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Ohio AAP's Store It Safe (SIS) Coalition

Advocacy



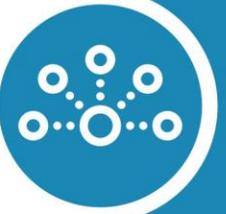
Education



Leadership



Engagement



Outcomes



The Ohio AAP

- Ohio AAP is the largest organization of pediatric providers in Ohio, focusing on education, advocacy, and programming for pediatricians, with the ultimate goal of improving child health.
- Over 3,500 members
- Provides education and quality improvement to physicians to ensure they are in good standing with the American Board of Pediatrics.
- Program topics include healthy weight and nutrition, maternal and child health, lethal means safety, and immunizations.

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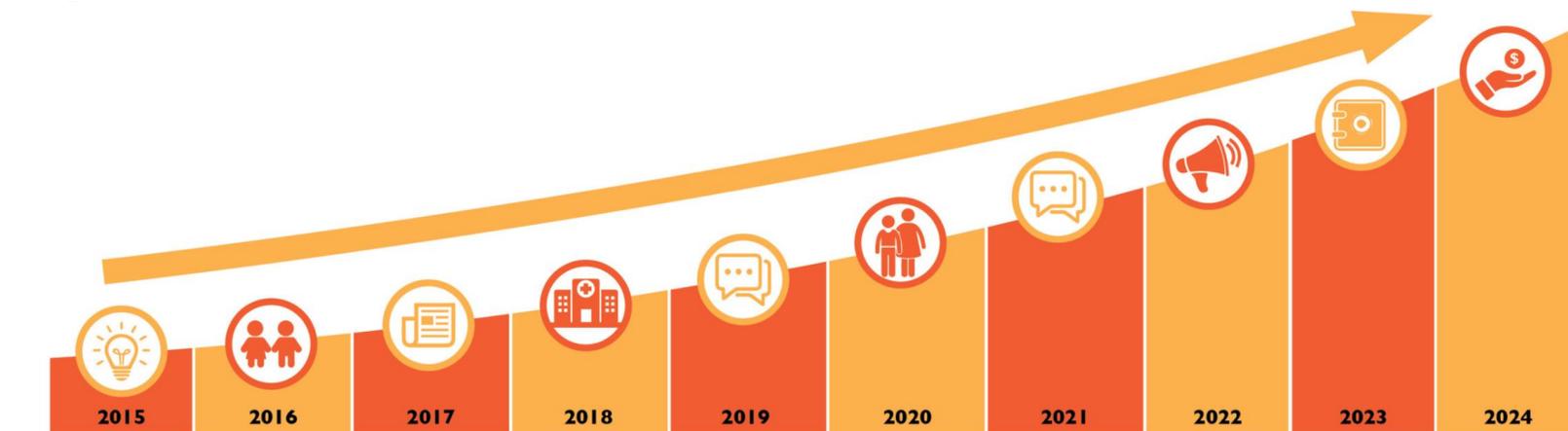
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Store It Safe (SIS)

- Began in 2015 when Ohio AAP leadership wanted to find a way to decrease both unintentional and intentional firearm injury and death in youth.
- Unique because SIS brought together organizations with differing viewpoints to develop unified, nonpartisan messaging, resources and approaches including, a close partnership with Buckeye Firearms Association.





Store It Safe Through the Years

Phase 1 – 2015

- Address unintentional firearm injuries in young children
- How to have productive conversations
- Pilot materials

Phase 2 – 2019

- Begin QI work – young child pilot
- Discuss safe storage at all age 2-5 well care visits
- Distribute educational materials and firearm lock boxes

Phase 3 – 2021

- Expand QI work to adolescent population
- Suicide prevention
- Screening, primary care interventions
- Referrals & resources

Phase 4 – 2024

- Expand partnerships & reach
- Continue suicide prevention QI work/focused populations
- SIS Community Designation
- State-wide branding campaign

Why do we need Store It Safe (SIS)?

