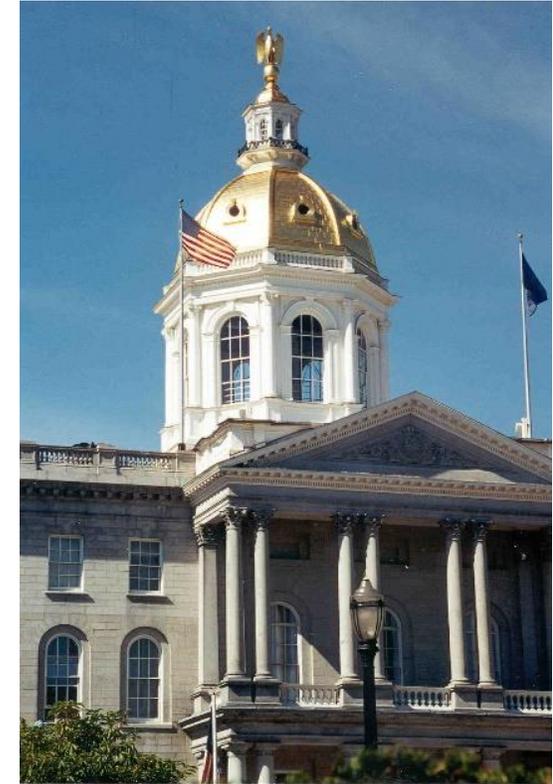

SUICIDE PREVENTION

WEDNESDAY, APRIL 24, 2019



NATIONAL CONFERENCE OF STATE LEGISLATURES

- Bipartisan membership organization
 - All 50 states and the territories
 - 7,383 state legislators
 - All state legislative staff (30,000+)
- Goals:
 - To improve the quality & effectiveness of state legislatures
 - To promote policy innovation and communication among state legislatures
 - To ensure states a strong, cohesive voice in the federal system
- Research, education, technical assistance



NATIONAL CONFERENCE OF STATE LEGISLATURES

WHAT'S COVERED TODAY?

- Overview of national suicide trends
- National overview of trends in suicide prevention policy
- Strategies states are using to address suicide prevention
 - State examples
- Resources for further consideration

SUICIDE IN THE UNITED STATES

In 2017...

- Suicide was the 10th leading cause of death
- Suicide accounted for 47,000 deaths
- 9.8 million American adults seriously thought about suicide
- 2.8 million made a suicide plan
- 1.4 million made a suicide attempt
- \$70 billion in direct medical and work loss costs

If you or someone you know is in crisis, please contact the

National Suicide Prevention Lifeline



1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

WHO DIES BY SUICIDE IN THE UNITED STATES?

- Middle-aged, white men are most at risk of dying by suicide.
 - Suicide is the fourth leading cause of death in this age group.
- Suicide is the second leading cause of death for Americans under the age of 25.
- Rural communities and communities with distressed economic conditions.
- Other vulnerable populations include:
 - American Indian/Alaskan native communities
 - LGBT Youth
 - Veterans
 - First Responders
- Other Risk Factors

