



presented by:  
Sireen Khammash



*The exchange visit*  
*the US*  
October 2022



# *The aim of the visit:*

- It is an exchange visit that enabled Juzoor to have a firsthand experience of the prevention program, the treatment centers, the re-integration tools and techniques and the pathway of referral from prevention to reintegration.



5 nominated team from Juzoor had the chance to travel to the US to gain the opportunity and learning experiences on adolescent suicide prevention programs.

*We had the chance to visit:*

- Centers
- Clinics
- Schools
- hospitals





# Lehigh Valley Health Network

This network is comprised of hospital campuses, health centers, physician practices, rehabilitation locations, and other outpatient care locations. Their health care professionals provide amazing care every day.



# Our Program

The Team has Visited *the adolescent health center* and met with the social workers, nurses, therapists and nutritionists to see how they work with teens on mental health and suicide prevention .





# *The adolescent health center*

In this center we were able to see the comprehensive services that they provide to the patient and their roles and responsibilities.



1

How they work with suicidal cases . They all set plan together to heal the patient. They always follow up with the case itself.

2

They fill communication form to enable them to communicate with the parents.

3

They also do networking with the schools to inform them about the student.

4

They do not work with substance abuse, they refer the cases.

## *Most problems among adolescents: depression, anxiety, eating disorders, body image concerns.*

No limits for sessions open ended sessions, involve families after permission from the child

Adolescents are more opened than their parents...

The role of social worker is to network with the resources especially if parents are not ready to accept that their teens need medications and help to get financial resources.





*Meeting  
with the  
founders  
of the  
center*



*The team visited the  
inpatient adolescent  
health unit*







**Lehigh Valley Health Network**  
A PASSION FOR BETTER MEDICINE

**WELCOME TO LVHN**  
**BEHAVIORAL HEALTH DEPARTMENT**  
BIENVENIDOS AL DEPARTAMENTO LVHN DE SALUD DEL DEPORTE/BIENESTAR

Date / Fecha: **10-17-22**  
Room # / # de Cuarto: **104**

SUN DOM       TUE MAR    WED MIE    THU JUE    FRI VIE    SAT SAB

Unit Phone # / # de Teléfono de la Unidad

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**Care Team / Equipo**  
*THANKA*

Nurse / Enfermera(s): *Mutter*

Attending Physician / Médico Tratante: *Mutter*

Today's Provider / Proveedor de Hoy: *HAILEY*

Mental Health Technician / Técnico(a) en Salud Mental: *Hannah*

Case Manager / Administrador(a) de Casos: *Hannah*

Plans / Interventions / Planes / Intervenciones

*Have a great day!*

We will round on you every 15 minutes throughout the DAY & NIGHT.  
Le haremos rondas cada 15 minutos por el DÍA y por la NOCHE.

To maintain a safe environment for patients and staff, certain items are not permitted on our units. Please ask at the nurses' station for a complete list of items that are not allowed.  
Para mantener un ambiente seguro para pacientes y empleados, ciertas cosas no se permiten en nuestra unidad. Por favor pida una lista de artículos prohibidos en la estación de enfermeras.

**Today's Goals / Objetivos de Hoy**

**Fall Interventions / Intervenciones de Caída**

- Go to the same pharmacy for all your medications and keep an updated medication list.  
Ir a la misma farmacia para todos sus medicamentos y mantener su lista de medicamentos al día.
- Try to go to the bathroom every 2 hours and use the commode / urinal in emergencies.  
Trate de ir al baño cada dos horas y use el orinal en caso de emergencias.
- Use the hallway rail and / or assistive devices. Ask staff for help if necessary.  
Use los rielos del pasillo y / o dispositivos de asistencia. Pídanle ayuda personal para ayudarle si es necesario.
- Don't make any fast movements and rise / walk slowly.  
No haga movimientos rápidos y se levante / camine despacio.
- Make sure your room is free of clutter and the lighting is good.  
Asegúrese de que su cuarto no está desordenado y que tiene suficiente iluminación.

Please tell us how your contact with staff was helpful today.  
Por favor díganos cómo el personal le ayudó hoy.

Please make your Nurse and Provider aware if you need to see a Medical Doctor.  
Por favor hágale saber a su Enfermera y a su Proveedor si necesita la Asistencia de un Médico.

