

Addiction and the Tragic Link to Suicide: *Awareness and Prevention Strategies*

with AnneMoss Rogers



Get the Resources:

<https://SUDandSuicide.com>



AnneMoss Rogers
Mental Health Education Expert





Emotional Content

USA Suicide & Crisis Lifeline **988**

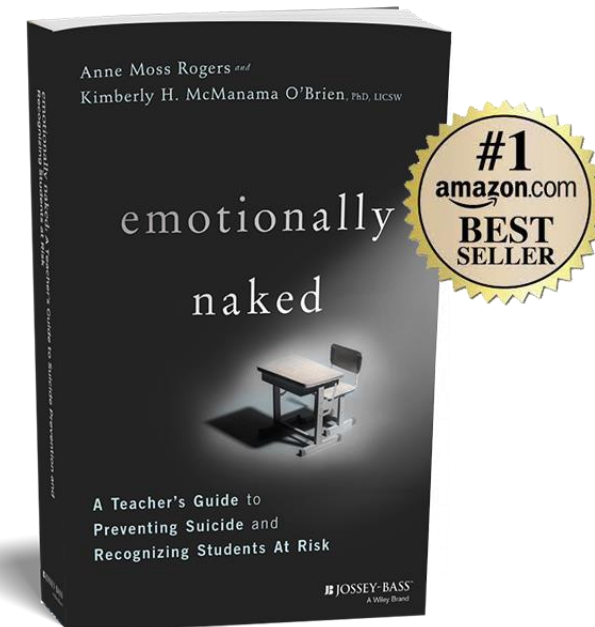
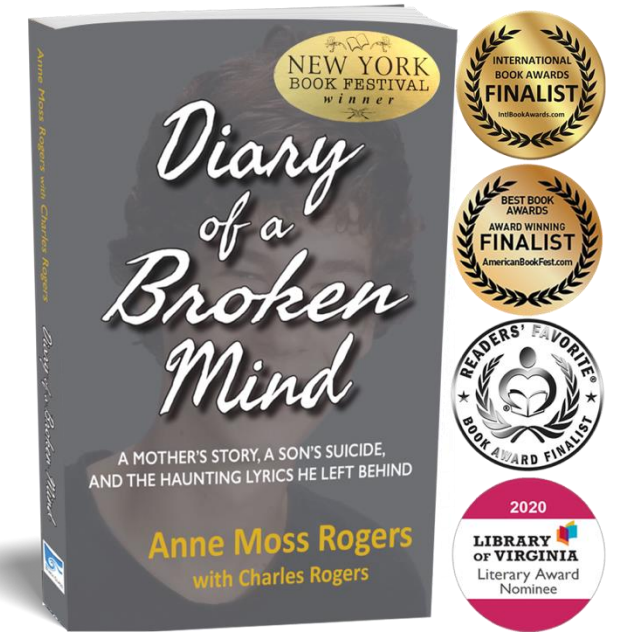
USA Crisis text **741-741**

Virginia Warmline: **866-400-6428**

Non crisis support, **866-400-6428**

(Warmline.org)

Resources & Presentation PDF →



Outline

- 1. AnneMoss's Story**
- 2. SUD & Suicide Risk**
- 3. Suicide Intent.** How do we know if OD is “accidental?”
- 4. A Closer Look at Suicide**
- 5. What can we do?** (includes resources)

