



Suicide Prevention

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Main Points

The preventability of suicide

Stories of hope & resilience:

Most people will recover from suicidal thoughts & behaviors. We want to support recovery & resilience

Suicide & suicide prevention are community issues

Prevention, intervention, & postvention are ALL important

Suicide prevention cannot just be about keeping people alive. We must work together to create communities worth living in, & lives worth living.

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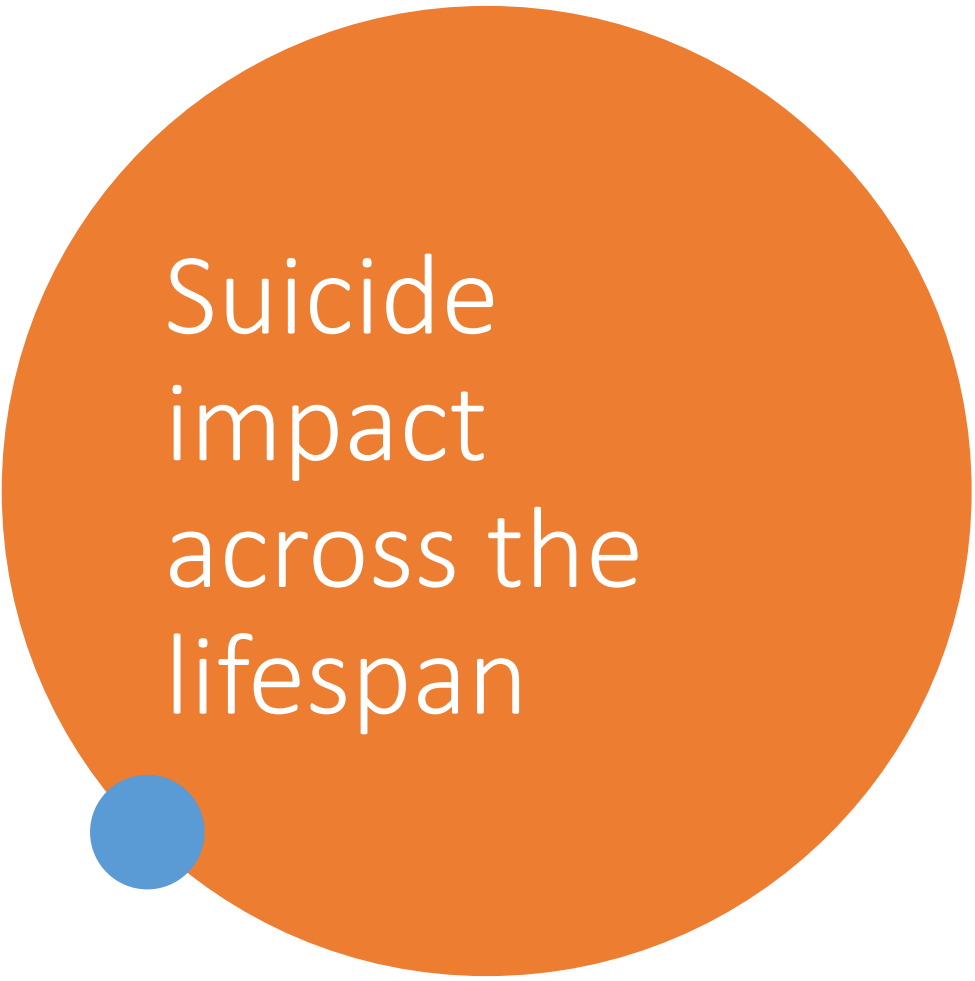
“Statistics are merely aggregations of numbers with tears wiped away” – Dr. Irving Selikoff

Suicide in Colorado

- In 2019, there were
 - 40 HIV deaths
 - 248 Homicides
 - 610 Breast Cancer Deaths
 - 608 Motor vehicle deaths
 - 454 Influenza & Pneumonia deaths
 - 1,0444 Diabetes deaths
 - 1,287 deaths by Suicide
- [Colorado Violent Death Reporting Dashboard](#)

Suicide in Colorado

- Second leading cause of death for teens in Colorado
- 34.7% of Colorado high school students indicated feeling sad or hopeless almost every day for two weeks or more in a row during the previous 12 months
- 46.3% of LGBTQ+ youth report considering suicide
- In 2019, Colorado recorded the highest number of suicide rates to date (1,287 deaths)



Suicide impact across the lifespan



Suicide Deaths 2013-2017 by age

- 5.8% Youth 0-18
- 9.5% Young adults 19-24
- **69.9% Adults 25-64**
- 14.8% Older adults 65+

National Rankings

- 1. Montana
- 2. Alaska
- 3. Wyoming
- 4. New Mexico
- 5. Utah
- 6. Idaho
- 7. Nevada
- 8. Oklahoma
- 9. Colorado
- 10. South Dakota
- 46. California
- 48. New York
- 49. New Jersey
- 50. Washington D.C.