**Questions for Your Team / Preguntas Para su Equipo**

**Unit Visiting Hours / Horas de Visita**

*Thank you for all...*





# *We visited the school behavioral health program*

and learned about how their schools behavioral specialists work with teens on suicide prevention





# *We also visited another school behavioral health program*

and learned about how their schools behavioral specialists work with teens on suicide prevention

- Education in schools.
- Therapists in schools
- Rooms to meet adolescents
- Most common problems: Cutting and pills
- Case manager and counselors are linked together to set a plan
- Screening tool “Columbia screening tool” each time to see the progress.



	In the Past Month	
<b>Answer Questions 1 and 2</b>	YES	NO
1) <i>Have you wished you were dead or wished you could go to sleep and not wake up?</i>		
2) <i>Have you actually had any thoughts about killing yourself?</i>		
<b>If YES to 2, answer questions 3, 4, 5 and 6 If NO to 2, go directly to question 6</b>		
3) <i>Have you thought about how you might do this?</i>		
4) <i>Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?</i>		
5) <i>Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?</i>		
<b>Always Ask Question 6</b>	In the Past 3 Months	
6) <i>Have you done anything, started to do anything, or prepared to do anything to end your life?</i>		
Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.		

Any YES must be taken seriously. Seek help from friends, family, co-workers, and inform them as soon as possible.

If the answer to 4, 5 or 6 is YES, immediately ESCORT to Emergency Personnel for care.



**DON'T LEAVE THE PERSON ALONE.**

**STAY ENGAGED UNTIL YOU  
MAKE A WARM HAND OFF TO  
SOMEONE WHO CAN HELP.**





*We visited the Riley Children's Hospital  
Emergency room*

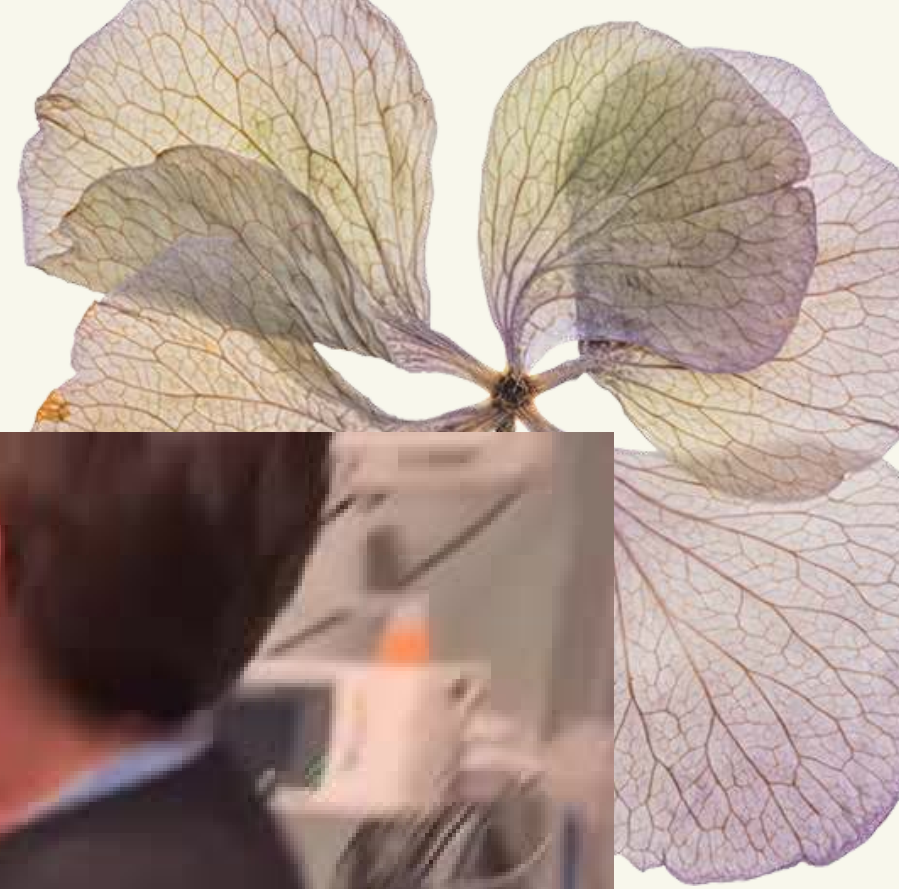


**Lehigh Valley  
Reilly Children's Hospital**

*We met with the  
physicians and nurses  
who deal with  
suicidal teens as first  
line providers*



# *Emergency hospital*





**Pet Therapy**

Pet Therapy is held on Wednesdays  
& is dependent on your child's medical team's approval

