

Dinner Dialogue

ALLEN COUNTY DRUG AND ALCOHOL CONSORTIUM



Content Warning: This edition discusses suicide.

In This Edition

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September is Suicide Awareness Month

Suicide is the third leading cause of death for 15-19 year olds in America.

Suicide is preventable; the best way to prevent suicide is to recognize the warning signs and know how to respond if you spot them.

In this edition of Dinner Dialogue, we will discuss facts and myths about suicide and connect you to resources to learn more.

DINNER DISCUSSION IDEAS

Skill Building: Emotional Regulation

- Teaching your family communication tools for when things go wrong can help each family member to regulate their emotions and know next steps for resolving the issue at hand.
 - One tool we suggest is the Catastrophe Scale for youth:
 - *Glitch*: I can solve this without help.
 - Example: Someone is standing in your spot.
 - *Little Problem*: I can solve without help or with help from a peer.
 - Example: Feeling annoyed or missing a puzzle piece.
 - *Medium Problem*: I need help from a grown-up.
 - Example: Forgot lunch or snack from home.
 - *Big Problem*: I need help from a grown-up.
 - Example: No one comes to pick you up or you miss the bus.
 - *Catastrophe*: Grown ups need help from grown-ups.
 - Example: Broken bones or house is on fire.
- Questions to ask at the dinner table on this topic include:
 - What would you do if you saw one of your friends was angry?
 - When was a time you were sad?
 - How did you handle feeling overwhelmed by your feelings?
 - Have you ever watched your grown-ups be overwhelmed with their feelings?
 - What can you do to feel more comfort when you feel sad?
 - What makes you feel happy?
 - What is a hard thing you overcame?
 - Who have you seen being kind?
 - When was a time you made someone feel happy?
 - What can you do if you hurt someone's feelings?
 - What are healthy ways to express being angry or mad?
 - Have you ever noticed a small feeling become a big feeling?
 - What does it mean to feel angry?
 - What is a true friend?

Alcohol, Tobacco, & Other Drugs Topic

MYTHS VS. FACTS OF SUICIDE

Myth: Suicide is not very common.

Fact: Every day, approximately 108 Americans die by suicide. This is one person every 13.3 minutes.

Myth: Someone who wants to die by suicide just wants to die.

Fact: People who die by suicide do not necessarily want to end their lives. They want to get rid of bad things in their lives and feelings of hopelessness.

Myth: People who attempt suicide just want attention.

Fact: A suicide attempt shows that someone needs help. People who attempt suicide often think it is the only way to stop their pain. Their feelings are very real.

Myth: A person who survives a suicide attempt will never try to end their life again.

Fact: Most people who die by suicide have attempted suicide in the past.

Myth: Talking about suicide will make people think about dying by suicide.

Fact: Talking about suicide does not give people ideas. Talking honestly about suicide is a good way to find out if someone needs help. Talking about suicide lowers the risk of suicide.

Myth: Only people with a mental illness think about suicide.

Fact: You do not need to have a mental illness to think about suicide. Some people think about suicide because they do not know what else to do. But many people who attempt suicide or die by suicide have a mental illness. They may not know they have a mental illness at the time. (Ninety percent of all people who die by suicide have a diagnosable psychiatric disorder at the time of their death.)

LEARN MORE ABOUT SUICIDE AND FIND RESOURCES AT [STOPSUICIDENOW.ORG](https://stopsuicidenow.org)

Why Dinner Dialogues

The Finale of a Series on the Benefits of Eating Together for Children & Families

Health and Social Benefits of Eating Together:

- People of all ages eat healthier when they share a meal with others. They tend to eat more fruits and vegetables and other nutrient-rich foods. They also consume less soda and fried foods.
- Eating together gives young children the chance to learn more words and how to communicate better.
- Other benefits for kids and teens include:
 - healthier eating into adulthood
 - healthier body weight
 - lower risk of disordered eating
 - less use of cigarettes, drugs, and alcohol
 - fewer behavior problems and decreased early sexual activity
 - better self-esteem and less depression
 - better grades and higher scores on achievement tests at school
- The benefits of eating together are greatest if you don't eat in front of the TV or other screens.

Have an idea for a topic, issue, or something else you'd like to see in a future edition of Dinner Dialogue?

Please submit your anonymous feedback by scanning this QR code with your phone's camera! Alternatively, visit www.dacac.org to find the survey.

