

CONTACT THE
FAMILY GUIDANCE
CENTER AT
828-322-1400



#17 HWY 70 SE
HICKORY, NC 28602
FGCSERVICES.COM



March 2015

Spotlight On Domestic Violence

First Step Newsletter
A Program of
The Family Guidance Center

THE MISSION OF FAMILY GUIDANCE CENTER'S FIRST STEP DOMESTIC VIOLENCE PROGRAM IS TO PROVIDE NEEDED SERVICES TO VICTIMS OF DOMESTIC VIOLENCE AND TO INCREASE THE COMMUNITY'S AWARENESS OF THE PROBLEM.

TEEN DATING VIOLENCE AND SUICIDE

Teen dating violence is such an alarming issue that we wanted to look closer at its impact. If you recall, roughly 1.5 million high school boys and girls in the U.S. admit to being intentionally hit or physically harmed in the last year by someone they are romantically involved with. Teens who suffer dating violence can have long-term effects, including alcoholism, eating disorders, thoughts of suicide, and violent behavior. We especially want to look at suicide since 50% of young people who experience physical or sexual abuse or rape will attempt to commit suicide.

FACTS ABOUT SUICIDE

Suicide is the third-leading cause of death for 15-24 year olds, according to the Centers for Disease Control and Prevention (CDC), after accidents and homicide. It's also thought that at least 25 attempts are made for every completed teen suicide.

Nearly 60% of all suicides in the U.S. are committed with a gun. Overdose using over-the-counter, prescription, and non-prescription medicine is also a very common method for both attempting and completing suicide.

Suicide rates differ between boys and girls. **Girls think about and attempt suicide about twice as often as boys**, and tend to attempt it by overdosing on drugs or cutting themselves. Yet **boys die by suicide about four times as often as girls**, perhaps because they tend to use more lethal methods, such as firearms, hanging, or jumping from heights.

Teen suicides often occur following a stressful life event, such as problems at school, relationship problems, domestic violence, or major life changes (parents' divorce, moving, family's financial changes).



TEENS THINKING ABOUT SUICIDE MIGHT:

- Talk about suicide or death in general
- Give hints that they might not be around anymore
- Talk about feeling hopeless or feeling guilty
- Pull away from friends or family
- Write songs, poems, or letters about death, separation, and loss
- Start giving away treasured possessions to siblings or friends
- Lose the desire to take part in favorite things or activities
- Have trouble concentrating or thinking clearly
- Experience changes in eating or sleeping habits
- Engage in risk-taking behaviors
- Lose interest in school or sports

Some people fear that by asking teens if they're thinking about suicide, they will plant the idea of suicide in their head. Not true, rather it opens the door to talk about what's bothering the teen, their feelings, etc. Always be understanding and show your concern; get help immediately if your teen confides thoughts of suicide.

Myths and Facts About Suicide

Myth: People who talk about suicide are just trying to get attention

Fact: People who die by suicide usually talk about it first. They are in pain and oftentimes reach out for help because they do not know what to do and have lost hope. Always take talk about suicide seriously.
Always

Myth: People who talk about wanting to die by suicide do not try to kill themselves

Fact: People who talk about wanting to die by suicide oftentimes kill themselves

Myth: Suicide always occurs without any warning signs.

Fact: There are almost always warning signs

Myth: Once people decide to die by suicide, there is nothing you can do to stop them

Fact: Suicide can be prevented. Most people who are suicidal do not want to die; they just want to stop their pain.

Myth: Suicide only strikes people of a certain gender, race, financial status, age, etc.

Fact: Suicide can strike anyone.

Myth: People who attempt suicide and survive will not attempt suicide again.

Fact: People who attempt suicide and survive will oftentimes make additional attempts.

Myth: People who attempt suicide are crazy or weak

Fact: No, no, no. They are in pain, and probably have a chemical imbalance in their brain. Anyone could attempt suicide.

Myth: When people become suicidal, they will always be suicidal.

Fact: Most people are suicidal for a limited period of time. However, suicidal feelings can recur.

Myth: When people who are suicidal feel better, they are no longer suicidal.

Fact: Sometimes suicidal people feel better because they have decided to die by suicide, and may feel a sense of relief that the pain will soon be over.

What Parents/Adults Can Do

- **Know the warning signs**—most teens who commit or attempt suicide have given warning signs to loved ones ahead of time.
- **Keep a close eye on a teen who is depressed**—express your concern, support, and love. Be emotionally available and understanding.
- **Take your teen's problems seriously**—be sure not to minimize or discount what your teen is going through; what may not seem like much to you can be overwhelming to a teen.
- **Ask questions**—ask your teen if she/he is thinking about hurting themselves. Point out their behaviors or statements that led to this question.
- **If you learn your teen is thinking about suicide, get help immediately.** Don't try to tackle the problem yourself because suicidal thoughts and feelings can be very powerful. Call Family Guidance Center's Counseling Program for help (828-322-1400) or some other professional.
- **If your teen is in a crisis state, go to the Emergency Room.** They can conduct a comprehensive psychiatric evaluation.



If you are in an Abusive
Relationship

Call 828-322-1400

FAMILY GUIDANCE CENTER
AT 828-322-1400

#17 HWY 70 SE HICKORY, NC 28602

WWW.FGCSERVICES.COM



Welcome



We have a new face in our First Step Program. Kelli Clapper from Reading, Pennsylvania, is our new Case Manager. She earned her BSW from Elizabethtown College in PA. She brings 5 years of experience in working with victims of domestic violence.

Kelli says the most rewarding part of her work is knowing that she can help a woman and her children get to safety and to get needed resources to help them heal. She added, “when domestic violence happens, it tears the family apart”. We are pleased to have her as a part of our First Step team.

You Made A Difference Century Furniture

Thank you, Century, for donating furniture to the Purple Ribbon Thrift Store. It's great to have new furniture for the store. We appreciate Century's generous support of our work. They are a shining example of how companies can help non-profit agencies in our community. Below, Kelli is checking out one of the beautiful chairs. Stop in and Shop!



International Women's Day

March 8th was International Women's Day. We salute women everywhere for their contributions to our world.



It's Prom Time at the Purple Ribbon Thrift Store

We have been fortunate to receive several beautiful gowns for young ladies to wear to the prom. Come and view our lovely selection; you won't believe the prices.



Art About Women

To Benefit the First Step Program
March 12-18, 2015
At Full Circle Arts Gallery
42 B Third St. NW, Hickory, NC



“LIKE” us on Facebook to keep up with FGC news and see facts and information on abuse.