

# Self-Directed Violence Classification System Training

**Objective:** to learn and begin using a new nomenclature for self-directed violence



# Self-Directed Violence Classification System Training

## Training Overview

- Review of the language of suicidology
- Rationale for a self-directed violence classification system
- Implementation of a new classification system

## Case Example

A healthy 24-year-old female Veteran is brought by her boyfriend to the Emergency Department after she ingested all remaining pills in a bottle of regular strength Tylenol. She estimates there were 4 to 6 pills total in the bottle (1300-1950 mg total dose), and she reports no ill effects. Lab tests done at the time of admission to the ED reported her acetaminophen level within the therapeutic range. During triage, she states that before she took the pills she was upset from arguing with her boyfriend and just wanted to die. She feels better now and requests to go home.

# The Language of Self-Directed Violence

## Identification of the Problem

- Suicidal ideation
- ~~Death wish~~
- ~~Suicidal threat~~
- ~~Cry for help~~
- ~~Self mutilation~~
- ~~Parasuicidal gesture~~
- ~~Suicidal gesture~~
- ~~Risk-taking behavior~~
- ~~Deliberate Self-Harm~~
- ~~Non-Suicidal Self Injury~~
- ~~Suicidal Gesture~~
- ~~Self-harm~~
- ~~Self-injury~~
- Suicide attempt
- ~~Aborted suicide attempt~~
- ~~Accidental death~~
- ~~Unintentional suicide~~
- ~~Successful attempt~~
- ~~Completed suicide~~
- ~~Life-threatening behavior~~
- ~~Suicide-related behavior~~
- Suicide

# The Language of Self-Directed Violence

## A Solution to the Problem

**Nomenclature (def.)** - a set of terms that are:

- ❖ Commonly understood
- ❖ Widely acceptable
- ❖ Comprehensive

These terms

- ◆ Define the basic clinical phenomena (of suicide and suicide-related behaviors)
- ◆ Are based on a logical set of necessary component elements that can be easily applied (Silverman, 2006)

## What is the Purpose of a Nomenclature?

- ❖ enhance clarity of communication
- ❖ have applicability across clinical settings
- ❖ be theory neutral
- ❖ be culturally neutral
- ❖ use mutually exclusive terms that encompass the spectrum of thoughts and actions

(Silverman, 2006)

# What is a Classification System?

## Essential Features

- ❖ Builds upon a nomenclature (e.g., terminology)
- ❖ “Exhaustive” categorization and breakdown of subtypes of related behaviors (e.g., covers all possibilities)
- ❖ Further differentiates amongst phenomena that appear to be similar by use of modifiers (Silverman, 2006)

## Self-Directed Violence Classification System\*

Type	Sub-Type	Definition	Modifiers	Terms
Thoughts	Non-Suicidal Self-Directed Violence Ideation	<p>Self-reported thoughts regarding a person's desire to engage in self-inflicted potentially injurious behavior. There is no evidence of suicidal intent.</p> <p>For example, persons engage in Non-Suicidal Self-Directed Violence Ideation in order to attain some other end (e.g., to seek help, regulate negative mood, punish others, to receive attention).</p>	N/A	<ul style="list-style-type: none"> <li>•Non-Suicidal Self-Directed Violence Ideation</li> </ul>
	Suicidal Ideation	<p>Thoughts of engaging in suicide-related behavior.</p> <p>For example, intrusive thoughts of suicide without the wish to die would be classified as Suicidal Ideation, Without Intent.</p>	<ul style="list-style-type: none"> <li>•Suicidal Intent:                             <ul style="list-style-type: none"> <li>-Without</li> <li>-Undetermined</li> <li>-With</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>•Suicidal Ideation, Without Suicidal Intent</li> <li>•Suicidal Ideation, With Undetermined Suicidal Intent</li> <li>•Suicidal Ideation, With Suicidal Intent</li> </ul>
Behaviors	Preparatory	<p>Acts or preparation towards engaging in Self-Directed Violence, but before potential for injury has begun. This can include anything beyond a verbalization or thought, such as assembling a method (e.g., buying a gun, collecting pills) or preparing for one's death by suicide (e.g., writing a suicide note, giving things away).</p> <p>For example, hoarding medication for the purpose of overdosing would be classified as Suicidal Self-Directed Violence, Preparatory.</p>	<ul style="list-style-type: none"> <li>•Suicidal Intent:                             <ul style="list-style-type: none"> <li>-Without</li> <li>-Undetermined</li> <li>-With</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>•Non-Suicidal Self-Directed Violence, Preparatory</li> <li>•Undetermined Self-Directed Violence, Preparatory</li> <li>•Suicidal Self-Directed Violence, Preparatory</li> </ul>
	Non-Suicidal Self-Directed Violence	<p>Behavior that is self-directed and deliberately results in injury or the potential for injury to oneself. There is no evidence, whether implicit or explicit, of suicidal intent.</p> <p>For example, persons engage in Non-Suicidal Self-Directed Violence in order to attain some other end (e.g., to seek help, regulate negative mood, punish others, to receive attention).</p>	<ul style="list-style-type: none"> <li>•Injury:                             <ul style="list-style-type: none"> <li>-Without</li> <li>-With</li> <li>-Fatal</li> </ul> </li> <li>•Interrupted by Self or Other</li> </ul>	<ul style="list-style-type: none"> <li>•Non-Suicidal Self-Directed Violence, Without Injury</li> <li>•Non-Suicidal Self-Directed Violence, Without Injury, Interrupted by Self or Other</li> <li>•Non-Suicidal Self-Directed Violence, With Injury</li> <li>•Non-Suicidal Self-Directed Violence, With Injury, Interrupted by Self or Other</li> <li>•Non-Suicidal Self-Directed Violence, Fatal</li> </ul>
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\* Developed in collaboration with the Centers for Disease Control and Prevention

