State of Nevada

Department of Health and Human Services

Office of Suicide Prevention
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Division of Public and Behavioral Health
Administrator, Cody L. Phinney, MPH
Preventing Suicide
One Community at a Time

Health Care Providers: Crucial Partners in Preventing Suicide

A Program of the
Nevada Office of Suicide Prevention
Misty Vaughan Allen, MA
Primary Care Providers

Often the first and only medical contact of suicidal patients

NIMH: Primary care physicians saw 70% or more of elderly suicide victims within a month of their death

Only detected 1 out of 6 patients who later died by suicide
Zero Suicide Initiative

- Suicide prevention is a core responsibility of health care
- Applying new knowledge about suicide & treating it directly
- A systematic clinical approach in health systems, not “the heroic efforts of crisis staff and individual clinicians.”
- System-wide approaches have worked to prevent suicide:
  - United States Air Force Suicide Prevention Program
  - UK (While et al., 2009)
How is Zero Suicide Different?

<table>
<thead>
<tr>
<th>Shift in Perspective from:</th>
<th>To:</th>
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<tr>
<td>Accepting suicide as inevitable</td>
<td>Every suicide in a system is preventable</td>
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<td>Assigning blame</td>
<td>Nuanced understanding: ambivalence, resilience, recovery</td>
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<td>Risk assessment and containment</td>
<td>Collaborative safety, treatment, recovery</td>
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<td>Stand alone training and tools</td>
<td>Overall systems and culture changes</td>
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<td>Specialty referral to niche staff</td>
<td>Part of everyone’s job</td>
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<td>Individual clinician judgment &amp; actions</td>
<td>Standardized screening, assessment, risk stratification, and interventions</td>
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<td>Hospitalization during episodes of crisis</td>
<td>Productive interactions throughout ongoing continuity of care</td>
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<td>“If we can save one life…”</td>
<td>“How many deaths are acceptable?”</td>
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Role of Health Care Providers in Preventing Suicide

Highly likely to see individuals who may be at risk for suicide

Develop trusting relationship

Observe changes in mood and behavior

Help patients realize that they may be dealing with depression or other mental health concern

Let patients know depression is treatable

Source: Suicide Prevention Resource Center website www.sprc.org
Suicide Statistics

- **United States**
  - Over 44,000 suicide deaths
  - Firearms used in over 50% of suicides
  - 77% of nations suicides are males
  - A suicide every 11 minutes 9 seconds

- **Nevada**
  - 11th highest rate
  - Nevada’s Elderly have highest rates
  - 2 times more suicide deaths than homicide deaths.
  - More suicides than motor vehicle accident and homicides combined

Source: CDC WISQARS: 2015 Final Data
Suicide Rates in Nevada and the US --1996-2015
Youth Risk Behavior Survey


- During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
- During the past 12 months, did you ever seriously consider attempting suicide?
- During the past 12 months, did you make a plan about how you would attempt suicide?
- During the past 12 months, did you actually attempt suicide?
- If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

Source: Nevada Department of Health and Human Services, Division of Public and Behavioral Health, Office of Public Health Informatics and Epidemiology, 2016. Based on high school age surveys.
Older Nevadans in crisis

States with Highest Average Suicide Rates in the U.S from 1999-2015: Ages 65-85+

Resources for People at Risk for Suicide

- Mobile Crisis—688-1670
- Emergency services, 9-1-1, local hospitals
- Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Veterans Crisis Line: 1-800-273-TALK (8255), press 1
- Problem Gamblers HelpLine 1-800-522-4700
- The Trevor Lifeline: 1-866-488-7386
- Counseling programs, private therapists
- Others?
Training Opportunities

- **safeTALK**: (Suicide Alertness) 3-4 hours

- **ASIST**: (Applied Suicide Intervention Skills Training) Two day workshop

- **CAMS Online**

- **TMCC and CASAT online trainings**

- **Suicide Prevention Resource Center Online Training**

Counseling on Access to Lethal Means (CALM) Choosing and Implementing a Suicide Prevention Gatekeeper Training Program

Planning & Evaluation for Youth Suicide Prevention
“Much of the work of suicide prevention must occur at the community level, where human relationships breathe life into public policy …”

-- Dr. David Satcher