**1<sup>st</sup> Wednesday of the Month**  
1:00pm- Barkley & Rosie  
6:30pm- Maddy, Dante & Erzo

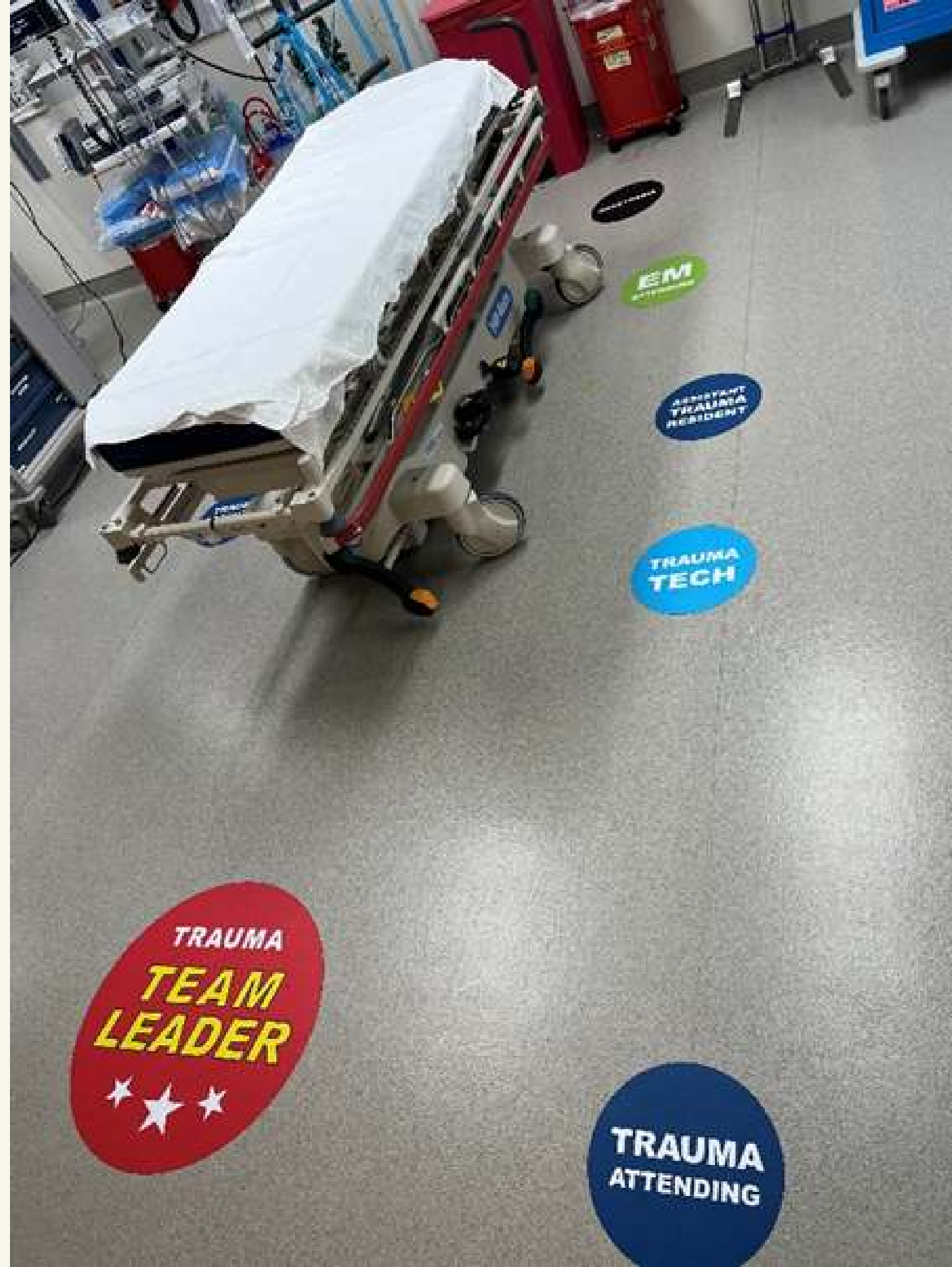
**2<sup>nd</sup> Wednesday of the Month**  
1:00pm- Nolle  
6:30pm- Zora & Annabelle

**3<sup>rd</sup> Wednesday of the Month**  
1:00pm- Maggie & Rosie  
6:30pm- Dante, Erzo & Maddy

**4<sup>th</sup> Wednesday of the Month**  
1:00pm- Barkley  
6:30pm- Alvin, Maddy & Nolle

Photos of dogs: Alvin, Annabelle, Maddy, Dante, Enzo, Maddy, Nolle, Zora, Rosie, Maggie.







