



**APPLYING THE KEE
CONCEPTS OF
COMMUNICATION ©
TO REDUCE YOUTH
SUICIDE RISK IN
RURAL COMMUNITIES**

**2023 PEDIATRIC
MENTAL HEALTH
SYMPOSIUM**

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KEE DUNNING AND STACY STELLFLUG



- KEE
 - 40+ years of experience in mental health care
 - Author, Mentor, Educator
 - Dunning Counseling and Consulting



- STACY
 - Assistant Professor of Nursing at Montana State University Bozeman
 - Private Practice as Nurse Practitioner in Billings, MT

MONTANA

- More Cows than People
 - One of the lowest population densities in the United States – the more rural the community the higher the suicide rates
- Easy Access to Lethal Means
- Poor/No Access to Care





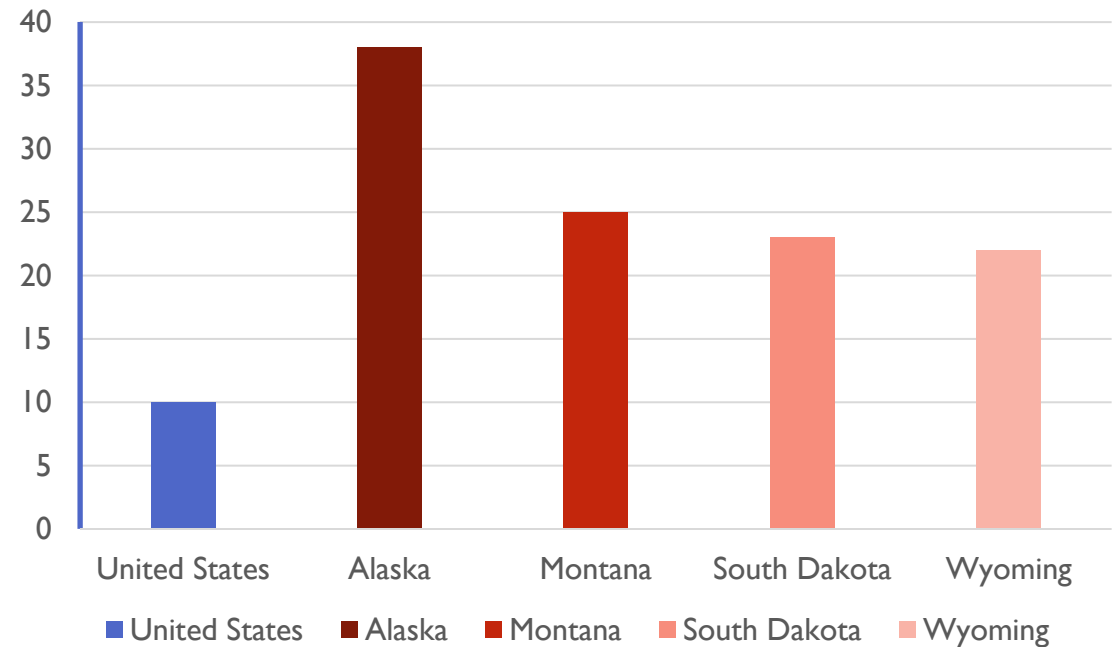
WHO IS AT RISK?

- **EVERYONE** – Suicide does not discriminate
- **Levels of Risk**
 - Individual Level
 - Relationship Level
 - Community Level
 - Societal Level
- **No one predictive factor, multifactorial**

YOUTH (AGES 10-24) SUICIDE RATES FROM 2019-2020

- Montana 40+ years of being in the top 5 states for highest suicide rates for youth
- Youth Suicide Rates Ages 15 to 24 (2019 - 2020)
 - United States 10.35 per 100,000
 - Montana 24.53 per 100,000
 - Wyoming 21.41 per 100,000

