



Peer Support Team Newsletter

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Peer Support Teams are available 24 hours a day, 7 days a week.

Serve - Protect - Support - Surpass

April 2023 Volume 1, Issue 2

Columbia Suicide Severity Rating Scale (C-SSRS)

You can make a difference!

The C-SSRS supports suicide risk assessment through a series of simple, plain-language questions. It is designed for use by *everyone*. If you suspect a coworker, family member, or any other person may be suicidal, take action. Do not hesitate to ask these questions and follow up as suggested...*you may save a life.*

Always ask questions 1 and 2.	Past Month	
1) Have you wished you were dead or wished you could go to sleep and not wake up?		
2) Have you actually had any thoughts about killing yourself?		
If YES to 2, ask questions 3, 4, 5 and 6. If NO to 2, skip to question 6.		
3) Have you been thinking about how you might do this?		
4) Have you had these thoughts and had some intention of acting on them?	High Risk	
5) Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?	High Risk	
Always Ask Question 6	Life-time	Past 3 Months
6) Have you done anything, started to do anything, or prepared to do anything to end your life? <small>Examples: Took pills, tried to shoot yourself, cut yourself, tried to hang yourself; or collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, took out pills but didn't swallow any, held a gun but changed your mind or it was grabbed from your hand, went to the roof but didn't jump, etc.</small> If yes, was this within the past 3 months?		High Risk



If YES to 2 or 3, seek behavioral healthcare for further evaluation.
If the answer to 4, 5 or 6 is YES, get **immediate help: Call or text 988, call 911 or go to the emergency room.**
STAY WITH THEM until they can be evaluated.



Download Columbia Protocol app

If 4, 5, or 6 is YES, or you have any concerns, contact the Peer Support Team or other support resource immediately.

10 Warning Signs of Alcohol Use Disorder

Concerned about your drinking? Have others expressed concern about your drinking? Here are 10 warning signs that may help you to determine if you have a problem with alcohol:

1. Do you ever drink after telling yourself you won't?
2. Does your drinking worry your family?
3. Do you drink alone when you feel angry, lonely, or sad?
4. Have you ever felt you should cut down on your drinking for a medical or any other reason, and fail to do so?
5. Do you get headaches or have hangovers after drinking?
6. Has your drinking ever make you absent or late for work, a family obligation, or social event?
7. Have people annoyed you by criticizing your drinking?
8. Have you ever felt bad or guilty about your behavior when drinking?
9. Do you have "blackouts" or forget what you did while you were drinking?
10. Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

Interesting historical fact: In 1898, the Bayer company introduced the drug *diacetylmorphine* as a non-addicting alternative to morphine for treating cough, headache, and morphine and cocaine addiction. Diacetylmorphine was viewed as a wonder drug. It was marketed and became better known by its trade name...Heroin.

On the Science Scene Avogadro's Number

What is **Avogadro's Number**? Italian physicist Amedeo Avogadro (1776-1856) is credited with hypothesizing that equal volumes of gases under the same temperature and pressure will contain equal numbers of particles.

This came to be known as Avogadro's Law. After some years, the *mole* was developed. A mole is a unit of measurement and was previously defined as the number of carbon-12 atoms in 12 grams of carbon-12. However, since 2019, it is defined as just a number used by scientists to measure the quantities of very small particles (atoms, molecules, etc.).

For most mathematical purposes, a mole consists of 6.022×10^{23} units...fully written: 602,200,000,000,000,000,000,000. This is an incredibly large number. If you were to count atoms at the rate of 10 million per second, it would take about 2 billion years to count the number of particles in a mole! The number of units (atoms, molecules, etc.) in a mole (6.022×10^{23}) is referred to as *Avogadro's Number*.

FYI - There are over 55.5 moles of the H₂O molecule (2 hydrogen atoms and 1 oxygen atom) in a liter of water, and three times this for the number of atoms (as atoms comprise molecules). Something to think about when you take that next refreshing drink of water!

When asked about what it takes to be happy, German rationalist philosopher **Immanuel Kant** (1724-1804) advanced three rules:

- (1) seek something to do,
- (2) someone to love, and
- (3) something to hope for.