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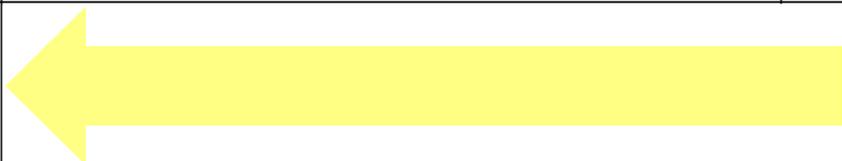
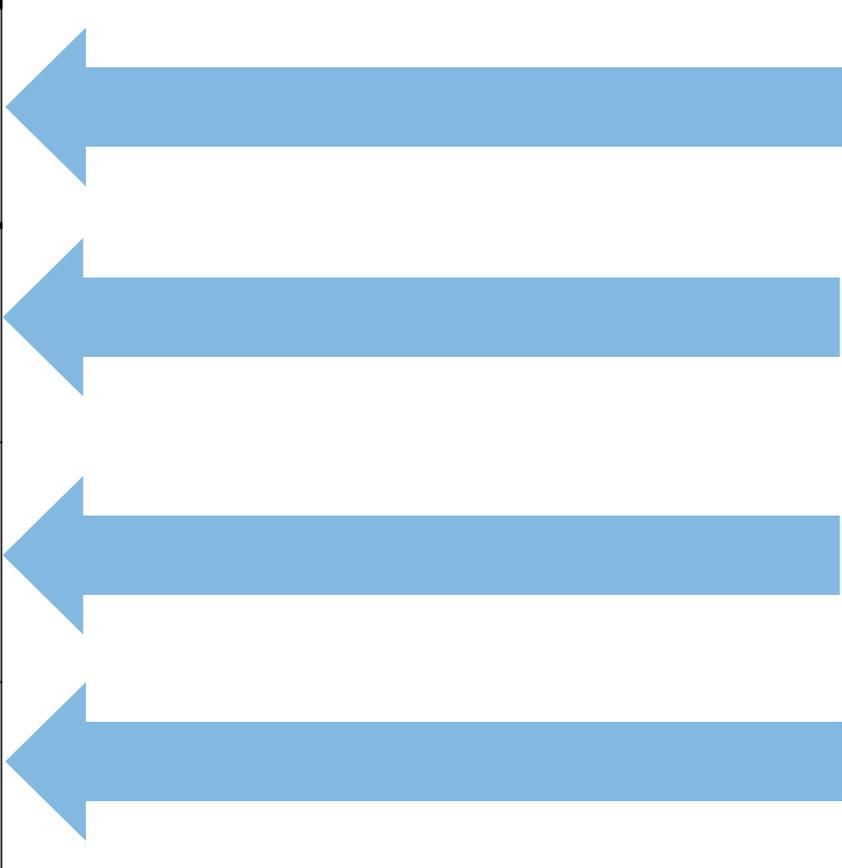
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		trump		
		<b>Thoughts</b>		
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# Self-Directed Violence (SDV) Classification System Clinical Tool

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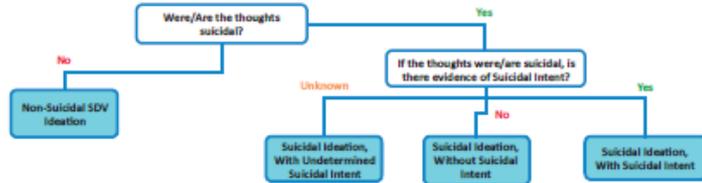
## BEGIN WITH THESE 3 QUESTIONS:

1. Is there any indication that the person engaged in self-directed violent behavior that was lethal, preparatory, or potentially harmful? (Refer to Key Terms on reverse side)  
**IF NO, proceed to Question 2**  
**IF YES, proceed to Question 3**
2. Is there any indication that the person had self-directed violence related thoughts?  
**IF NO to Questions 1 and 2, there is insufficient evidence to suggest self-directed violence → NO SDV TERM**  
**IF YES, proceed to Decision Tree A**
3. Did the behavior involve any injury or did it result in death?  
**IF NO, proceed to Decision Tree B**  
**IF YES, proceed to Decision Tree C**

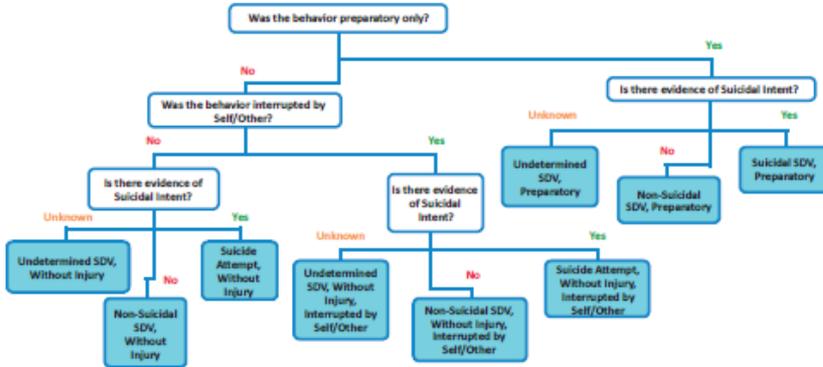
## Key Terms (Centers for Disease Control and Prevention)

