

# Self-Harm in Adolescents:

## Efforts Towards the Aspirational Goal of “Zero Suicide”

Dr. Joan Asarnow, Professor of Psychiatry and Biobehavioral Sciences at UCLA and Director of the UCLA Youth Stress and Mood Program

### Lecture: 19 April 2018

This presentation will review a program of research aimed at moving towards the aspirational goal of “zero suicide.” Research on understanding and treating suicidal and self-harm tendencies will be reviewed. The emphasis is on studies evaluating: an emergency intervention for reducing suicide risk among youths presenting to the Emergency Department with suicidal behavior; a dialectical-behavior therapy informed cognitive-behavioral and family treatment for youths with recent self-harm; and a randomized controlled trial of dialectical behavior therapy for highly suicidal self-harming youths. New research focused on integrating state of the art suicide prevention services for high risk youths within a health system as well as efforts to improve care nationally in the United States will also be discussed.



Dr. Joan Asarnow, UCLA

**19 April**  
**15:00-17:00**

**Free and open to the public**

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