



California Department of Mental Health

Office of Suicide Prevention

Suicide Prevention in California: Everyone is Part of the Solution



Madera County

**Regional Suicide Prevention
Coordinators Meeting**

Wednesday October 27th, 2010

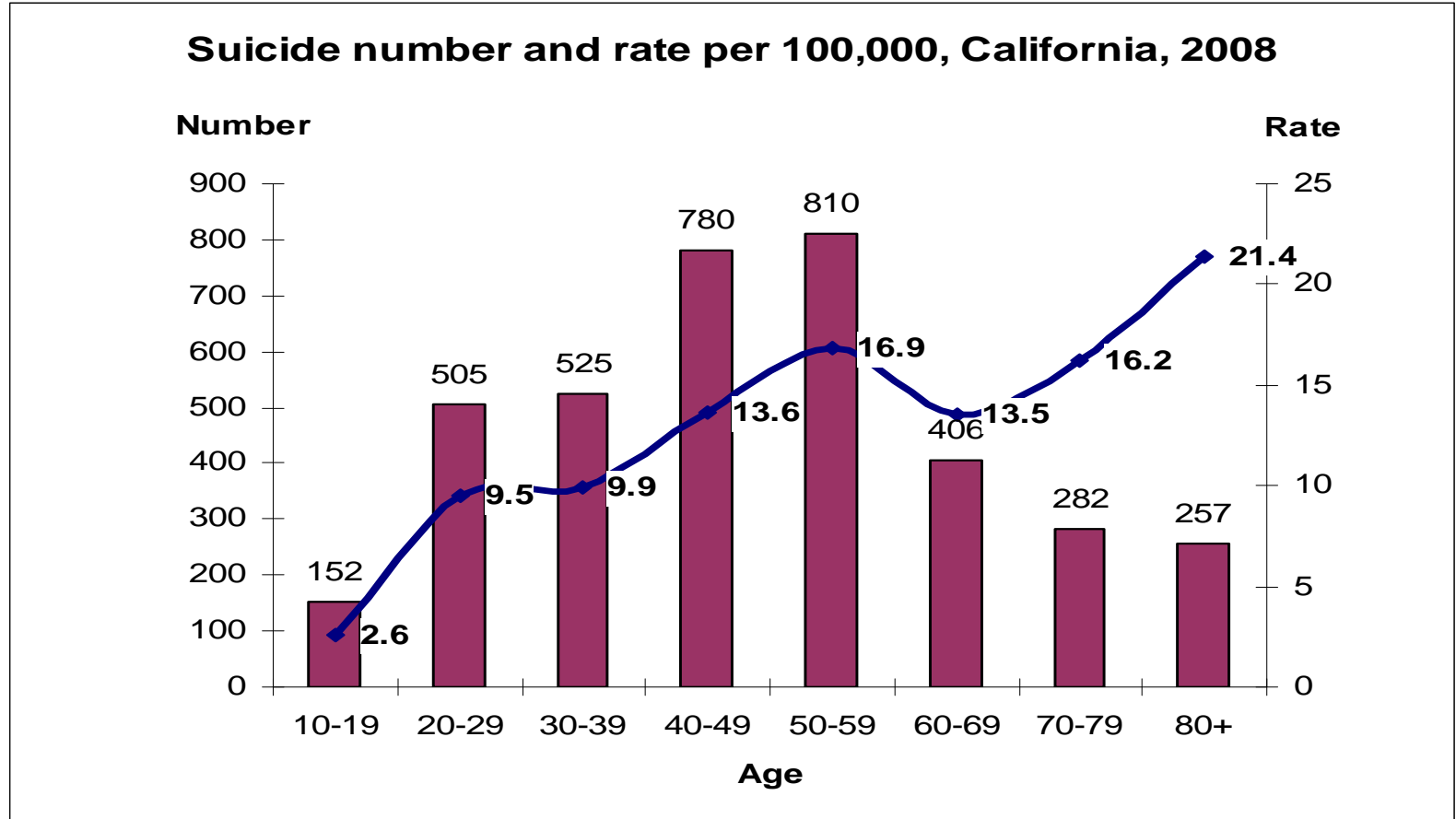


Topics of Discussion

- Suicide trends
- At-risk populations
- California Strategic Plan on Suicide Prevention
- Office of Suicide Prevention
- The Public Health Approach to Prevention