<b>Self-Directed Violence:</b>	Behavior that is self-directed and deliberately results in injury or the potential for injury to oneself.
<b>Suicidal Intent:</b>	There is past or present evidence (implicit or explicit) that an individual wishes to die, means to kill him/herself, and understands the probable consequences of his/her actions or potential actions. Suicidal intent can be determined retrospectively and in the absence of suicidal behavior.
<b>Preparatory Behavior:</b>	Acts or preparation towards engaging in Self-Directed Violence, but before potential for injury has begun. This can include anything beyond a verbalization or thought, such as assembling a method (e.g., buying a gun, collecting pills) or preparing for one's death by suicide (e.g., writing a suicide note, giving things away).
<b>Physical Injury (paraphrased):</b>	A bodily lesion resulting from acute overexposure to energy (this can be mechanical, thermal, electrical, chemical, or radiant) interacting with the body in amounts or rates that exceed the threshold of physiological tolerance (e.g., bodily harm due to suffocation, poisoning or overdoses, lacerations, gunshot wounds, etc.). Refer to the Classification System for the Centers for Disease Control and Prevention definition.
<b>Interrupted By Self or Other:</b>	A person takes steps to injure self but is stopped by self/another person prior to fatal injury. The interruption may occur at any point.
<b>Suicide Attempt:</b>	A non-fatal self-inflicted potentially injurious behavior with any intent to die as a result of the behavior.
<b>Suicide:</b>	Death caused by self-inflicted injurious behavior with any intent to die as a result of the behavior.

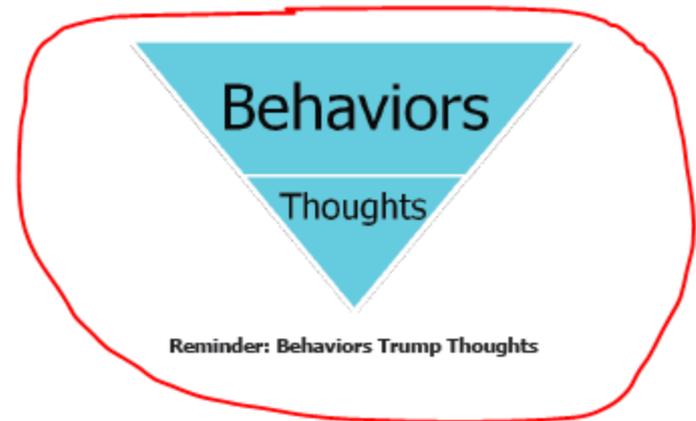
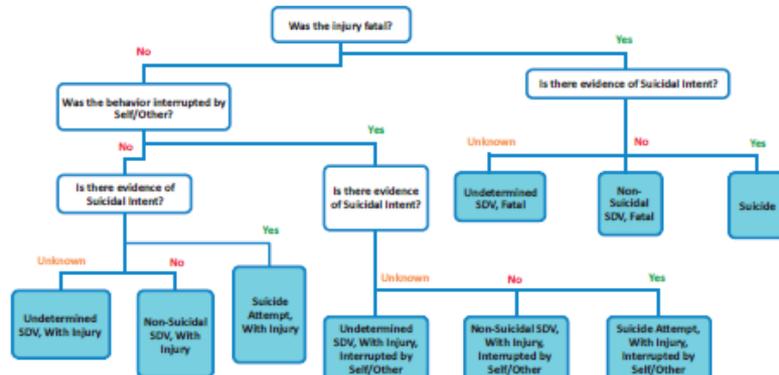
## DECISION TREE A: THOUGHTS



## DECISION TREE B: BEHAVIORS, WITHOUT INJURY



## DECISION TREE C: BEHAVIORS, WITH INJURY

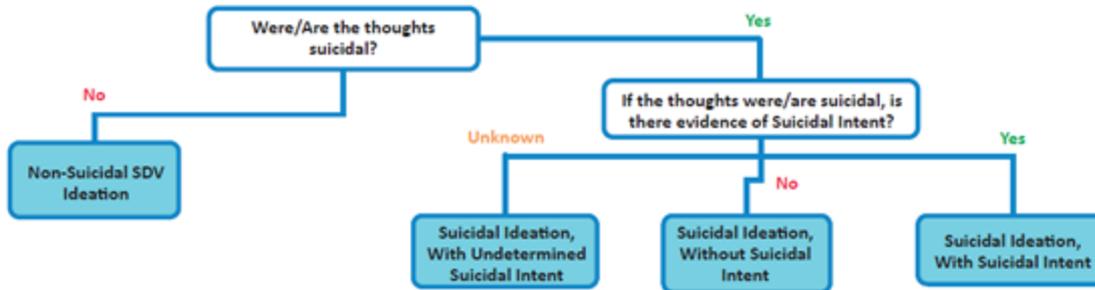


Case example: Working with a depressed client you ask her if she has ever had thoughts of killing herself. She says, “Well sometimes the thought pops into my head, but I would never do it because of the kids.”