Firearms Leading Cause of Death in Children and Teens

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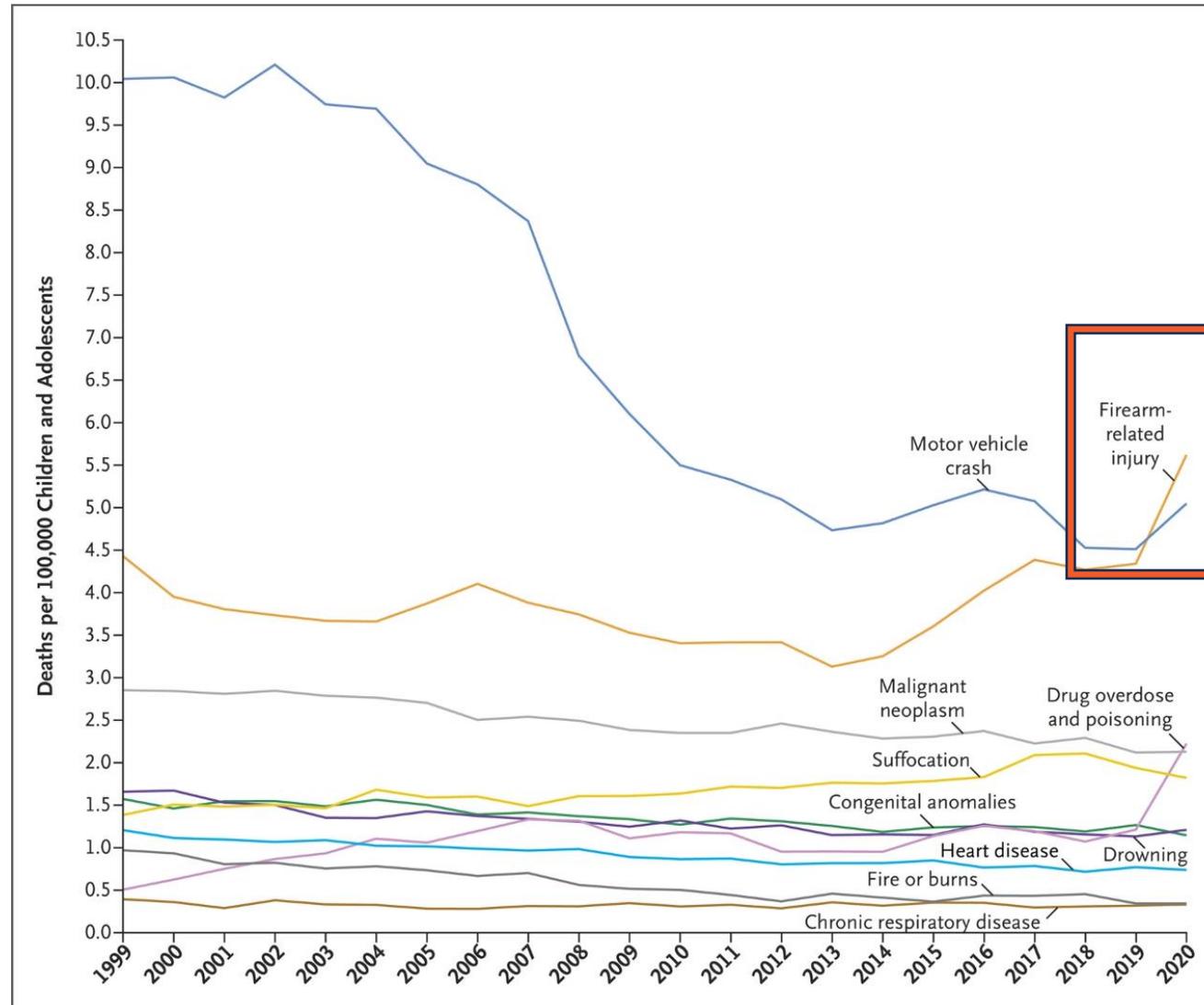
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Current Causes of Death in Children and Adolescents in the United States | NEJM

Figure 1. Figure 1. Leading Causes of Death among Children and Adolescents in the United States, 1999 through 2020. In addition, drug overdose and poisoning increased by 83.6% from 2019 to 2020 ...

www.nejm.org



9-year-old boy injured in accidental shooting

by WSYX Staff | Sunday, February 20th 2022



Three-year-old boy killed after accidental shooting



Youth Gun Suicide Is Rising, Particularly Among Children of Color

An American teenager took their life with a firearm every seven hours on average between 2019 and 2020.

