

Risk of Suicide and its Prevention

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45 K

- Nearly 45,000 lives lost to suicide in 2016

12 minutes

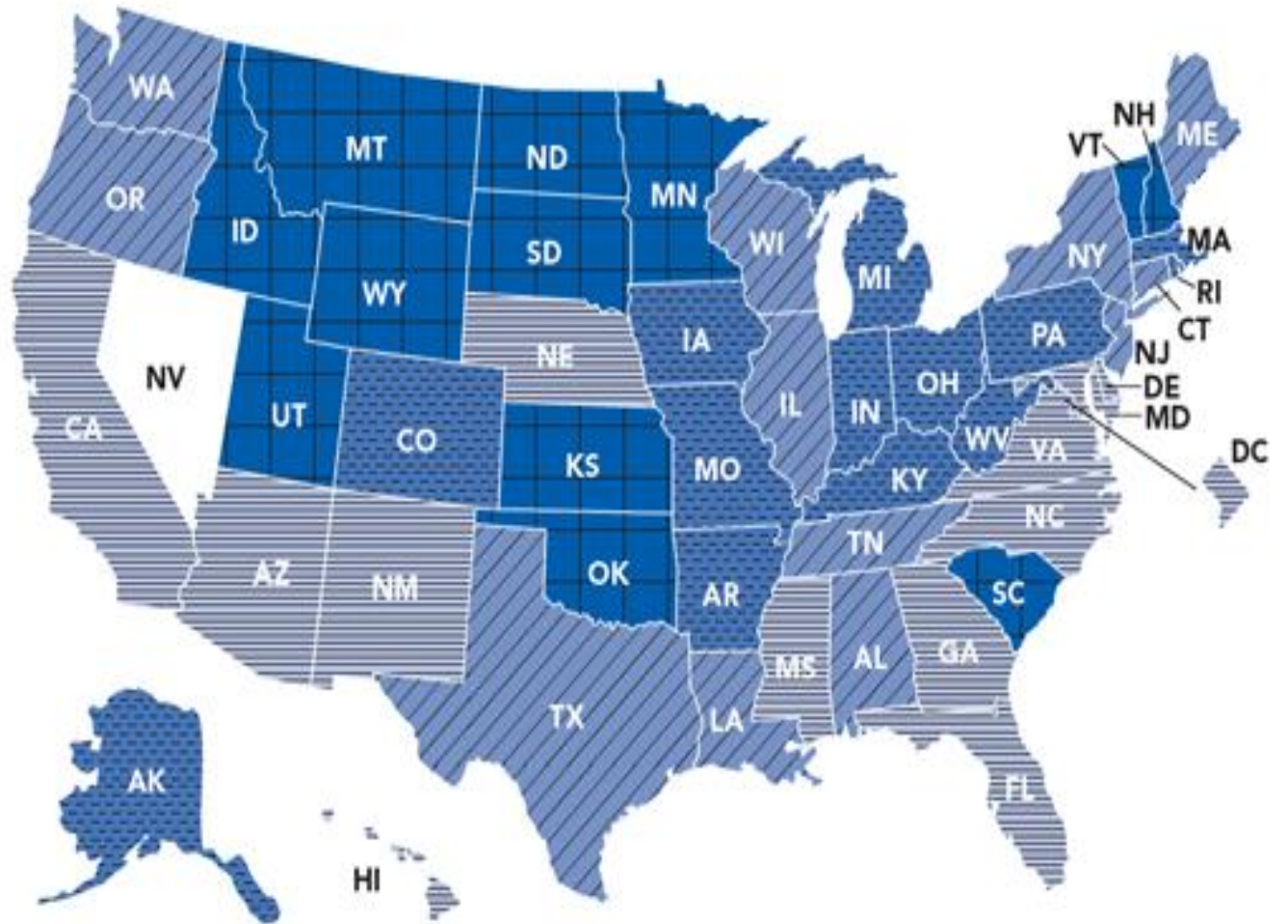
- One suicide every 12 minutes

30%

- Suicide rates went up more than 30% in half of states since 1999

CDC Data

Suicide rates rose across the US from 1999 to 2016.



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

54%. More than half of people who died by suicide did not have a known mental health condition.