SUDandSuicide.com



2010







**Reaching for a substance to solve
a problem robbed my son of the
ability to develop healthy coping**



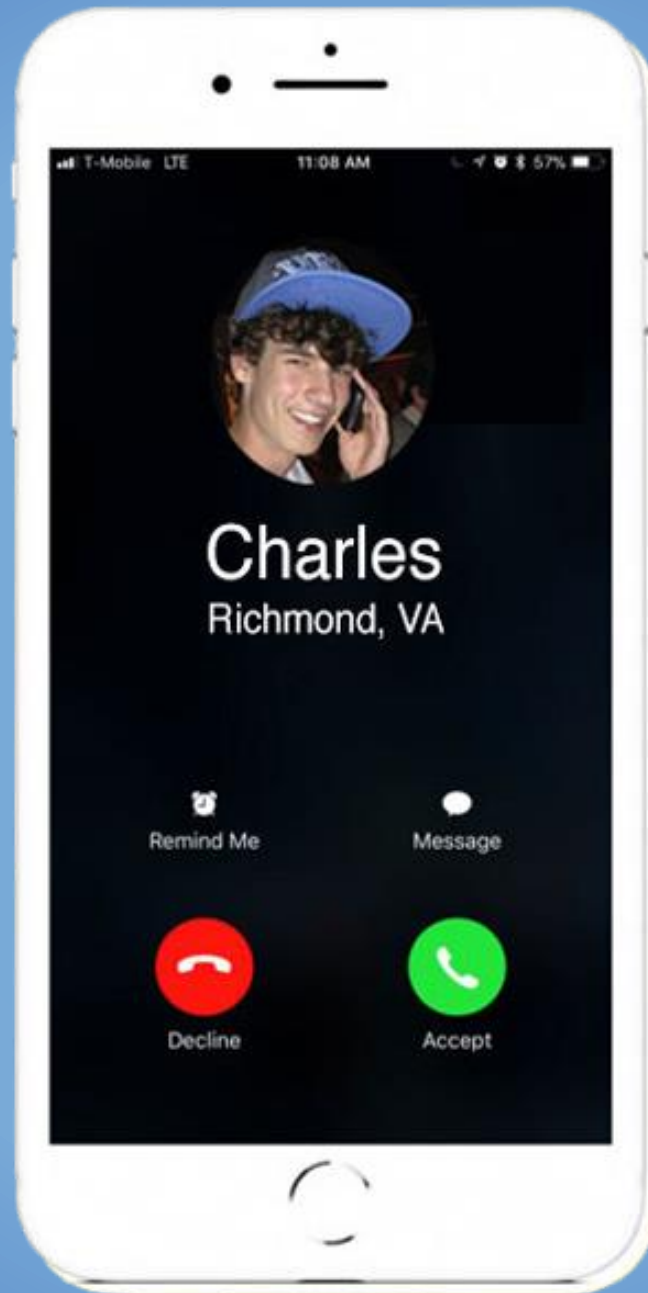




“

**My demons up against me
And I'm facin' them now
I wear the face of a clown
I feel so unloved
Because of the monster
Created from drugs**

**Charles Aubrey Rogers- Rap
Song, 'Just to hurt'**



<https://annemoss.com/2018/12/27/how-i-forgave-myself-for-not-taking-charles-last-call/>

As much as I want you to get well, I love you even if you don't



<https://annemoss.com/2019/06/29/as-much-as-i-want-you-to-get-well-i-love-you-even-if-you-dont/>

The Difference Between Tough Love and Setting Boundaries

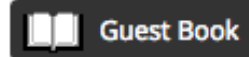
by AnneMoss Rogers | Oct 30, 2023 | For Parents, Substance misuse | 6 comments

“
Isolating someone
in the name of 'tough love'
to get them to change is
weaponizing your love






OBITUARIES & IN MEMORIAM

ROGERS, CHARLES



posted 10 months ago June 10th, 2015. Updated 3 months ago

Print  Font Size:  



ROGERS, CHARLES

ROGERS, Charles Aubrey, 20, died Friday, June 5, 2015 and is survived by his parents, Randy and Anne Moss Rogers of Midlothian, Va.; brother, Richard Rogers, 22, of Winston-Salem, N.C.; grandparents, Richard and Myra Rogers of Pine Mountain, Ga. and Robert and Anne Nimocks of Fayetteville, N.C.; and his beloved dog, Andy. He graduated high school in 2014 from Wasatch Academy in Utah. A deep, soulful, passionate and sensitive young man, Charles loved and treasured family. He was a true artist, an off-the-cuff comedian who loved to rap, entertain and act. He loved dogs, funky socks, drama, theatre, writing and making people laugh. But most of all, he loved people. As many artists do, Charles lived life on his own terms and ultimately chose how he wanted to end it. He lit up every room he ever walked into. But he also struggled and is now at peace. He was one of a kind, a true non-conformist. Charles Rogers was Peter Pan. He was just never meant to grow up. In lieu of flowers, please send donations to BeaconTree.org.



SUD & Suicide Risk





Those w/ alcohol dependence or
use drugs have a

10-14 x

greater risk of death by suicide*

Source: Wilcox HC, Conner KR, Caine ED, et al.: Association of alcohol and drug use disorders and completed suicide: an empirical review of cohort studies. **Drug Alcohol Depend** 2004; 76:S11-S19

AUD & OUD

are the 2 most frequently implicated substances for suicide risk.

Source: Rizk MM, Herzog S, Dugad S, Stanley B. Suicide Risk and Addiction: The Impact of Alcohol and Opioid Use Disorders. *Curr Addict Rep.* 2021;8(2):194-207. doi: 10.1007/s40429-021-00361-z. Epub 2021 Mar 14. PMID: 33747710; PMCID: PMC7955902.

<https://mentalhealthawarenesseducation.com/wp-content/uploads/squares-quiz-addiction-suicide-ebook.pdf>



Withdrawal

I cried a lot in
before the hospital and in the hospital
Withdrawal made me feel so alone
I was left with nothing but the guilt of my actions



What were the contributing factors to my son's suicide?