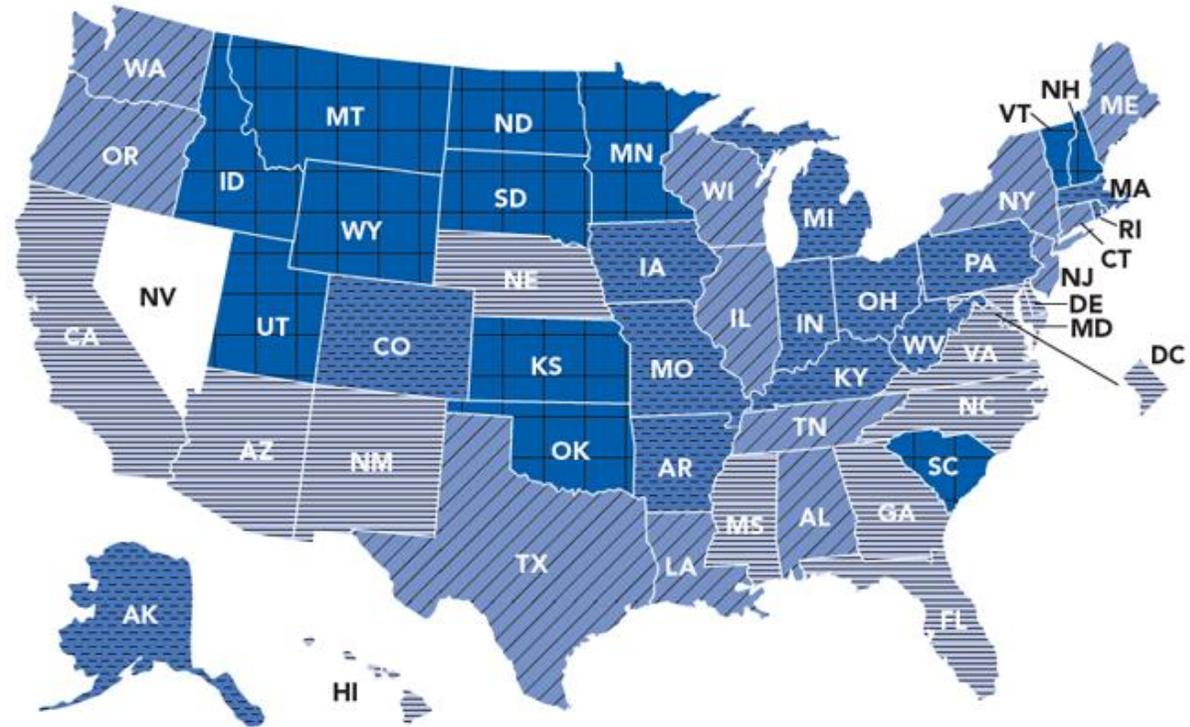


DEATH BY SUICIDE IS INCREASING

Suicide rates rose across the US from 1999 to 2016.

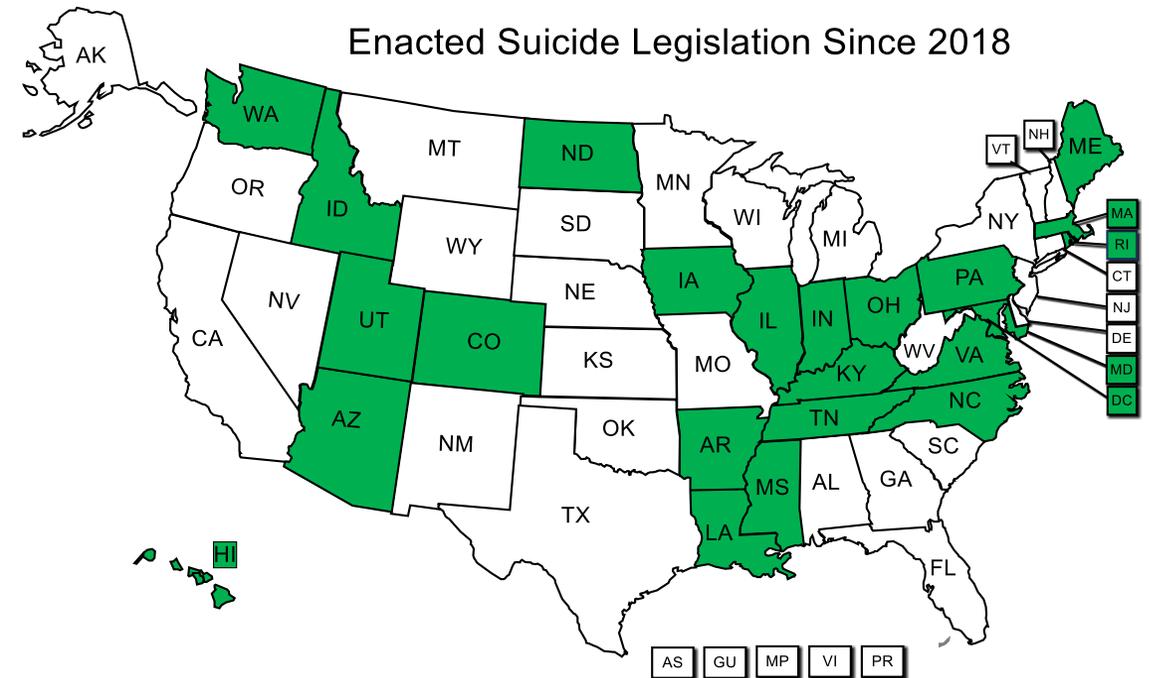


SOURCE: CDC's National Vital Statistics System;
CDC Vital Signs, June 2018.