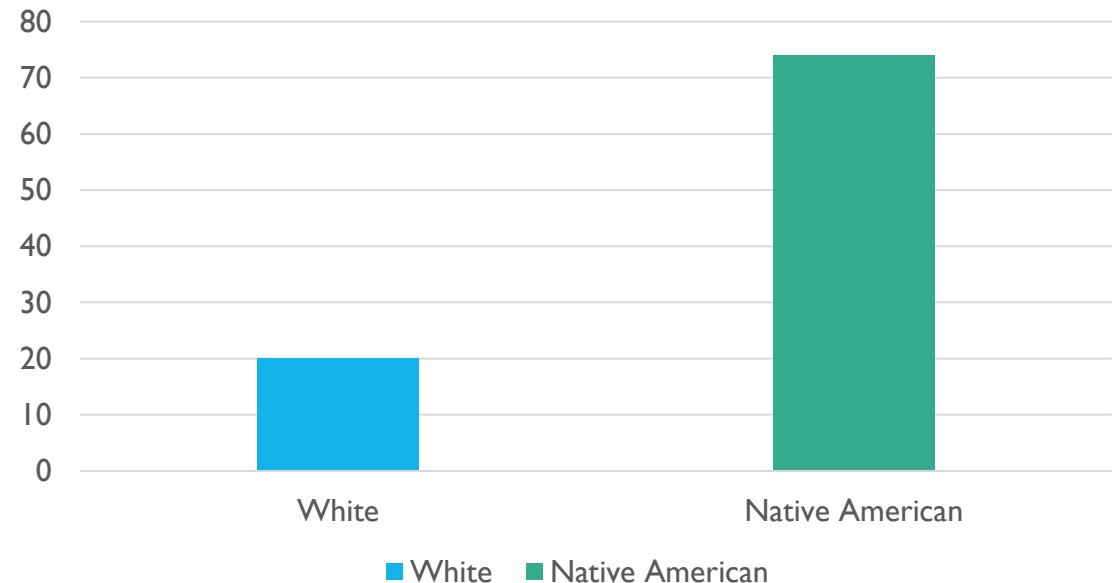
Suicide Deaths per 100,000 (2019-2020)



YOUTH (AGES 10-24) SUICIDE RATES FROM 2019-2020

- Males > Females
- Native American Suicide in Montana
 - 73.8 per 100,000 Youth (ages 10-24)
 - Native Americans only comprise 6% of Montana Population