- 1. Pain & shame from withdrawal**
- 2. Depressive episode**
- 3. Upcoming court case**
- 4. Lack of sleep**
- 5. He was alone & felt abandoned**



What were the contributing factors to my son's suicide?

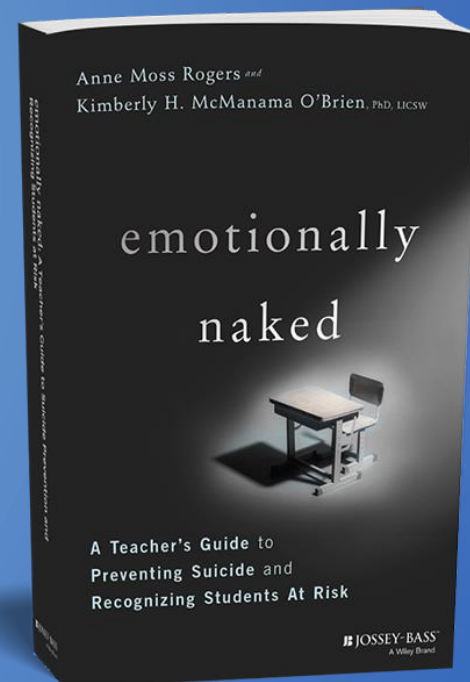
- 6. He felt worthless**
- 7. Broke up with gf**
- 8. Previous attempt**
- 9. Previous exposure to suicide**
- 10. Sexual assault**



When are people most vulnerable to suicide?

- Transitions, Mini Transitions
- Relationship Disruption

Source: Dr Victor Schwartz, Former Medical Director, JED Foundation



Why Do the Addicted Take Their Lives?

- 1. Relationship losses**
- 2. Pain and/or shame from withdrawal**
- 3. Food, financial, housing insecurity**
- 4. Abandonment by the family (tough love)**
- 5. Grief and loss of a loved one**

Why Do the Addicted Take Their Lives?

- 6. MH issues not being addressed**
- 7. Poor physical health**
- 8. Shame, hopelessness, feelings of failure**
- 9. Disciplinary issues, or trouble w/ the law**



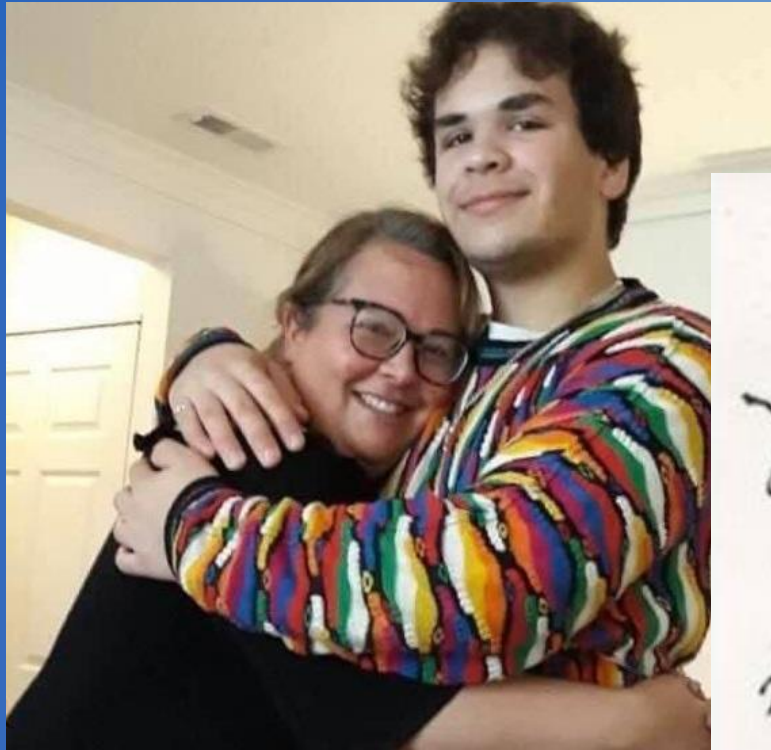
Suicide Intent



Researchers estimate from 4% to 25% of overdoses might be suicides

Sources:

- <https://www.sciencedirect.com/science/article/abs/pii/S0376871622001740?via%3Dihub>
- New England Journal of Medicine: <https://www.nejm.org/doi/full/10.1056/NEJMp1801417>



Tuesday.

Dearest.

I feel certain that I am going
mad again. I feel we can't go
through another of those terrible times.
And I don't relive this time. I prefer
to hear voices, & can't concentrate.
So I am doing what seems the best
I love you

How can we tell if a death is intentional?









