



Presentation Abstracts

“Adolescent Suicide Trends and Risk Assessment” — *Swapna Deshpande, MD*

Objectives: At the end of this activity, the participants should be able to:

- Describe the epidemiology of adolescent suicide.
- Explain features of risk assessment for suicide in adolescents.
- Use understanding of risk factors in treatment planning.

Abstract: Suicide is devastating and impacts everyone in far reaching ways. Suicide is the third leading cause of death among 10 to 19-year-olds. In recent years suicide rates have increased by 28 percent. Risk assessment in suicidal children is complex and involves many components. Good risk assessment is crucial in determining the course of treatment planning. The presentation will describe various aspects of a comprehensive risk assessment.

Swapna Deshpande, M.D. is Clinical Associate Professor of Psychiatry and Behavioral Sciences, Department of Psychiatry and Behavioral Sciences, Oklahoma State University Center for Health Sciences, Tulsa. Dr. Deshpande is board certified in Adult Psychiatry and Child and Adolescent Psychiatry. She is a Distinguished Fellow in the American Academy of Child and Adolescent Psychiatry and is the immediate Past President of the Oklahoma Council of Child and Adolescent Psychiatry, the Oklahoma regional branch of American Academy of Child and Adolescent Psychiatry.

“Neuroscience of Suicide” — *Ashley Walker, MD*

Objectives: At the end of this activity, the participants should be able to:

- Describe the clinical relevance of neuroscience to suicidality.
- Integrate neuroscience aspects of suicidality into a comprehensive case formulation.
- Name potential biomarkers for suicide.

Abstract: Globally about one person dies every 40 seconds by suicide. A thorough suicide risk assessment by a trained mental health professional remains the gold standard for determining risk and subsequent treatment decisions. While clinicians may become proficient in naming the factors that contribute to suicide risk, knowledge of why these factors contribute has been lacking until recent times, when neuroscience research has begun to illuminate the pathophysiology of suicide. This presentation will explore our burgeoning understanding of the neuroscience related to the risk factors, pathology, and potential biomarkers and treatments related to suicide.

Ashley Walker, M.D. is an Associate Professor and the Psychiatry Residency Training Director at the University of Oklahoma School of Community Medicine, Tulsa, Oklahoma. She is also a mother of two, and co-chair of both the National Neuroscience Curriculum Initiative and the National Anti-Racism in Medicine Curriculum Coalition. Dr. Walker's professional interests include psychiatric education; physician well-being; treatment of severe mental illness; and all things related to Diversity, Equity, Inclusion, Justice, and Anti-Racism.

“Treatment Approaches to Suicidal Adolescents” — *Sara Coffey, DO*

Objectives: At the end of this activity, the participants should be able to:

- Identify the risk factors of suicide in adolescents.
- Review the research on treating suicide in adolescent patients.
- Develop a safety plan for suicidal adolescents.

Abstract: Suicide remains one of the leading causes of death in individuals aged 15-24 years of age. More recently there have been concerns of rising suicidal risk in young girls. This trend is alarming and with suicide continuing to remain as a leading cause of death in young people a systemic and thoughtful approach is indicated to treat this growing trend. We know that untreated depression is a contributing risk factor for suicide; yet most of the youth with depression go untreated, and a large majority receive treatment in primary care. Looking towards evidence-based care models and integrated care approaches is one way to address this growing need.

Sara Coffey, D.O. is Interim Chair, Clinical Assistant Professor of Psychiatry and Behavioral Sciences, and Director, Child & Adolescent Psychiatry, Department of Psychiatry and Behavioral Sciences, Oklahoma State University Center for Health Sciences, Tulsa. Dr. Coffey completed her adult psychiatry residency at the University of Chicago and her child and adolescent psychiatry fellowship at Harvard Medical School's Cambridge Health Alliance. During her adult psychiatry training, Dr. Coffey served as the chair of the Public Health Committee for the American Medical Association's Resident's Committee. She served as a public psychiatry fellow for the American Psychiatric Association for two years during her psychiatry training.

"Physician Suicide: Why the Increase and Why Now?" — *Swapna Deshpande, MD*

Objectives: At the end of this activity, the participants should be able to:

- Describe the epidemiology, causation, and risk factors of physician completed suicides.
- Describe physicians and their world, workplace, and work-home balance stressors.
- Examine the defects in how physicians are treated and what can be done about it.

Abstract: Higher suicide rates have been documented among physicians for decades. In a Norwegian office mortality study (1960-2000), physicians had lower all-cause mortality rates compared with other professionals; however, physicians specific cause mortality rates due to suicide remained higher than non-physicians. Suicide primarily occurs as a combination of three factors: unbalanced mental state, unbearable social situation, and easy access to suicide methods.

In the United States, physician suicide data from *National Violent Death Reporting System* (NVDRS) reported mental illness as an important factor for completed physician suicides. The physician suicide victims have reported "job problem" as a stressful situation and the preferred access of method for suicide was firearms. Given the higher suicidal rates among physicians and its impact on community, it is very important for psychiatrists to understand the clinical picture and complexities of physician suicide. The presentation will help practitioners to understand the epidemiology, causation, and risk factors of physician completed suicides and gain knowledge about workplace and work-home balance stressors.

"Substance Use and Suicide" — *Jason Beaman D.O., M.S., M.P.H., FAPA*

Objectives: At the end of this activity, the participants should be able to:

- Explain how to evaluate suicide in the context of substance use.
- Describe the association between substance use and suicide risk.
- Identify how to treat substance use disorders in patients at risk for suicide.

Abstract: This presentation will review the relationship between substance use and suicide. Mental illness is a large risk factor for suicidal ideation, suicide attempts, and suicide mortality. The misuse of substances can increase suicide. This presentation will review the criteria for the diagnosis of substance use disorders, the association between substance use and suicide risk, and how physicians can identify patients most at risk for suicide.

Jason Beaman, DO, M.S., M.P.H., FAPA, is Clinical Assistant Professor of Psychiatry and Behavioral Sciences, Department of Psychiatry and Behavioral Sciences, Oklahoma State University Center for Health Sciences, Tulsa. He holds board certifications in Family Medicine, Psychiatry, Forensic Psychiatry, and Addiction Medicine.

Interactive Symposium: "360° View, Challenges, Discussion" — *Moderator Swapna Deshpande, MD,*

Objectives: At the end of this activity, the participants should be able to:

- Discuss comprehensively the bio-psychosocial and neuroscientific findings leading to suicides and causes for the recent increased rate of suicides in the population addressed in this seminar.
- Present clinical vignettes from their own professional encounters with patients who completed suicide and discuss what may have been done differently to prevent suicide.
- Execute a plan of action to address substance abuse issues in patients at all levels of care and in all treatment settings to give insight to their patients about the importance of recognizing how substance abuse helps increase the chances of completing suicides.

Abstract: This is an interactional session for audience participation with Q/A and comments by the participants leading to responses to these by respective panelists. The moderator will attempt to cover all the aspects of the increased rate of suicides in adolescents and physicians with focus on material presented earlier by all faculty. She will encourage audience participation.