Suicide in California

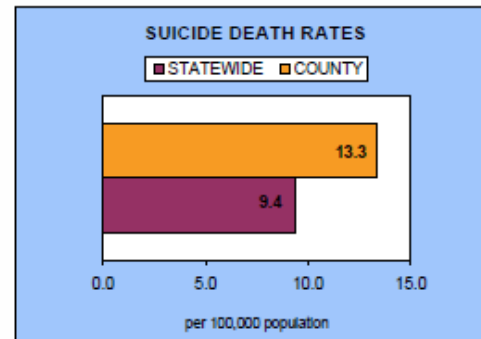




County Data Profile

Madera County

| CALIFORNIA DEPARTMENT OF MENTAL HEALTH OFFICE OF SUICIDE PREVENTION DATA SUMMARY SHEET ON SUICIDE DEATHS AND NONFATAL SELF-INFLICTED INJURIES MADERA COUNTY | | | | | | | | | |
|--|----------------------------------|--------|--------|----------|-----------------------------|--------|-------------------|-------|-------|
| YEAR | 2007 | | | | | | | | |
| CALIFORNIA DATA | | | | | | | | | |
| POPULATION | 37,810,582 | | | | | | | | |
| SUICIDE DEATHS | 3,542 | | | | | | | | |
| SUICIDE DEATH RATE | 9.4 | | | | | | | | |
| NONFATAL SELF-INFLICTED INJURIES | 16,338 | | | | | | | | |
| NONFATAL SELF-INFLICTED INJURY RATE | 43.2 | | | | | | | | |
| COUNTY: MADERA | | | | | | | | | |
| POPULATION | 150,555 | | | | | | | | |
| SUICIDE DEATHS | 20 | | | | | | | | |
| SUICIDE DEATH RATE | 13.3 | | | | | | | | |
| NONFATAL SELF-INFLICTED INJURIES | 34 | | | | | | | | |
| NONFATAL SELF-INFLICTED INJURY RATE | 22.6 | | | | | | | | |
| ADDITIONAL COUNTY DATA | | | | | | | | | |
| SUICIDE DEATHS BY AGE, GENDER & RACE/ETHNICITY | | | | | | | | | |
| AGE GROUPS | 5-14 | 15-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65-74 | 75-84 | 85+ |
| POPULATION | 23,431 | 22,002 | 16,145 | 24,657 | 20,907 | 15,266 | 9,646 | 5,377 | 2,146 |
| SUICIDE DEATHS | 0 | 0 | 3 | 5 | 8 | 2 | 1 | 1 | 0 |
| SUICIDE DEATH RATE | 0.0 | 0.0 | 18.6 | 20.3 | 38.3 | 13.1 | 10.4 | 18.6 | 0.0 |
| GENDER | FEMALES | MALES | | | | | | | |
| POPULATION | 77,749 | 72,806 | | | | | | | |
| SUICIDE DEATHS | 7 | 13 | | | | | | | |
| SUICIDE DEATH RATE | 9.0 | 17.9 | | | | | | | |
| RACE/ETHNICITY | AMERICAN INDIAN / ALASKAN NATIVE | ASIAN | BLACK | HISPANIC | HAWAIIAN / PACIFIC ISLANDER | WHITE | TWO OR MORE RACES | | |
| POPULATION | 2,253 | 1,745 | 4,403 | 71,278 | 180 | 68,182 | 2,514 | | |
| SUICIDE DEATHS | 0 | 0 | 0 | 1 | 0 | 19 | 0 | | |
| SUICIDE DEATH RATE | 0.0 | 0.0 | 0.0 | 1.4 | 0.0 | 27.9 | 0.0 | | |





Five Leading Causes of Fatal Injuries in Madera County

| Rank | Cause of injury | Number of fatal injuries |
|------|--|--------------------------|
| 1 | Unintentional - MVT (Motor Vehicle Crash), Unspecified | 33 |
| 2 | Suicide | 20 |
| 3 | Unintentional - Fall | 12 |
| 4 | Unintentional - Poisoning | 11 |
| 5 | Homicide/Assault | 10 |

California Department of Public Health (2007)
[<http://www.applications.dhs.ca.gov/epicdata/default.htm>]