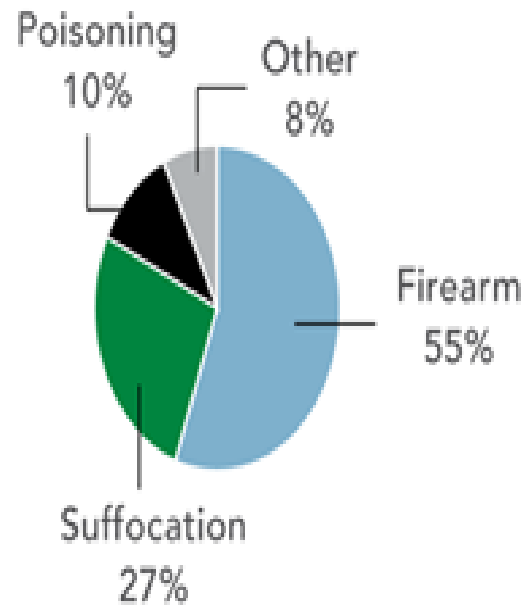
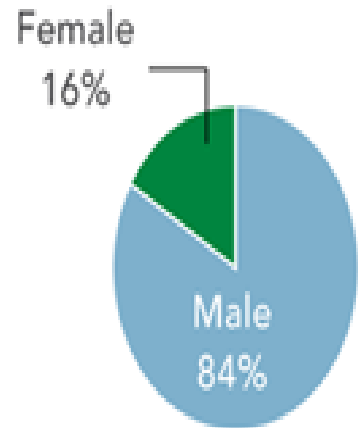
CDC Data

Differences exist among those with and without mental health conditions.
People without known mental health conditions were more likely to be male and to die by firearm.

No known mental health conditions

Sex

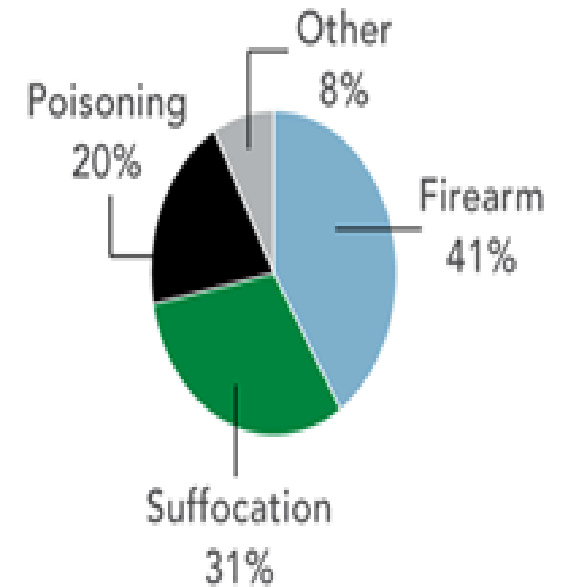
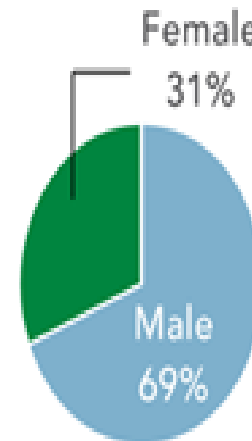
Method