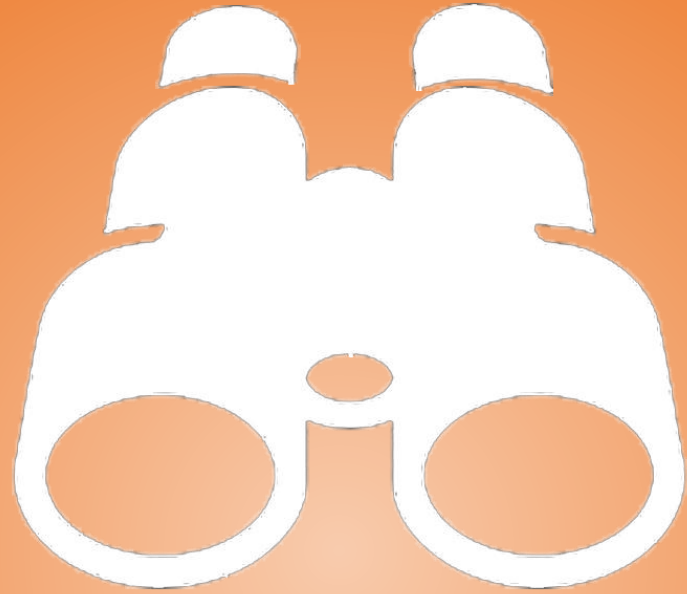
**Peak Intentional Overdose
deaths happen during the
end-of-the-year holidays.**

True or False?

MentalHealthAwarenessEducation.com

Test your Knowledge!





A Closer Look at Suicide



Committed

“Died by suicide.”

“Ended his life.”

“Killed himself.”

“Suicided”



**What do
they say?**

“I want to die”

“I’m so **worthless”**

“I feel so numb”

“I’m such a **burden”**

“I can’t do this anymore.”

June 1

Not so much a cry for help as a **cry of pain** and an **invitation** to reach out.



A screenshot of a tweet from Charles Rogers (@IamReezin). The tweet text is "If I died no one would notice for at least a month". The tweet has 2 retweets and 5 likes. The date is 12:55 PM - 1 Jun 2015. The interface includes a profile picture, name, handle, settings gear, follow button, and engagement icons (reply, retweet, like, and more).

Charles Rogers
@IamReezin

If I died no one would notice for at least a month

RETWEETS 2 LIKES 5

12:55 PM - 1 Jun 2015

2 2 5

<https://annemoss.com/2017/02/01/those-final-tweets/>



- Ghosting/Isolating
- Drinking/drugging more (or less)
- Behaving Recklessly
- Lapse in hygiene
- Giving things away
- Sudden behavior changes



**Reach Out to Those
Who Have Ghosted**



**What do you
do or say?**

STOP SUICIDE WITH YOUR EARS



#JustListen

Say this:

**“Tell me more
about how you feel.
I am listening.”**

Not that:

**“You have so
much to live for!”**

#SayThisNotThat

Ask the question

**“Are you thinking
of suicide?”**

What to do



1) Have a private convo, listen with empathy, no “fixing”



2) Ask the question, “Are you thinking of suicide?”



3) Connect person w/ help

What's next?

- 1) Screening
- 2) **Suicide Risk Assessment**
- 3) Safety Plan



SUDandSuicide.com



What Can We Do



The role of an SUD rehab facility is not to screen patients for suicide but leave that up to more qualified psychiatric facilities prior to check in.

True or **False?**

MentalHealthAwarenessEducation.com



Test your Knowledge!

<https://mentalhealthawarenesseducation.com/wp-content/uploads/squares-quiz-addiction-suicide-ebook.pdf>



Keys to Reducing Suicide Risk for Those with SUD & in Recovery



My son Charles had several healthcare visits in 2 weeks before his suicide. No one did a suicide screening.