Deaths of Despair, the Epidemic within the Pandemic

- Deaths of despair have been on the rise for the last decade
- Defined as deaths to drug, alcohol, & suicide -often associated with socioeconomic factors. Causes are multifaceted to include social & individual factors:
 - Isolation & loneliness
 - Fractured healthcare system
 - Lack of culturally and linguistically competent care
 - Systemic racism
 - Structural inequalities in education, income, transportation, housing
- COVID-19 impact
 - Economic hardships & unemployment
 - Mandated social isolation
 - Uncertainty, fear, increased stress

https://wellbeingtrust.org/wp-content/uploads/2020/05/WBT_Deaths-of-Despair_COVID-19-FINAL-FINAL.pdf



Risk Factors

- Mental illness
- Substance abuse
- Firearms in the household
- Previous suicide attempts
- Non-suicidal self injury
- Exposure to suicide of someone else
- LGBTQ+ marginalization





Strongest Predictors for Youth

- Previous suicide attempt
- Current talk of suicide/making a plan
- Strong wish to die/preoccupied with death (thoughts, music, reading)
- Depression (hopelessness, withdrawal)
- Substance use
- Recent attempt by friend or family member

Protective Factors

- Youth who have an adult to go to for help are 3.5x LESS likely to attempt suicide
- Youth who participate in extra curricular activities are 1.7x LESS likely to attempt suicide (only one “piece of the pie”)
- Family and school connectedness
- Reduced access to firearms
- Academic achievement
- Using chosen name and pronoun as given by the youth reduces suicidal behavior by 56%
- Youth who feel safe at school are 3.2x LESS likely to attempt suicide



Suicide Prevention Strategies

Community Connection

Protective factors/resilience

Stigma reduction

Temporary means safety

Access to mental health care

Collaborative safety planning

Follow-up & caring contacts

Postvention



Solutions & Our Role in Healthcare

Get	People Connected
Get	People Facts
Get	Mental Health Integrated
Offer	A Vision for the Future
Get	People Care





Health Colorado Support

Offer	<p>Offer evidenced based & customized training to providers/practices/staff</p> <ul style="list-style-type: none">• MHFA, QPR, Stress Injury Formation, Diversion/Equity/Inclusion, Colorado Crisis Services, Resiliency
Collaborate	<p>Collaborate with providers & practices to develop best practice guidelines & BH/SUD crisis procedures</p>
Assist	<p>Assist with mental health referrals</p>



Mobile Crisis Response -
Mobile teams of mental
health professionals
providing community-based
crisis evaluations

- Available in all 19 counties (due to COVID-19 all mobile assessments completed via telehealth)

Crisis Respite - Providing a
place to stay for people
require intermediate levels
of crisis services or intensive
short-term in-home skill
building and stabilization

- Referral needed from MCR or CWIC
 - Pueblo
 - Canon City

Crisis Stabilization Unit/ATU -
Provides inpatient intensive
crisis services for up to 5
days (adult)

- Referral needed from MCR or CWIC
 - Pueblo (adult only)

Crisis Walk-In Center – our
crisis walk-in centers offer
confidential, in-person crisis
support, information and
referrals to anyone in need

- Pueblo



Region 4 Colorado Crisis Service Providers

Rocky Mountain Crisis Partners:

1-844-493-8255 (TALK); TEXT “Talk” to 38255

○ **CRISIS LINE**

- Immediate crisis support and in the moment consultation
- Telephonic assessment for wide scope of mental health and substance use issues
- Suicide/safety assessments, substance use screenings
- Triage to other components of the CCS(Mobile Crisis)
- Referral and resource linkage
- 3rd party consultation (friends, family, other professionals)
- Telephonic case management, continuity of care activities
- Follow up calls

○ **PEER SUPPORT**

- Peer Specialists with lived experience with behavioral health challenges = Power of shared experience
- Provide in the moment or ongoing support
- Promote recovery and wellness
- Triage to Crisis Line as appropriate
- Ideal resource for family/friends of individuals taken to CCS/ED/Jail needing support
- Follow up calls
- Referral and resource linkage

Remember crisis is self- defined

- Crisis can take many different forms for many different people
 - Anxiety
 - Relationship challenges
 - Suicidal thoughts
 - Trauma
 - Isolation
 - Depression
 - Family conflict
 - Bullying
 - Concern for family, friends, or others
 - Loneliness
 - Substance use
 - Stress
 - Financial pressures

Resources

- Colorado Crisis Services
 - Colorado Crisis Services Marketing Toolkit
- Below The Surface
- Man Therapy
- Rural Resilience
- SPRC Suicide Prevention Month Ideas for Action
- Greater Resilience Support Coach Training
- Behavioral Health in Colorado Putting People First: A Blueprint for Reform