By Jennifer Mascia and Olga Pierce • Feb 24, 2022



CBS NEWS

NEWS

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"Alarming" spike in deadly unintentional shootings by kids as gun sales soar during lockdowns

Accidental shooting claims life of two-year-old child

By WRCB Staff Oct 25, 2021 Updated Dec 1, 2021



NEXT UP

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Youth Suicides More Prevalent in States with Higher Gun Ownership.

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Ohio and Lucas County

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- Ohio:

- Guns are the leading cause of death among children and teens in Ohio with an average of 177 dying by guns every year.

- Lucas County:

- Unintentional Child/Youth Shootings:
 - 2024= 1, 2023= 7
- Overall Deaths:
- 2024 - **11** children in Lucas County had deaths involving guns.
 - 1 of these deaths was unintentional and involved children playing with a gun that was found in another room in the house

Summary of SIS Successes

- Media campaign with Akron Children's Hospital →
- Provided over 5,000 lock boxes
- Trained over 300 providers in SIS tenents
- Approximately 130,000 Ohioans have been reached by the Store It Safe Program
- ~14,000 adolescents have been screened for depression and suicidality during healthcare visits
- SIS Designated Communities – **Beachwood, Cleveland, Cincinnati, Village of Delta, Lima, Springboro, Washington Twp (Wood Co), Marysville, Solon,**

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Resources For Parents/Caregivers

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Suicide Prevention
Family Discussion Guide

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- SUICIDE FACTS
- EMOTIONAL TRIGGERS
- RISKS
- BARRIERS
- SUICIDE WARNING SIGNS
- TALKING TO YOUR CHILD
- RESOURCES

Resources For Parents/Caregivers

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Managing your Child's Mental Health Crisis

A program of the Ohio Chapter, American Academy of Pediatrics



Keep this information with you at all times – such as a picture in your phone – to help manage mental health crisis moments with teens.

4 STEPS FOR TIMES OF CRISIS

- 1. Recognize when your child is having a mental health crisis**
(displaying changes in mood/behavior that leaves you fearing for their safety)
- 2. Provide a Safe Environment at All Times**
 - No access to lethal means
 - During the crisis, remove all lethal means from the home
- 3. Follow the Safety Plan**
 - Enact the safety and communication plan
 - Give youth a safe chance to use coping mechanisms
 - Try the 5 Senses Grounding Technique. Find (or think of) and say out loud:
 - 5 things you can **SEE**
 - 4 things you can **FEEL**
 - 3 things you can **HEAR**
 - 2 things you can **SMELL**
 - 1 thing you can **TASTE**
 - Finish with a deep breath and exhale
- 4. Call for Help**
 - If crisis continues, get help from professionals
 - If you fear for immediate safety, CALL 911
 - Call a counselor or healthcare provider
 - Text 4HOPE to 741741 for support
 - Call or text the confidential Suicide and Crisis Lifeline at 988

CHECK OUT OUR FAMILY DISCUSSION GUIDE



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GET PREPARED FOR A MENTAL HEALTH CRISIS

- 1. Restrict Access – Store It Safe**

Whether your child has mental health concerns or not, youth should not have unsupervised access to any lethal means, including: firearms, medications (prescription and over-the-counter), drugs and alcohol. Keep these items locked away and ensure youth **DO NOT** know the location of the keys.
- 2. Make a Safety Plan with Your Child When Things are Calm**
 - Name 3 people your child feels comfortable reaching out to in a crisis – for example: a teacher, friend, or family member
 - Ask your child how they feel supported – be creative and plan for different situations
 - Have agreed upon coping strategies available – scan QR code below for links to ideas
 - Practice healthy skills to train the brain before times of crisis
- 3. Understand Crisis Will Happen**
 - Remember – the first hour of a crisis is the most overwhelming
 - The safety plan helps the child get through the initial crisis safely
 - Once the situation has been de-escalated, appropriate care can be sought