Montana Youth (Age 10 -24) Suicide Rates per 100,000 by Race

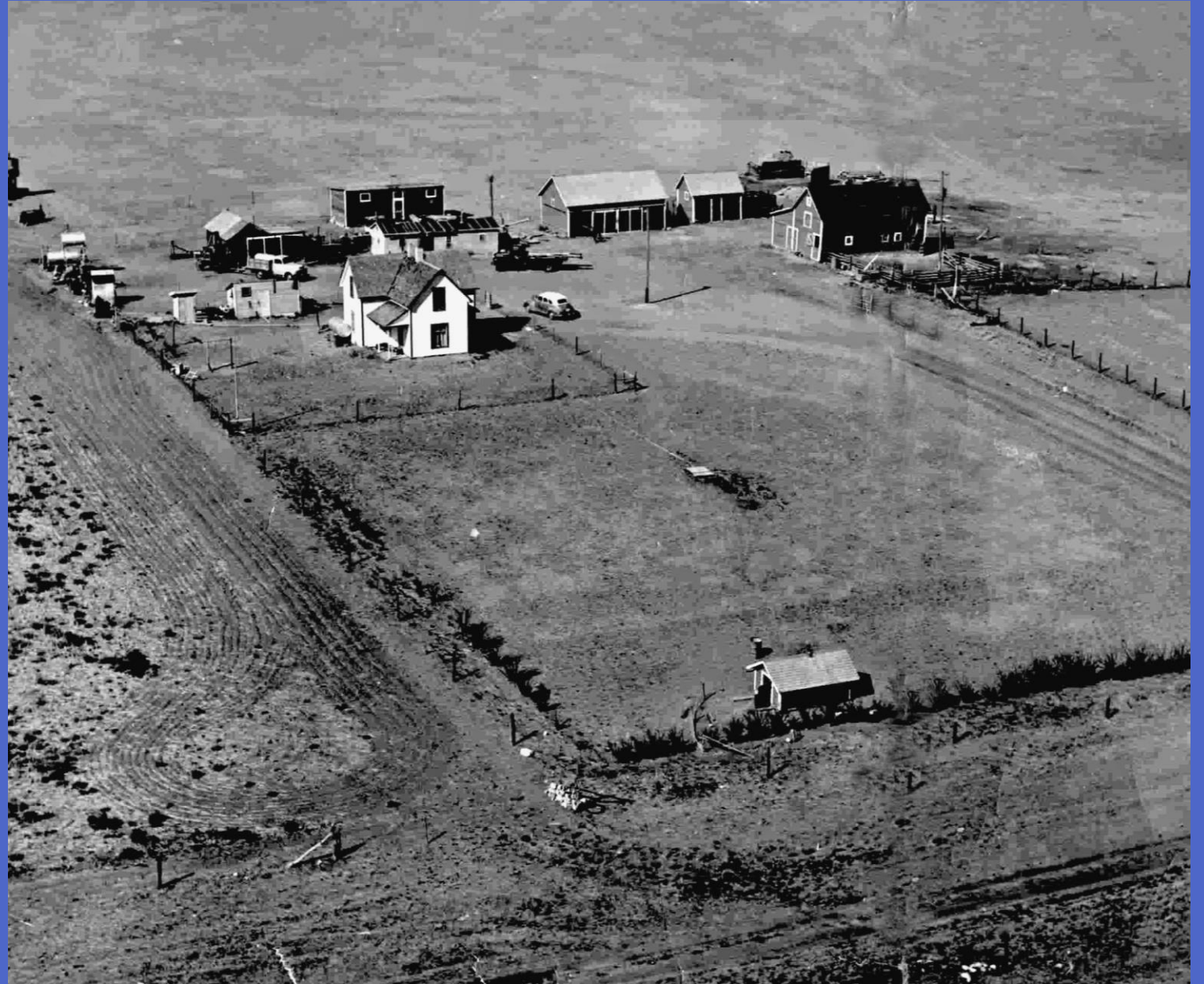




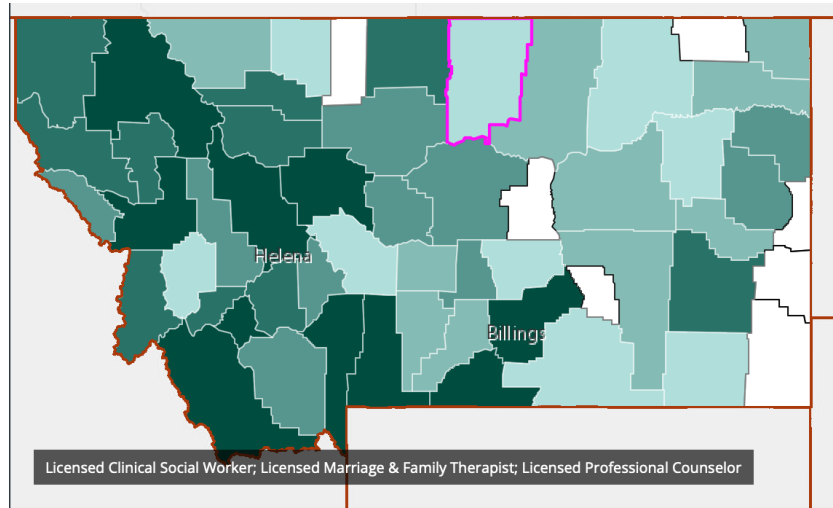
PREVENTING SUICIDE

- Strengthening Economic Support
- Strengthening Access/Delivery of Suicide Care
- Create Protective Environmental
- Promote Connectedness
- Teach Coping and Problem-Solving Skills
- Identify and Support People at Risk
- Lessen Harms and Prevent Future Risks