# *Horse therapy*

Adolescent who have anxiety,  
depression, eating disorders and  
behavioral problems benefit from  
this therapy



“

**Clearly, animals know more than we think, and think a great deal more than we know.”**

- Irene M. Pepperberg

*Those who have experience with horses can tell you that feeding and caring for horses helps relieve stress and anxiety*





*Research shows it  
also lowers blood  
pressure and improves  
overall health*





*There is a team of therapists specialized in different programs where they organize a plan according to the cases*



*Health is part of everything and there is no health without mental health.*

- Module 1:  
an overview of suicide and suicidal behavior, including risk and protective factors. Recognize warning signs—behaviors and characteristics .

- Module 2  
youth suicide prevention programs, this training uses videos to help identifying signs and symptoms of youth suicide and how to assist a student who may be suicidal.



*Health is part of everything and there is no health without mental health.*

- **Module 3:**  
Trauma Informed Classroom. How trauma affects learning, how to address these effects and how to respond to young people experiencing mental health issues.

- **Module 4:**  
This training module was created as a follow-up to Trauma-Informed Classroom. Participants will also discuss how cultural awareness, equity, and racial/historical trauma impact the classroom.







## أداة كشف خطر الانتحار

## Ask Suicide-Screening Questions

## قم بسؤال المريض

1. في الأسابيع القليلة الماضية، هل تمنيت لو كنت ميتاً؟  
 In the past few weeks, have you wished you were dead?  
 نعم  لا  Yes  No
2. في الأسابيع القليلة الماضية، هل شعرت أنت أو عائلتك أنه سيكون الحال أفضل لو كنت ميتاً؟  
 In the past few weeks, have you felt that you or your family would be better off if you were dead?  
 نعم  لا  Yes  No
3. في الأسبوع الماضي، هل ساورتك أفكار حول قتل نفسك؟  
 In the past week, have you been having thoughts about killing yourself?  
 نعم  لا  Yes  No
4. هل حاولت أبداً في أي وقت أن تقتل نفسك؟  
 Have you ever tried to kill yourself?  
 نعم  لا  Yes  No

إذا كان الجواب نعم، فوصف ذلك: If yes, please describe: \_\_\_\_\_

متى؟ When? \_\_\_\_\_

إذا أجاب المريض بنعم على أي مما سبق، فقم بطرح سؤال حدة الذهن الآتي:

5. هل تتناوبك أفكار بقتل نفسك الآن؟  
 Are you having thoughts of killing yourself right now?  
 نعم  لا  Yes  No

إذا كان الجواب نعم، فوصف ذلك: If yes, please describe: \_\_\_\_\_

## الخطوات التالية:

إذا أجاب المريض بـ"لا" عن الأسئلة من 1 إلى 4، فإن المسح يُعد مكتملاً (ليست هناك حاجة لطرح السؤال #5).  
 ليست هناك حاجة لأي تدخل (\*ملاحظة: تحكم السريري الأسيقي دائماً على المسح السلي).)

إذا أجاب المريض بـ"نعم" عن أي من الأسئلة من 1 إلى 4، أو رفض الإجابة، فإن المسح يُعد مسحاً موجباً. ا طرح السؤال #5 لتقييم درجة الحدة:

الإجابة بـ"نعم" عن السؤال #5 = مسح موجب حاد (التعرف على مخاطر وشيكة)

- يحتاج المريض إلى تقييم سريع للسلامة/الامتثال للصحة الذهنية. ولا يمكن للمريض أن يتصرف قبل تقييم مدى سلامته.
- لا يجب أن يغيب المريض عن العين، وتزال كل الأعراض الخطرة من الغرفة، ويُخطر الطبيب أو الطبيب السريري المسؤول عن رعاية المريض.

الإجابة بـ"لا" عن السؤال #5 = مسح موجب، غير حاد (التعرف على مخاطر محتملة)

- يحتاج المريض إلى تقييم منتظم للسلامة من الانتحار لتحديد ما إذا كانت هناك حاجة لتقييم كامل للصحة الذهنية. ولا يمكن للمريض أن يتصرف قبل تقييم سلامته.

- يُخطر الطبيب أو الطبيب السريري المسؤول عن رعاية المريض.