LIFE SIDE OHIO OHIO'S VOICE FOR MENTAL WELL-BEING
OSPF OHIO STATE PSYCHIATRY



Scan this QR code to find more resources on our website
www.ohioaap.org/storeitsafe

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Resources For Providers

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Anticipatory Guidance for 12 – 21 Year Olds

SIS: A three-step process for preventing youth suicide

S

SCREEN
for 1) suicide and 2) depression at **EVERY youth preventative visit** using a recommended screening tool

I

INTERVENE
with **ALL** families to discuss suicide risk and safe storage of lethal means

S

SEEK TREATMENT
when there is a life threatening concern, using appropriate referrals and resources



Almost 50%
of US homes have a firearm

50% of teens
made a suicide attempt within 20 minutes of deciding to end their life

SCREEN - Identifying youth at risk saves lives
Screen for 1) suicide and 2) depression at EVERY youth preventative visit using a recommended screening tool

- Include suicide prevention information in your anticipatory guidance
- Recommended screening tools:
 - 1) Ask Suicide-Screening Questions (ASQ) Toolkit is a free resource to help identify youth at risk for suicide
 - 2) Patient Health Questionnaire (PHQ-8, PHQ-9, or PHQ-A) is a free resource to screen, monitor, and measure depression severity

Have an openminded discussion with ALL families about lethal means in the home

- Instead of asking "Are lethal means, including firearms, medications (prescription and over-the-counter), drugs and alcohol secure?" ask "If there are lethal means in your home, like firearms, medications (prescription and over-the-counter), drugs and alcohol are they kept locked and away from youth?"

INTERVENE - Counsel families to:

Restrict Access - Store It Safe!

- Keep all lethal means stored locked away with no access for youth – this includes, firearms, medications (prescription and over-the-counter), drugs and alcohol
- Ensure lethal means and keys to the storage device are stored separately in a location unknown to the youth

Make a Safety Plan

- Name 3 people to reach out to in a crisis – for example, a teacher, friend, or family member
- Increase adult supervision, such as screen monitoring
- Ask how they feel supported – be creative and plan for different situations
- Have agreed upon coping strategies available – see www.ohioaap.org/storeitsafe for additional resources
- Practice healthy skills to train the brain before times of crisis

Be Prepared for a Crisis to Happen

- Remember – the first hour of a crisis is the most overwhelming
- Initial de-escalation of problems is essential so a crisis may pass
- Once the situation has been de-escalated, appropriate care can be sought

Firearms
are the leading cause of death by suicide

Barriers to lethal means are effective in reducing suicides

SEEK TREATMENT

If there are acute life-threatening concerns, send youth to the ER or call 911

- Review with families when it is a true emergency and how to seek help when needed

If mild or no immediate lethality concerns, enact the safety and communication plan

- Give youth a safe chance to use coping mechanisms
- If crisis continues, be ready to ask for help from professionals - call a counselor or healthcare provider

Provide resources and referrals for families who need help

- Connect with community partners and local resources for suicide prevention
- If you have further questions, refer families to resources:
 - Crisis Text Line - Text 4HOPE to 741741
 - Suicide Prevention Resource Center - www.sprc.org
 - Suicide Prevention Lifeline - www.suicidepreventionlifeline.org
 - Suicide and Crisis Lifeline - Call or Text 988



Anticipatory Guidance for 12 – 21 Year Olds

Sample: SIS Flow Chart

Patient age 12-21 arrives for youth preventative visit (well visit or sports physical)

Screen patient for depression using a recommended screening tool (i.e. PHQ-8, PHQ-9, or PHQ-A)

Screen patient for suicidality using a recommended screening tool (i.e. ASQ)

- Discuss suicide risk
- Discuss safe storage of lethal means
- Provide SIS storage resources at ALL age 12-21 preventative visits
- Offer safety box or safety lock to ALL families

