SunCloud Health

YOUR VOICE. YOUR CHOICE. OUR TEAM.

SunCloud Health Continuing Education Series

Transdiagnostic, integrated care for people with complex co-occurring disorders.

Suicidal Ideation and Self Injury in Adolescents

Michele Kazmier, LCPC

FAMILY RECOVERY CENTERS
A Better Life Starts Now.

Suicidal Ideation and Self Injury in Adolescents

Presented By

Michele Kazmier, LCPC
The Family Recovery Centers



FAMILY RECOVERY CENTERS
A Better Life Starts Now.

Presentation Objectives

Objective 1

Participants will gain a better understanding of the prevalence and risk factors of adolescent Suicidal ideation (SI) and self-injurious behaviors (SIB).

Objective 2

Participants will obtain an understanding of how to utilize DBT in the treatment of SI and self-injurious behaviors with adolescents.

Objective 3

Participants will be able to identify specific skills they can use with their adolescent clients, who struggle with chronic SI or self-injurious behaviors.

FAMILY RECOVERY CENTERS
A Better Life Starts Now.

Definitions

Suicidal Ideation

Thoughts , fantasies, and ideas about ending one's own life

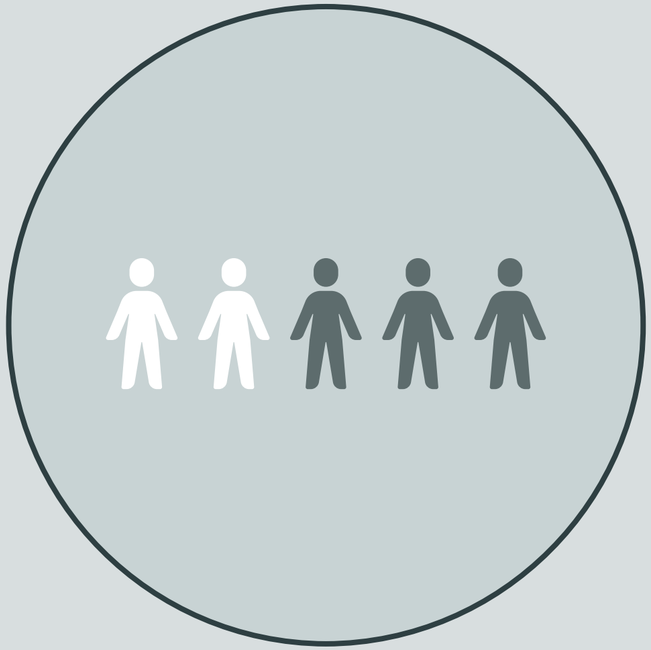
Self -Injury

Intentional harming of one's body without the intention of causing life threatening injury.



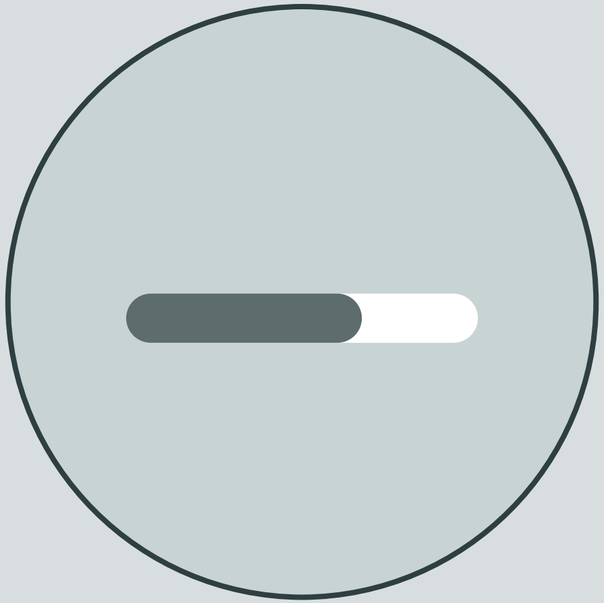
FAMILY RECOVERY CENTERS
A Better Life Starts Now.

13.6 per 100,000 youth



Rate of suicide in 2022 for individuals ages 15-24 yo.

9% of high school students attempted suicide in 2023



13% of those were female; 6% were male.

39%



The Increase in U.S. ER visits due to self-harm from 2001 to 2021.

FAMILY RECOVERY CENTERS
A Better Life Starts Now.

Adolescent Suicide/Self-Injury Risk Factors



Individual Risk Factors



Relationship Risk Factors



Community Risk Factors.



Societal Risk Factors

FAMILY RECOVERY CENTERS
A Better Life Starts Now.

Adolescent Suicide/Self-Injury Protective Factors



Individual Risk Factors



Relationship Risk Factors



Community Risk Factors.



Societal Risk Factors

FAMILY RECOVERY CENTERS
A Better Life Starts Now.

DBT as an Intervention

DBT Therapy for Adolescents was developed for individuals who engage in life threatening behaviors or have strong suicidal ideations or self-injury.



