



COMMUNITY • ADVOCACY • RESOURCES • EDUCATION • SOLUTIONS

THE FATAL 10™

*Recognizing Risk.
Interrupting Patterns.
Preventing Adverse Outcomes.*



An Illinois C.A.R.E.S.™ Educational Initiative

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About The Fatal 10™

What if we could recognize the conditions contributing to adverse outcomes long before a crisis occurs? What if prevention began not with the final event, but with understanding the patterns, circumstances, and unmet needs that preceded it?

The Fatal 10™ educational series introduces a different way of thinking about prevention. Developed by Dr. Olivia Johnson, this framework examines ten critical risk contributors associated with specific health, safety, behavioral, social, and environmental outcomes. Rather than focusing exclusively on what happened, participants learn to examine why it happened, what warning signs may have been present, and where opportunities for earlier intervention existed.

Using an inoculation-based approach to prevention, each course explores identifiable risk factors, protective influences, systemic barriers, and practical strategies for interrupting harmful trajectories. The objective is not to predict an individual's future with certainty, but to recognize patterns early enough to create opportunities for meaningful intervention.

Spanning the lifespan from maternal health through aging and end-of-life concerns, the Fatal 10™ series also examines community vulnerabilities, preventable deaths, and occupational risks. Courses are designed to strengthen awareness, improve decision-making, connect individuals with resources, and help organizations and communities move from reactive responses toward proactive prevention.

From Prediction to Prevention

SECTION I

Lifespan Health & Wellness

COURSES 01–07 | MATERNAL HEALTH THROUGH AGING AND END OF LIFE

These courses follow the human lifespan, examining how risk factors evolve, accumulate, and interact across developmental stages.

COURSE 01

The Fatal 10™: Maternal Health & Pregnancy Risk

Healthy Beginnings Start Before Birth.



Maternal complications rarely develop in isolation. Long before an adverse pregnancy or birth outcome, identifiable factors such as inconsistent prenatal care, untreated medical conditions, nutritional deficiencies, psychological distress, substance use, environmental exposures, and socioeconomic barriers may influence maternal and infant health. Understanding how these conditions intersect creates opportunities to recognize vulnerability earlier.

Using the Fatal 10™ framework, participants examine the biological, behavioral, social, and environmental contributors to maternal morbidity and mortality. The course introduces an inoculation-based prevention approach that emphasizes early recognition, education, resource connections, and coordinated support. The goal is to reduce preventable complications, strengthen maternal well-being, and improve outcomes for both mother and child.

COURSE 02

The Fatal 10™: Infant & Child Mortality

Every Child Deserves the Chance to Thrive.



The death of an infant or young child is often viewed through the lens of the final medical event or injury. Yet many preventable deaths involve contributing conditions that existed well before the outcome, including unsafe sleep environments, unintentional injuries, maternal complications, inadequate nutrition, limited healthcare access, poverty, and environmental hazards. These factors frequently overlap, increasing vulnerability during the earliest stages of life.

This course examines ten significant contributors to infant and childhood mortality and explores opportunities for earlier recognition and intervention. Through the Fatal 10™ framework, participants learn to identify preventable risks, strengthen caregiver education, recognize resource gaps, and support coordinated prevention efforts. The emphasis is on understanding the conditions surrounding childhood deaths and translating that knowledge into safer environments and healthier beginnings.

Lifespan Health & Wellness

COURSE 03

The Fatal 10™: Childhood Safety & Development

What Happens in Childhood Does Not Always Stay in Childhood.



Childhood experiences shape physical health, emotional development, relationships, and future opportunities. Exposure to violence, family instability, neglect, unsafe environments, unmet developmental needs, and inadequate support can create vulnerabilities that extend well into adulthood. While not every child exposed to adversity experiences negative outcomes, the accumulation of risk can influence developmental trajectories.

This course examines ten critical conditions that may compromise childhood safety and well-being, emphasizing the interaction between adverse experiences and protective factors. Participants explore early warning signs, family and community influences, and practical strategies for strengthening resilience, improving access to support, and reducing preventable harm before patterns become entrenched.

