

SUICIDE

Aftermath: The Legacy of Suicide (Video & DVD 2505) 2001; 50 min

Audience: adult

Synopsis: Filmmaker Lisa Fitzgibbons' father died by suicide. Her documentary asks the question "how can children accept a parent's death when it is shrouded in silence, evasions and half-truths?" She explores this and other question while interviewing two other who also as children lost their fathers to suicide. Their legacy is a life with feelings of abandonment, unresolved grief and guilt. Anne-Marie still feels regret at her refusal as a child to kiss her father goodbye before she left for school that last morning. Robert dealing with secrecy and shame surrounding his father's death describes the thirty years it took to force the truth into the open.

Asking the Right Questions (Video 1456) 1992; 15 min

Audience: health professionals; guidance counsellors; students in professional programs

Synopsis: This training program is an introduction to the fundamentals of suicide assessment for those working with adolescents. Dramatisations are used to illustrate methods of communication and the warning signs to be aware of. Ways of helping or referring youth are also presented.

Desperate Acts (Video 1499) 2000; 20 min

Audience: families; post-secondary students; adults

Synopsis: Suicide among the elderly lacks recognition as a problem due to stigma and lack of communication within families. There is sometimes a tendency among primary care physicians to focus only on the bodily ailments of the elderly, the symptoms of depression being disguised by ageing. This video examines the lives of three elderly individuals who have attempted or contemplated suicide. Noticing how one of her friend suffered after her husband died, Helen decided she did not want to live alone. Using her husband's power saw she amputated her left hand hoping to bleed to death. Surviving this, she made a second attempt and left a letter. Fred fell into a series of depressions after he retired and was divorced at the same time. Beth, not her real name, did not want to be identified became depressed when a combination of deaths and serious illnesses occurred in her family. In despair, the seriousness of her depression unrecognised, she made several suicide attempts. Drs Antoon Leenaars and Kiran Rabheru discuss the major issues of elder suicide, the place of counselling for survivors and present treatment options, including ECT and medications.

Fatal Mistakes: Families Shattered by Suicide (Video 1393) 1998; 45 min

Audience: general adult; families

Synopsis: Hosted by Mariette Hartley, who's father died by suicide, this video provides an in depth view of suicide and its impact on the surviving family members. Four cases are cited with the family members sharing their experiences struggling with grief, guilt, loss, stigma and blame. The narrator and experts discuss a number of issues including depression and other causes of suicide, the role of alcohol and other drugs in suicide, rising youth suicide, doctor-assisted suicide. Research on the brain neurotransmitter Serotonin and its possible involvement in suicide is presented. The family physician's role in assessing possible suicidal tendencies in their patients during normal examinations is strongly emphasised. The clinician's video **The Suicidal Patient: Assessment and Care** contains the GP's assessment of suicide risk.

Father's Day (DVD 1614) 2005; 38 min

Audience: adult

Synopsis: Mark Lipman tries in this documentary to understand the causes of his father's death. The film is also an exploration of the parental legacy on children. The uncertainty surrounding the death is not resolved here as Mark's inquiry runs up against the impenetrable wall of silence and secrecy.

Fierce Goodbye: Living in the Shadow of Suicide (CC)

(Video 2603) 2004; 43 min (DVD 2603) 44 min plus supplements

Audience: general adult

Synopsis: Hosted by Judy Collins, whose son committed suicide, this program offers the experiences and perspectives of those who suffered the despair, grief, and pain as they cope with the aftermath of suicide. A spectrum of other feelings are aroused, particularly anger, but also disappointment, sense of failure, even relief. Coming from their faith perspective the participants bear witness to the challenges their belief in God faces, but also how believers endure suffering. Protestant, Catholic, Jewish and Greek Orthodox theologians, offer views on suicide, church tradition with the understanding that suicide is associated with mental illness. Kay Redfield Jamison enlarges upon the issues for mental health.

