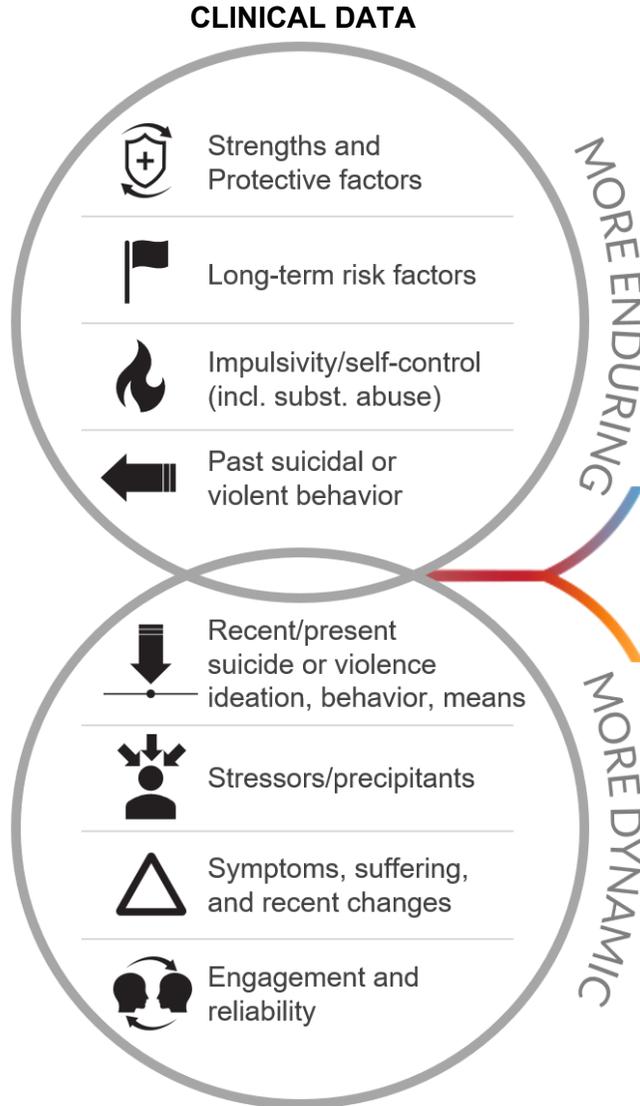


## QC18 Suicide Prevention Skills: Core - Workshop B handout

### Prevention Oriented Risk Formulation: Clinical data for Lee



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|---|--|
| <b>Strengths and protective factors</b>   | <ul style="list-style-type: none"> <li>Motherhood/children: 'Couldn't do it to Josh' (son).</li> <li>Previous: Employment, Parkrun/walking with Kerrie, knitting, colouring, deep breathing to aid sleep.</li> <li>Willing to talk to someone if distress/suicidality returns (? Mum).</li> </ul>                    |
| <b>Long-term risk factors</b>             | <ul style="list-style-type: none"> <li>Critical/unsupportive relationship with mother.</li> <li>Divorce four years ago.</li> <li>Alcohol use and depression.</li> <li>Family history (Mother's mental health).</li> </ul>  |
| <b>Impulsivity/ Self-control</b>          | <ul style="list-style-type: none"> <li>Alcohol use associated with three previous suicide attempts.</li> <li>Poor sleep.</li> </ul>  |
| <b>Past suicidal or violent behaviour</b> | <ul style="list-style-type: none"> <li>Four past suicide attempts (1) intentional overdose of Valium last night, (2) plan and intent for hanging six weeks ago, (3) attended a train station driven by suicidal intent four years ago and (4) attended a train station with suicidal intent 25 years ago.</li> </ul> |

|  |  |
|--|--|
| <b>Recent/present suicide or violence ideation, behaviour, means</b> | <ul style="list-style-type: none"> <li>Attempted suicide last night after she had an argument with her daughter (Abi), felt 'useless' and like a burden on others/that they would be better off without her. She drank a bottle of wine and took 20mg (4 x 5mg) Valium (had intended to take more – tipped about 20 out).</li> <li>80% of her past few days were spent thinking about suicide.</li> <li>Ongoing plans for overdose and hanging with the rope in her car (time of assessment).</li> </ul> |
| <b>Stressors/precipitants</b>  | <ul style="list-style-type: none"> <li>Financial strain and resigned from veterinary assistant role six weeks ago in the context of it being too stressful.</li> <li>Conflict with family.</li> <li>Mother's health and support needs.</li> <li>Foreseeable stressors: Weekly (Friday night) conflict with her daughter (Abi) and ex-partner returning in three weeks.</li> </ul>  |
| <b>Symptoms, suffering and recent changes</b>                        | <ul style="list-style-type: none"> <li>Feeling worthless, like a burden, disconnected from others, defeated, humiliated and trapped.</li> <li>Insomnia, feeling depressed and low energy.</li> <li>Neglecting household duties and self care for weeks, lying on the couch, drinking more and 'weirding out'.</li> </ul>   |
| <b>Engagement and reliability</b>                                    | <ul style="list-style-type: none"> <li>Voluntarily presented.</li> <li>Insightful and resourceful.</li> <li>Engaged well in assessment and safety planning.</li> <li>Previously initiated/responded to deep breathing app.</li> </ul>  |