TRENDS IN SUICIDE PREVENTION POLICY

- At least 23 states and D.C. have enacted suicide prevention legislation since 2018.
- Variety of settings-
 - Education, health care system, first responders, law enforcement veterans
- Variety of approaches-
 - Targeting at risk populations
 - Using training
 - Either national models or local flexibility
 - Communications



CRISIS INTERVENTION LIFELINES

- A crisis lifeline is generally a phone number people can call to get immediate emergency counseling
 - Usually trained volunteers
 - Can serve specific populations, i.e. veterans or LGBT youth
- National Suicide Prevention Lifeline
 - National partnership funded through Substance Abuse and Mental Health Services Administration (SAMHSA)
 - Local affiliates
 - Trained Responders



CRISIS INTERVENTION LIFELINES- CONTINUED

Colorado

- Operates the “Safe 2 Tell” program.
- SB07-197 created the “Safe 2 Tell” program allowing anonymous reporting of threats, bullying and students considering suicide.
- SB12-79 revised the program and allowed for students to make reports by phone, the program’s website and via the program’s app.

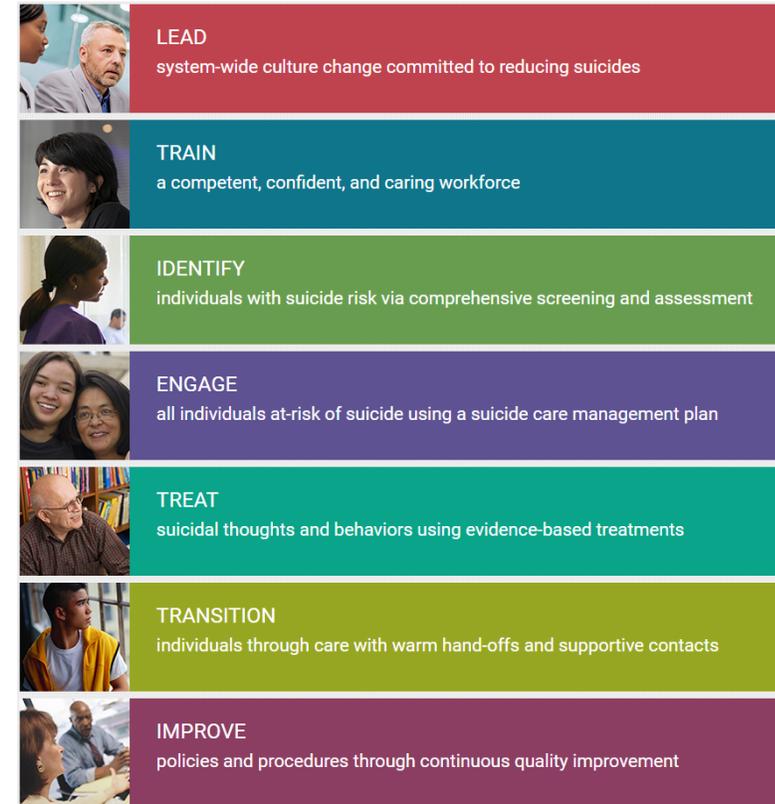
Utah

- Operates the “Safe UT” program.
- The **SafeUT** Crisis Chat and Tip Line is a statewide service that provides real-time crisis intervention to youth through live chat and a confidential tip program.
- In 2015 SB 175 created the SafeUT program and the app activated in early 2016.



ZERO SUICIDE INITIATIVE

- The Zero Suicide initiative is a system-wide, organizational commitment to safer suicide care in health and behavioral health care systems.
- Colorado and Louisiana are the only to states with Zero Suicide initiatives in place legislatively.
- More information can be found at www.zerosuicide.sprc.org.



DEEPER DIVE INTO ZERO SUICIDE

- Lead: system-wide culture change committed to reducing suicides
- Train: a competent, confident, and caring workforce
- Identify: individuals with suicide risk via comprehensive screening and assessment
- Engage: all individuals at-risk of suicide using a suicide care management plan
- Treat: all individuals at-risk of suicide using a suicide care management plan
- Transition: individuals through care with warm hand-offs and supportive contacts
- Improve: policies and procedures through continuous quality improvement



ZERO SUICIDE STATE EXAMPLES

- Colorado and Louisiana are the only two states to have adopted the Zero Suicide initiative through legislation.
- Both states:
 - Encourage health care providers to adopt the Zero Suicide framework.
 - Mandated that their respective state health agencies provide training and resources.
 - State agencies, health care providers, advocacy groups, faith-based organizations, and any other entities with an interest in suicide prevention support the adoption of the Zero Suicide initiative by working collaboratively in the formation of a state suicide prevention plan.

MENTAL HEALTH FIRST AID

- Mental Health First Aid (MHFA) is an intensive training to identify and intervene in people experiencing suicidal thoughts.
- Supported by the National Council for Behavioral Health and others in the United States.
- Acknowledges role everyone can play in suicide prevention.
- States have implemented MHFA in different ways, including requiring first responders, teachers and other professions to receive training.