Risk of Depression

| +Mild and no acute lethality concerns | +Moderate/severe and no acute lethality concerns |
|---|---|
| <ul style="list-style-type: none"> Use system resources to educate youth and family and refer to resources Focus on strengths | <ul style="list-style-type: none"> Use system resources to develop treatment plan, which may include: <ul style="list-style-type: none"> Referral to MH specialist Consider starting medication Crisis/safety planning |
| Follow-up, as needed | <ul style="list-style-type: none"> Phone check at 1-2 weeks PCP visit within 8 weeks |

PHQ-9 Depression Severity Guide

0-4: None
5-9: At Risk/Mild
10-14: Moderate
15-19: Moderately Severe
20-27: Severe

Ohio AAP Resources

- Family Discussion Guide
- Crisis Rack Card Parent
- Teen Rack Card
- Social Media Toolkit

Sample Safety Plan



ASQ Toolkit



Risk of Death by Suicide

If using ASQ

| "Yes" to any Q1-4 "No" to Q5 | "Yes" to Q5 |
|--|---|
| <ul style="list-style-type: none"> Evaluate further for safety Develop follow-up plan Refer for MH Services | <ul style="list-style-type: none"> 1:1 supervision of patient Supervised transport to ER for evaluation |

Provide phone or in-person follow-up

Questions?

- Resources from Ohio AAP for families can be found at: www.ohioaap.org/storeitsafe
- The Ohio AAP is one partner, but suicide prevention will be more effective if physicians, communities, organizations, schools, and families work together; find a local suicide prevention coalition at: www.ohiospf.org/coalitions

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LIFE SIDE OHIO
A Suicide Prevention Program

OSPF
OHIO SUICIDE PREVENTION FOUNDATION

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Youth Resource

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You Are Not Alone

Confidential Suicide and Crisis Lifeline
Call or Text 988
Crisis Text Line
Text 4HOPE to 741741

Save these numbers in your phone

What do you need to know about suicide to keep you and your friends safe?

- No matter who you are or where you're from, you are never alone
- Keep dangers that can be used to harm someone locked up
- Sometimes people think about suicide when they are feeling sad, lonely, or hopeless
- When you are feeling sad, hopeless, or alone, it is ok to talk to people about how you are feeling
- Sharing your feelings with someone you trust is brave
- Always treat a gun as if it is loaded
- Only take medications as directed

If a friend is thinking of suicide:

A ACKNOWLEDGE: Talk to them. Talking about suicide does not cause it, so don't be afraid to ask

C CARE: Let your friend know how much you care about them

T TELL: If a friend is thinking of harming themselves, tell a trusted adult

Questions?
Resources for families can be found at www.ohioaap.org/storeitsafe

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Is my friend thinking about suicide? These are potential warning signs:

- Not acting like themselves
- Talking or writing about suicide
- Withdrawing from friends/activities
- Reckless behavior
- Increased use of alcohol or drugs
- Giving away belongings for no logical reason
- Stop taking care of themselves

Life can be stressful, here are some things that can decrease stress:

WAYS TO TAKE A BREAK

- Take a Nap
- Call a Friend
- Walk Outside
- Listen to Music
- Pray or meditate
- Forgive Someone
- make some ART
- get ACTIVE
- Read a book
- take a SOCIAL MEDIA break
- WRITE in a journal

<http://www.fullcupthirstyspirit.com/posters.php>
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BY YOUR SIDE. BUILT FOR LIFE.

OSPF
OHIO STATE PUBLIC HEALTH

Resources For Firearm Owners

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Reversing the Trend of Irreversible Actions

The Ohio AAP, Life Side Ohio, and The Ohio Suicide Prevention Foundation understand that more than **50% of homes in Ohio and the United States have a firearm**. Similar to safety around pools and motor vehicles, we want to make sure that children and teens living in or visiting a home with a firearm are safe.