1. Urgent care

2. Hospital

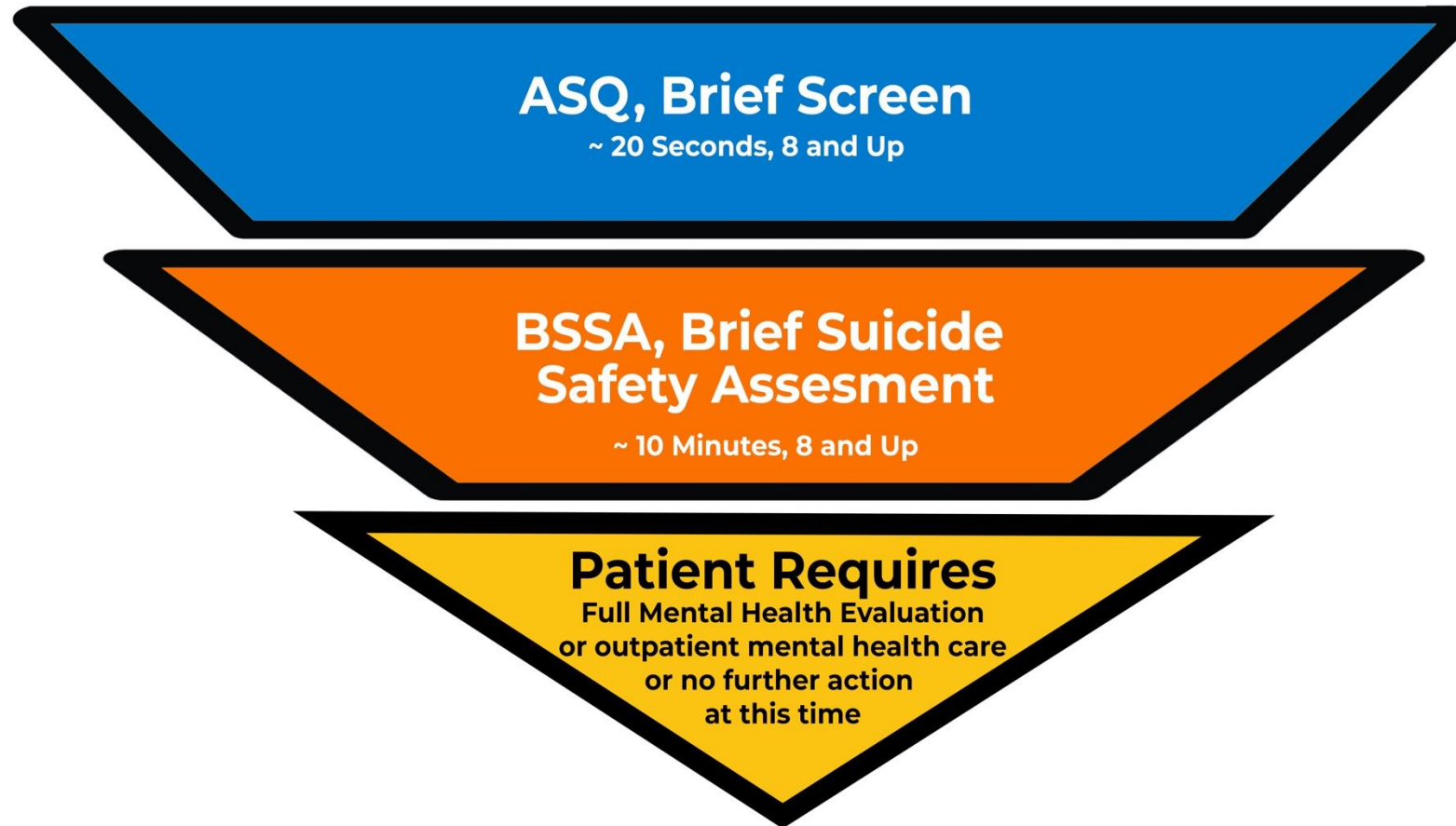
3. Psych hospital

4. Detox

- 1. Screen for Suicide Risk → DR, ER, Urgent Care, Detox, Rehab**
- 2. Build Connection and Belonging**
- 3. Build Coping Skills → Focus on Impulse Control**
- 4. Educate Families → SUD, Boundaries vs. Tough Love, CRAFT, Suicide, Resources**
- 5. Treat MH issues w/ SUD**
- 6. Family-based treatment-FBT**



Screen for Suicide Risk



Validated suicide screening and assessment tools developed by NIMH. “ASQ ToolKit”

<https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials>

Screen for Suicide Risk



Ask *Suicide-Screening* Questions
Suicide Risk Screening Questions for Medical Settings

- | | | |
|---|-----|----|
| 1. In the past few weeks, have you wished you were dead? | Yes | No |
| 2. In the past few weeks, have you felt that you or your family would be better off if you were dead? | Yes | No |
| 3. In the past week, have you been having thoughts about killing yourself? | Yes | No |
| 4. Have you ever tried to kill yourself? | Yes | No |

If yes, how? _____ When? _____

If the patient answers yes to any of the above, ask the following question:

- | | | |
|---|-----|----|
| 5. Are you having thoughts of killing yourself right now? | Yes | No |
|---|-----|----|

Validated ASQ Suicide Screening Tool- NIMH

<https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials>

ns Work

There is hope.



Warning signs that a crisis is developing.

Internal coping strategies that can take your mind off problems.

