



# "A LITTLE BIT OF COUNTRY"

## LINDON CITY NEWSLETTER

APRIL 2012

### Mayor

James A. Dain

### City Center Offices

100 North State Street  
Upper Level  
785-5043

### Community Development

100 North State Street  
Lower Level  
785-7687

### Public Works

946 West Center Street  
796-7954

### Justice Court

100 North State Street  
Upper Level  
785-1971

### Police

100 North State Street  
Lower Level  
Emergency - 911  
Non-emergency Dispatch  
229-7070  
Police Department Offices  
769-8600

### Fire

Emergency - 911  
Non-emergency Dispatch  
229-7070  
Other Fire Services  
229-7327

### Aquatics Center

60 West 60 North  
610-4160

### Community/Senior Center

25 North Main  
769-8637/769-8625

### City Website

[www.lindoncity.org](http://www.lindoncity.org)

### Aquatics Center Positions Open:

Life Guards, Swim Lesson  
Teachers, Cashiers, Party  
Room Coordinator, Jr.  
Lifeguard Coordinator. Go to  
[www.lindoncity.org](http://www.lindoncity.org) for more  
information  
Swim Lesson Registration  
begins May 1<sup>st</sup>

### Youth Suicide

Tragic local events have raised public awareness here in Utah County to the issue of Youth or Adolescent Suicide in our communities. While youth suicides are not a new phenomenon, the unusual number of these events experienced over the past few months is extremely concerning to parents, school administrators, ecclesiastical leaders and public safety officials. It is apparent that right now, something is causing our youth to experience thoughts of self injury and we need to have a public dialogue about it. Far too many families are affected each year by the sudden unexpected loss of a beloved child. I feel the following article may be helpful. It is reprinted from the U.S. Center for Disease Control and Prevention (CDC).

Suicide is a serious public health problem that affects even young people. For youth between the ages of 10 and 24, suicide is the third leading cause of death. It results in approximately 4400 lives lost each year. The top three methods used in suicides of young people include firearm (46%), suffocation (37%), and poisoning (8%). Deaths from youth suicide are only part of the problem. More young people survive suicide attempts than actually die. A nationwide survey of youth in grades 9-12 in public and private schools in the United States found that 15% of students reported seriously considering suicide, 11% reported creating a plan, and 7% reporting trying to take their own life in the 12 months preceding the survey.

Each year, approximately 149,000 youth between the ages of 10 and 24 receive medical care for self-inflicted injuries at Emergency Departments across the U.S. Suicide affects all youth, but some groups are at higher risk than others. Boys are more likely than girls to die from suicide. Of the reported suicides in the 10 to 24 age group, 84% of the deaths were males and 16% were females. Girls, however, are more likely to report attempting suicide than boys. Cultural variations in suicide rates also exist, with Native American/Alaskan Native and Hispanic youth having the highest rates of suicide-related fatalities. A nationwide survey of youth in grades 9-12 in public and private schools in the U.S. found Hispanic youth were more likely to report attempting suicide than their black and white, non-Hispanic peers. Several factors can put a young person at risk for suicide. However, having these risk factors does not always mean that suicide will occur.

**Suicide Risk Factors:** History of previous suicide attempts, Family history of suicide, History of depression or other mental illness, Alcohol or drug abuse, Stressful life event or loss, Easy access to lethal methods, Exposure to the suicidal behavior of others, and Incarceration. Most people are uncomfortable with the topic of suicide. Too often, victims are blamed, and their families and friends are left stigmatized. As a result, people do not communicate openly about suicide. Thus an important public health problem is left shrouded in secrecy, which limits the amount of information available to those working to prevent suicide. The good news is that research over the last several decades has uncovered a wealth of information on the causes of suicide and on prevention strategies. Additionally, CDC is working to monitor the problem and develop programs to prevent youth suicide.

**Suicide Warning Signs:** Appearing depressed or sad most of the time. (Untreated depression is the number one cause for suicide.) Talking or writing about death or suicide, withdrawing from family and friends, feeling hopeless, feeling helpless, feeling strong anger or rage, feeling trapped -- like there is no way out of a situation, experiencing dramatic mood changes, abusing drugs or alcohol, exhibiting a change in personality, acting impulsively, experiencing a change in sleeping or eating habits, losing interest in most activities, performing poorly at work or in school, giving away prized possessions, writing a will, feeling excessive guilt or shame or acting recklessly. It should be noted that some people who die by suicide do not show any suicide warning signs.

Every expert states that the strongest prevention of suicidal thoughts and actions is a strong loving home environment, regardless of your family make-up. Single parents again have a stronger burden to bear. Parents need to work together to establish an environment that fosters open communication and children need to know that they can speak up when there is a problem that they need help with. Please look at some of the warning signs and risk factors and take the time to talk with your kids about serious issues. Together we may be able to avoid an unnecessary tragedy.

**Cody Cullimore, Chief of Police**