

NYS AAP Chapter 2 Suicide Prevention Newsletter

March 2025

Chapter 2 Suicide Prevention Ambassador Program

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INTRODUCTION AND BACKGROUND

Welcome to the second edition of our newsletter.

NYS AAP Chapter 2 has been participating in the AAP/AFSP (American Foundation for Suicide Prevention) Suicide Prevention Ambassador Program since the beginning of 2023. The program aims to raise awareness regarding suicide prevention among pediatric practitioners and our community partners. It also serves to motivate us to incorporate suicide prevention strategies in our daily work, to spread the word regarding suicide prevention resources, and to become involved in suicide prevention advocacy.

FREE CME WEBINAR:
**Suicide Prevention
Workshop | April 1, 2025
from 6-9pm**

**Suicide Prevention Workshop for
Pediatricians sponsored by NYS AAP -
Chapter 2 and AFSP**

Suicide is the second leading cause of death among young people ages 10-24. Pediatricians can help prevent it. This is why the American Academy of Pediatrics has issued a Call to Action in their [Blueprint for Youth Suicide Prevention](#). This online training, sponsored by the American Academy of Pediatrics New York Chapter 2 and the American Foundation for Suicide Prevention's Greater New York Long Island Chapter, is an opportunity to answer that call.

Learn about the [SafeSide Prevention framework](#) and how your practice can help protect your patients from suicide. Can't wait to hear more? Check out [Safeside's Framework Overview video](#) here!

SEATS ARE LIMITED!

REGISTER TODAY!

[Register for April 1 6-9 pm EST](#)

About the workshop:

This 3-hour evening online session will provide SafeSide Prevention's research-based prevention framework and the tools you need to implement it with young patients.

This training includes targeted examples based on pediatric settings, active discussion groups, and access to the latest research on best practices. Here's what you'll learn with us:

- **Connect:** Ask directly and clearly about suicide without losing your connection with a patient.
- **Assess:** Use a consistent structure for gathering and communicating information.
- **Respond:** Make initial plans for how the patient and others will respond to foreseeable changes that might increase risk.
- **Extend** - Employ the suicide-related warm handoff.

In addition to this fantastic learning opportunity,

- Benefit from a **one-year subscription to SafeSide Prevention**, including exclusive access to the library of resources, Community of Practice and monthly Office Hours.
- Gain **3 AMA Category 1 CMEs** provided by the University of Rochester.

If you have any ideas, suggestions, requests or questions regarding suicide prevention activities within NYS Chapter 2, please let us know by writing to: garykrigsman@gmail.com

SUICIDE PREVENTION RESOURCE INFORMATION

1. REMEMBER: 988 is the relatively new three-digit dialing code for the National Suicide Prevention Lifeline, now called the **988 Suicide and Crisis Lifeline**, although the previous 1-800-273-TALK (8255) number still continues to function indefinitely.

2. Connect, Invest, Uplift: Protect Black Youth From Suicide

Download and share SAMHSA's new infographic to help spread the word about how to protect Black youth from suicide. This communication tool has simple, data-driven steps that you can take to support the Black youth in your community. And check out SAMHSA's new evidence-based guide to learn more strategies for preventing suicide among youth who are underserved. This guide highlights current research, barriers to accessing care, and tips for implementing evidence-based programs.

Evidence-Based Guide: Suicide Prevention Strategies for Underserved Youth

<https://static1.squarespace.com/static/578660c82e69cfd170b5cacd/t/67570d7ac3105416a8e1ea55/1733758343967/Youth+Suicide+Prevention+Guide.pdf>

This evidence-based guide provides strategies and insights specific to at-risk groups, to support interventions and help prevent suicides. The guide highlights existing research, discusses barriers that hinder youth's access to prevention and intervention services, and offers guidance on selecting, implementing, and evaluating evidence-based prevention programs. It also highlights programs that are making strides in addressing suicidal thoughts and behaviors in young people from underserved communities.

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Primary Care Can Play Key Role in Suicide Prevention

A recent study funded by the National Institute of Mental Health found that when primary care clinics added suicide care practices to routine visits, suicide attempts dropped by 25% in the 3 months after the visit. The findings highlight how impactful it can be for primary care clinics to take an active role in preventing suicide and help empower health systems to integrate those practices into clinical care.

<https://www.nimh.nih.gov/news/science-updates/2024/primary-care-can-play-key-role-in-suicide-prevention>

NIMH expert: Universal screening key to youth suicide prevention: Lisa Horowitz, a pediatric psychologist at the National Institute of Mental Health, emphasizes the importance of universal suicide risk screening in pediatric practices to prevent youth suicide, noting that 20% of child deaths in 2022 were due to suicide. Horowitz recommends using the ASQ toolkit:

<https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials> for efficient screening and advises pediatricians to have a plan for positive screenings, including safety planning and collaboration with mental health providers.