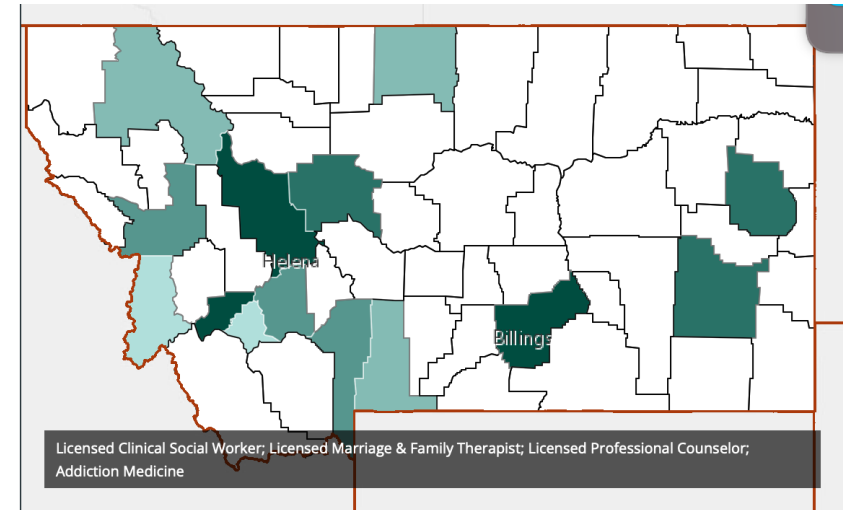
STRENGTHENING ECONOMIC SUPPORTS



STRENGTHEN ACCESS AND DELIVERY OF SUICIDE



Population per Provider



Population per Provider



BUILDING RELATIONSHIPS AND TEACHING COMMUNICATION SKILLS

- Create protective environments
- Promote connectedness
- Teach coping and problem-solving skills
- Identify and support people at risk
- Lessen harms and prevent future risk



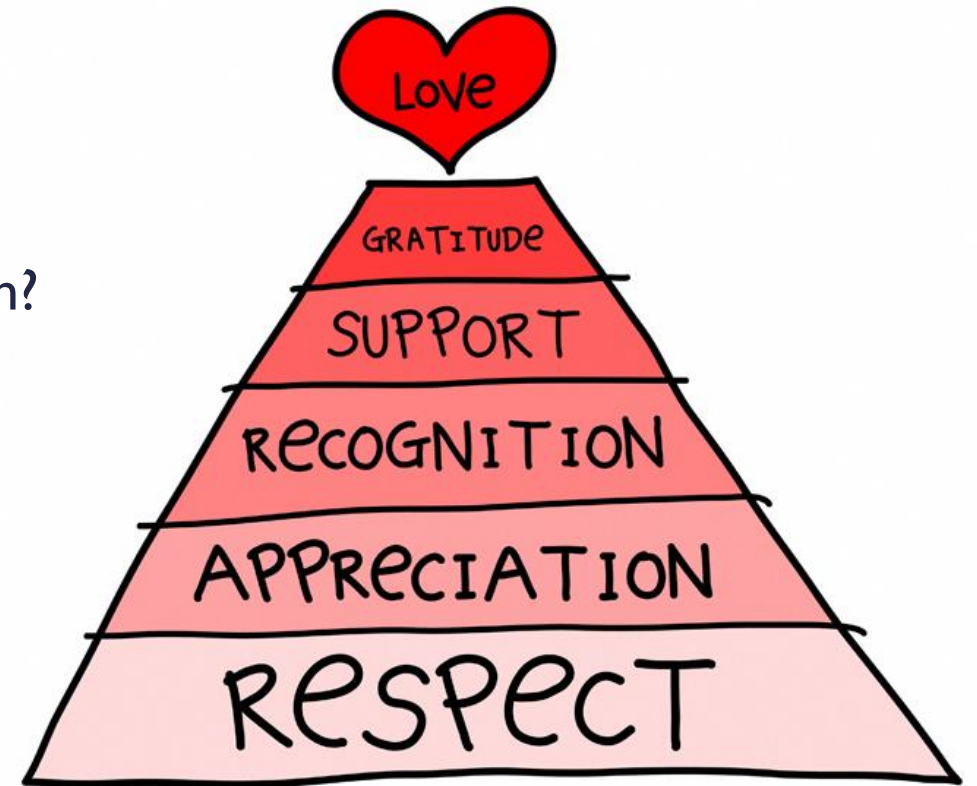
Kee Concepts



Adapted from: Stellflug, S. & Dunning, K. (2021). Rural youth suicide risk assessment and intervention for rural healthcare providers and families. In C. Winters (Ed.), *Rural Nursing: Concepts, Theory, and Practice* (6th ed). NY, NY: Springer Publishing Company, LLC.