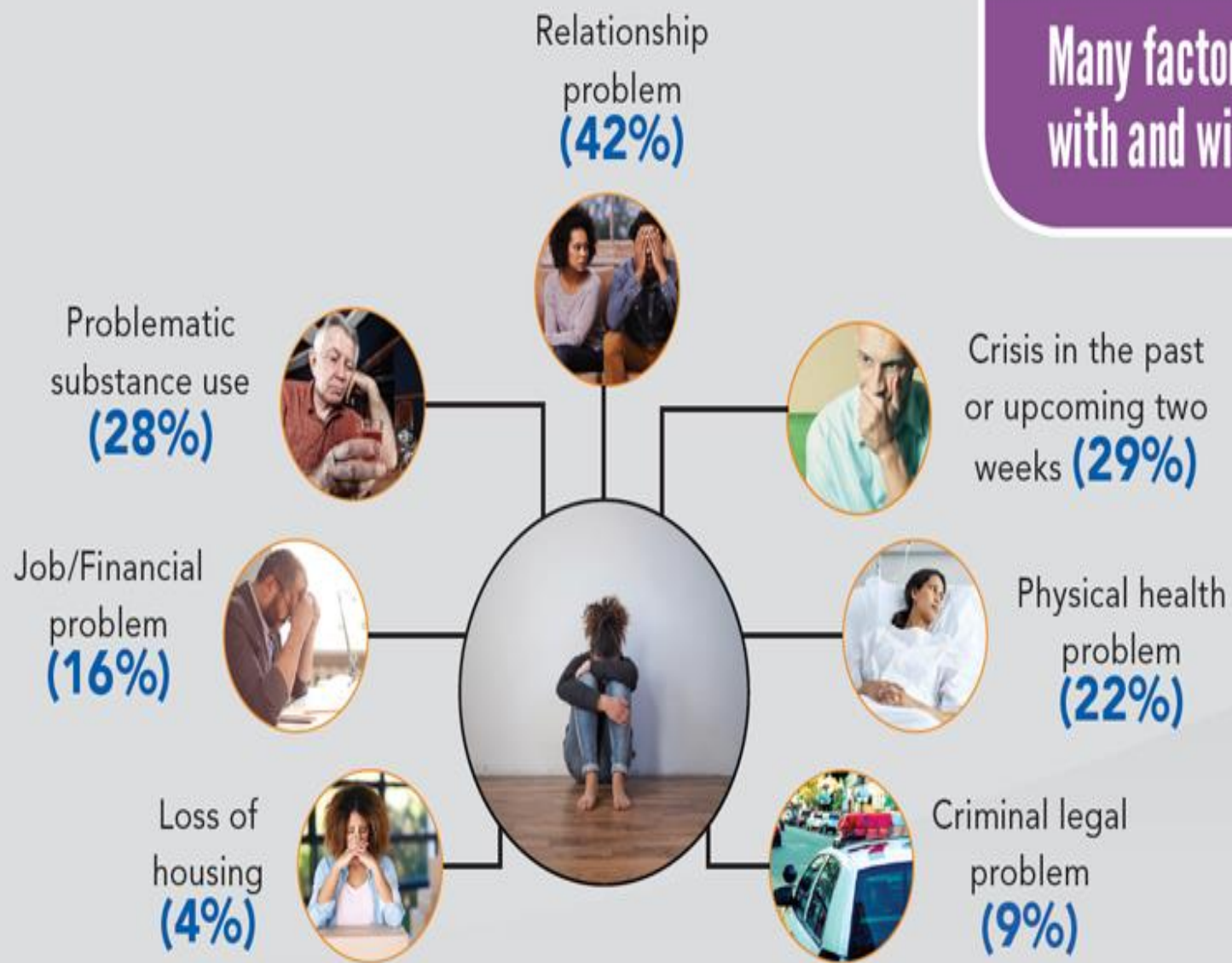
Known mental health conditions

Sex

Method



Many factors contribute to suicide among those with and without known mental health conditions.



Note: Persons who died by suicide may have had multiple circumstances. Data on mental health conditions and other factors are from coroner/medical examiner and law enforcement reports. It is possible that mental health conditions or other circumstances could have been present and not diagnosed, known, or reported.

SOURCE: CDC's National Violent Death Reporting System, data from 27 states participating in 2015.

A person with dark hair, wearing a red jacket, is seen from behind, looking out over a calm lake. The lake reflects the surrounding forested mountains under a clear sky. The overall scene is peaceful and rural.

SUICIDE
RATES IN AMERICA
ARE HIGHER IN RURAL AREAS.

LEARN MORE ABOUT HOW SUICIDE CAN BE PREVENTED.
WWW.CDC.GOV/VIOLENCEPREVENTION/SUICIDE



Recent increase in suicide by profession

Physicians

Farmers

Police Officers

Warning Signs of Suicide

- Feeling like a burden
- Feeling isolated
- Increased anxiety/ agitation/ restlessness
- Feeling trapped or in unbearable pain
- Increased substance use
- Expressing hopelessness
- Increased anger or rage
- Looking for a way to access lethal means
- Talking or posting about wanting to die
- Making plans for suicide

What can we do to prevent suicide?

- Identify and support people at risk of suicide.
- Offer activities that bring people together so they feel connected and not alone.
- Promote resilience.
- Connect people at risk to effective and coordinated mental and physical healthcare.
- Expand options for temporary assistance for those struggling to make ends meet.
- Promote safe and supportive environments. This includes safely storing medications and firearms to reduce access among people at risk.

Suicide Prevention in Missouri

Angie Stuckenshneider
Director of Prevention

Stacey Williams, LMSW
Suicide Prevention Coordinator

WHERE MO STANDS

Missouri is ranked 13th highest in the nation with a suicide rate of 18.27 in 2016 (per 100,000, age-adjusted). The national rate is 13.42.