**BEGIN WITH THESE 3 QUESTIONS:**

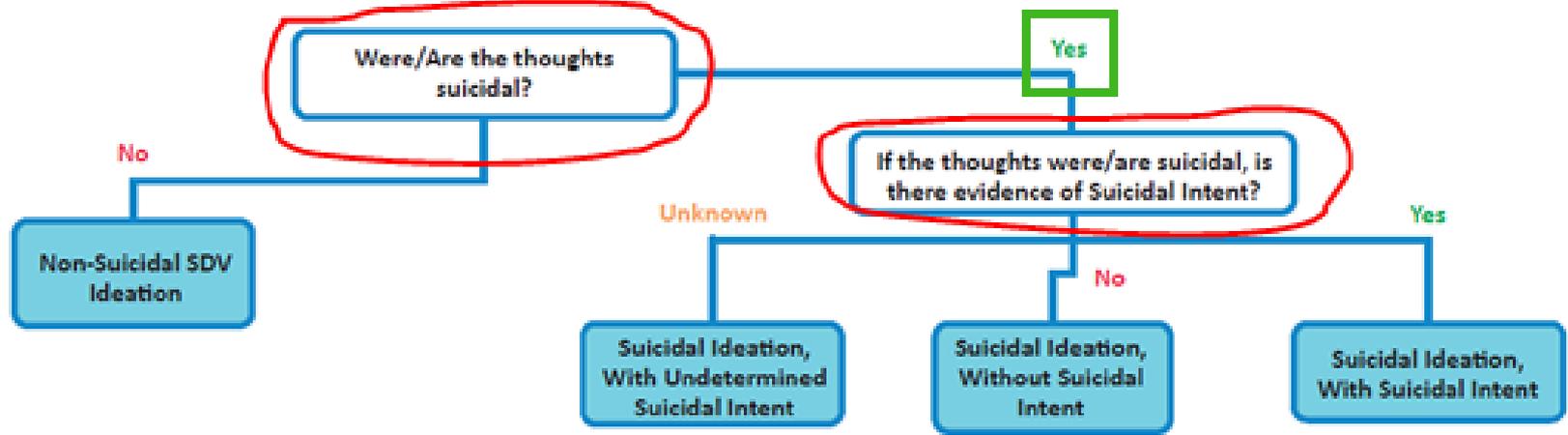
1. Is there any indication that the person engaged in self-directed violent behavior that was lethal, preparatory, or potentially harmful?  
(Refer to Key Terms on reverse side)  
If NO, proceed to Question 2  
If YES, proceed to Question 3
2. Is there any indication that the person had self-directed violence related thoughts?  
If NO to Questions 1 and 2, there is insufficient evidence to suggest self-directed violence → **NO SDV TERM**  
If YES, proceed to **Decision Tree A**
3. Did the behavior involve any injury or did it result in death?  
If NO, proceed to **Decision Tree B**  
If YES, proceed to **Decision Tree C**

**DECISION TREE A: THOUGHTS**



Case example: Working with a depressed client you ask her if she has ever had thoughts of killing herself. She says, "Well sometimes the thought pops into my head, but I would never do it because of the kids."

**DECISION TREE A: THOUGHTS**



## Key Concept: Suicidal Intent

There is past or present evidence (implicit or explicit) that an individual wishes to die, means to kill him/herself, and understands the probable consequences of his/her actions or potential actions. Suicidal intent can be determined retrospectively and in the absence of suicidal behavior.

Key Component 1

Does the  
Individual Wish to  
Die

Key Component 2

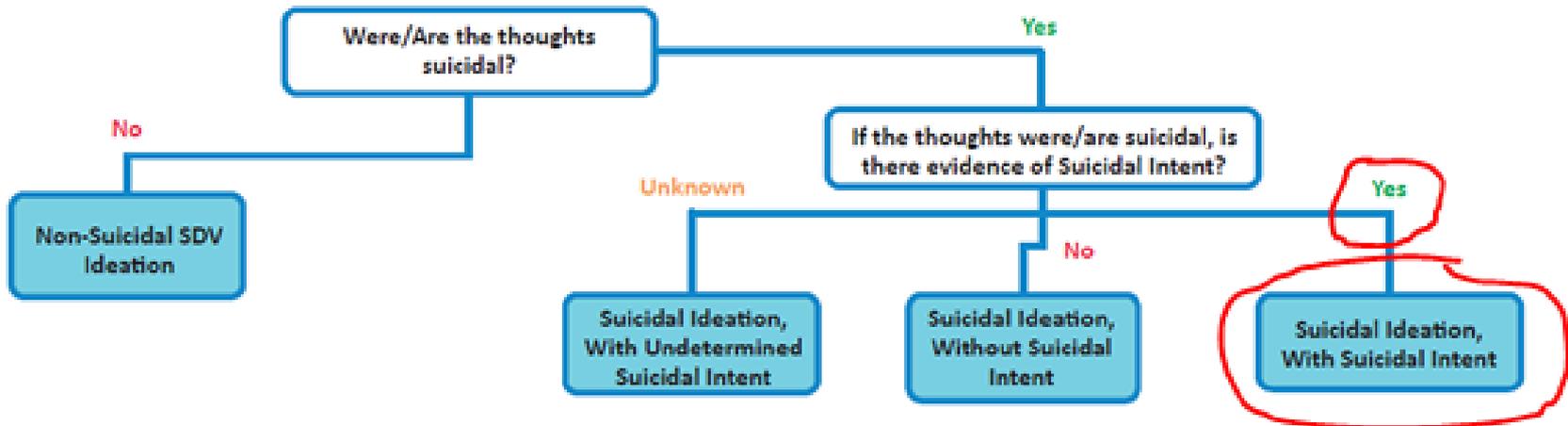
Does the  
Individual Mean to  
Kill Themselves

Key Component 3

Does the  
Individual  
Understand the  
Consequences

Case example: Working with a depressed client you ask her if she has ever had thoughts of killing herself. She says, "Well sometimes the thought pops into my head, but I would never do it because of the kids."