What are 3 people or places that provide support for you?
Name/Place and Phone

Who can you ask for help? (Write names and phone numbers)

| |
|-------|
| Phone |
| Phone |
| Phone |

Agencies or agencies you can contact during a crisis:

| |
|-------|
| Phone |
|-------|

Warning Signs: pacing
feeling irritable
thinking 'it'll never get better'

- go for a walk 10 mins
- watch Friends episodes
- play with my dog
- think about my kids
 - vacation to beach in Florida
 - Christmas Day 2012
- call/text my Mom or Jennifer
- call Dr. Brown: 555-555-5555
 - leave msg w/ name, time, phone #
- 1-800-273-TALK
- go to hospital
- call 911

Safety Plan for Jean

My Warning Signs

- Torturing myself by reliving my trauma mentally over and over
- Internalizing
- Driving past the 'office'
- Anger flare
- I feel a lack or loss of purpose in life. I see little or no sense in continued living.
- I feel anxious, agitated, or unable to sleep or relax.
- I have a negative sense of self, others, and my future. The future is hopeless with little chance for positive change.
- I have been withdrawing from significant others, family, friends.

My Reasons for Living

- My family.
- My pet.
- My friend(s).
- Experiencing new things.
- My children.
- Making a difference

My Coping Strategies

- Read a book, stories, old letters, etc.
- Exercise or do something physical.
- Bike ride
- Activity with the kids
- Write, paint, read
- Time alone/not isolated
- Redirect negative thoughts
- Gratitude journal
- When a negative belief about myself pops into my head, I remind myself it really came from - who originally planted the seed. I check it against them with other information. I know it's false.

Safety Plans CRP & One for Teens

Reasons For Living

family

football

Rex (dog)

- beach trip 2015

Coping strategies

100 jumping jacks

2 min of deep breathing

Watching YT comedy

People to call

Aunt Sarah

Coach Ferrell

Numbers to call

Use what's App Crisis

741-741 textline

Coping Card

1. Reasons for Living
2. Coping Strategies
3. People to Call (2 trusted adults)
4. Crisis Resources
5. Bonus Backside: Book of Wins

<https://mentalhealthawarenesseducation.com/how-can-you-create-a-mental-health-coping-card/>



Build Connection & Belonging

Mental Health Monday Check-in



On a scale of 1-5, rate how you feel today?

Credit: Sheila McElwee, Chemistry Teacher, Nobles & Greenough Independent School, Massachusetts

Mental Health Basics





**What magic skill is the foundation
of all mental health strategies?**

The Pause!

Wait Until The Mind Settles Before Reacting.

YouTube Short

<https://youtube.com/shorts/qVzVdY58TRw?si=6G87uukFb6Jofsy2>



Build Inhibitory Control

(aka: impulse control, delayed gratification)



Gwakkamole 4+

Brain training made fun

New York University

Designed for iPad

★★★★★ 5.0 • 12 Ratings

Free

[View in Mac App Store ↗](#)

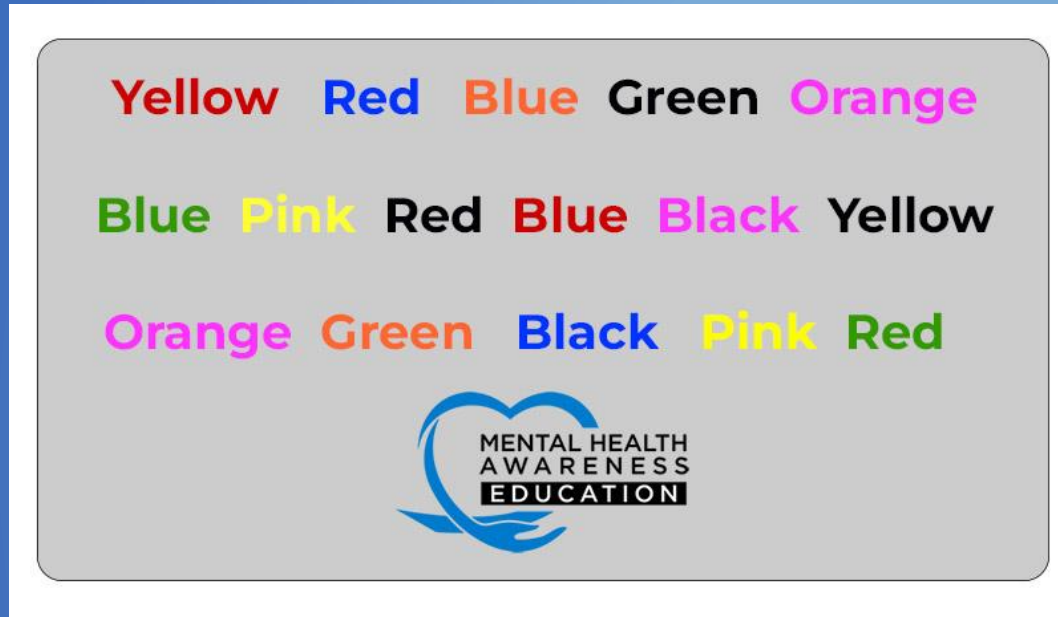
<https://create.nyu.edu/projects/smartsuite/gwakkamole/>

Created by New York University's CREATE lab in collaboration with the University of California, Santa Barbara, The Graduate Center, CUNY, supported in part by a research grant from the Institute of Education Science (IES).

