

SUICIDE PREVENTION 101

What you need to know

THE NUMBERS

U.S. Numbers 2017 Data

Total deaths

- 47,173 suicide deaths in 2017
- 3.5 times more male completions than female (36,782 vs. 10,391)
- 3 times more female attempts than male

Rate/Rank

- 14.5 per 100,000
- 10th leading cause of death overall
- 2nd for youth (tripled since 1950s)

Each Day

- 129 per day (one commercial jet every other day)
- One person dies every 11.1 minutes

Over 40,000 deaths annually

2017	47,173
2016	44,965
2015	44,193
2014	42,773
2013	41,149
2012	40,600
2011	39,518
2010	38,364

Attributed to Suicide

10 Leading Causes of Death by Age Group, United States – 2017

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 4,580	Unintentional Injury 1,267	Unintentional Injury 718	Unintentional Injury 860	Unintentional Injury 13,441	Unintentional Injury 25,669	Unintentional Injury 22,828	Malignant Neoplasms 39,266	Malignant Neoplasms 114,810	Heart Disease 519,052	Heart Disease 647,457
2	Short Gestation 3,749	Congenital Anomalies 424	Malignant Neoplasms 418	Suicide 517	Suicide 6,252	Suicide 7,948	Malignant Neoplasms 10,900	Heart Disease 32,658	Heart Disease 80,102	Malignant Neoplasms 427,896	Malignant Neoplasms 599,108
3	Maternal Pregnancy Comp. 1,432	Malignant Neoplasms 325	Congenital Anomalies 188	Malignant Neoplasms 437	Homicide 4,905	Homicide 5,488	Heart Disease 10,401	Unintentional Injury 24,461	Unintentional Injury 23,408	Chronic Low. Respiratory Disease 136,139	Unintentional Injury 169,936
4	SIDS 1,363	Homicide 303	Homicide 154	Congenital Anomalies 191	Malignant Neoplasms 1,374	Heart Disease 3,681	Suicide 7,335	Suicide 8,561	Chronic Low. Respiratory Disease 18,667	Cerebrovascular 125,653	Chronic Low. Respiratory Disease 160,201
5	Unintentional Injury 1,317	Heart Disease 127	Heart Disease 75	Homicide 178	Heart Disease 913	Malignant Neoplasms 3,616	Homicide 3,351	Liver Disease 8,312	Diabetes Mellitus 14,904	Alzheimer's Disease 120,107	Cerebrovascular 146,383
6	Placenta Cord. Membranes 843	Influenza & Pneumonia 104	Influenza & Pneumonia 62	Heart Disease 104	Congenital Anomalies 355	Liver Disease 918	Liver Disease 3,000	Diabetes Mellitus 6,409	Liver Disease 13,737	Diabetes Mellitus 59,020	Alzheimer's Disease 121,404
7	Bacterial Sepsis 592	Cerebrovascular 66	Chronic Low. Respiratory Disease 59	Chronic Low. Respiratory Disease 75	Diabetes Mellitus 248	Diabetes Mellitus 823	Diabetes Mellitus 2,118	Cerebrovascular 5,198	Cerebrovascular 12,708	Unintentional Injury 55,951	Diabetes Mellitus 83,564
8	Circulatory System Disease 449	Septicemia 48	Cerebrovascular 41	Cerebrovascular 56	Influenza & Pneumonia 190	Cerebrovascular 593	Cerebrovascular 1,811	Chronic Low. Respiratory Disease 3,975	Suicide 7,982	Influenza & Pneumonia 46,862	Influenza & Pneumonia 55,672
9	Respiratory Distress 440	Benign Neoplasms 44	Septicemia 33	Influenza & Pneumonia 51	Chronic Low. Respiratory Disease 188	HIV 513	Septicemia 854	Septicemia 2,441	Septicemia 5,838	Nephritis 41,670	Nephritis 50,633
10	Neonatal Hemorrhage 379	Perinatal Period 42	Benign Neoplasms 31	Benign Neoplasms 31	Complicated Pregnancy 168	Complicated Pregnancy 512	HIV 831	Homicide 2,275	Nephritis 5,671	Parkinson's Disease 31,177	Suicide 47,173