COMING FROM A PLACE OF RESPECT

- Being respectful is always possible, as it is a choice, we as individuals make
- Ask yourself:
 - What choices do I have for a response?
 - What am I thinking AND feeling about my interaction?
 - Is what I am about to say respectful?
 - Is what I am about to say kind and loving?
 - Is what I am about to say necessary?
 - If after I have said it, will I need to apologize?
 - Would I be proud if I heard my own child use the same words and tone I am about to use?





SHINE THE
BRIGHTEST
LIGHT



WORDS
MATTER

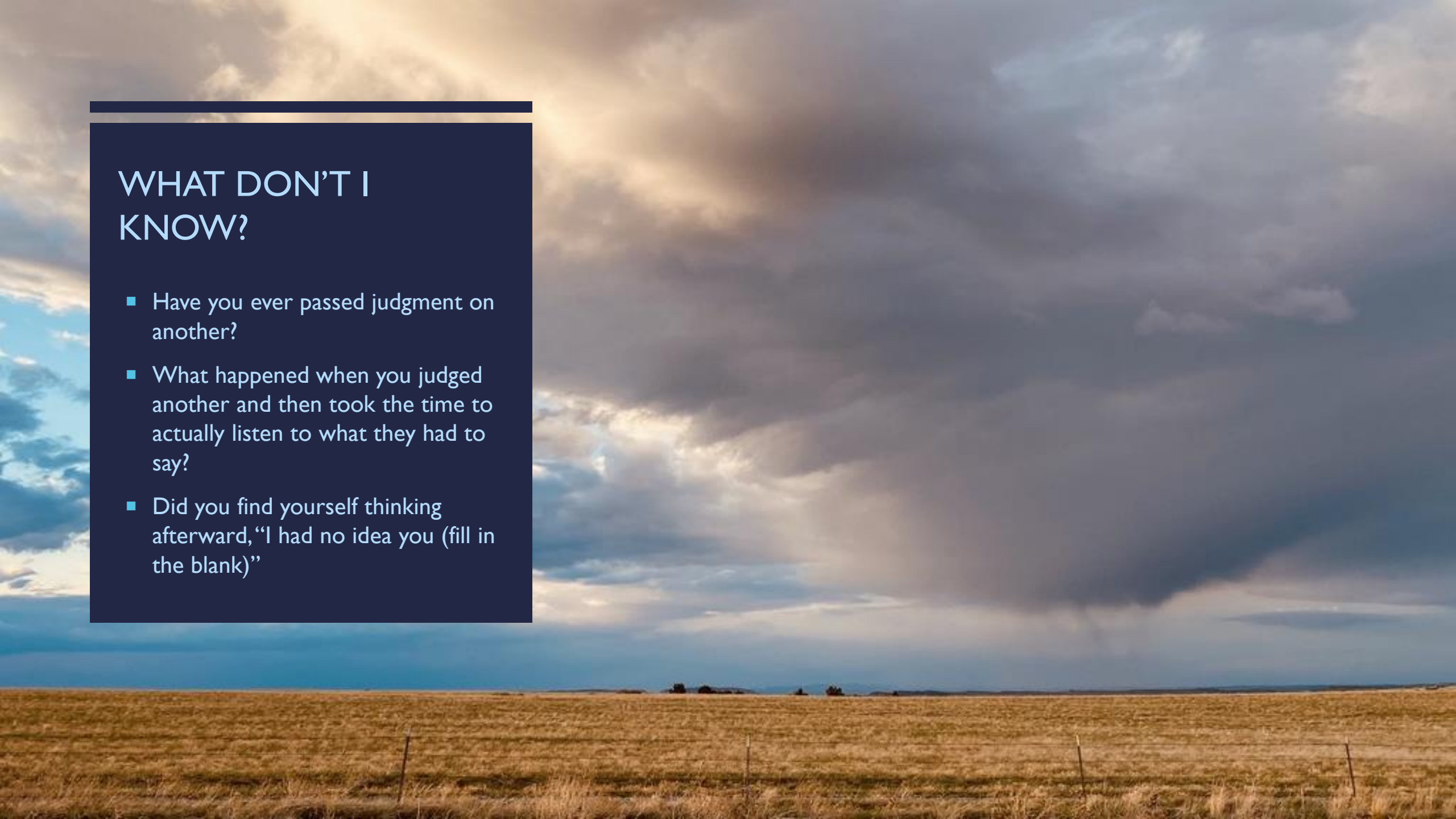
LISTEN AND VALIDATE

- You don't need to fix anything, just listen
- Validation does not mean agreeing
- Being genuine, open, and authentic



WHAT DON'T I KNOW?