For John (Video 2504) 2003; 53 min

Audience: general adult; families

Synopsis: This is the story of John Diabo from Kahnawake. For much of his youth he struggled with drug addiction, but this story is also about his life and his family and their attempts to deal with John's suicide.

Identifying Depression, Preventing Suicide (DVD and Video 1418) 2004; 24 min

Audience: secondary school teachers; youth

Synopsis: Using student interviews and professional commentary, this program is intended to raise awareness and understanding about youth suicide. Of the two cases presented, one led to a suicide, though all the indicators were present. The other is with a female student who experienced increasing levels of depression, but felt unable to ask for help. A teacher's guide is available.

Master Therapists: Coping with Suicide of a Loved One (Video 2318.1) 1996; 49 min

Audience: counsellors

Synopsis: This professional development program is a training video for counsellors in the Rational Emotive Behavior Therapy developed by Albert Ellis. Ellis demonstrates the application of this therapy with a client who feels responsible for her husband's death. Though the actual event happened long ago, the woman continues to feel guilt and anger. The precipitating cause was a reactivation of the feelings in a current relationship in the present. Ellis demonstrates how to separate irrational beliefs from the emotional state and shifting the locus of control to the client.

One Survivor's Message: Don't Kill Yourself (Video 1421) 1997; 24 min

Audience: youth; adults

Synopsis: The unnamed young man in this video describes the events leading up to his unsuccessful suicide attempt when he was sixteen. He describes the troubled circumstances, his parent's divorce - with a new man in the house who was not his father, starting high school. He lost self-esteem and felt he was not meeting expectations. He was also experimenting with alcohol and other drugs, becoming abusive and involved in petty crime. His narrative is punctuated with dramatic vignettes and voice-overs and factual statements. Slowly things changed after his attempt starting with finding a counsellor he could trust, and that he was eventually happy that he had failed to end his life. He also explains how he came to his recovery, how he found values that gave his life new meaning in places he had never looked before.

Reach Out With Hope: Adult Suicide (Video 2222) 1995; 19 min

Audience: general adult; Aboriginal

Synopsis: Opening scenes of a roller coaster, the sense of being trapped there and hopeless introduces the idea of ending it all - suicide. Hosted by actor David Mann this video offers a synopsis of the issue of adult suicide. People then speak all of who attempted or contemplated suicide as a solution to life problems. One aboriginal man offers the wry comment that so many family members committed suicide that it seemed like a tradition. Others talk of issues of sexual abuse, alcohol and drug use, or simply being overwhelmed by events that led to the thought of suicide. The host introduces some of the signs of suicidality, of what to say, and how to offer help to someone in trouble. A round table with participants who spoke during the introduction offers

advice on how to get help, of finding someone to trust, yet cautioning that it may take time to get there.

Remembering Tom (Video 2269) 1992; 24 min

Audience: general adult; families

Synopsis: Tom committed suicide when he was eighteen. He had been using illicit drugs and lived on the street, but came home and seemed to turn his life around. In this program his parents, brother and sister, talk about how they began to cope and live with the fact of his death. The variety of feelings, denial, anger, simply dealing with the reality of the event. His sister, Rachel, reveals her own suicidal thought in the months after. What we see here is a resilient family dealing with grief and bereavement and in a way presents a model for others, without dispelling the process.

Richard Cardinal: Cry from a Diary of a Métis Child (Video 2128) 1986; 29 min

Audience; secondary students; adults

Synopsis: Richard Cardinal committed suicide in Alberta in 1984. This drama portrays his life since the age of four when taken from his home because of family problems. As a ward of the foster care system he spent the rest of his seventeen years moving in and out of twenty-eight foster homes, group homes and shelters in Alberta. Terry and Stanley Crothers, one of his many foster parents speak about his suicide at their farm 90 km north of Edmonton. The case attained media attention and a court inquiry revealed how the social welfare system failed.