Leading Causes of Fatal Injuries by Age Group in Madera County

| Age Group | Leading Cause of Injury (Number of fatalities) | Second Leading Cause of Injury |
|-----------|--|------------------------------------|
| 13-18 | Unintentional MVT, unspecified (3) | Unintentional MVT, as Occupant (1) |
| 19-25 | Unintentional MVT, unspecified (7) | Unintentional MVT, as Occupant (2) |
| 26-45 | Unintentional MVT, unspecified (15) | Suicide (9) |
| 46-64 | Suicide/Self-inflicted (9) | Unintentional – Poisoning (4) |
| 65-75 | Unintentional - Fall (4) | Unintentional MVT (1) |
| 76-85+ | Unintentional – Fall (6) | Unintentional MVT (1) |

California Department of Public Health (2007)
<http://www.applications.dhs.ca.gov/epicdata/default.htm>



Suicide Among Specific Populations

- Individuals with Mental Health Disorders*
 - 90% of suicide deaths involve a diagnosable mental health or substance abuse disorder
 - Certain diagnoses, such as bipolar disorder and schizophrenia, are associated with elevated risk
 - In the California Violent Death Reporting System (CalVDRS), as many as 25% had a diagnosed mental health disorder; half were in treatment and 3 in 10 were never treated**
- Veterans***
 - Largest veteran population of any state
 - Higher risk of suicide than non-veterans
 - More likely to be precipitated by a physical health problem and current depressed mood
 - More likely to be first time attempters and to use a gun

* **See California Strategic Plan on Suicide Prevention.**

** **Risk factors for suicide from CalVDRS. AAS Conference, San Francisco, April 18, 2009 *****

*** **Characteristics of veteran suicides in California. DOD-VA Conference, San Antonio TX, January 13, 2009**



Suicide Among Specific Populations

- Rural Residents
 - Consistently higher rates in rural counties in CA as well as rural states
 - Possible relationship with firearm ownership rates



Young Latina Risk: National Youth Risk Behavior Survey

- Percentage of HS students who...
- **Seriously considered attempting suicide***
 - 15.4% Hispanic (vs. 13.1% White & 13.0% Black)
- **Made a plan about how they would attempt suicide***
 - 12.2% Hispanic (vs. 10.3% White & 9.8% Black)
- **Actually attempted suicide***
 - 6.1% Hispanic (vs. 5.0% White & 7.9% Black)
- **Had to be treated by medical professional after suicide attempt (injury, poisoning, overdose)****
 - 3.2% Hispanic (vs. 2.1% White & 2.0% Black)

Overall, females were more likely than males to do the above

Provided by Dr. Sergio Aguilar-Gaxiola

*National Youth Risk Behavior Survey (2009)

**National Youth Risk Behavior Survey (2005)



Suicide Attempts in the Young Latina Population

- Latinas are the largest minority group of girls among 12-17 year olds in the country and growing
- Roughly 50% of Madera County's population is Hispanic/Latino*

* 2006-2008 American Community Survey 3-year estimates from the U.S. Census
Dr. Sergio Aguilar-Gaxiola presentation citing CDC data



Risk and Protective Factors for Latinos

Individual Level

Protective Factors

Coping Skills

Positive attitude for help-seeking

Personality

Respect for self

Risk Factors

Age

Sex (Gender)

Substance abuse

Feelings of hopelessness

Personality disorders

Psychiatric disorders

Stressful life events



Risk and Protective Factors for Latinos

Interpersonal Level

Protective Factors

Marital status

Flexibility of family roles

Continuity of family

Attachment of family

Familismo

Risk Factors

Family dysfunction

Witness or victim of family interpersonal violence

Partner abuse



Risk and Protective Factors for Latinos

Community Level

Protective Factors

Spirituality

Sharing resources (ie: collective efficacy)

Colectivismo

Social support

Risk Factors

Incarceration

Social isolation

Violence in neighborhoods

Limited economic and educational opportunities



Risk and Protective Factors for Latinos

Societal Level

Protective Factors

Cultural aspects

Acculturation

Geography

Risk Factors

Availability of lethal means

Discrimination

Unemployment

Lack of access to health care

Media influence



California's Suicide Prevention Milestones

- Office of Suicide Prevention established on February 6, 2008
- The California Strategic Plan on Suicide Prevention: *Every Californian is Part of the Solution* (approved by the Governor's Office on June 30, 2008)
 - Full Plan and Executive Summary available in hard copy and on DMH website*

*<http://www.dmh.ca.gov/PEIStatewideProjects/SuicidePrevention.asp>

CALIFORNIA STRATEGIC PLAN
ON SUICIDE PREVENTION:
Every Californian Is Part of the Solution



**[www.dmh.ca.gov/
PEIStatewideProjects/
SuicidePrevention.asp](http://www.dmh.ca.gov/PEIStatewideProjects/SuicidePrevention.asp)**

A blueprint for action at the state and local levels to reduce suicide and its tragic consequences.