**DECISION TREE A: THOUGHTS**



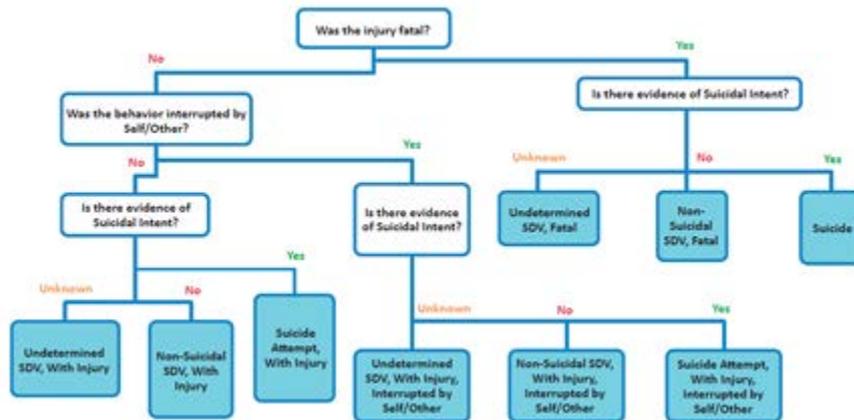
**SDV Term: Suicidal Ideation, With Suicidal Intent**

Case example: A patient's mother finds him tearful and holding a knife to his wrist. He has already made a few small cuts. On his bed is a note stating, "I can't go on like this. You'll be better off without me."

**BEGIN WITH THESE 3 QUESTIONS:**

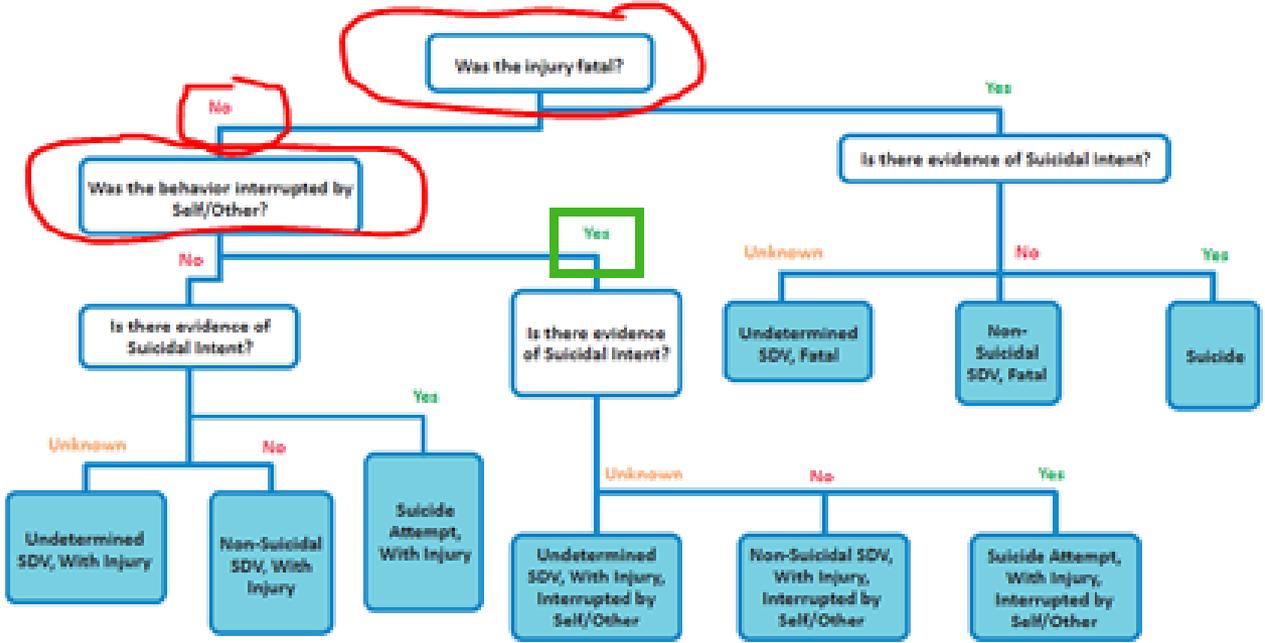
1. Is there any indication that the person engaged in self-directed violent behavior that was lethal, preparatory, or potentially harmful?  
(Refer to Key Terms on reverse side)  
If NO, proceed to Question 2  
If YES, proceed to Question 3
2. Is there any indication that the person had self-directed violence related thoughts?  
If NO to Questions 1 and 2, there is insufficient evidence to suggest self-directed violence → NO SDV TERM  
If YES, proceed to **Decision Tree A**
3. Did the behavior involve any injury or did it result in death?  
If NO, proceed to **Decision Tree B**  
If YES, proceed to **Decision Tree C**

**DECISION TREE C: BEHAVIORS, WITH INJURY**



Case example: A patient's mother finds him tearful and holding a knife to his wrist. He has already made a few small cuts. On his bed is a note stating, "I can't go on like this. You'll be better off without me."