COURSE 04

The Fatal 10™: At-Risk Youth & Young Adults

The Warning Signs Often Appear Before the Consequences.



Adolescence and young adulthood are periods of significant transition, identity development, and increased independence. Exposure to community violence, educational instability, untreated mental health needs, family dysfunction, substance use, peer pressure, and economic hardship can contribute to dangerous circumstances and adverse outcomes. When these risks accumulate without adequate support, young people may become increasingly vulnerable to victimization, criminal involvement, injury, or premature death.

Using the Fatal 10™ framework, this course explores ten major contributors to adverse outcomes among vulnerable youth and young adults. Participants examine the influence of family, schools, community conditions, peer relationships, and access to opportunities. Emphasis is placed on recognizing risk patterns, strengthening protective relationships, supporting responsible decision-making, and connecting young people with meaningful resources before consequences become irreversible.

SECTION I

Lifespan Health & Wellness

COURSE 05

The Fatal 10™: Women in the Middle Years

When Everyone Depends on You, Who Is Looking Out for You?



The middle years can bring an accumulation of responsibilities, transitions, and pressures that often go unrecognized. Caregiving demands, relationship instability, financial anxiety, chronic health concerns, hormonal changes, workplace dissatisfaction, and social isolation may intersect, gradually affecting emotional and physical well-being. For some women, these pressures are compounded by unresolved trauma, substance use, or limited access to meaningful support.

This course examines ten significant risk contributors affecting women during midlife, with particular attention to the relationship between changing roles, identity, psychological wellness, and vulnerability to crisis. Using the Fatal 10™ framework, participants learn to recognize emerging patterns, identify protective factors, challenge the normalization of chronic distress, and explore prevention strategies that strengthen stability, connection, and quality of life.

COURSE 06

The Fatal 10™: Men in the Middle Years

When Strength Becomes Silence, Risk Can Go Unrecognized.



When Strength Becomes Silence, Risk Can Go Unrecognized.

Men in their middle years may experience significant personal, professional, financial, and relational changes while facing cultural expectations to remain strong, independent, and emotionally self-sufficient. Job instability, relationship breakdown, chronic illness, unresolved trauma, substance use, social disconnection, and perceived loss of purpose can accumulate over time, increasing vulnerability to depression, self-destructive behavior, and suicide.

This course explores ten critical contributors associated with declining well-being and adverse outcomes among men in midlife. Participants examine how identity, social expectations, access to support, and reluctance to seek help can influence risk. The Fatal 10™ framework emphasizes earlier recognition, meaningful social connection, practical coping strategies, and opportunities to interrupt harmful patterns before they escalate into crisis.

SECTION I

Lifespan Health & Wellness

COURSE 07

The Fatal 10™: Aging, Older Adults & End-of-Life Vulnerability

What Happens in Childhood Does Not Always Stay in Childhood.



Aging introduces changes in physical health, independence, social relationships, and daily functioning, but declining quality of life should not automatically be accepted as an unavoidable consequence of growing older. Social isolation, financial insecurity, exploitation, chronic illness, food insecurity, caregiver strain, medication misuse, depression, and loss of independence can create compounding vulnerabilities, particularly when support systems are fragmented or unavailable.

This course examines ten significant contributors affecting older adults, including risks associated with neglect, premature mortality, and suicide. Participants explore opportunities to recognize unmet needs, strengthen protective relationships, support caregivers, improve access to services, and preserve dignity and autonomy. The emphasis is on preventing avoidable harm, improving quality of life, and ensuring that individuals remain connected, valued, and supported throughout their later years.



SECTION II — Community Risk, Safety & Preventable Outcomes

Courses 08–15

Cross-cutting risks affecting individuals, families, and communities.

These courses address adverse outcomes that can occur at multiple stages of life. They are separate from the lifespan sequence because their contributing factors span age groups, settings, and social conditions.

SECTION II

Community Risk, Safety & Preventable Outcomes

COURSE 08

The Fatal 10™: Type 2 Diabetes

Type 2 Diabetes Is Not Inevitable—Risk Can Be Recognized Early.