It is built upon the vision that a full range of strategies – from prevention and early intervention to treatment and postvention – should be implemented that appropriately targets Californians of all ages and diverse backgrounds.



Strategic Directions

- 1. Create a System of Suicide Prevention ;**
- 2. Implement Training and Workforce Enhancements to Prevent Suicide;**
- 3. Educate Communities to Take Action to Prevent Suicide;**
- 4. Improve Suicide Prevention Program Effectiveness and System Accountability.**



California Strategic Plan on Suicide Prevention

Strategic Direction 1: Create a System of Suicide Prevention

State Level Next Steps

Enhance capacity of SP Hotlines

Create statewide resource center on suicide prevention

Enhance coordination and collaboration by building networks between public and private organizations

Local Level Next Steps

Appoint a County OSP Liaison

Develop suicide prevention advisory committee & action plan

Conduct a comprehensive needs assessment

Enhance system integration between mental health, public health, social services etc...

Assess & build local hotline capacity through accreditation



California Strategic Plan on Suicide Prevention

Strategic Direction 2: Implement workforce and training enhancements to prevent suicide

State Level Next Steps

Convene expert panels and establish state level partnerships

Develop service and training standards and guidelines

Promote evidence-based training models

Local Level Next Steps

Determine local training needs as part of a comprehensive local assessment (ie: using WET)

Identify training targets from needs assessment and plan to meet them

Promote service and training guidelines and standards in the community



California Strategic Plan on Suicide Prevention

Strategic Direction 3: Educate communities to take action to prevent suicide

State Level Next Steps

- Educate the media about safe reporting
- Enhance services and support for high-risk populations through state partnerships
- Implement a suicide prevention social marketing campaign in conjunction with other efforts (ie: Stigma and Discrimination Reduction)
- Disseminate models for suicide prevention gatekeeper education
- Reduce access to lethal means

Local Level Next Steps

- Develop a community outreach, awareness and education plan for suicide prevention
- Develop and promote a local directory of suicide prevention services
- Implement a media engagement strategy
- Foster the development of peer support programs and survivor support programs
- Implement gatekeeper training



California Strategic Plan on Suicide Prevention

Strategic Direction 4: Improve suicide prevention program effectiveness and system accountability

