

## **Integrating Concepts in Positive Psychology with Suicide Prevention in Children and Adolescents**

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**Abstract :** This systematic review incorporates concepts used in the field of positive psychology in order to integrate important elements into suicide prevention programs for children and adolescents. The goal of this review is to help students and professionals gain insight to available prevention programs for suicide and to incorporate aspects of positive psychology into these programs. Evidence-based interventions such as Positive Youth Development will be discussed in detail in its relation to prevention and positive psychology. Concepts such as hope, optimism, coping, and resilience will be related to these interventions in order to improve these interventions. The review will also explain how these programs can help prevent suicidal thoughts and/or behaviors. Research on mentorship programs and early intervention programs will be included and related to the aforementioned positive psychology concepts. Since children and adolescents are such a vulnerable population, the review will highlight specific considerations for working with children in order to prevent risk factors for suicide and to build protective factors. This review will discuss the effectiveness of school-based programs that are integrated with positive psychology. Elements of these programs that have been shown to be most effective in preventing suicide in schools will also be identified. As a result of this presentation, participants will be able to 1) List at least 2 evidence-based suicide prevention programs, 2) Understand the connection between specific positive psychology concepts and suicide prevention, 3) Identify at least 3 factors which protect against suicide, 4) Describe at least 3 risk factors for suicide, and 5) Think critically about the positive elements of suicide prevention programs.

**Keywords :** children, adolescents, suicide, positive

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