Long before diagnosis, identifiable risk factors such as undetected prediabetes, central obesity, physical inactivity, chronic stress, inadequate sleep, and metabolic abnormalities may contribute to the development of Type 2 diabetes. These conditions often progress gradually, creating opportunities for earlier recognition and intervention. Yet when diabetes is viewed only as a disease to manage after diagnosis, important prevention opportunities may be missed.

Using the Fatal 10™ framework, participants learn to recognize early metabolic warning signs and understand the biological, behavioral, and social conditions contributing to disease progression. This course introduces an inoculation-based prevention approach emphasizing screening, education, practical lifestyle strategies, and improved access to supportive resources. The goal is to reduce modifiable risk, support metabolic health, and prevent or delay Type 2 diabetes whenever possible.

COURSE 09

The Fatal 10™: Toxicity in the Home

The Home Should Be a Place of Safety, Not a Source of Harm.



Harmful family environments do not always involve visible violence. Chronic conflict, emotional neglect, manipulation, inconsistent boundaries, substance misuse, humiliation, and unresolved trauma can gradually undermine emotional security, healthy relationships, and personal development. When these conditions become normalized within a household, their effects may extend across generations, influencing behavior, coping mechanisms, and future relationships.

This course examines ten significant contributors to toxic home environments and explores how family dynamics, environmental pressures, and intergenerational patterns can create conditions of vulnerability. Through the Fatal 10™ framework, participants learn to recognize harmful patterns, identify protective influences, establish healthier boundaries, and explore intervention strategies that support family stability, safety, and long-term well-being.

SECTION II

Community Risk, Safety & Preventable Outcomes

COURSE 10

The Fatal 10™: School Violence

School Violence Rarely Begins With the Final Act.

Acts of school violence often emerge within a broader context of individual circumstances, interpersonal conflicts, environmental conditions, and missed opportunities for intervention. Bullying, social rejection, threats, family instability, exposure to violence, inadequate support, and access to weapons may contribute to escalating risk. No single characteristic or experience reliably predicts who will become violent, making it essential to examine patterns and behaviors rather than stereotypes.

This course examines ten potential contributors to school violence through a prevention-focused framework. Participants explore behavioral warning signs, school climate, protective relationships, reporting pathways, and coordinated intervention strategies. The emphasis is on identifying concerning behaviors early, strengthening communication between students and trusted adults, and building safer school environments before threats escalate into violence.

COURSE 11

The Fatal 10™: Human Trafficking Vulnerability

Exploitation Begins Where Vulnerability Meets Opportunity.

Human trafficking often involves the exploitation of existing vulnerabilities rather than a single identifiable event. Housing instability, poverty, prior abuse, substance dependence, social isolation, limited support, and coercive relationships can create conditions traffickers exploit through manipulation, threats, deception, or promises of safety and financial stability. Understanding these vulnerabilities is essential to recognizing exploitation before it becomes further entrenched.

This course examines ten significant risk contributors associated with trafficking vulnerability and victimization. Participants explore how personal circumstances, social conditions, and systemic barriers intersect to increase exploitation risk. The Fatal 10™ framework emphasizes early recognition, trauma-informed responses, protective connections, and access to services that can reduce vulnerability and strengthen pathways to safety.

SECTION II

Community Risk, Safety & Preventable Outcomes

COURSE 12

The Fatal 10™: Overdose Risk & Preventable Death

Overdose Does Not Happen in a Vacuum.

Overdose deaths often occur at the intersection of substance use, psychological distress, trauma, social isolation, and limited access to treatment. Polysubstance use, previous overdose, changes in drug tolerance, unstable housing, stigma, and exposure to an unpredictable drug supply can increase the likelihood of a fatal event. Many of these risks are recognizable, creating opportunities for intervention before another life is lost.

This course examines ten critical contributors associated with intentional and unintentional overdose. Using the Fatal 10™ framework, participants explore patterns of escalating risk, overdose recognition, harm-reduction strategies, treatment barriers, and the importance of coordinated community resources. The focus is on reducing preventable deaths through earlier awareness, practical education, timely intervention, and stronger connections to care and recovery support.