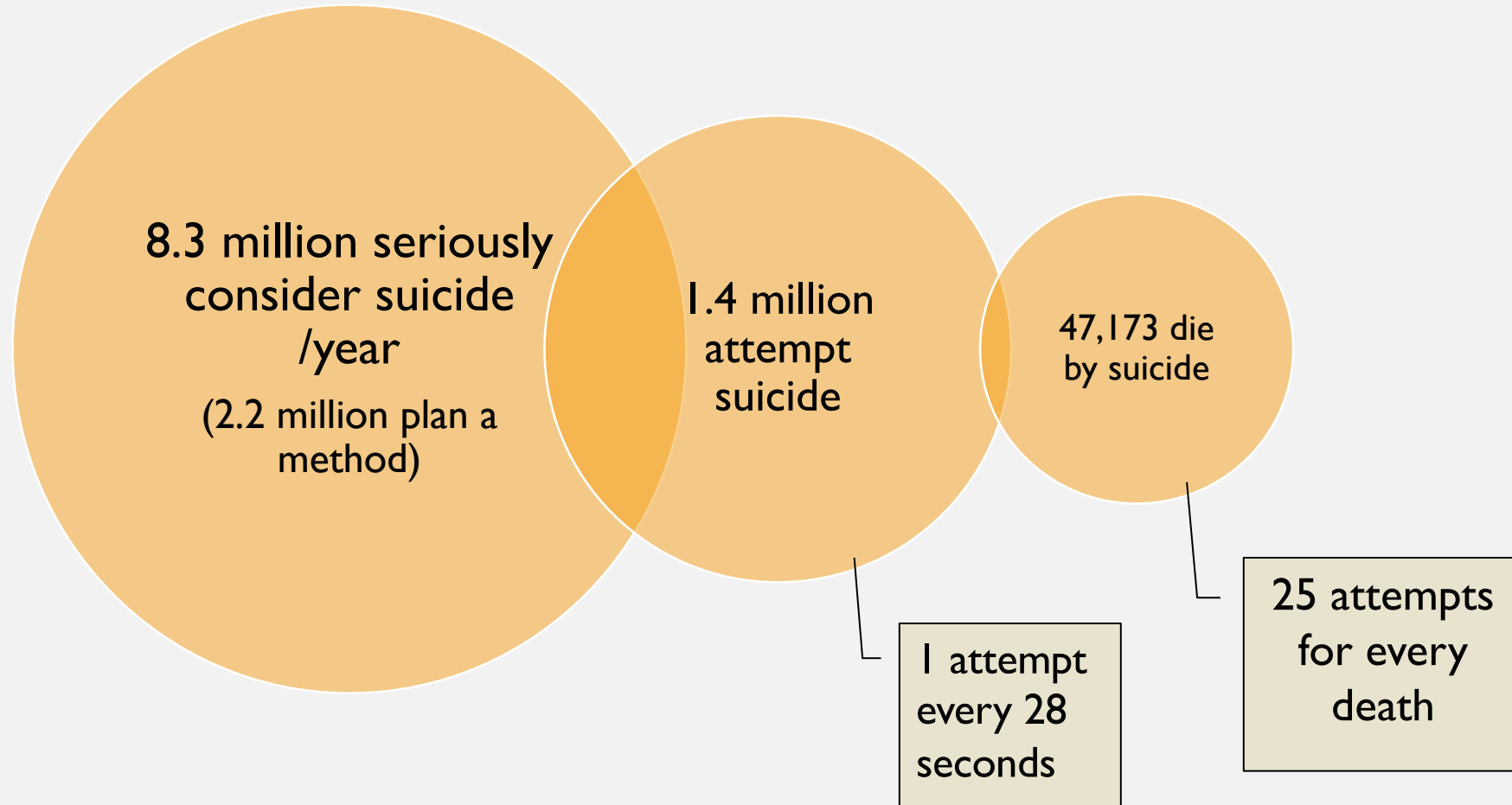
Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