Sitting in on Therapy with Marsh Linehan, 2003
Getting a New Client Connected to DBT

Audience: CAMH staff and institutional loans only

In this four part series Marsha Linehan uses unscripted role-playing to demonstrate the elements to be covered in the pre-treatment stage using DBT. These elements are, orienting the client to treatment, introducing BPD diagnosis and biosocial theory, getting a commitment to participate in treatment, and decreasing dysfunctional behaviour. Each segment has a workbook with the transcript and additional commentary.

- (Video 1674.1) Session one introduces a client who is sceptical about treatment and uncomfortable with the diagnosis of Borderline Personality Disorder. The goal is to orient the client to treatment, provide support and information regarding the diagnosis. Most important is to get a commitment from the client not to act on parasuicidal impulses and to continue with treatment until at least the next session.
- (Video 1674.2) In this session it is noted that the clinician needs to “stay mindful” and focused on the BPD client, as opposed to strictly following textbook technique. Focus here is on the understanding and use of diary cards.
- (Video 1674.3) A crisis occurs when the client has attempted suicide by overdosing and was consequently hospitalized for three days. In this session, Dr. Linehan completes a chain analysis of the suicide attempt and works to give the client hope. Another commitment is negotiated and some skills are provided to get through the next week, including utilizing phone coaching in crisis situations.
- (Video 1674.4) During this session the client becomes dysregulated and the conclusion process for this situation is demonstrated.

Skills in Youth Suicide Prevention (DVD 1712) 2008; 20 min

Audience: counsellors; teachers; post-secondary students in professional programs

Synopsis: While reporting statistics and trends in Australia this skills development program has application in schools where staff can learn to recognize and respond to students who may be depressed, distressed or having thoughts of suicide. The program is divided into two sections, recognition and Response. Recognize first covers early warning signs such as difficulties in school, low self-esteem, change in sleeping or eating patterns, use or abuse of drugs or alcohol, overly self-critical, low energy, or withdrawal from normal activities. Late warning signs such as neglecting personal appearance, talk of suicide or death, isolation from friends and family,

conduct problems, aggressive behavior, extreme anxiety, agitation, or self-injury, expressions of hopelessness or desperation, refusal of help, giving away prized possessions. Responding includes speaking privately, where appropriate, engaging in a calm, supportive way listening and showing empathy, being direct, ensuring the student's safety, and knowing how to contract a crisis team member. A brief workbook is available.

The Suicidal Patient: Assessment and Care (Video 2151) 1998; 15 min.

Audience: health professionals; post-secondary students

Synopsis: This video is aimed at general and family practitioners as an alert to include questions about suicide and self-harm as part of general medical assessments, particularly with adults.

Facts about suicide and who is at most risk are presented. Misconceptions about suicide are discussed and dramatisations are presented to illustrate ways of asking appropriate questions of patients.

Survival and Beyond (Video 1544) 2002; 29 min

Audience: families; seniors; post-secondary students

Synopsis: Physician Joe Buckwalter provides a frank description of his depression and his many suicide attempts. His son, grandson and daughter-in-law, each describe their feelings about this man who struggled for many years with depression and suicidal behaviours. He eventually resolved his issues with suicide and was able to become involved with his family and grandchildren.

Youth Suicide and Prevention (Video 1493) 1994; 17 min

Audience: youth; parents; families

Synopsis: This concise video was produced by the Vancouver Crisis Centre to aid in the understanding of youth suicide. There are testimonials from four young people who contemplated suicide and the ways they found help for situations that seemed hopeless. They also present personal issues of cultural values, gender and the death of a friend by suicide. A dramatisation illustrates techniques that may be used with someone who seems suicidal. It shows what to be aware of, how to respond, being persistent and be open to ask the question about suicide. Family members are interviewed who lost their fifteen-year old son to suicide. Grieving, they wonder what they could have done, why they did not see the signs or did not take things seriously.