State Level Next Steps

Enhance data collection and sharing

Make data more accessible and user friendly for local stakeholders

Support local program evaluation and enhanced suicide death review processes

Local Level Next Steps

Assess local data sources and reporting processes

Build local capacity for program evaluation

Establish a suicide death review process

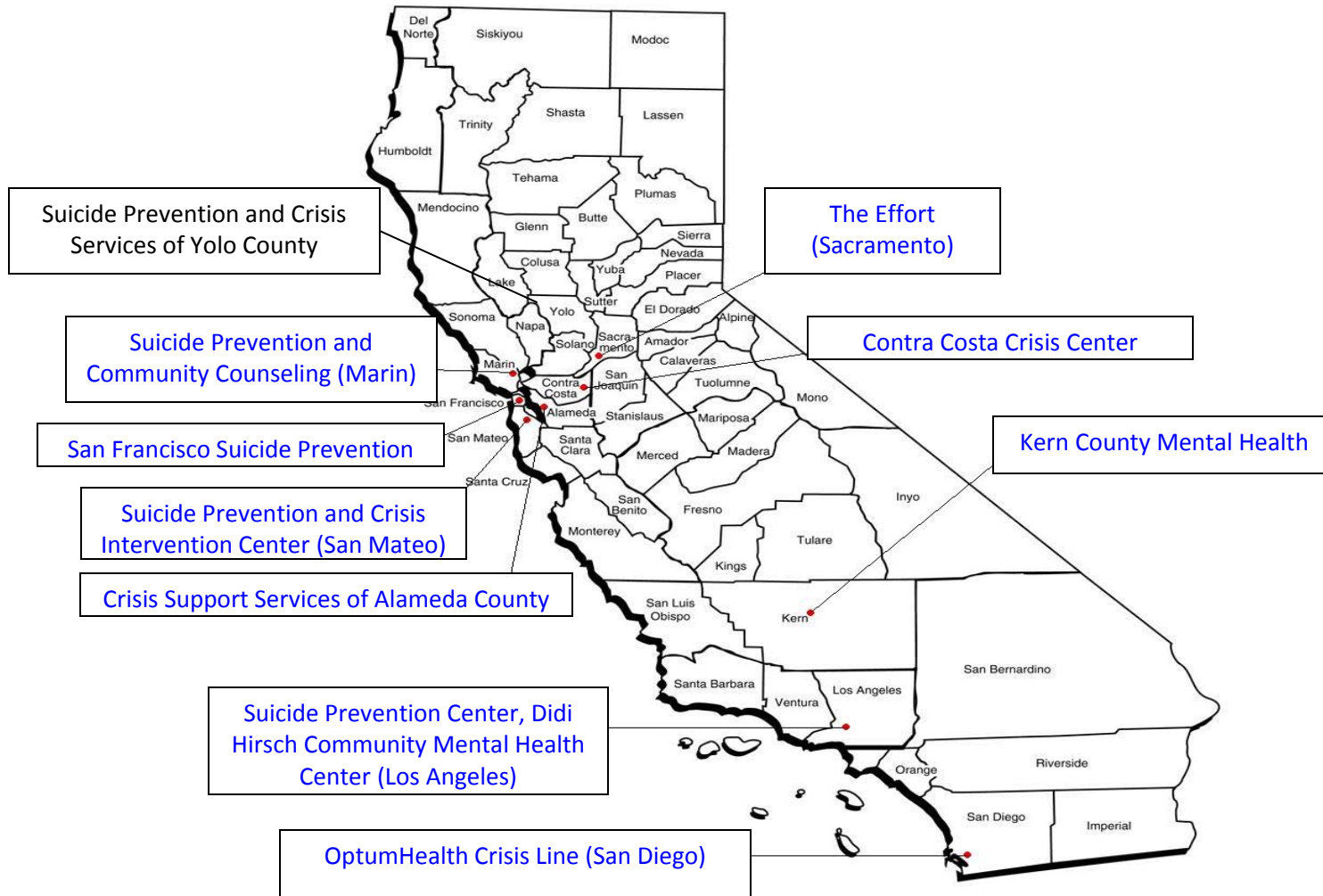


Goals of the California Office of Suicide Prevention

1. Expand the number and capacity of accredited suicide prevention hotlines.
2. Develop a web based resource on suicide prevention that is specific to California.
3. Build a coordinated system of suicide prevention among state, regional, and local organizations.
4. Support suicide prevention training opportunities in California.
5. Work with state & local partners to promote veterans' mental health



California Accredited Crisis Centers with Crisis Hotlines





National Partnerships

- Suicide Prevention Resource Center
- National Suicide Prevention Lifeline
- American Association of Suicidology
- Substance Abuse and Mental Health Services Administration
- Jed Foundation
- Trevor Project
- American Foundation for Suicide Prevention
- US Dept of Veterans Affairs
 - Suicide prevention coordinators



State Level Partnerships

- California Dept. of Veterans Affairs
- California Army National Guard
- California Department of Aging
- California Department of Education
- Higher Education (UC, CSU, community colleges)
- Department of Alcohol and Drug Programs
- Board of Behavioral Sciences
- Office of Statewide Health Planning and Development
- Department of Social Services