- On average, **1 person dies by suicide every 7 hours** in Missouri.
- **Suicide is the 10th leading cause of death** in Missouri and nationally.
- Rates have **increased by over 30%** since 1999.
- **76%** of those who died by suicide were **male** and **92%** were **Caucasian**.
- **57%** of all suicides in 2016 involved **firearms**, followed by suffocation (24%) and poisoning (14%).**

Current Initiatives – Prevention resource centers

- 10 contracted Prevention Resource Centers (PRC) that provide technical assistance and training to communities statewide.
- PRC's provides Mental Health First Aid and Suicide Prevention training such as Signs of Suicide (SOS).
- Provide this training to school staff and students across the state
- Trained over 200 schools in SOS

Current Initiatives – Youth Suicide prevention grant

- Began September 30, 2016
- Direct services & intensive follow-up provided for over 500 youth at risk for suicide in KC area
- Trained over 16,000 Missourians
 - 7 Assessing and Managing Suicide Risk (AMSR) trainings
 - 446 trained in AMSR
 - 60 new Question Persuade Respond (QPR) Trainers
 - Signs of Suicide (SOS), Resiliency, and Coping Skills Trainings provided for Schools

Current Initiatives – Youth Suicide prevention grant

- Hosted 2nd Zero Suicide Academy
 - 53 participants from 14 agencies
 - All CMHC Coalition members are trained and engaged in Zero Suicide
- Missouri's Regional Suicide Prevention Conferences
 - Over 1,000 in attendance
 - SE MO July 20th
 - Mid MO August 2
 - NW MO September 21

Current Initiatives



- Established by DMH and the Missouri Coalition for Community Behavioral Healthcare
- Consists of representatives from varying organizations and interests across the state
- MSPN will work to reduce MO's suicide rate through:
 - Strengthening coordination of efforts
 - Implementing best practices for suicide prevention Statewide

Current Initiatives – Adult Zero Suicide Grant

- Began September 30, 2018
- Project will serve adults age 25 and older who have behavioral health disorders, adults and their families experiencing crisis, and Missouri veterans at risk but not currently served by the Veterans Health Administration.
- Zero Suicide model will be integrated into multiple health systems throughout the state by:
 - 1) Improving care coordination in emergency departments and hospitals
 - 2) Strengthening the state's crisis hotline system
 - 3) Expanding Zero Suicide in its statewide behavioral healthcare system and associated referrals systems
 - 4) Implementation of the MSPN

Current Initiatives – Learning collaborates

- DMH & Coalition under the leadership of Dr. Bart Andrews continue to provide quarterly Learning Collaborates for Academy attendees.
- Consist of state and federal suicide prevention updates, agency report outs, training or technical assistance with guest speakers, and information sharing opportunities.



Learning Collaborate Outcomes

From 2015 to 2017, there was a 32% decrease in suicide deaths amongst clients served through Community Behavioral Healthcare Providers

Suicide Deaths Among DBH Providers			
Fiscal Year	2015	2016	2017
# of DBH providers that attended a Zero Suicide Academy	2	17	14
# consumers served by DBH	120,680	118,036	120,183
# of DBH consumer suicide deaths	108	92	73
Suicide rate per 1,000 served	0.9	0.78	0.61

Current Initiatives – Help Him Stay

- Beginning May 2017, DMH ran a suicide prevention campaign to encourage help-seeking and prevent suicide among middle-age males.
- With limited funding, this population was chosen because the rate of suicide among white males aged 45-64 rose from 23.1 per 100,000 in 1999 to 39.2 in 2015.
- Overall, males died by suicide over four times the rate of females, and represented 78% of all suicides in Missouri.
- Consisted of statewide radio advertisements, billboards, and social media advertisements (targeted facebook & google ads) that direct the audience to our website, helphimstay.org.
- The website provides state and national resources as well as educational fact sheets including warning signs of suicide and how to get help.

Resources

- If someone is in immediate danger, call **911**
- Contact your closest Behavioral Health Crisis Hotline. Use this link to find your county and the corresponding phone number.
<https://dmh.mo.gov/mentalillness/progs/acimap.html>
- Call the National Suicide Prevention Lifeline @ 1-800-273-TALK (8255) and your call will be routed to the closest Lifeline Center
- Contact your local Community Mental Health Center. Use the following link to find your county and the corresponding agency that serves your area. <https://dmh.mo.gov/mentalillness/helpinfo/adminagents.html>

Questions

