
INVITATIONAL HEALTH SEMINAR FOR NEWER LEGISLATORS: SUICIDE PREVENTION

SATURDAY, APRIL 27, 2019



WHAT'S COVERED TODAY?

- Prevalence of suicide in the United States
- Prevention strategies
- State examples
- Resources for legislators



SUICIDE IN THE UNITED STATES

In 2017...

- Suicide was the 10th leading cause of death
- Suicide accounted for 47,000 deaths
- 9.8 million American adults seriously thought about suicide
- 2.8 million made a suicide plan
- 1.4 million made a suicide attempt
- \$70 billion in direct medical and work loss costs

If you or someone you know is in crisis, please contact the

National Suicide Prevention Lifeline



1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

WHO DIES BY SUICIDE IN THE UNITED STATES?

- Middle-aged, white men are most at risk of dying by suicide.
 - Suicide is the fourth leading cause of death in this age group.
- Suicide is the second leading cause of death for Americans under the age of 25.
- Rural communities and communities with distressed economic conditions.
- Other vulnerable populations include
 - American Indian/Alaskan native communities
 - LGBT Youth
 - Veterans
 - First Responders
- Other Risk Factors

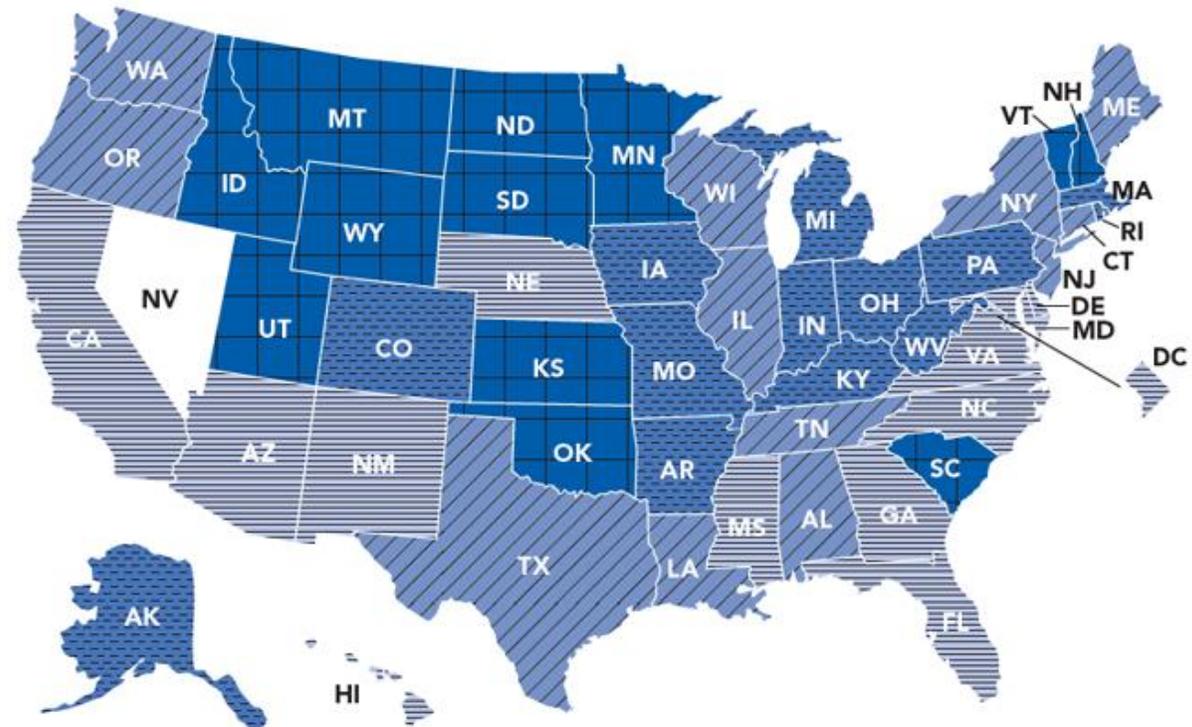


DEATH BY SUICIDE IS INCREASING

Suicide rates rose across the US from 1999 to 2016.



SOURCE: CDC's National Vital Statistics System;
CDC Vital Signs, June 2018.



ZERO SUICIDE INITIATIVE

- The Zero Suicide framework is a system-wide, organizational commitment to safer suicide care in health and behavioral health care systems.
- Colorado and Louisiana are the only to states with Zero Suicide initiatives in place legislatively.
 - The legislation in both states requires the states' respective health departments to work in coordination with the healthcare sector to adopt the tenants of the Zero Suicide model into their operations.
- More information can be found at www.zerosuicide.sprc.org.



MENTAL HEALTH FIRST AID

- Mental Health First Aid (MHFA) is intensive training to identify and intervene in people experiencing suicidal thoughts.
- States have implemented MHFA in different ways, including requiring first responders, teachers and other professions to receive training.
- State examples:
 - Colorado- Requires training for educators, first responders, law enforcement, military service personnel.
 - Nebraska- Provides \$100,000 in grants for school districts, first responders, medical professionals.



MEANS MATTER CAMPAIGN

- This campaign stresses the importance of reducing access to highly lethal means of suicide for individuals considering suicide.
- Addresses the role gun owners can play in preventing suicide.
- “Gun Shop” Project- New Hampshire:
 - Encourage gun stores and firing ranges to display and distribute suicide prevention materials tailored to their customers.
 - There are 20 states currently participating.



ADDRESSING ACCESS TO CARE ISSUES

- Workforce shortages, especially in rural areas.
- Parity-
 - The Mental Health Parity and Addiction Equity Act (MHPAEA) of 2008 requires health insurers and group health plans to provide the same level of benefits for mental and/or substance use treatment.
 - The law left the enforcement of its provisions to states.
 - Example: Lower rates of reimbursement for mental health providers.



PREVENTING SUICIDE AMONG HIGH RISK POPULATIONS

- First Responders/Law Enforcement
 - Agency level interventions, including training for leadership on identifying at-risk responders.
- Veterans
 - The Veteran's Crisis Line is a dedicated hotline for veterans, staffed by people trained specifically to provide care for veterans experiencing mental health crises.
- Youth
 - School-based services, culturally relevant resources.
- LGBTQ+ Youth
 - Supportive environments reduce risk of attempted suicides.
- Native Communities
 - Incorporate culturally relevant, evidence-based strategies at the individual, interpersonal, and community levels



RESOURCES- CENTERS FOR DISEASE CONTROL AND PREVENTION

- The CDC provides an online overview of suicide prevention and prevention resources. Resources include State Suicide Planning: A CDC Research Brief, which examines successful state-based suicide prevention programs and a “technical package” that provides a several policy recommendations for state and local lawmakers, including:
 - Connect patients with mental health care
 - Teach coping and problem-solving skills
 - Strengthen economic stability
 - Promote connected environments



QUESTIONS?

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