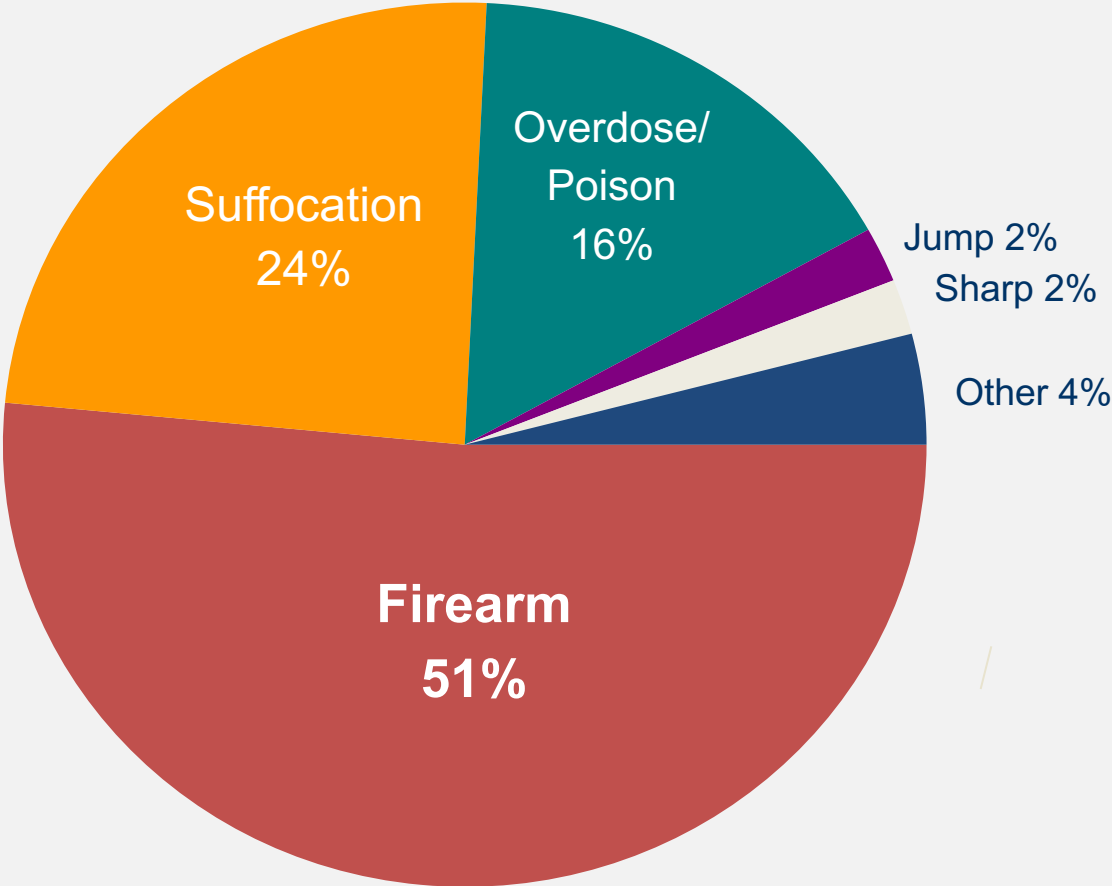
THE NUMBERS

The Spectrum of Suicide: US Adults



THE NUMBERS

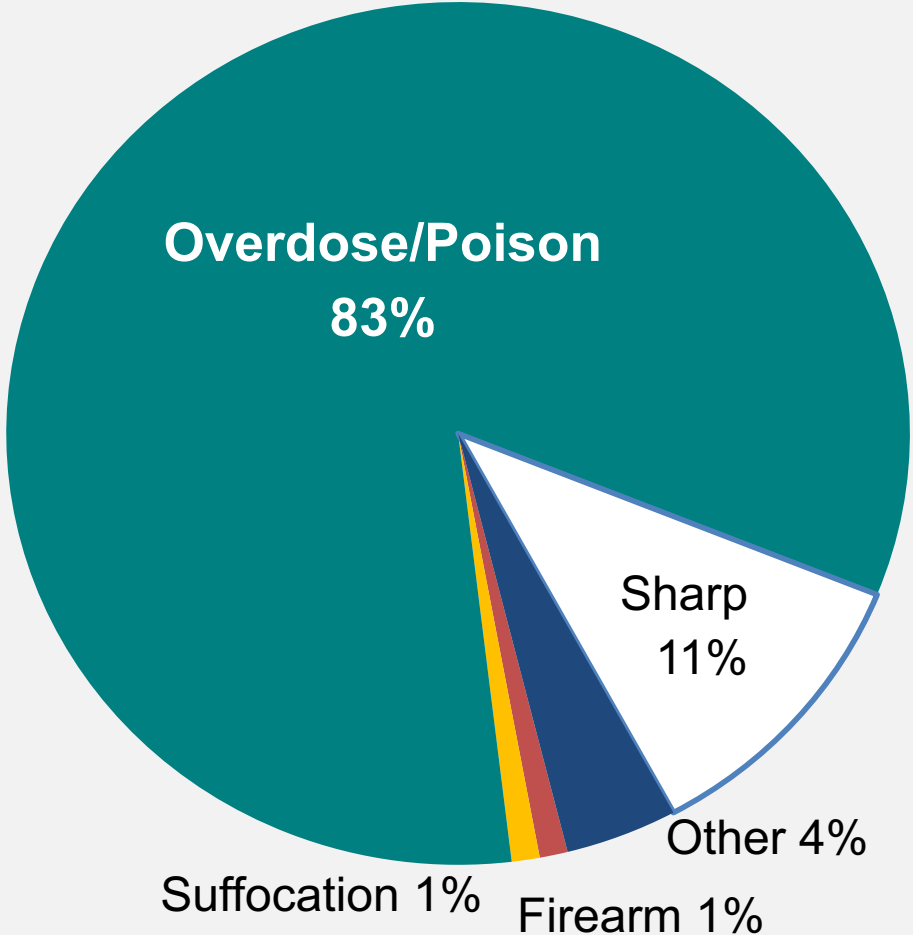
SUICIDES



Sources: Suicide: CDC WONDER (2013)
Inpatient: HCUP-NIS (2005)