COURSE 13

The Fatal 10™: Homelessness & Unhoused Vulnerability

Homelessness Is More Than a Housing Issue.

Individuals experiencing homelessness frequently face overlapping threats involving health, safety, economic instability, trauma, and social disconnection. Unmet basic needs, untreated medical conditions, substance use, violence, extreme weather, documentation barriers, and fragmented support systems can create a cycle of vulnerability that is difficult to escape. These conditions may contribute to preventable illness, victimization, premature death, and prolonged housing instability.

This course examines ten critical contributors affecting people who are unhoused or experiencing housing insecurity. Participants learn to recognize interconnected risks, understand systemic barriers, identify service gaps, and explore practical strategies for connecting individuals with appropriate resources. The Fatal 10™ framework shifts the conversation beyond immediate shelter needs toward coordinated prevention, long-term stability, and improved quality of life.



SECTION II

Community Risk, Safety & Preventable Outcomes

COURSE 14

The Fatal 10™: Homicide Victimization & Lethal Violence

Violence Leaves Warning Signs. Prevention Requires Recognizing Them.



Homicide is often examined after the loss of life, when investigators reconstruct the events leading to a fatal encounter. Yet many incidents of lethal violence are preceded by identifiable threats, escalating conflict, coercive relationships, prior victimization, stalking, exposure to violent environments, or access to lethal means. Recognizing these conditions does not mean assigning responsibility to victims; it means identifying opportunities to prevent violence and improve protection.

This course examines ten risk contributors associated with homicide victimization and exposure to lethal violence. Through the Fatal 10™ framework, participants explore patterns of vulnerability, threat escalation, environmental risk, and protective interventions. The emphasis is on improving awareness, strengthening safety planning, supporting vulnerable populations, and identifying opportunities for intervention before violence becomes fatal.

COURSE 15

The Fatal 10™: Suicide Risk & Preventable Loss

The Final Act Is Not the Beginning of the Story.



Suicide is a complex outcome influenced by the interaction of individual vulnerabilities, life circumstances, environmental conditions, and access to protective support. Psychological distress, prior suicidal behavior, trauma, significant losses, social disconnection, substance use, and access to lethal means may contribute to increased risk. These factors do not determine an individual's future, but their presence and interaction can signal opportunities for timely assessment and intervention.

This course introduces a prevention-oriented examination of ten important contributors associated with suicidal behavior and suicide deaths. Participants explore how risk can accumulate, how protective factors may interrupt harmful trajectories, and why recognizing changes in behavior and circumstances matters. Using the Fatal 10™ framework, the course emphasizes informed awareness, appropriate referral, crisis response, and coordinated prevention efforts designed to reduce avoidable loss of life.

SECTION III

Occupational & Organizational Risk

The Fatal 10™ | Illinois C.A.R.E.S.™ Training Catalog

Recognize Risk. Strengthen Organizations. Prevent Harm.



The Fatal 10™ occupational training series examines the personal, professional, and organizational conditions that contribute to stress, burnout, workplace dysfunction, and suicide vulnerability. Each course identifies key risk contributors and opportunities for earlier recognition, intervention, and prevention.

SECTION III

Occupational & Organizational Risk

A. Organizational Culture & Leadership



O-01 | The Fatal 10™: Workplace Toxicity

A Toxic Workplace Does Not Stay at Work.

Examines poor leadership, bullying, micromanagement, excessive workloads, favoritism, and other organizational conditions that undermine employee well-being. Focuses on early recognition, accountability, and healthier workplace practices.



O-02 | The Fatal 10™: Leadership Failure & Organizational Risk

Organizational Failure Begins Before the Crisis.

Explores leadership deficiencies, ethical compromise, poor accountability, retaliation, and organizational cultures that enable harmful behavior. Emphasizes prevention, institutional integrity, and responsible leadership.

SECTION III

Occupational & Organizational Risk

B. Public Safety & Healthcare



O-03 | The Fatal 10™: Law Enforcement Suicide

The Risks Behind the Badge.