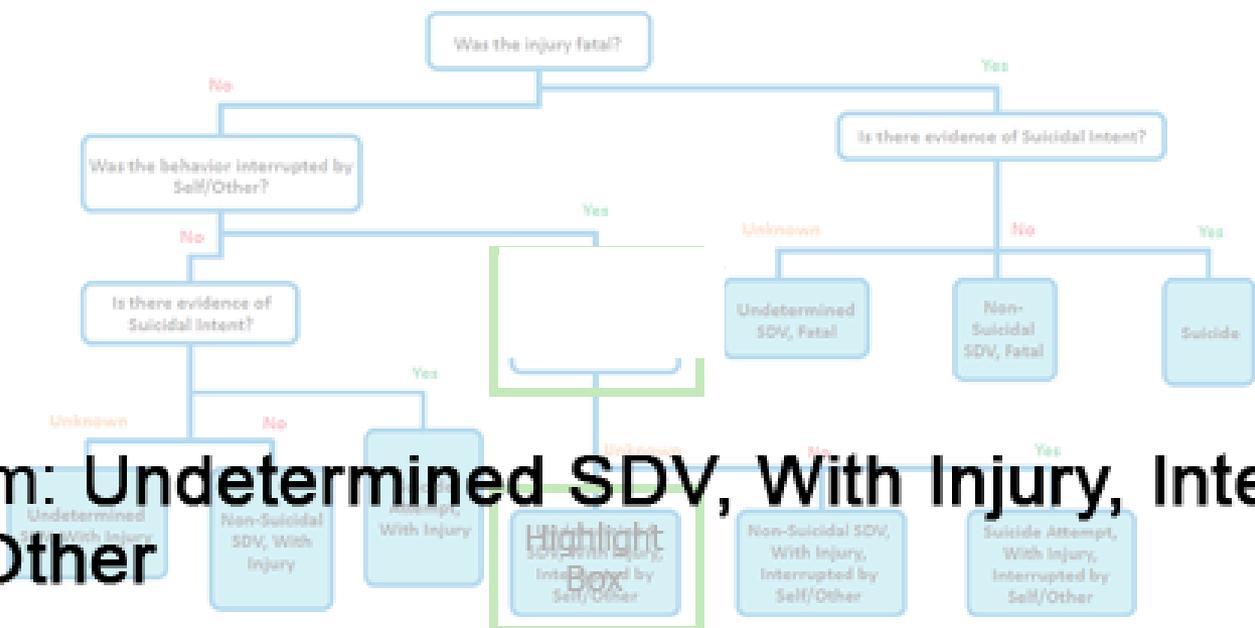
DECISION TREE C: BEHAVIORS, WITH INJURY





Case example: A patient's mother finds him tearful and holding a knife to his wrist. He has already made a few small cuts. On his bed is a note stating, "I can't go on like this. You'll be better off without me."

DECISION TREE C: BEHAVIORS, WITH INJURY



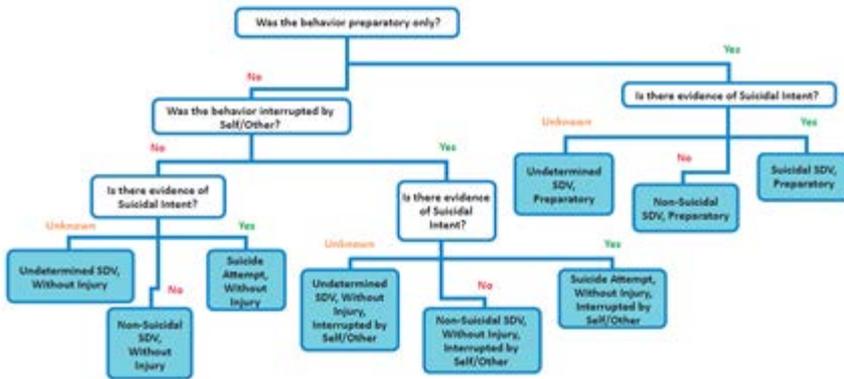
SDV Term: **Undetermined SDV, With Injury, Interrupted by Self/Other**

Case example: A 75-year-old veteran loses his wife to cancer. Within hours, he purchases ammunition for a handgun he has had for years and contacts his attorney asking to revise his will. His son asks him about these behaviors, and he refuses to answer, changing the