THE NUMBERS

NON-FATAL SELF HARM



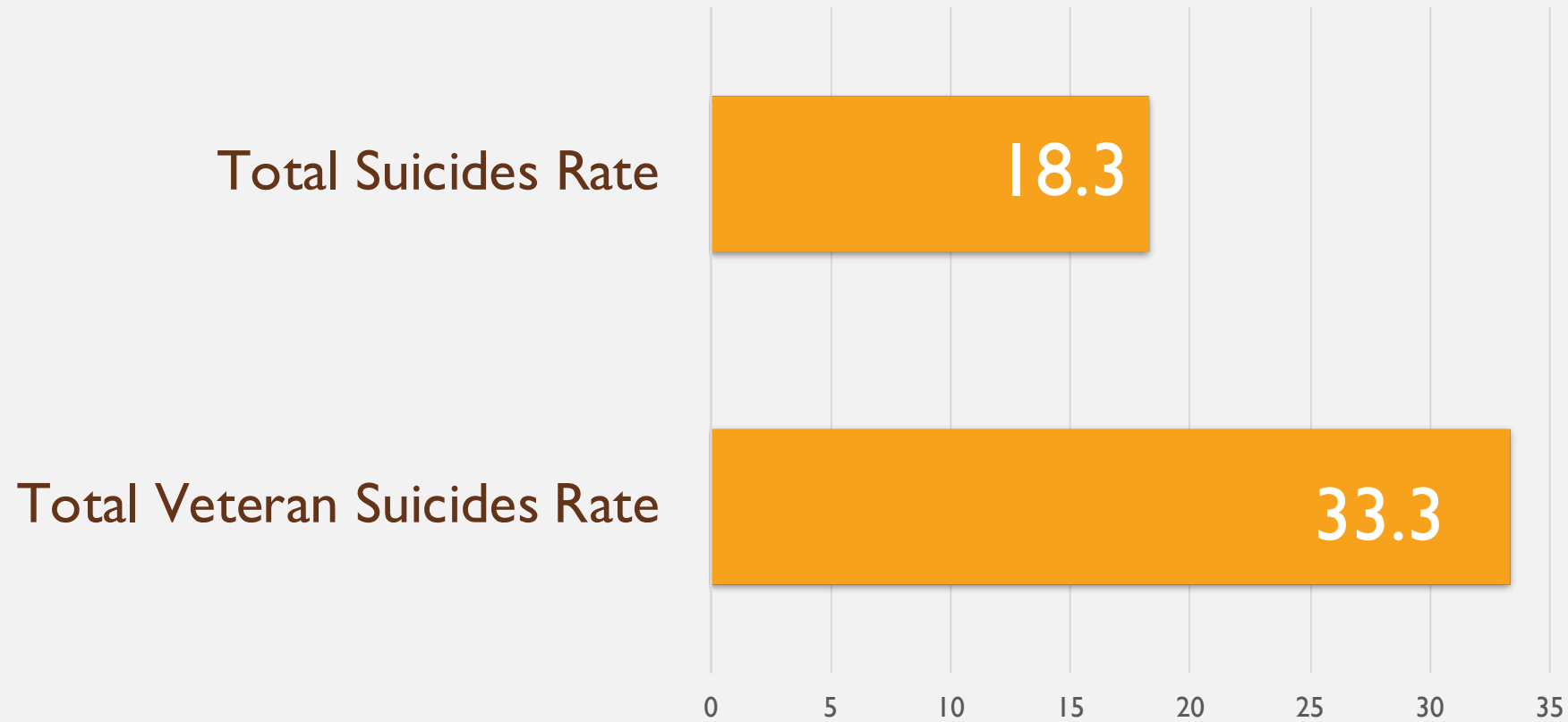
THE NUMBERS

Table 1: Method of Suicide Among Veteran and Non-Veteran U.S. Adult Suicide Decedents, 2016

Method	Percentage of Non Veteran Adult Suicide Deaths	Percentage of Veteran Suicide Deaths	Percentage of Male Non Veteran Adult Suicide Deaths	Percentage of Male Veteran Suicide Deaths	Percentage of Female Non Veteran Adult Suicide Deaths	Percentage Female Veteran Suicide Deaths
Firearm	48.4%	69.4%	53.9%	70.6%	32.4%	41.2%
Poisoning	16.0%	10.6%	9.8%	9.7%	34.2%	30.4%
Suffocation	26.8%	15.0%	27.8%	14.8%	23.7%	19.8%
Other	8.8%	5.1%	8.5%	4.9%	9.8%	8.6%

THE NUMBERS

Rate out of 100,000 people



GROUPS WITH HIGHER SUICIDE RISK

Mental Health/Substance Use Disorders

**Lesbian, Gay, Bisexual, Transgender, Questioning
(LGBTQ)**

Survivors of Suicide Loss

Latino/a youth

Justice & Child Welfare settings

American Indian/Alaskan Native

Self-injurers

Rural Youth

Suicide Attempts Survivor

Armed Forces Veterans

Medical Conditions

Middle-aged Men

INDIANA'S MILITARY POPULATION

4,821

- Active Duty

18,855

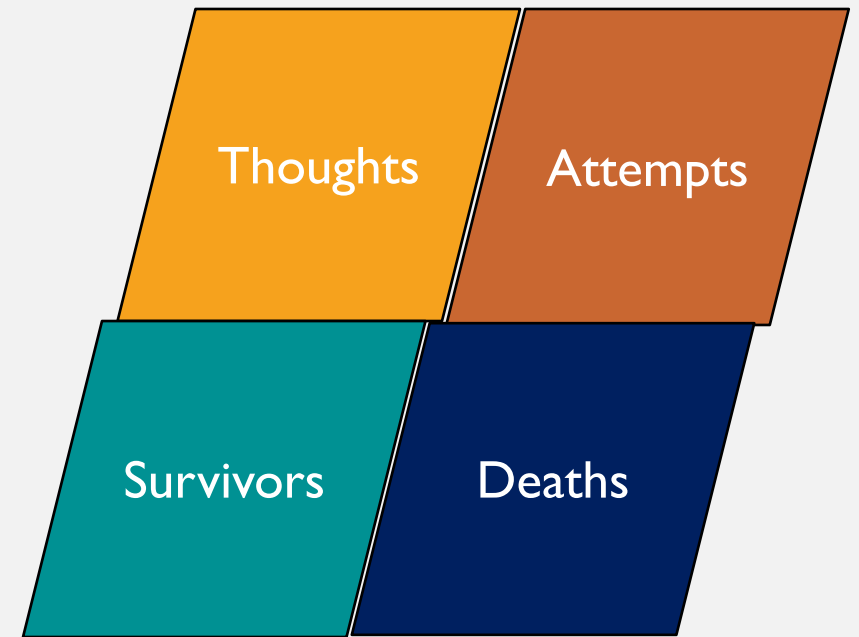
- National Guard (Army and Air)

410,705

- Veterans

TERMINOLOGY

- **Suicide ideation** – self-reported thoughts of engaging in suicide-related behavior.
- **Suicide attempt** – a potentially self-injurious behavior that was not fatal where the person intended to kill him/herself but was rescued, thwarted, or changed his/her mind.

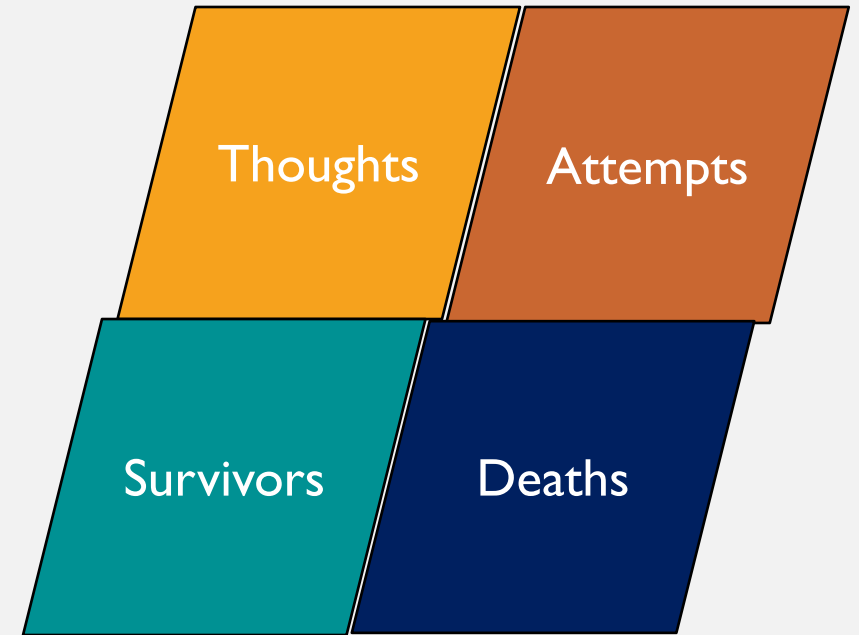


TERMINOLOGY

Suicide [death]:- Death where there is evidence that the injury was self-inflicted and intended to cause death