<https://mentalhealthawarenesseducation.com/changing-old-habits-is-hard-a-brain-game-that-helps-foster-healthier-habits/>

Build Inhibitory Control

(aka: impulse control, response inhibition, delayed gratification)



Skills that inspire habit change are labeled as

1. Sustained attention
2. Response control, focus, and flexibility

Stroop game: One has to suppress the urge to say the word & instead name the color.

Others : Picture Search, Simon Says

Impulsivities and addictions: a multidimensional integrative framework informing assessment and interventions for substance use disorders, Jasmin Vassileva^{1,2} and Patricia J. Conrod³, Institute for Drug and Alcohol Studies, and Department of Psychiatry, Virginia Commonwealth University, Richmond, VA, USA, Department of Psychiatry, University of Montreal, Montreal, Canada ⁴Centre de Recherche, CHU Ste Justine, Montreal, Canada, JV, 0000-0003-2397-2657; PJC, 0000-0002-5570-481X

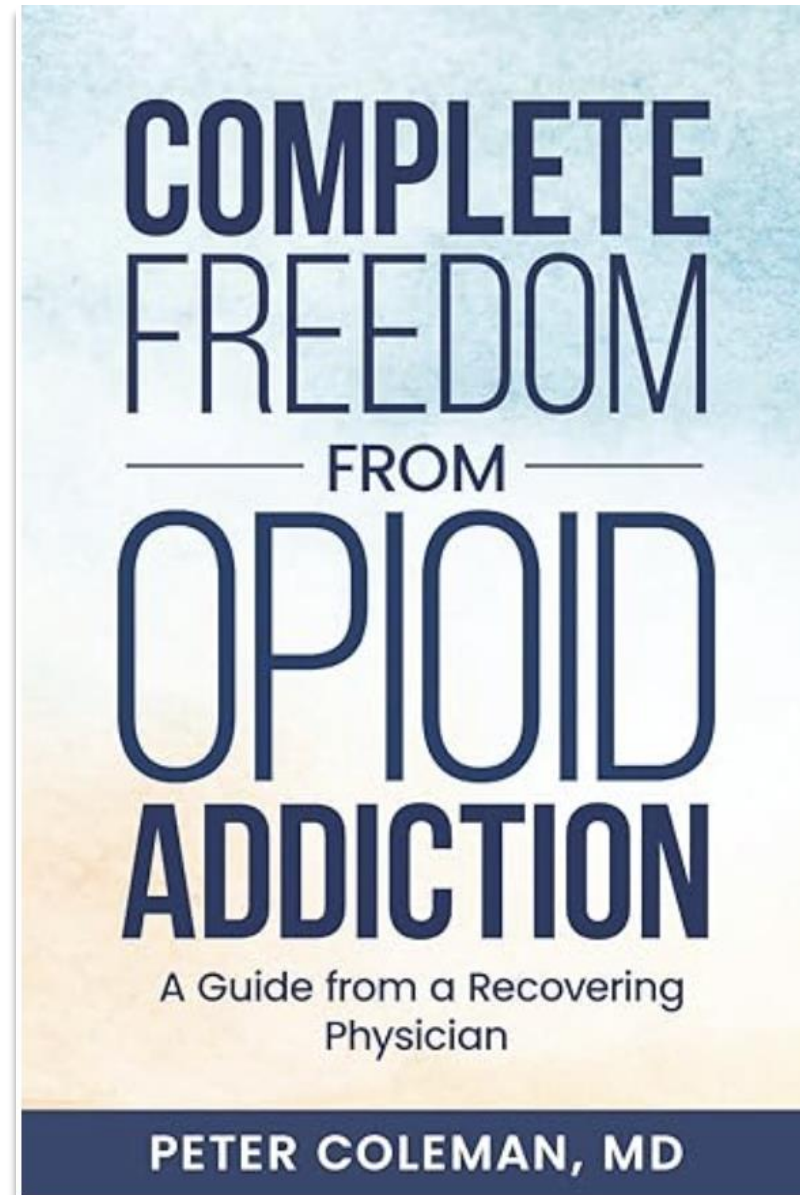


- **[Resources for families of the addicted](https://mentalhealthawarenesseducation.com/wp-content/uploads/resources-for-families-addiction-mentalhealth.pdf) (PDF)**

<https://mentalhealthawarenesseducation.com/wp-content/uploads/resources-for-families-addiction-mentalhealth.pdf>

- **Safety Plans, Validated Assessment and Screening Tools, coping card guide**
- **Free eBooks** (<https://mentalhealthawarenesseducation.com/mental-health-books/>)

SUDandSuicide.com



Get the book: <https://amzn.to/3Pd1pG3>



ManTherapy.org

WELCOME TO



MAN THERAPY



According to science, bad things can happen to men too.