MENTAL HEALTH FIRST AID – DEEPER DIVE

What it is

- An 8 hour training course providing strategies for identifying signs of suicide and intervening.
- Specialized trainings exist for-
 - All adults
 - Youth
 - Fire Fighters/First Responders

What you learn

- Risk factors and warning signs of mental health problems.
- Information on depression, anxiety, trauma, psychosis, and addiction disorders.
- A 5-step action plan to help someone developing a mental health problem or in crisis.
- Where to turn for help — professional, peer, and self-help resources.



STATE EXAMPLES

- At least 20 states have enacted legislation relating to Mental Health First Aid.
- Colorado and Maine:
 - Require training among several professions, including educators, first responders, and law enforcement.
- Nebraska:
 - Provides \$100,000 in grants for school districts, first responders, medical professionals.
- There is substantial variation between states on training requirements or options.

MEANS MATTER CAMPAIGN

- This campaign stresses the importance of reducing access to highly lethal means of suicide for individuals considering suicide.
- “Lethal means counseling” includes:
 - Assessing whether a person at risk for suicide has access to a firearm or other lethal means, and
 - Working with them and their family and support system to limit their access until they are no longer at elevated risk.
- Counseling on Access to Lethal Means or “CALM” Course
 - While this course is primarily designed for mental health professionals, others who work with people at risk for suicide, such as health care providers and social service professionals, may also benefit.

MEANS MATTER- GUN SHOP PROJECT

- Gun Shop Project
 - Encourages gun stores and firing ranges to display and distribute suicide prevention materials tailored to their customers.
 - Materials available were created by coalition including gun owners, gun shop owners and behavioral health experts.
 - Currently 20 states participating.
 - Provides communication templates that can be customized to the location.



ADDRESSING ACCESS TO CARE

- Many communities lack access to mental/behavioral health providers.
- Rural communities may be especially impacted by workforce shortages.
- Lack of insurance coverage or other insurance coverage issues may also contribute to a lack of access.



ADDRESSING ACCESS TO CARE ISSUES – WORKFORCE ISSUES

- More than 100 million Americans live in a Health Professional Shortage Area (HPSA).
 - More than three quarters of the nation’s rural counties are HPSAs.
- HPSAs are “geographic areas, or populations within geographic areas that lack sufficient health care providers to meet the health care needs of the area or population.”
- Telehealth programs, loan forgiveness programs, and peer support services are potential solutions.

MENTAL HEALTH PARITY

- The Mental Health Parity and Addiction Equity Act (MHPAEA) of 2008 requires health insurers and group health plans to provide the same level of benefits for mental and/or substance use treatment.
 - The law left the enforcement of its provisions to states.
 - Example: Lower rates of reimbursement for mental health providers.



ADDRESSING SUICIDE IN AT RISK COMMUNITIES

- First Responders/Law Enforcement
 - Agency level interventions, including training for leadership on identifying at-risk responders.
 - State example: Illinois [Senate Bill 730](#) would create the First Responders Suicide Prevention Act, requiring training programs to recognize signs of suicide and offer appropriate solutions for intervention.
- Veterans
 - [The Veteran's Crisis Line](#) is a dedicated hotline for veterans, staffed by people trained specifically to provide care for veterans experiencing mental health crises.

ADDRESSING SUICIDE PREVENTION IN AT RISK COMMUNITIES-CONTINUED

- Youth
 - School-based services, culturally relevant resources.
 - Considerations:
 - App-based or text-based resources
 - Web based resources
 - Training on suicide prevention for teachers or other educators
- LGBTQ+ Youth
 - Supportive environments reduce risk of attempted suicides.



RESOURCES- CENTERS FOR DISEASE CONTROL AND PREVENTION

- The CDC provides an online overview of suicide prevention and prevention resources. Resources include State Suicide Planning: A CDC Research Brief, which examines successful state-based suicide prevention programs and a “technical package” that provides a several policy recommendations for state and local lawmakers, including:
 - Connect patients with mental health care
 - Teach coping and problem-solving skills
 - Strengthen economic stability
 - Promote connected environments



OTHER RESOURCES

- Substance Abuse and Mental Health Services Administration
 - Grant funding and other resources
- Suicide Prevention Resource Center
 - Effective prevention resources and strategies
- U.S. Department of Veteran's Affairs
 - Resources for veteran suicide prevention, including national strategy
- American Foundation for Suicide Prevention
 - Provides state fact sheets with suicide statistics, other resources
- National Council for Behavioral Health
 - Maintains resources related to MHFA, and other suicide prevention resources



QUESTIONS?

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