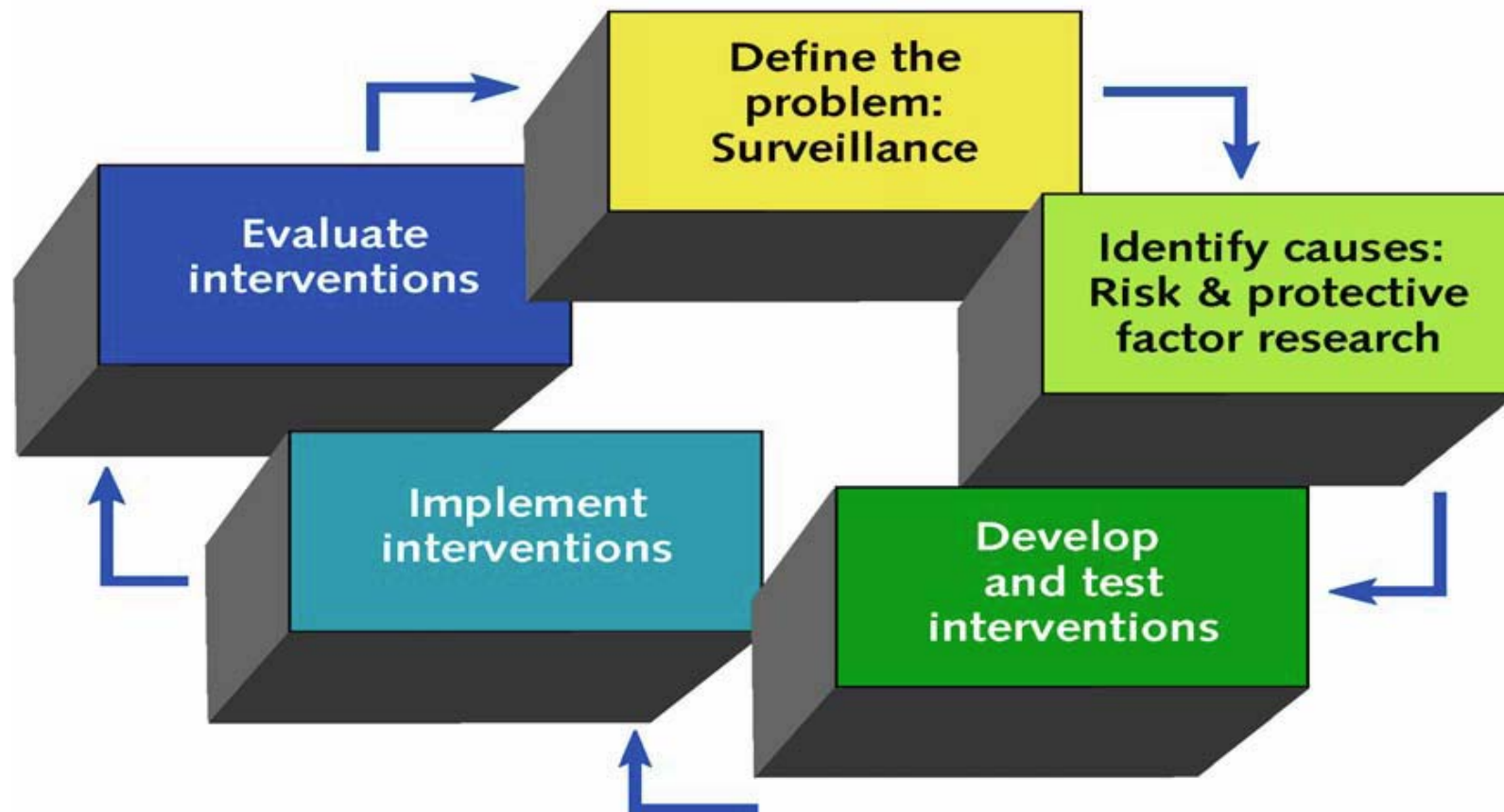


Local Partnerships

- County OSP Liaisons
 - 23 counties and growing
 - Monthly conference calls
- Consortium of CA Crisis Centers
 - 10 crisis centers participating
 - Face to face meeting on November 5th; monthly conference calls
- Ongoing technical assistance to a wide range of stakeholders, including development of PEI plans



The Public Health Approach to Prevention





Suicide Prevention Planning

- **Build a coalition**
 - Mental health, law enforcement, emergency medical services; survivors and higher risk communities (e.g. youth, the elderly, or those with mental health or substance use disorders)
 - Meet specific community needs; cross the usual silos
- **Examine the data**
 - Define the problem by collecting data and other information
 - Comprehensive community assessment
 - **Sources of strength** as well as risk
- **Plan the strategy**
 - Develop an action plan
 - Obtain resources, implement interventions, sustain the effort
- **Find funding**
 - Public funds, grants, foundations; leveraging resources
- **Evaluate**
 - Measure effectiveness, ongoing quality improvement; justify funding



Contact the Office of Suicide Prevention

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See our web page

[http://www.dmh.ca.gov/PEIStatewideProjects/Suicide
Prevention.asp](http://www.dmh.ca.gov/PEIStatewideProjects/SuicidePrevention.asp)

Check it out!