Multimodal treatment that incorporates individual treatment, multi-family based skill acquisition, 24 hour on-call and a large focus on emotional regulation.

FAMILY RECOVERY CENTERS
A Better Life Starts Now.

Modes of DBT

Individual Psychotherapy
24 Hour On-Call
Skills Group
Consultation

Modules of DBT

Mindfulness
Emotional Regulation
Distress Tolerance
Interpersonal Effectiveness
Middle Path

Assessment and Monitoring

Daily Diary Card
Behavioral Chain Analysis

Core Treatment Targets

Life Threatening Behavior
Therapy Interfering Behaviors
Quality of Life Interfering Behaviors

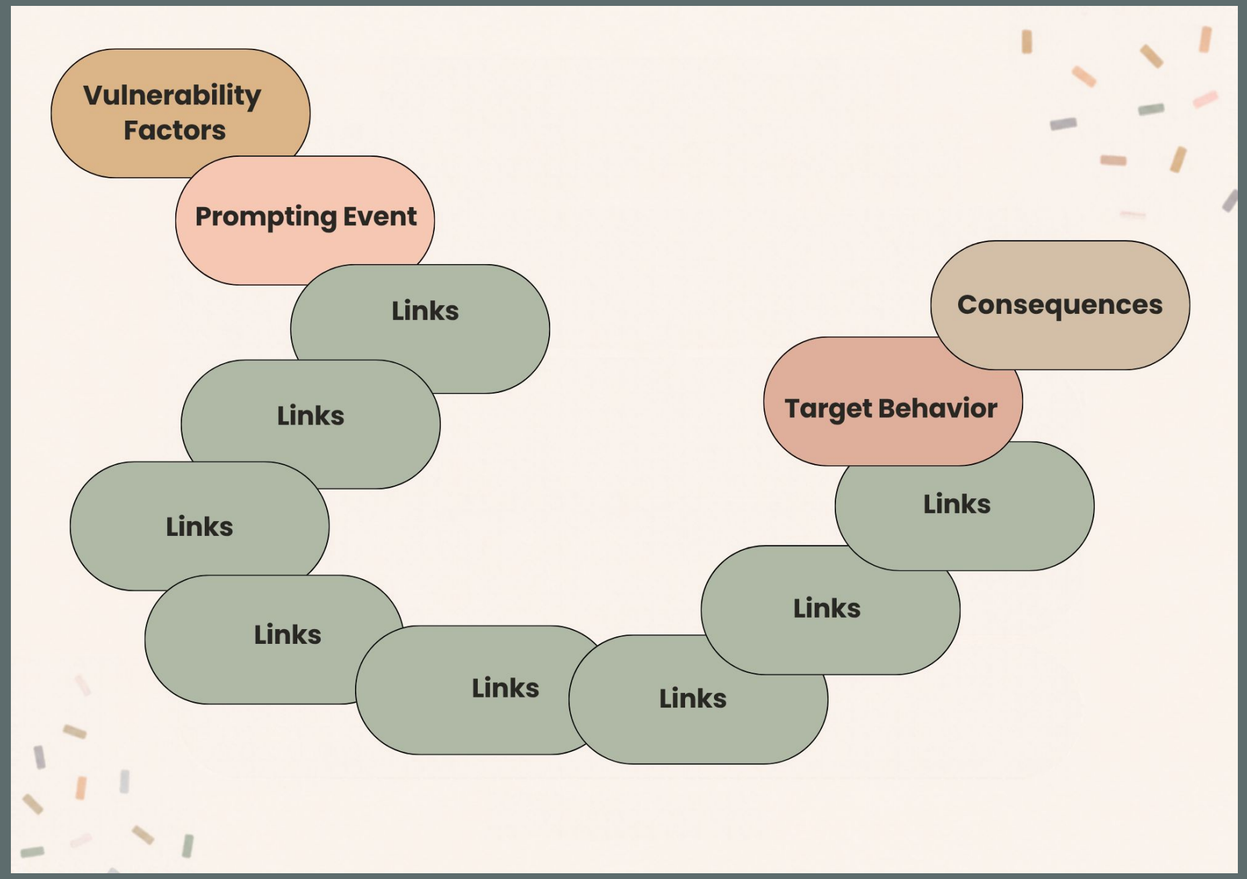


FAMILY RECOVERY CENTERS
A Better Life Starts Now.

Behavior Chain Analysis

Assessment instrument to understand a behavior and the subsequent consequences

- Vulnerability Factors: Variables that made the client more susceptible to the effects of the prompting event.
- Prompting Event: The precipitating factor to the links.
- Links: Thought, emotion, behavior, or other event.
- Target Behavior: The behavior being examined.
- Consequences: Contingencies that act as reinforcers for the target behavior.



FAMILY RECOVERY CENTERS
A Better Life Starts Now.



DBT Assumptions

1. People are doing the best they can
2. People want to improve
3. People need to do better, try harder, and be more motivated to change
4. People may not have caused all their problems, but they have to solve them anyway
5. The lives of suicidal people are unbearable as they are currently being lived
6. Clients must learn new behaviors in all relevant contexts
7. Clients cannot fail in DBT

FAMILY RECOVERY CENTERS
A Better Life Starts Now.