Examines cumulative trauma, occupational stress, relationship instability, substance use, organizational pressures, and other contributors to suicide vulnerability among law enforcement personnel. Emphasizes recognizing risk patterns and strengthening prevention.



O-04 | The Fatal 10™: Emergency Medical Services

The Weight of Saving Lives.

Explores trauma exposure, operational stress, fatigue, disrupted sleep, health concerns, and personal challenges affecting EMS professionals. Focuses on early risk recognition, resilience, and occupational wellness.



O-05 | The Fatal 10™: Physician Suicide & Healthcare Vulnerability

Those Who Care for Others Need Support, Too.

Examines professional identity, burnout, moral distress, mental health concerns, workplace culture, and barriers to seeking assistance. Emphasizes prevention, supportive leadership, and healthier healthcare environments.

SECTION III

Occupational & Organizational Risk

C. Professional & Occupational Vulnerability



O-06 | The Fatal 10™: Construction & Extraction Trades

Building Safer Workers and Workplaces.

Examines physical demands, financial pressures, occupational injuries, substance use, workplace culture, and suicide risk contributors among construction and extraction workers.



O-07 | The Fatal 10™: Lawyer Suicide & Legal Profession Risk

When Professional Success Masks Personal Struggle.

Explores chronic stress, overcommitment, isolation, burnout, stigma, and structural pressures affecting legal professionals. Focuses on awareness, professional culture, and prevention.



O-08 | The Fatal 10™: Suicide Risk Among Farmers

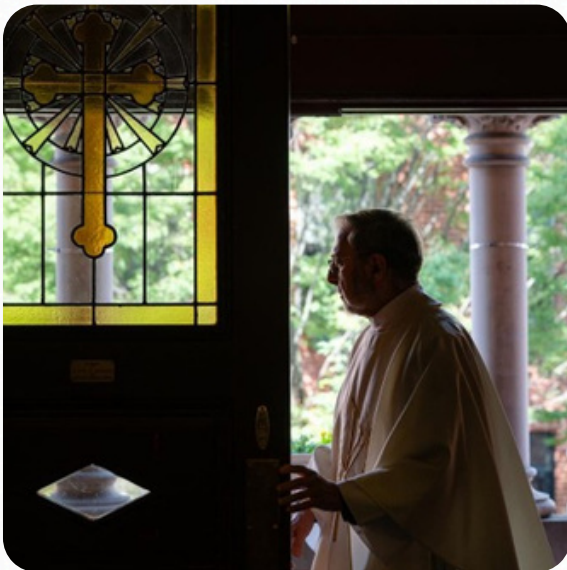
The Hidden Burdens Behind the Harvest.

Examines economic instability, isolation, physical demands, occupational identity, family pressures, and barriers to help-seeking in agricultural communities.

SECTION III

Occupational & Organizational Risk

C. Professional & Occupational Vulnerability



O-09 | The Fatal 10™: Clergy, Chaplains & Priests

Supporting Those Who Support Others.

Explores emotional exhaustion, isolation, moral conflict, unrealistic expectations, relationship strain, and organizational pressures affecting religious and spiritual leaders.



O-10 | The Fatal 10™: Civil Service & Federal Employee Job Loss

When Employment Loss Threatens Identity and Stability.

Examines financial insecurity, loss of purpose, disrupted routines, isolation, family strain, and psychological vulnerability associated with involuntary employment transitions.

SECTION III

Occupational & Organizational Risk

D. Additional Courses for Development

These two courses would complement the existing occupational series but should remain designated as proposed until their individual ten-factor frameworks are finalized.



O-11 | The Fatal 10™: Educator Stress, Burnout & School Culture

Examines workload pressures, student behavioral challenges, leadership practices, workplace conflict, inadequate resources, and educator well-being. Focuses on strengthening supportive school environments.



O-12 | The Fatal 10™: Fire Service Occupational Stress & Suicide Risk

Explores cumulative trauma, sleep disruption, operational demands, occupational culture, relationship strain, and barriers to help-seeking among firefighters.