- Have you ever passed judgment on another?
- What happened when you judged another and then took the time to actually listen to what they had to say?
- Did you find yourself thinking afterward, “I had no idea you (fill in the blank)”



MEET THEM WHERE THEY ARE, NOT WHERE YOU WANT THEM TO BE

- Unconditional Positive Regard (Basic Assumption)
- “I know exactly what you need to do!”
- Giving others a gift, the opportunity to find their own way
- We may not like the decisions others make but we respect them as individuals and will not judge or condemn them for the choices they have made along the way





DON'T FEED THE BEARS

- A hungry bear always wants more!
- Bears come in all forms
- A bear's favorite treats are fighting words!
 - Absolutes (never and always)
 - Sarcasm



BACK OUT OF THE POWER STRUGGLE

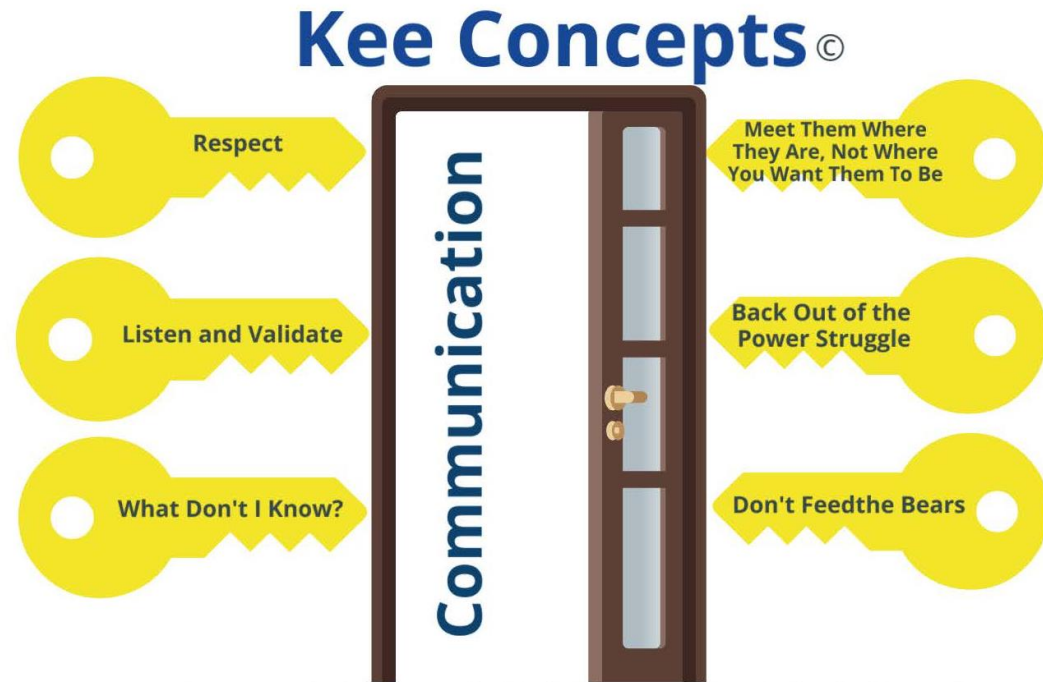
USE ALL OF YOUR TOOLS AND
STOP FEEDING THE BEAR



PUTTING IT
ALL TOGETHER

TAKE AWAYS

- What have you learned?
- How will you apply Kee Concepts in your daily communication?
- What Kee Concept do you want to work on going forward?



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IN CLOSING ...



We are conducting a survey to better appreciate your perceptions of the Kee Concepts of Communication (approved by the Montana State University Institutional Review Board Protocol # 2022-257-EXEMPT).

By completing the survey, you are consenting to be a participant in the study. Your information will be kept confidential.

Participation in the survey is voluntary. You may stop taking the survey at any time.

Thank you for your time and participation.