Mindfulness

Intentional awareness, without judgement, and without attachment to the moment



Goals of Mindfulness

1. Reduce Suffering
2. Increase control
3. Experience reality as it is.

States of Mind

Reasonable Mind
Wise Mind
Emotional Mind

FAMILY RECOVERY CENTERS
etter Life Starts Now.

Distress Tolerance

The ability to tolerate and accept distress without making the situation worse.

Crisis Survival Skills are used when a client is in a highly stressful, short term situation, and feels the pressure for resolution in the moment.

Radical Acceptance Skills are used to help clients learn to live a life with painful events and emotions. This often occurs when things happen in our lives that we do not control, and did not want.

TIPP: A way to change your body chemistry to reduce emotion

1. Temperature
2. Intense Exercise
3. Paired Muscle Relaxation
4. Paced Breathing

Willingness: Readiness to participate fully

- Doing just what is needed
- Acting from Wise Mind
- Acting with awareness

Wise Mind Distracts with ACCEPTS

- Activities
- Contributing
- Comparisons
- Emotions
- Pushing Away
- Thoughts
- Sensations

FAMILY RECOVERY CENTERS
A Better Life Starts Now.

Emotional Regulation

The ability to understand and accept emotional responses, so you can respond based on facts and values, rather than urges.

Goals:

1. Understand and name emotions
2. Decrease frequency of unwanted emotions
3. Decrease emotional vulnerability
4. Decrease emotional suffering

Changing Emotional Responses Skills:

- Checking the Facts
- Opposite Action
- Problem Solving



Model of Emotions



PLEASE

- Treat **P**hysical I**l**lness
- Balanced **E**ating
- **A**void Substances
- Balance **S**leep
- **E**xercise

FAMILY RECOVERY CENTERS
A Better Life Starts Now.

Questions?



Bibliography

American Academy of Pediatrics (2026, August 25). Risk Factors, Protective Factors, Warning Signs of Youth Suicide. https://www.aap.org/en/patient-care/blueprint-for-youth-suicide-prevention/risk-factors-protective-factors-warning-signs-of-youth-suicide/?srsltid=AfmBOoghxSmYGudVg1vPVsY-O-jQhpWAv3znbos-2Ekyc4L6YOuf747f.

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). https://doi.org/10.1176/appi.books.9780890425787 [1, 2]

Bedics, J. D., Asarnow, J. R., Berk, M. S., McCauley, E., & Gallop, R. (2026). Covariation of symptomatic and mechanistic change during dialectical behavior therapy for suicidal self-harming youth. *Journal of Consulting and Clinical Psychology, 94*(2), 63–73. https://doi.org/10.1037/ccp0000986

Centers for Disease Control and Prevention (U.S.), & National Center for Chronic Disease Prevention and Health Promotion (2024). *Youth Risk Behavior Survey: Data Summary & Trends Report: 2013-2023*. Centers for Disease Control and Prevention (U.S.). https://stacks.cdc.gov/view/cdc/252282

Johansson, B.A., Wilbe Ramsay, K., Pettersson, A. *et al.* Effects of interventions for self-harm in children and adolescents: a systematic review and meta-analysis. *Eur Child Adolesc Psychiatry* **35**, 91–107 (2026). https://doi.org/10.1007/s00787-025-02859-7

Linehan, M. M. (2015). *DBT skills training manual* (2nd ed.). The Guilford Press.

National Center for Injury and Prevention Control (2024, May 15). Risk and Protective Factors for Suicide. Center for Disease Control. https://www.cdc.gov/suicide/risk-factors/index.html.

U.S. Department of Health and Human Services (HHS), National Strategy for Suicide Prevention. Washington, DC: HHS, April 2024.

Yan, M., Kummerfeld, E., Rawls, E., Cullen, K. R., & Klimes-Dougan, B. (2025). Examining causal pathways to suicidal ideation and nonsuicidal self-injury in the Adolescent Brain Cognitive Development Study. *Suicide and Life-Threatening Behavior, 55*(6), e70068. https://doi.org/10.1111/sltb.70068

Yosep, I., Kurniawan, K., Maulana, I., Mardhiyah, A., Hazmi, H., & Hikmat, R. (2026). Implementation of dialectical behavior therapy in reducing self-harm behavior and risk of suicide in adolescents and young adults: A scoping review. *International Journal of Africa Nursing Sciences, 25*, Article 101085. https://doi.org/10.1016/j.ijans.2026.101085

SunCloud Health

Supporting Your Practice

To collaborate and learn more about our programs:

Donna Bartlett, LCSW, MAT
Community Outreach Liaison
SunCloud Health
dbartlett@suncloudhealth.com
Text friendly cell: 630-674-8009

Lori Kehoe, MA-CMHC
Community Outreach Liaison
SunCloud Health
lkehoe@suncloudhealth.com
815.263.5555