OR

An attempt to solve a problem of intense emotional pain with impaired problem-solving skills

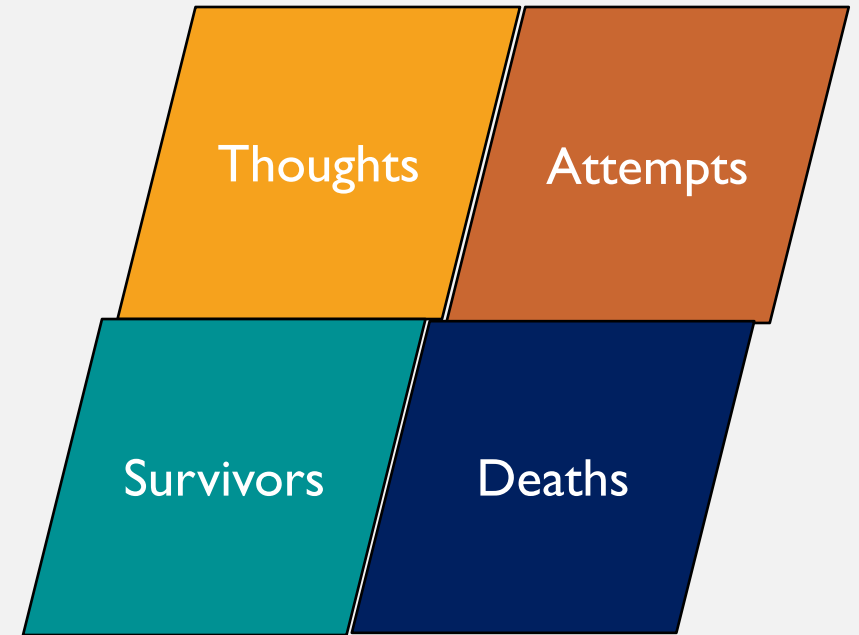


TERMINOLOGY

Survivor- someone who lost a loved one to suicide

Incredibly painful and traumatic loss:

- Intense feelings of shock, shame, anger, guilt, despair, pain, hopelessness, rejection, confusion, regret, and self-blame
- Stigma, isolation/limited social support
- Higher suicide risk (4 fold for children who lose a parent)



TERMINOLOGY

Terms to Avoid:

- Successful suicide
- Committed suicide
- Chose to kill himself

Terms to Use:

- Died by suicide
- Ended/took his/her own life
- Suicided
- Died as a result of a self-inflicted injury
- Died by own hand

TERMINOLOGY

Suicidal Communication

- Direct Statements/Threats
- Indirect Statements
- Statements describing suicidal ideation (thoughts)
- Suicidal Behavior
- Acquiring or Pursuing Acquisition of Means
- Practicing with Means
- Risky Behaviors/Suspicious Injuries
- 3rd Party fear for Safety Reports

TERMINOLOGY

Method or Plan

A method is an identified means of attempting suicide

(ex: firearm, pills, jumping off a bridge)

A plan is when an individual has identified all the details of how to end their life, including where, when, and how with explanations for why those decisions were made.

TERMINOLOGY

Interrupted Attempt

When person starts to take steps to end their life but someone or something stops them

Examples:

- Bottle of pills or gun in hand but someone grabs it
- On ledge poised to jump

Aborted Attempt

When person begins to take steps towards making a suicide attempt, ***but stops themselves*** before they actually have engaged in any self-destructive behavior

Examples:

- Man walks up to the roof to jump, but changes his mind and turns around
- She has gun in her hand, but then puts it down

Preparatory Acts

Any other behavior (beyond saying something) with suicidal intent

Examples:

- Collecting or buying pills
- Purchasing a gun
- Writing a will or a suicide note

TERMINOLOGY

Secondary or vicarious traumatization is generally defined as “experiencing similar symptoms to trauma victims as a result of indirect traumatic exposure via close contact with the survivors.”

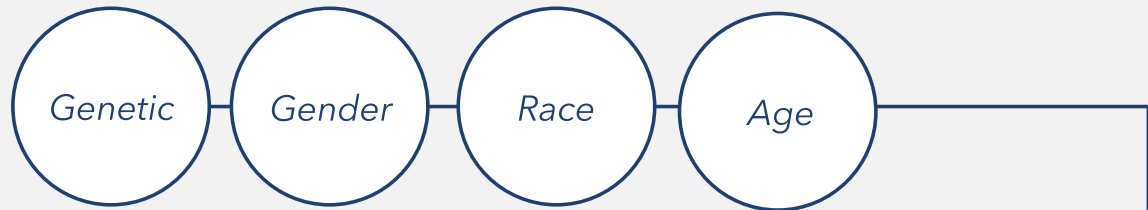
BASIC ASSUMPTIONS

- Suicide is always multi-determined.
- Suicide prevention must involve multiple approaches.
 - Most suicidal people do not want to die.
 - Suicidal people want to find a way to live.
- Suicidal Crisis are typically short in duration.
- Ambivalence exists until the moment of death.
 - The final decision rests with the individual.

