

Study: Frequent Mental Health Visits Reduce Suicide Risk in Children

Children with disorders such as epilepsy and schizophrenia have higher rates of suicide, but consistent care reduces risk

The Ohio State University Wexner Medical Center

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Package Length: 2:08	Content provided by: The Ohio State University Wexner Medical Center

NEWS PACKAGE

SUGGESTED TEASE	SUICIDE RATES CONTINUE TO RISE AMONG CHILDREN.
	COMING UP, A NEW STUDY IDENTIFIES FACTORS THAT PUT KIDS AT RISK AND STEPS NEEDED TO SAVE LIVES.
ANCHOR LEAD	SUICIDE IS THE SECOND-LEADING CAUSE OF DEATH AMONG KIDS TEN AND OLDER ¹ , AND WHILE THIS NATIONAL HEALTH CRISIS CONTINUES TO RISE, RESEARCHERS ARE WORKING TO BRING AWARENESS TO THE IMPORTANCE OF MENTAL HEALTH CARE AND DEVELOP WAYS TO PREVENT TRAGEDIES.
	BARB CONSIGLIO HAS THE DETAILS ON A NEW STUDY ² THAT IDENTIFIES KIDS AT RISK AND INTERVENTIONS THAT SAVE LIVES.
(PACKAGE START) -----	
CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03	(Nats - Sound) :02
Shots of Kenzie in dorm	KENZIE BARKER IS A BUSY COLLEGE FRESHMAN LOOKING TOWARD A BRIGHT FUTURE, BUT A FEW YEARS AGO, SHE WAS BATTLING SEVERE DEPRESSION THAT LED HER TO MAKE A PLAN TO END HER LIFE. :09
CG: Kenzie Barker Experienced childhood depression	<i>"My mom ended up finding the plan somehow, I'm not sure how. They ended up taking me to the hospital that day during school and from there I started getting treatment and things started getting better." :13</i>
Shots of Kenzie studying	KENZIE SAYS INTENSIVE THERAPY LIKELY SAVED HER LIFE, AND IT'S SOMETHING THAT NEEDS TO BE AVAILABLE TO KIDS WHEN THEY NEED IT.
Shots of counseling session	SUICIDE AMONG CHILDREN HAS GROWN BY THIRTY PERCENT OVER THE PAST TWO DECADES. AND EXPERTS SAY THE BEST WAY TO PREVENT

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<p>CG: Cynthia Fontanella, PhD Ohio State Wexner Medical Center</p>	<p>THESE TRAGEDIES IS TO RECOGNIZE THE SIGNS. :15</p> <p><i>“It’s important that you ask your child directly if they’re having suicidal thoughts, suicidal ideation or if they’re depressed.” :10</i></p>
<p>Shots of Fontanella working</p>	<p>TO BETTER UNDERSTAND FACTORS THAT PUT CERTAIN ADOLESCENTS AT A HIGHER RISK, CYNTHIA FONTANELLA AND HER TEAM AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER EXAMINED MEDICAID DATA OVER A FIVE-YEAR PERIOD.</p>
<p>Graphic: Children at Increased Risk of Suicide: Substance abuse, depression, bipolar disorder, schizophrenia, epilepsy</p>	<p>THEY FOUND THAT THOSE WITH A HISTORY OF SUBSTANCE ABUSE AND THOSE DIAGNOSED WITH DEPRESSION, BIPOLAR DISORDER AND SCHIZOPHRENIA HAD HIGHER RISKS OF SUICIDE. AND THE HIGHEST RATE OF SUICIDE WAS AMONG CHILDREN DIAGNOSED WITH EPILEPSY. :23</p>
<p>Cynthia Fontanella (CG’d earlier)</p>	<p><i>“Having epilepsy increased the risk of the odds of suicide by almost five times.” :06</i></p>
<p>Shots of counseling session</p>	<p>THE STUDY ALSO FOUND THAT FREQUENT MENTAL-HEALTH VISITS WITHIN A THIRTY DAY PERIOD LOWERED CHILDREN’S RISK. :05</p>
<p>Cynthia Fontanella (CG’d earlier)</p>	<p><i>“If you have continuous care, preferably by the same provider, this can be a protective factor and reduce the risk for suicide.” :10</i></p>
<p>Shots of teen in examination</p>	<p>TO IDENTIFY CHILDREN WHO NEED THIS CARE, FONTANELLA SAYS SUICIDE RISK ASSESSMENTS NEED TO BE IMPLEMENTED AT PRIMARY CARE VISITS AND OTHER HEALTH CARE SETTINGS. :09</p>
<p>Cynthia Fontanella (CG’d earlier)</p>	<p><i>“We certainly need to screen in high risk settings such as the emergency room, inpatient hospitalization.” :10</i></p>
<p>Shots of Kenzie studying</p>	<p>KENZIE HAS LEARNED HOW TO MANAGE HER DEPRESSION AND WANTS OTHER KIDS TO KNOW THAT IT’S OKAY TO ASK FOR HELP. :06</p>
<p>Kenzie Barker (CG’d earlier)</p>	<p><i>“Once you get out of it and you look back, you realize how much it helped you and how not scary it actually was.” :07</i></p>
<p>Shots of Kenzie walking on campus</p>	<p>AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03</p>

<p>CG: Kenzie Barker Experienced childhood depression</p>	<p><i>depression and everything from time to time, but now I know how to deal with it, I know who to go to for help and stuff, and I also know what exactly to do when it gets bad.” :14</i></p> <p>Kenzie talks about battling depression in her teens: <i>“It hit its peak around 16. That’s when my depression was so bad that my focus was completely out the window and my grades were dropping. I wasn’t keeping up with anything, I didn’t want to talk to anybody.” :13</i></p>
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References

¹*Death Rates Due to Suicide and Homicide Among Persons Aged 10–24: United States, 2000–2017*, **Centers for Disease Control and Prevention, NCHS Data Brief No. 352, October 2019**. Online: <https://www.cdc.gov/nchs/products/databriefs/db352.htm>

²*Clinical Profiles and Health Services Patterns of Medicaid-Enrolled Youths Who Died by Suicide*, **JAMA Pediatrics, Volume 124, Issue 4, Mar 23, 2020**. Online: <https://jamanetwork.com/journals/jamapediatrics/article-abstract/2762862>

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