TAKE THE HEAD INSPECTION

<https://mantherapy.org/>



**Can a Blog
Save Lives?**

TEDx

Grace Street
Women

A woman with blonde hair, wearing a purple long-sleeved shirt, a blue patterned scarf, and a black skirt, is standing on a stage and speaking. She is gesturing with her right hand. The background is a large screen displaying the text 'Can a Blog Save Lives?' and 'TEDx Grace Street Women'.

<https://youtu.be/H6Xm7-MAwZ4?si=l2Hm0yHSiEkGvbzL>

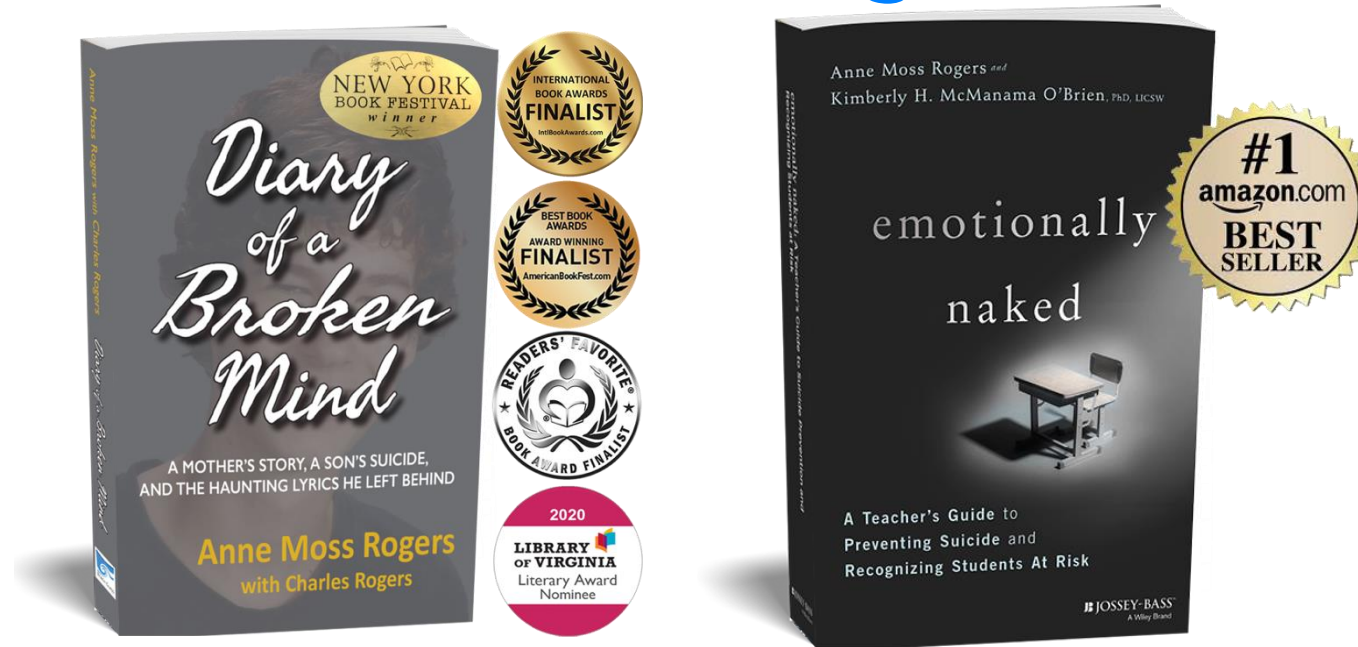


**In memory of my son
Charles who taught
everyone around him,
what it meant to let
another human being
know they mattered.**



SUDandSuicide.com

AnneMoss Rogers



EmotionallyNaked.com

<https://MentalHealthAwarenessEducation.com/>

LinkedIn AnneMoss Rogers

<https://www.linkedin.com/in/emotionallynaked/>

IG @annemossrogers

<https://www.instagram.com/annemossrogers/>

YouTube

<https://www.youtube.com/@AnneMossRogers>