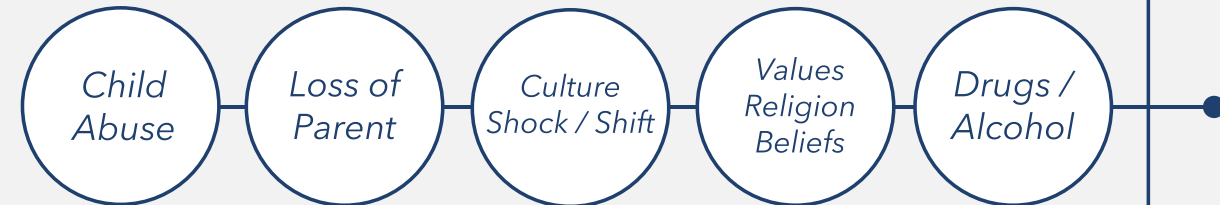
The Many Paths to Suicide

Fundamental Risk Factors

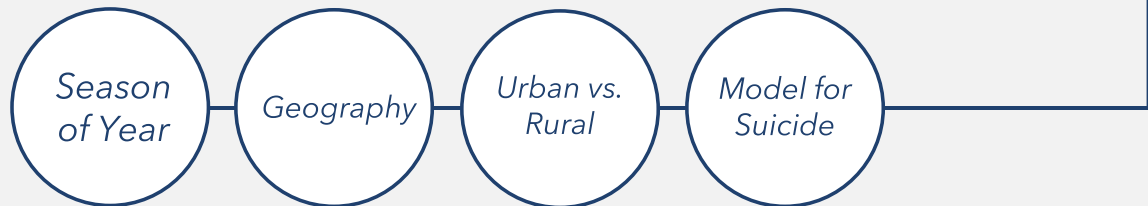
BIOLOGICAL



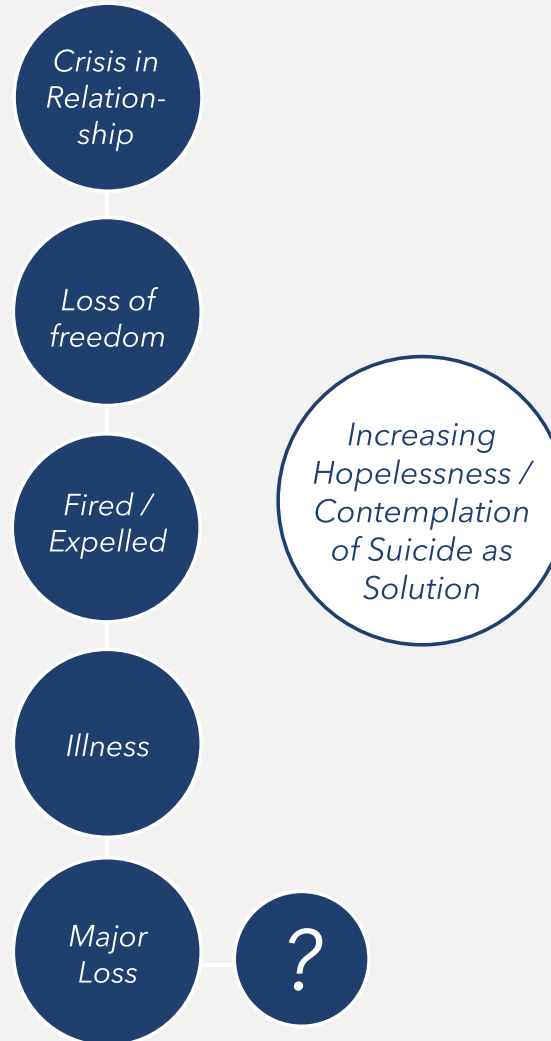
PERSONAL / PSYCHOLOGICAL



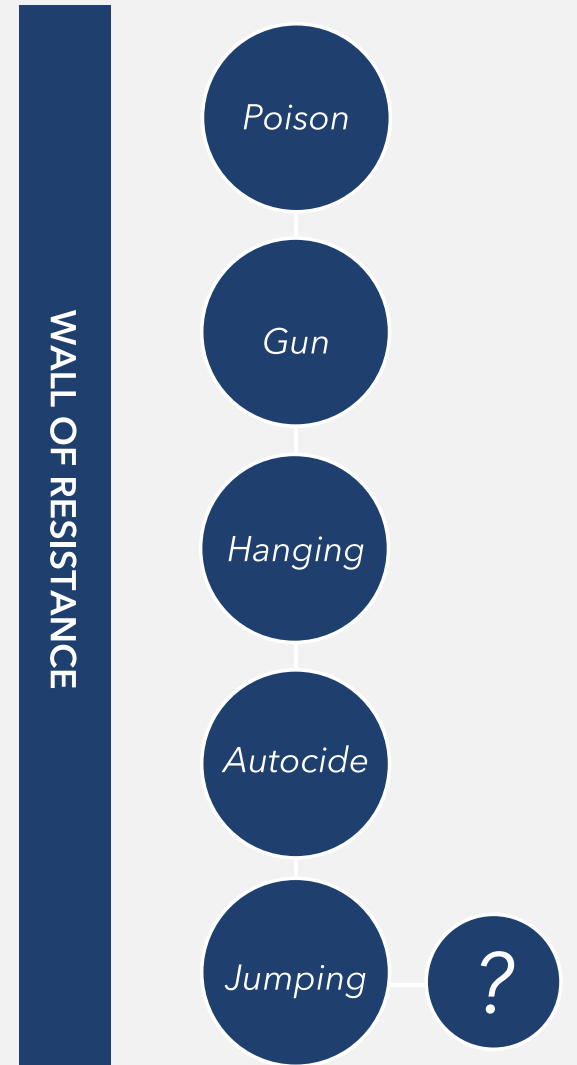
ENVIRONMENTAL



Proximal Risk Factors "Triggers or Final Straws"



