Suicide Prevention in the United States; Key Issues

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CDC Vital Signs: Suicide rising across the U.S.
More than a mental health concern

June 12, 2018
Suicide rates increased in almost every state.

Suicide rates rose across the US from 1999 to 2016.

- Increase 38 - 58%
- Increase 31 - 37%
- Increase 19 - 30%
- Increase 6 - 18%
- Decrease 1%

Leading causes of death for selected age groups – United States, 2016

<table>
<thead>
<tr>
<th>Rank</th>
<th>10-14 years</th>
<th>15-19 years</th>
<th>20-29 years</th>
<th>30-39 years</th>
<th>40-49 years</th>
<th>50-59 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Unintentional Injuries</td>
<td>Unintentional Injuries</td>
<td>Unintentional Injuries</td>
<td>Unintentional Injuries</td>
<td>Unintentional Injuries</td>
<td>Malignant Neoplasms</td>
</tr>
<tr>
<td>2</td>
<td><strong>Suicide</strong></td>
<td><strong>Suicide</strong></td>
<td><strong>Suicide</strong></td>
<td><strong>Suicide</strong></td>
<td>Malignant Neoplasms</td>
<td>Heart Disease</td>
</tr>
<tr>
<td>3</td>
<td>Malignant Neoplasms</td>
<td>Homicide</td>
<td>Homicide</td>
<td>Malignant Neoplasms</td>
<td>Heart Disease</td>
<td>Unintentional Injuries</td>
</tr>
<tr>
<td>4</td>
<td>Homicide</td>
<td>Malignant Neoplasms</td>
<td>Malignant Neoplasms</td>
<td>Heart Disease</td>
<td><strong>Suicide</strong></td>
<td>Liver Disease</td>
</tr>
<tr>
<td>5</td>
<td>Congenital Malformations</td>
<td>Heart Disease</td>
<td>Heart Disease</td>
<td>Homicide</td>
<td>Liver Disease</td>
<td>Chronic Lower Respiratory Ds</td>
</tr>
<tr>
<td>6</td>
<td>Heart Disease</td>
<td>Congenital Malformations</td>
<td>Diabetes Mellitus</td>
<td>Liver Disease</td>
<td>Diabetes Mellitus</td>
<td>Diabetes Mellitus</td>
</tr>
<tr>
<td>7</td>
<td>Chronic Lower Respiratory Ds</td>
<td>Chronic Lower Respiratory Ds</td>
<td>Congenital Malformations</td>
<td>Diabetes Mellitus</td>
<td>Cerebro-Vascular</td>
<td><strong>Suicide</strong></td>
</tr>
<tr>
<td>8</td>
<td>Cerebro-Vascular</td>
<td>Cerebro-Vascular</td>
<td>Complicated pregnancy</td>
<td>Cerebro-Vascular</td>
<td>Homicide</td>
<td>Cerebro-Vascular</td>
</tr>
</tbody>
</table>

Source: CDC vital statistics
Self-inflicted injury among all persons by age and sex--United States, 2015

Source: CDC WISQARS NEISS
Identifying Areas of High Need and/or Opportunity

44,965 annual suicide decedents

- Age 50+ 20,532
- Youth Under 18 2,023
- Firearm Deaths 22,938
- Access seen in ED for any reason in past year 21,583
- Inmates 621
- Vehicle emissions Poisoning ~ 791

1.3 million annual suicide attempts

- Age 18-25 580,000
- College: Full Time 90,000
- Part time 52,000
- Age 50+ 210,000
- Outpatient MH Treatment* 410,000
- Parole* 28,000
- Probation* 79,000
- Veterans 7,300
- Military 466

Data Sources:
A. CDC WISQARS 2016
B. CDC WONDER 2014
C. Bureau of Justice Statistics 2014
D. DoDSER CY 2016 Q1-4 Reports
E. Department of Veterans Affairs 2016
G. Ahmedani, 2018. Personal communication
H. CDC WISQARS 2016
I. CDC WISQARS 2016

