Diverse Youth: A Multidisciplinary, Systemic Approach” Workshop Resources

Key Questions to Assess for Suicide Risk:

If the client reports a history of suicidal ideation:

- Have you made a suicide attempt? What did you do?
- Did you want to die (even slightly) when you did it?
- Have you ever prepared to attempt suicide? Have you ever tried to kill yourself but been interrupted?

If suicidal ideation is present:

- How many times have you had these thoughts? When you have these thoughts how long do they last?
- Can you stop thinking about killing yourself if you want to? Are there things you can do to stop the thoughts or wanting to die?
- What sort of reasons do you have for wanting to die? What are you hoping will be the outcome?

If client currently has a passive or action plan:

- How detailed is the plan?
- Do they have the means to carry it out? Have they used this method before? Have they acquired the means to carry out the plan?
- Have they started preparations?



Suicide Assessment Screeners:

- Suicide Behaviors Questionnaire – Revised
 - <http://www.integration.samhsa.gov/images/res/SBQ.pdf>
- University of Texas Health Care Center’s Evaluation of Suicide Risk for Clinicians
 - http://www.cqaimh.org/pdf/tool_suicide_risklev1.pdf
- Columbia Suicide Severity Rating Scale
 - http://www.integration.samhsa.gov/clinical-practice/Columbia_Suicide_Severity_Rating_Scale.pdf
- Patient Health Questionnaire (PHQ-9)
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1495268/>

Relevant References:

Liu, R. T., & Mustanski, B. (2012). Suicidal ideation and self-harm in lesbian, gay, bisexual, and transgender youth. *American Journal of Preventive Medicine*, 42, 221–228.

Olson, J., Schragar, S. M., Belzer, M., Simons, L. K., & Clark, L. F. (2015). Baseline physiologic and psychosocial characteristics of transgender youth seeking care for gender dysphoria. *Journal of Adolescent Health*, 57(4), 374 – 380.

Toomey, R. B., Syvertsen, A. K., & Shramko, M. (2018). Transgender adolescent suicide behavior. *Pediatrics*, 142(4)e20174218.

Creating an Action Plan

Step 1: Identifying Your Change Team

Step 2: Identifying Your Aims and Challenges

Step 3: Outlining Your Change Plan and Implementation Process (Timeline? Resources? Outcomes?)

Step 4: Identifying Strategies to Maintain Efforts

Resources:

<https://www.lgbthealtheducation.org/wp-content/uploads/2018/10/Creating-a-Transgender-Health-Program.pdf>

https://www.plannedparenthood.org/files/4414/0606/9716/PPSFL_Providing_Transgender_Inclusive_Healthcare_Handbook.pdf

Agency and Advocacy Resources

Advocates for Youth - <https://advocatesforyouth.org/issue/lgbtq-health-and-rights/>

GLSEN - <https://www.glsen.org/>

Health Professionals Advancing LGBTQ Equality - <http://glma.org/>

Human Rights Campaign - <https://www.hrc.org/explore/topic/transgender;>
<https://www.hrc.org/resources/transgender-patient-services-support-resources-for-providers-and-hospital-a>

LGBT HealthLink - <https://lgbthealthlink.org/>

National Center for Transgender Equality - <https://transequality.org/>

National LGBT Health Education Center -
<http://www.lgbthealtheducation.org/topic/transgender-health/>

Transgender Law Center - <https://transgenderlawcenter.org/>

World Professional Association for Transgender Health - www.wpath.org/

Youth + Tech + Health - <http://yth.org/resources/lgbtq-youth-health/>

For Youth and Families

Gender Diversity - <http://www.genderdiversity.org/>

Gender Spectrum - <https://www.genderspectrum.org/>

GLAAD - <https://www.glaad.org/transgender/resources>

PFLAG - <https://pflag.org/>

Trans Student Educational Resources - <http://www.transstudent.org/>

Trans Youth Equality Foundation - <http://www.transyouthequality.org/for-youth-1/>

Crisis Support

National Suicide Prevention Lifeline - <https://suicidepreventionlifeline.org/>

Trans Lifeline - <http://www.translifeline.org/>

The Trevor Project - <http://www.thetrevorproject.org/>