Cause of Death



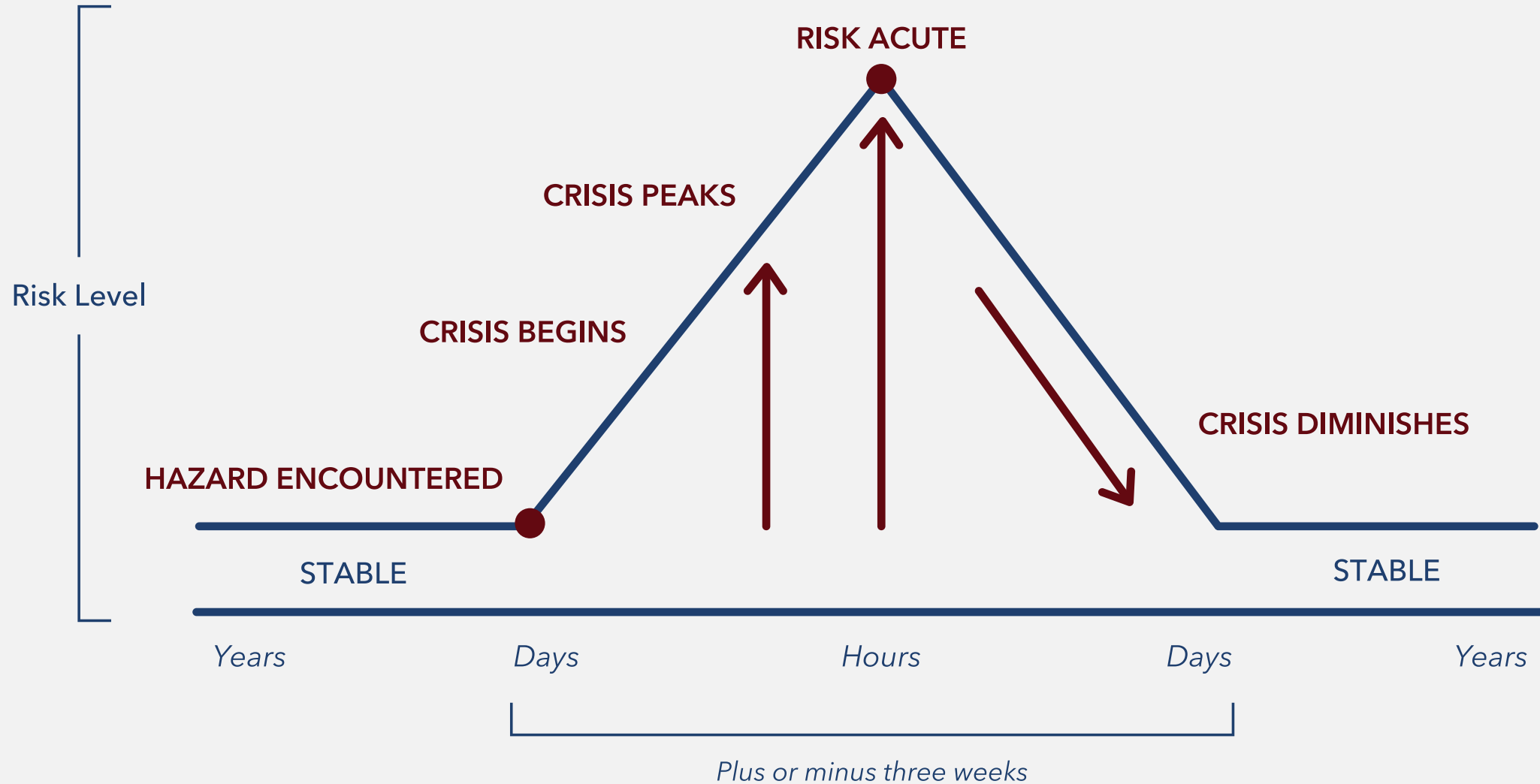
Wall of Resistance to Suicide

Protective Factors

COUNSELOR / THERAPIST	DUTY TO OTHERS	GATEKEEPER AVAILABLE	
GOOD HEALTH	MEDICATION COMPLIANCE	SUPPORT OF SIGNIFICANT OTHER(S)	
JOB SECURITY / JOB SKILLS	RESPONSIBILITY FOR CHILDREN	FEAR	
DIFFICULT ACCESS	A SENSE OF HOPE	POSITIVE SELF-ESTEEM	
PET(S)	RELIGIOUS PROHIBITION	CALM ENVIRONMENT	AA or NA
BEST FRIENDS	SAFETY AGREEMENT	TREATMENT AVAILABILITY	
SOBRIETY			

Suicide Crisis Episode

Risk level over time



THOMAS JOINER'S INTERPERSONAL THEORY OF SUICIDE

“I am alone”

Thwarted Belongingness

Loneliness
Social isolation
Family conflict/Divorce
Death of loved one

Burdensomeness

Self-esteem/shame
Homeless/Incarcerated
Unemployment
Medical illness

“It will never get better”