Important Facts and Safety Considerations:

- **EVERY youth is at risk for accidental or intentional injury from a firearm** – even if they are experienced and comfortable with firearms.
- Youth should only have **supervised access** to firearms.
- The adolescent brain is still developing, which can lead to **emotional situations that override their still-developing impulse control**.
- Knowing risks for injury and **using a barrier can help keep youth safe**.
- Youth can engage in risky behaviors and **react to seemingly small stressors**.
- Even with no history of depression, **youth sometimes make impulsive decisions with deadly results**.

EDUCATION ALONE IS NOT ENOUGH.

Barriers should be put in place – and can mean the difference between life and death.

90%

90% OF SUICIDE ATTEMPTS that involve a firearm result in death.



2/3 OF ALL FIREARM DEATHS are due to suicide.



Unsupervised youth firearm access **TRIPLES THE RISK** of death by suicide.



50% OF SURVIVORS made an attempt within 20 minutes of their decision. Delaying access to firearms is critical to saving lives!



2 IN 10 STUDENTS (20%) seriously considered attempting suicide and almost 1 in 10 (9%) students attempted suicide.



16% OF HIGH SCHOOL STUDENTS made a suicide plan within the past year.

Keep in Mind...



Firearm safety knowledge and experience **MATTERS LITTLE DURING TIMES OF MENTAL HEALTH CRISIS.**



Children with **NO HISTORY OF MENTAL ILLNESS CAN AND DO ATTEMPT SUICIDE** after an upsetting life event.



Safe storage barriers are **CRITICAL TO SAVING A LIFE** in these instances.



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Safe Storage Options for Firearm Owners

Firearm retailers can help you decide which option best fits your needs. Always remember that keys to safety devices should be stored separately and children and teens should not know the location of keys or safety device combinations.

| STORAGE DEVICE | PRICE RANGE | TYPICAL COST | HIGHLIGHTS |
|-------------------------|----------------|--------------|--|
| Cable Lock | \$5 – \$45 | Under \$10 | <ul style="list-style-type: none"> • Affordable, accessible • Firearms must be unloaded to use • Can be cut with wire or bolt cutters |
| Lock Box | \$25 – \$300 | Under \$100 | <ul style="list-style-type: none"> • Compact, smaller than a safe |
| Firearm Safe | \$200 – \$2500 | Under \$500 | <ul style="list-style-type: none"> • Most secure option for multiple guns, especially long guns • Not discrete • Expensive |

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BY YOUR SIDE. SAFETY FOR ALL.



Posters (8 X 10)

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STORE IT SAFE.



PROTECT YOUR INVESTMENT...

An average of 200,000 guns are stolen per year.

DO YOU HAVE CHILDREN IN THE HOUSE?

82% of youth who died by suicide used
a firearm from their home.

Scan the QR code to find more resources on our website
www.ohioaap.org/storeitsafe



Scan me



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Expanded SIS Partnerships

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- SIS Coalition is a member of the *Statewide Prevention Coalition Association*
- Began an SIS Education Professionals Workgroup
- Continued collaboration with firearm retailers/experts – posters & resource input
- Regional spread – Store It Safe QI expanded into Indiana

Store It Safe (SIS)



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In response to the growing rates of unintentional firearm injuries among children, Ohio AAP launched the **Store It Safe (SIS)** program. This initiative united diverse stakeholders to create nonpartisan messaging, resources, and strategies to reduce firearm injuries and deaths in children. It later expanded to address youth suicide.

Since 2015, SIS has taken a multi-pronged approach to reverse preventable tragedies by:

- Providing education and resources to prevent intentional and unintentional deaths in children and adolescents
- Improving depression and suicidality screening
- Increasing discussions around safe storage

**SCAN HERE for
additional resources!**



<https://ohioaap.org/storeitsafe>



What does the “IT” in SIS represent?

“IT” includes firearms, adult-use cannabis, medical marijuana, over-the-counter medications, or other devices, edibles, or medications that can be used to purposely or unintentionally cause serious bodily harm or death.

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Thank you!

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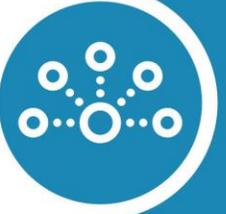
Education



Leadership



Engagement



Outcomes

