Suicide and Suicide Prevention in Colorado

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1. The preventability of suicide

2. Stories of hope and resilience:
   
   Most people will recover from suicidal thoughts and behaviors. We want to support recovery and resilience.


   See: Stage, Dese’Rae L. “Live Through This.”  
   www.livethroughthis.org

3. Suicide and suicide prevention are community issues.

4. Prevention, intervention, and postvention efforts are all important.

5. Importance of upstream prevention and collaboration
Today’s Presentation:

Overview of suicide and suicide in Colorado

Brief introduction to suicide prevention

Important resources
Attitudes and Misconceptions about Suicide

Sin…
Weakness…
Selfish…

If someone wants to take their life, there’s not much I can do about it…

Suicide is the result of one cause…
But what we know...
Model of Suicide Risk

Desire for Suicide

Perceived Burdensomeness
“I am a burden”

Thwarted Belongingness
“I am alone.”

Acquired Capacity for Suicide
“I am not afraid to die.”

High risk for suicide or serious attempt

Thomas Joiner’s model of suicide risk, 2006
“Statistics are merely aggregations of numbers with the tears wiped away.”

- Dr. Irving Schikoff
Per the CDC...

For every 1 death by suicide...
There are 3 hospitalizations...
9 emergency department visits...
27 non-medically treated attempts...
and 228 individuals who experience suicidal ideation.
Suicide in Colorado

In 2017*, there were:

55 HIV deaths
279 Homicides
672 Motor vehicle deaths
638 Breast cancer deaths
576 Influenza & Pneumonia deaths
1,017 Diabetes deaths

1,175 Deaths by Suicide

*2017 Data are Preliminary
Suicide Deaths by age and sex, 2013-2017*

*2017 Data are Preliminary
The Male Cultural Stigma to Seeking Help...

- Men are far less likely to report depression
- They feel they must be the caretaker for the family
- There is a fear of the negative implication
- Men tend to self-medicate
- Men are much more likely to accept help than to ask for it
<table>
<thead>
<tr>
<th>Ages 10-14</th>
<th>Ages 15-18</th>
<th>Ages 19-23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall suicide rate: 4.1/100,000</td>
<td>Overall suicide rate: 15.0/100,000</td>
<td>Overall suicide rate: 21.5/100,000</td>
</tr>
<tr>
<td>73 total suicide deaths</td>
<td>208 total suicide deaths</td>
<td>404 total suicide deaths</td>
</tr>
<tr>
<td>-70% male</td>
<td>-70% male</td>
<td>- 82% male</td>
</tr>
<tr>
<td>-34% by firearm (96% male)</td>
<td>- 43% by firearm (84% male)</td>
<td>- 46% by firearm (85% male)</td>
</tr>
</tbody>
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Risk Factors

- Mental Health Conditions
- Substance Abuse
- Serious or chronic health conditions or pain
- Historical Factors
- Environmental Factors
- Social Factors
- Cultural Factors

Remember!
Risk factors are not predictive
DATA RESOURCES

★ OSP Interactive Data Dashboard-
  www.coosp.org
  ○ Hospitalization
  ○ National Violent Death Reporting System (NVDRS)
Suicides in Colorado: An Overview
Colorado Violent Death Reporting System

Number of suicides by place of residence for selected years
*Click on a region or county to filter other charts; use "control" to select more than one at a time; click again to deselect*

Select years: 2004 2016

Total suicides for selected population and years: 11,842

Number of suicides for selected years
*Click on one or more subgroups below to filter all other charts to that group(s); click again to deselect*

by age
- 10-14 years: 141
- 15-19 years: 613
- 20-24 years: 969
- 25-34 years: 1,915
- 35-44 years: 2,150
- 45-54 years: 2,596
- 55-64 years: 1,857
- 65-74 years: 804
- 75 years and over: 797

by gender
- Male: 9,113
- Female: 2,729

by race/ethnicity
- White non-hispanic: 9,888
- White hispanic: 310
- Black/African American: 1,284
- Asian or Pacific Islander: 218
- American Indian: 134
- Other: 8

by marital status
- Currently married: 8,339

Selected population for all charts on this page
Comprehensive Suicide Prevention

Prevention

Intervention

Postvention
Means Safety

Important to reduce access to lethal means.

Many suicide attempts occur with little planning during a short-term crisis, and ensuring that an environment is as safe as possible is crucial in preventing potential suicide deaths.
Suicide attempts by firearms are particularly lethal.

Additionally, safely and securely storing medications / substances also reduces risk.

Securing lethal means is crucial in preventing suicides, but it is also important to continue to be aware of the individual and their environment.
Safe messaging

• Safe reporting and messaging were developed by the nation’s leading suicide prevention organizations.

• Safe messaging
  • includes stories of hope, recovery and resilience, provides information and resources, and promotes help-seeking.
  • incorporates the complexity around suicide (no one cause).
  • uses preferred language, like “died by suicide.”
  • can mitigate suicide “contagion” or “clusters.”
Gatekeeper Trainings

Question Persuade Refer (QPR) - 90 minutes
Applied Suicide Intervention Skills Training (ASIST) - 2 full days
SafeTALK – half day
Mental Health First Aid – 8 hours

JCMH/OSP for materials/trainings

Additional Trainings

Collaborative Safety Planning training and tools
Counseling on Access to Lethal Means (CALM) training
Best practices for screening and assessment, etc.
  → www.zerosuicide.sprc.org

Collaborative Assessment and Management of Suicidality (CAMS)
  → to learn more, email Lena Heilmann (Lena.Heilmann@state.co.us)
Colorado Statewide Resources

Local Resource: Jefferson Center for Mental Health
www.jcmh.org

Office of Suicide Prevention
www.coosp.org

Colorado Crisis Services
1-844-493-8255

Mental Health First Aid
www.mhfaco.org

One Colorado
www.one-colorado.org
Colorado Crisis Services
1-844-493-8255
- 24/7 walk-in clinics
- Respite care facilities
- Acute care units
- Mobile crisis teams
- Crisis Line with peer support and follow up
- Services available regardless of county, region, or insurance

Denver Metro Locations:
- 2551 W 84th Avenue
  Westminster, CO 80031
- 6509 S. Santa Fe Drive
  Littleton, CO 80120
- 2206 Victor Street
  Aurora, CO 80045
- 4353 E. Colfax Avenue
  Denver, CO 80220
- 12055 W. 2nd Place
  Lakewood, CO 80228
- 3180 Airport Road
  Boulder, CO 80301

Now with texting! Simply text “TALK” to 38255
National resources

National Suicide Prevention Lifeline:
1-800-273-8255; www.suicidepreventionlifeline.org

Suicide Prevention Resource Center: www.sprc.org

American Foundation for Suicide Prevention: www.afsp.org

Trevor Project (LGBTQ+ youth):
1-866-488-7386; www.trevorproject.org

Crisis Text Line:
741-741; www.crisistextline.org

American Association of Suicidology: www.suicidology.org

Zero Suicide Initiative: www.zerosuicide.sprc.org

Live Through This: livethroughthis.org

Now Matters Now: www.nowmattersnow.org
Questions?