Hopelessness

Capability

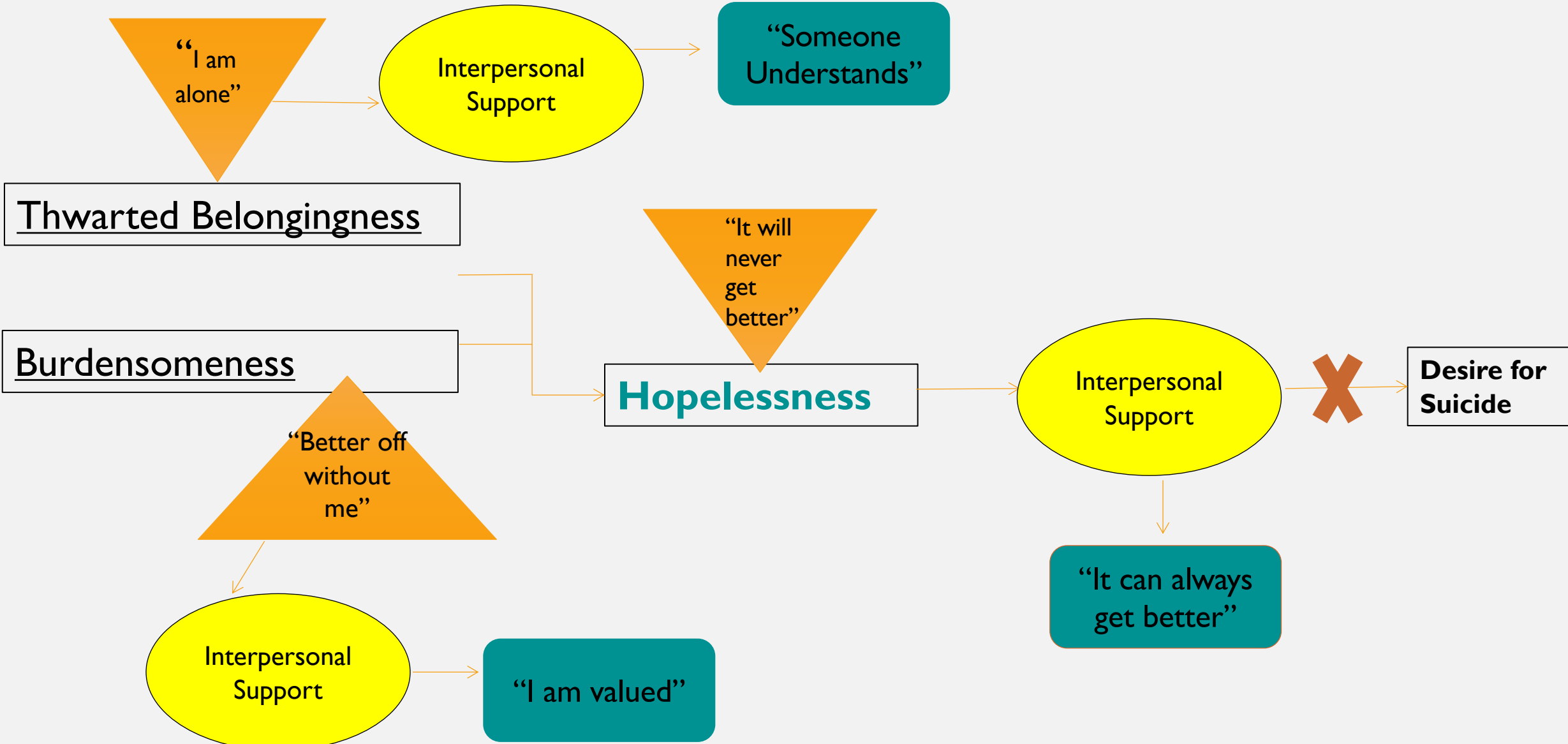
Suicide attempts
Elevated pain tolerance
Lack of fear of death
Exposure to trauma

Desire for Suicide

Suicide Attempt

“Better off without me”

THOMAS JOINER'S INTERPERSONAL THEORY OF SUICIDE



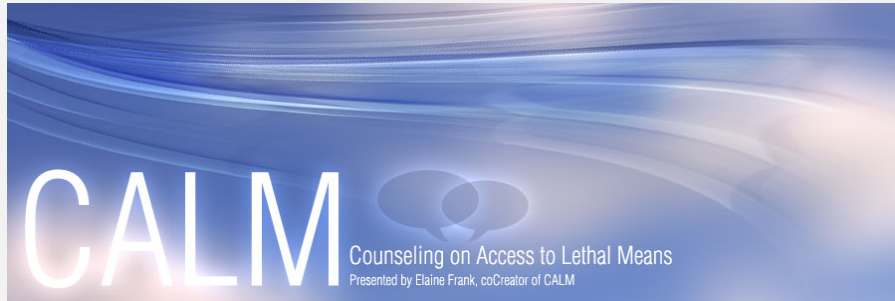
RESOURCES & TOOLS

Prevention Programs:

Focus is on recognizing risk and referring those at risk to help



QPR: Question, Persuade, Refer



CALM: Counseling on Access to Lethal Means

Gatekeeper Training:

- Basic introduction to topic
- Creates general awareness
- Builds intervention skills

Means Restriction:

Designed to teach others how to remove lethal means from those exhibiting risk for suicide

RESOURCES & TOOLS

Intervention Programs:

Focus is on intervening with individuals who are currently suicidal or who are at risk for suicide



ASIST: Applied Suicide Intervention Skills Training



Mental Health First Aid

Suicide First Aid:

- Designed like medical first aid
- Identifies the risk to an individual
- Address and treat the suicide risk

RESOURCES & TOOLS



THE COLUMBIA
LIGHTHOUSE
PROJECT
IDENTIFY RISK. PREVENT SUICIDE.

CSSRS: Columbia
Suicide Severity
Rating Scale



AMSR: Assessing
and Managing
Suicide Risk



SDV: Self Directed Violence
Classification System and
Clinical Toolkit

Assessment:

Designed to assist
professionals with
assessing the suicide
risk of an individual to
improve treatment

RESOURCES & TOOLS



AFSP: American
Foundation for
Suicide Prevention



**THE CODE GREEN
CAMPAIGN**

The Code Green
Campaign



Suicide
Prevention
Resource Center



Indiana State Suicide Prevention

THANK YOU