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Data Sources:
A. National Survey on Drug Use and Health
B. In progress
C. In progress
* Last 12 months
SAMHSA Programs, Efforts, Initiatives

- Garrett Lee Smith (GLS) State/Tribal Youth Suicide Prevention and Intervention Program
  - *Evaluations show program lowers rates of suicide and suicide attempts with increased longevity and robustness when duration of grant is increased*
- GLS Campus Suicide Prevention Grant Program
- Zero Suicide in Health Systems
- Suicide Prevention Resource Center
- National Strategy for Suicide Prevention grants
- Native Connections (Tribal Behavioral Health)
- National Suicide Prevention Lifeline
- Crisis Center Follow-up grants
- SMVF TA- Mayor’s and Governor’s Challenge
- Family Toolkit
The Zero Suicide Movement
A System-Wide Approach Saved Lives: Henry Ford Health System

Launch: Perfect Depression Care

Suicide Deaths/100k HMO Members
Improving Care Transitions

- There are lethal gaps in many systems.
- Period after IPU and ED discharge is one of high risk, particularly the first 30 days.
- Valenstein et al study of veterans
- Rates of follow up care are poor.
- Intervention during this time has been shown to save lives and reduce suicidal behavior.
Risk of suicide during first 90 days after hospital discharge (Adults)

Olfson et al., *JAMA Psychiatry* 2016
**EMERGENCY DEPARTMENT F/U**

- **Fleischmann et al (2008)**
  - Randomized controlled trial; 1867 Suicide attempt survivors from five countries (all outside US)
  - Brief (1 hour) intervention as close to attempt as possible
  - 9 F/u contacts (phone calls or visits) over 18 months

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**Results at 18 Month F/U**

<table>
<thead>
<tr>
<th></th>
<th>Died of Any Cause</th>
<th>Died by Suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Usual Care</td>
<td>2.5</td>
<td>1.0</td>
</tr>
<tr>
<td>Brief Intervention</td>
<td>1.2</td>
<td>0.2</td>
</tr>
</tbody>
</table>

**Percent of Patients**
Resource: Safety Planning Intervention

Access at: www.zerosuicide.com
Resource: Counseling on Access to Lethal Means

Access at: www=zerosuicide.com
Resource: Structured Follow-up and Monitoring

Access at: www.zerosuicide.com
What is the Crisis Now Model?

Call Center Hub

Mobile Crisis

Crisis Facilities

“Air Traffic Control” Crisis Call Center Hub Connects and Ensures Timely Access and Data
Ubiquitous and inexpensive technology is changing nearly every other industry
It’s time for a national mental health Emergency Medical Services (EMS) system.
THE IMPACT OF GLS SUICIDE PREVENTION PROGRAM ON YOUTH SUICIDAL BEHAVIOR

Lucas Godoy Garraza (ICF International); Christine Walrath (ICF International); David Goldston (Duke CSSPI); Hailey Reid (ICF International), Richard McKeon (SAMHSA)
24 Cities Participating in Mayor’s Challenge

- Albuquerque, NM
- Atlanta, GA
- Austin, TX
- Billings, MT
- Clarksville, TN
- Columbus, OH
- Detroit, MI
- Helena, MT
- Hillsborough County, FL
- Houston, TX
- Jacksonville, FL
- Kansas City, MO
- Las Vegas, NV
- Los Angeles, CA
- Manchester, NH
- Mecklenburg County, NC
- Oklahoma City, OK
- Phoenix, AZ
- Reno, NV
- Richmond, VA
- Suffolk County, NY
- Topeka, KS
- Tulsa, OK
- Warwick, RI
7 States Participating in Governor’s Challenge

Arizona
Colorado
Kansas
Montana
New Hampshire
Texas
Virginia
Key resources

• National Suicide Prevention Lifeline
  • 1-800-273-TALK (8255)
• Suicide Prevention Resource Center
  • www.sprc.org
• National Action Alliance for Suicide Prevention
  • www.theactionalliance.org