**BEGIN WITH THESE 3 QUESTIONS:**

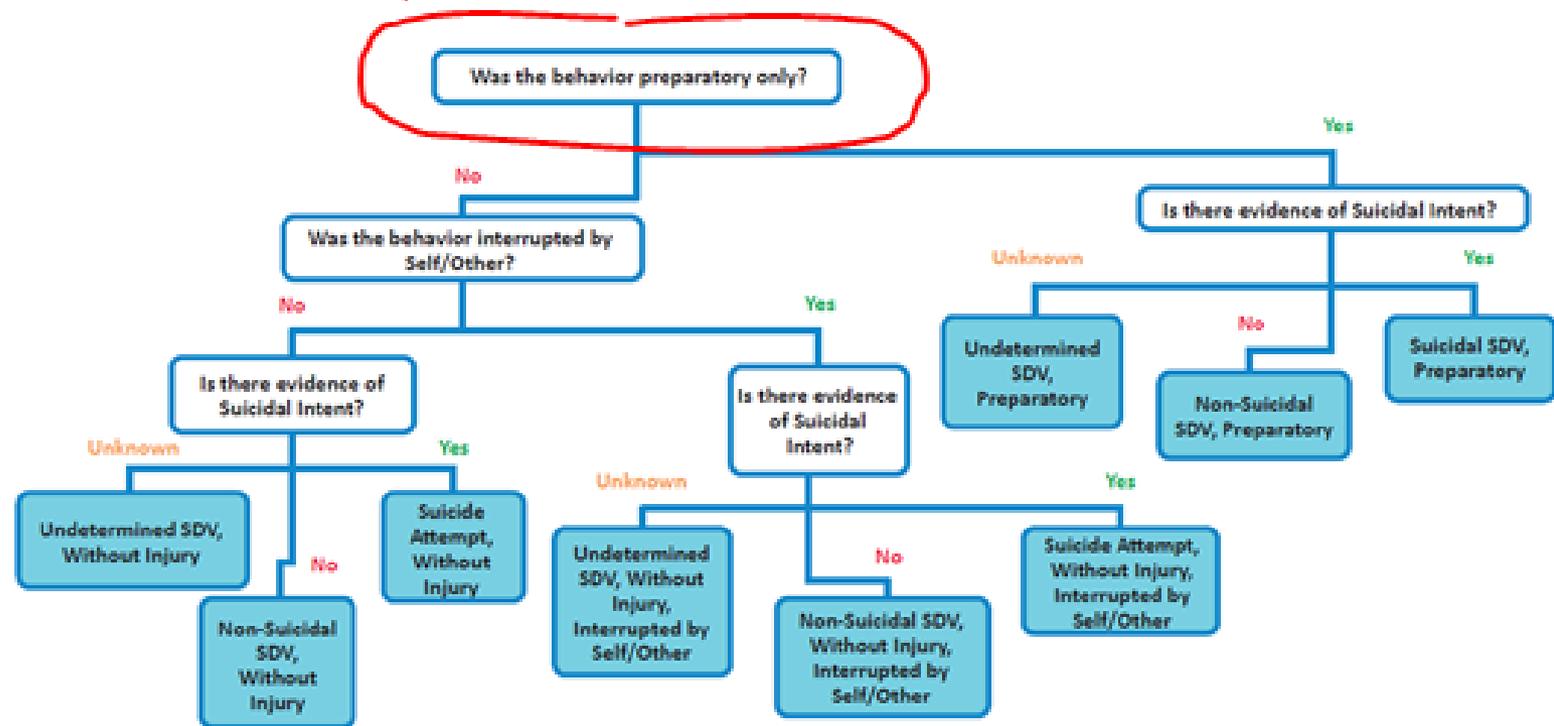
1. Is there any indication that the person engaged in self-directed violent behavior that was lethal, preparatory, or potentially harmful?  
(Refer to Key Terms on reverse side)  
If NO, proceed to Question 2  
If YES, proceed to Question 3
2. Is there any indication that the person had self-directed violence related thoughts?  
If NO to Questions 1 and 2, there is insufficient evidence to suggest self-directed violence → NO SDV TERM  
If YES, proceed to **Decision Tree A**
3. Did the behavior involve any injury or did it result in death?  
If NO, proceed to **Decision Tree B**  
If YES, proceed to **Decision Tree C**

**DECISION TREE B: BEHAVIORS, WITHOUT INJURY**



Case example: A 75-year-old veteran loses his wife to cancer. Within hours, he purchases ammunition for a handgun he has had for years and contacts his attorney asking to revise his will. His son asks him about these behaviors, and he refuses to answer, changing the subject.