## تقدم الموارد المتاحة إلى جميع المرضى

- 24/7 خط الحياة الوطني لمنع الانتحار (8255) 1-800-273-TALK. للتحدث بالإسبانية: 1-888-628-9454
- 24/7 خط الأزمات الخطي: أرسل نص "HOME" إلى الرقم 741-741

# Helplines and Mobile crisis outreach teams

## Prevention: Helplines


**Befrienders International**  
<https://www.befrienders.org/> You can find crisis help in your area.

**Lifeline International Resources**  
<https://lifeline-intl.com/resources/>  
Resources for starting a crisis helpline

**International Association for Suicide Prevention**  
<https://www.iasp.info/>  
<https://www.iasp.info/crisis-centres-helplines/>

**International Suicide Prevention Podcasts**  
<https://www.iasp.info/podcast/>

**MIAA**  
Mental Health America  
of Greater Austin



YOU CAN SAVE A LIFE :Remember...

**A: ASK** About Suicide

**S: SEEK** More Information

**SAFETY** First, and:

**SECURE** Lethal Means

**K: KNOW** How and Where to Refer

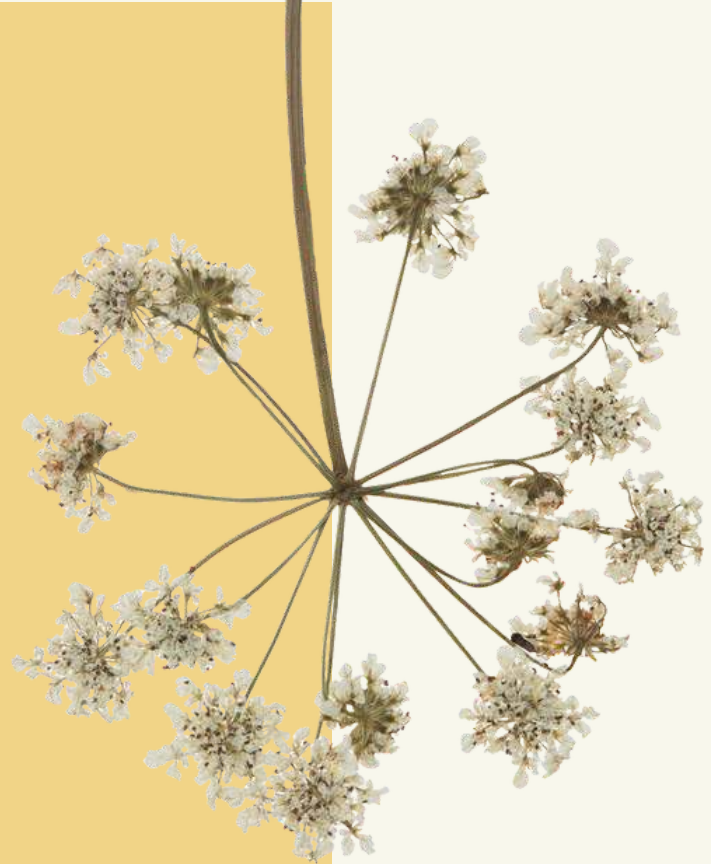
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## Recommended Mindfulness/Relaxation Apps

**Calm** **YouTube** **HEADSPACE!**

All apps are available on IOS and Android smart phones  
Some may offer free trials and paid memberships

**MIAA**  
Mental Health America  
of Greater Austin



Assessment  
and tools

Exchange visits

Networking

Partnership

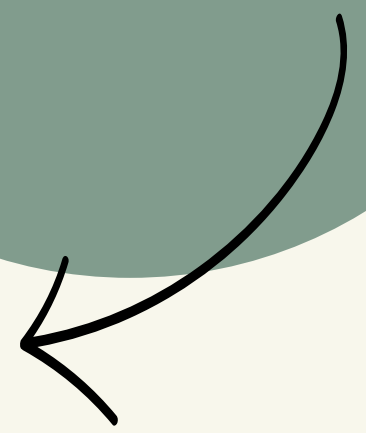
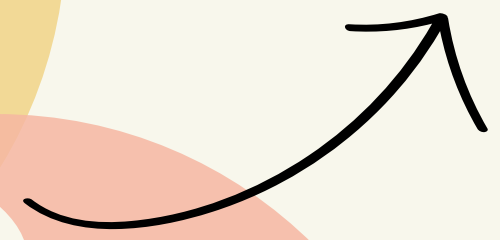
Recommendations

alternative  
tools

Helplines for  
suicide

Build capacity

prevention  
and  
community  
awareness



Thank you Juzoor  
for giving us this  
opportunity