DECISION TREE B: BEHAVIORS, WITHOUT INJURY

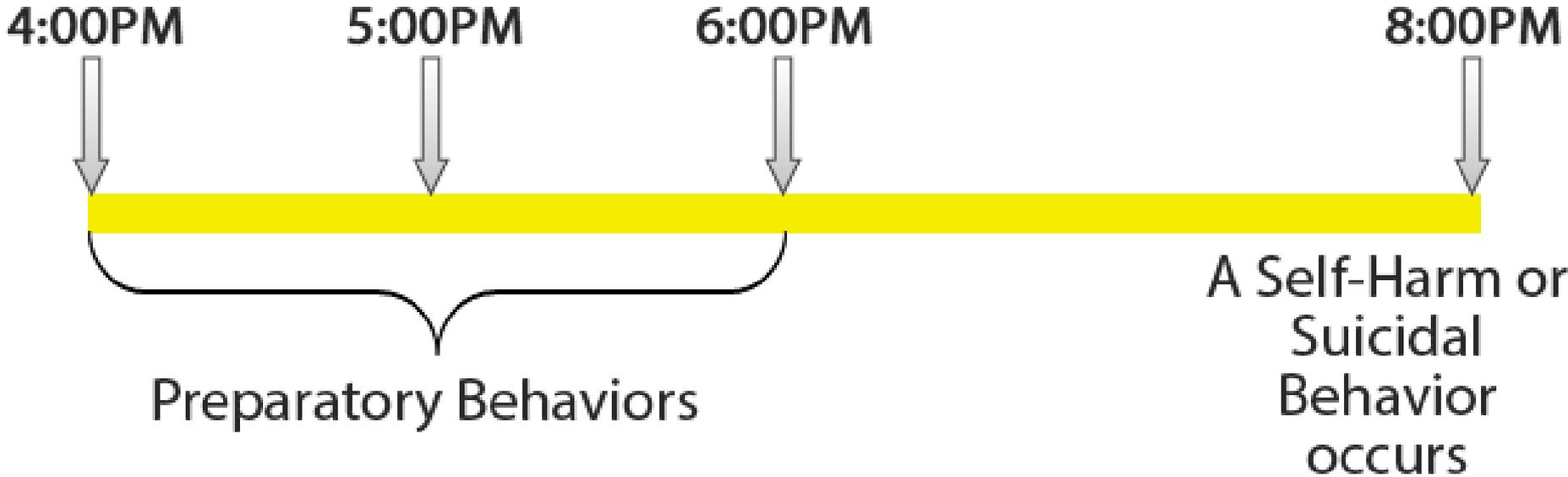


## Key Concept

### Preparatory Behavior

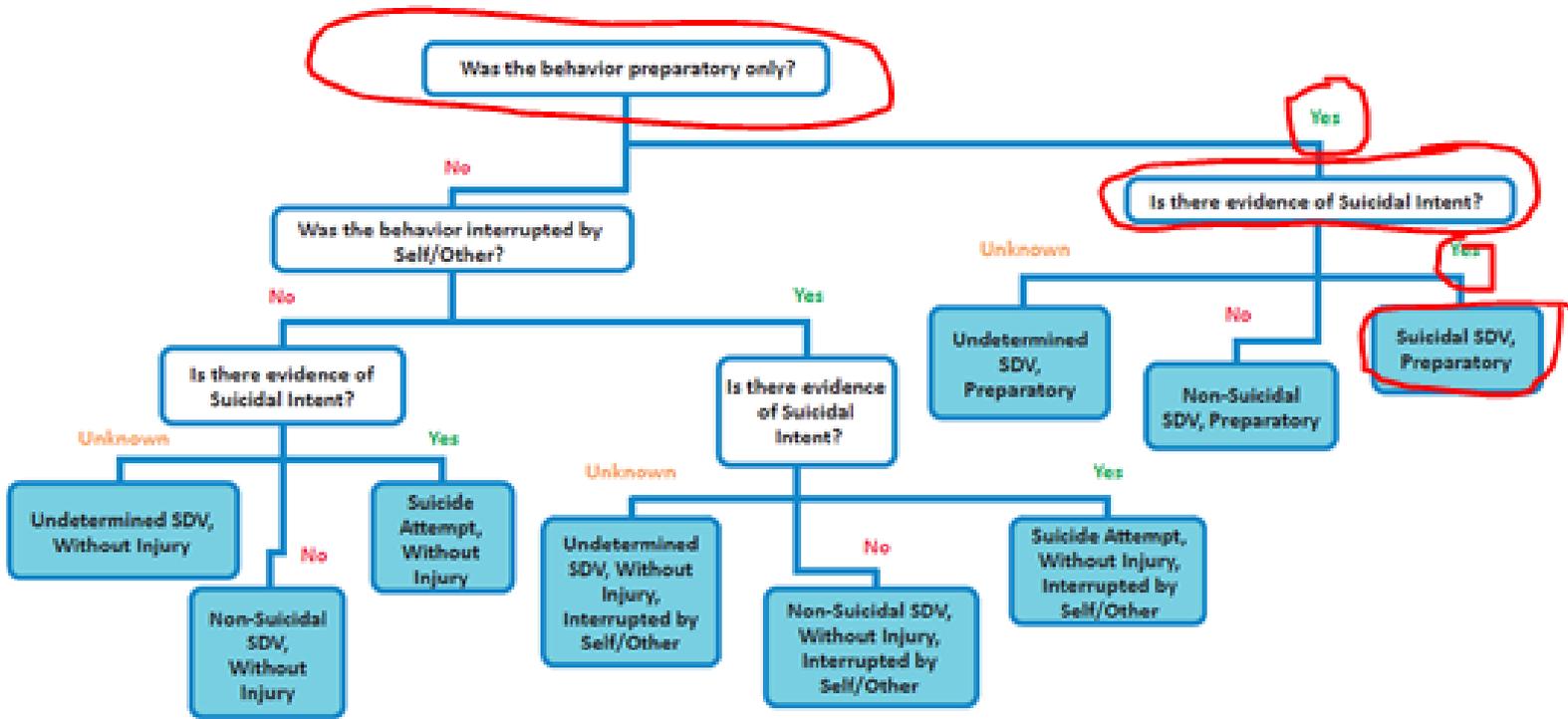
Acts or preparation towards engaging in Self-Directed Violence, but before potential for injury has begun. This can include anything beyond a verbalization or thought, such as assembling a method (e.g., buying a gun, collecting pills) or preparing for one's death by suicide (e.g., writing a suicide note, giving things away).

Case example: A 75-year-old veteran loses his wife to cancer. Within hours, he purchases ammunition for a handgun he has had for years and contacts his attorney asking to revise his will. His son asks him about these behaviors, and he refuses to answer, changing the subject.



Case example: A 75-year-old veteran loses his wife to cancer. Within hours, he purchases ammunition for a handgun he has had for years and contacts his attorney asking to revise his will. His son asks him about these behaviors, and he refuses to answer, changing the subject.

**DECISION TREE B: BEHAVIORS, WITHOUT INJURY**



SDV Term: Suicidal SDV, Preparatory

Thanks