

# prevent suicide

GREATER MILWAUKEE (PSGM)

Coming Together: Action, Hope, Recovery

[www.preventsuicidemke.com](http://www.preventsuicidemke.com)

## PSGM MISSION

The coalition promotes suicide prevention by providing education, increasing awareness, and facilitating community collaboration.

## PSGM PROVIDES:

- Suicide prevention training using QPR (Question, Persuade, Refer), a nationally recognized program appropriate for any community group or individual.
- Collaborative opportunities for a community approach to suicide prevention
- Educational opportunities to increase knowledge and awareness of current suicide prevention strategies.

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*Once you choose hope,  
anything is possible.*

*- Christopher Reeve*

For more information please

Contact us at [info@preventsuicidemke.com](mailto:info@preventsuicidemke.com)

Find us on  @PreventSuicideGreaterMilwaukee

Visit us at [www.preventsuicidemke.com](http://www.preventsuicidemke.com)

**POSSIBLE WARNING SIGNS FOR DEPRESSION,  
ANXIETY, AND OTHER EMOTIONAL DISTRESS**

- Feelings of hopelessness and pessimism
- Feelings of guilt, worthlessness, helplessness
- Insomnia, waking early, or oversleeping
- Decreased energy, fatigue; being "slowed down"
- Changes in appetite and/or weight
- Decline in personal hygiene
- Loss of interest in hobbies and activities once enjoyed
- Inconsistent class and/or work attendance
- Difficulty concentrating, remembering
- Persistent physical issues non-responsive to treatment
- Thoughts of death/suicide, suicide attempts

**WARNING SIGNS/RISK FACTORS FOR SUICIDE**

*Recognizing these signs may help prevent a suicide:*

- Talking about suicide, a desire to die
- Previous suicide attempt
- Drug or alcohol abuse
- Suicidal intent with access to lethal means (e.g. a gun)
- Impulsiveness or recklessness
- Anger and/or anxiety, agitation, irritability
- Depression or other mood changes
- Withdrawal from friends/family
- Feeling trapped or hopeless, without a purpose
- Suffering a major loss or life change

**MENTAL HEALTH CRISIS RESOURCES:**

*tear off card and keep in your wallet*

**MENTAL HEALTH CRISIS RESOURCES**

**MILWAUKEE AREA**

**Police: Emergency**  
(request CIT officer) 911

**National Suicide Prevention Lifeline**  
1-800-273-8255 or TTY 1-800-799-4889  
Spanish/Espanol 1-888-628-9454

**COPE Hotline**  
262-377-2673

**Milwaukee Cty. Psychiatric  
Crisis Line**  
414-257-7222

**Milwaukee Cty Access Clinic**  
(walk-in, for uninsured)  
414-257-7665

**YOUTH SERVICES**

**HOPELINE Text Line**  
TEXT 741741

**Pathfinders Youth Shelter**  
414-271-1560

**Teen Crisis Line-  
Walker's Point Family/ Youth Center**  
414-647-8200

**Trevor Lifeline**

(LGBTQ Crisis Line ages 13-24)  
866-488-7386

**Children's Hospital of WI  
Outpatient Psychiatry**  
414-266-2932

**MILWAUKEE AREA HOSPITALS**

**Aurora Psychiatric Hospital**  
414-454-6600

**Aurora St. Luke's South Shore  
Behavioral Medicine**  
414-489-4125

**Columbia St. Mary's Hospital  
Milwaukee**  
414-291-1200

**Milwaukee Cty Psychiatric  
Crisis Service/ Admissions**  
414-257-7260

**Roger's Memorial Hospital  
Brown Deer**  
414-865-2500

**Wheaton Franciscan Healthcare  
St. Francis Hospital**  
414-647-5000

1. Brief Overview of PSGM

- formed in 2010, is now a program of MHA of WI, working in collaboration with Prevent Suicide WI
- coalition run by volunteers, and welcomes all interested community partners, while maintaining an intentional approach to having members who represent persons with lived experience of suicidal behavior, groups at higher risk for suicide (e.g. veterans, the LGBT community), K-12 and higher education, health care professionals defined broadly, faith communities, organizations providing boots on the ground services, first responders, local funders and many others
- focus of our work is on awareness and education regarding suicide-for our community and our coalition partners
- committed to using and promoting suicide prevention strategies that have evidence that they work AND make sense for our greater Milwaukee community
- align PSGM strategies with best practices put forth by the CDC; and also dovetailing our approach with State of WI (DHS and Prevent Suicide WI) suicide prevention priorities as well as those of Mental Health America of WI.

2. PSGM's key strategies come from

"Preventing Suicide: A Technical Package of Policies, Programs and Practices" (2017)

<https://www.cdc.gov/violenceprevention/pdf/suicideTechnicalPackage.pdf>

National Center for Injury Prevention and Control, CDC

(see next for table)

Strategies and approaches are

- "complementary and potentially synergistic impact of the strategies and approaches
- "intended to work in combination and reinforce each other to prevent suicide
- "strategies are arranged in order such that those strategies hypothesized to have the greatest potential for broad public health impact on suicide are included first, followed by those that might impact subsets of the population (e.g., persons who have already made a suicide attempt)."

# Preventing Suicide: A Technical Package of Policy, Programs, and Practices

Strategy	Approach
<b>Strengthen economic supports</b>	<ul style="list-style-type: none"> <li>Strengthen household financial security</li> <li>Housing stabilization policies</li> </ul>
<b>Strengthen access and delivery of suicide care</b>	<ul style="list-style-type: none"> <li>Coverage of mental health conditions in health insurance policies</li> <li>Reduce provider shortages in underserved areas</li> <li>Safer suicide care through systems change</li> </ul>
<b>Create protective environments</b>	<ul style="list-style-type: none"> <li>Reduce access to lethal means among persons at risk of suicide</li> <li>Organizational policies and culture</li> <li>Community-based policies to reduce excessive alcohol use</li> </ul>
<b>Promote connectedness</b>	<ul style="list-style-type: none"> <li>Peer norm programs</li> <li>Community engagement activities</li> </ul>
<b>Teach coping and problem-solving skills</b>	<ul style="list-style-type: none"> <li>Social-emotional learning programs</li> <li>Parenting skill and family relationship programs</li> </ul>
<b>Identify and support people at risk</b>	<ul style="list-style-type: none"> <li>Gatekeeper training</li> <li>Crisis intervention</li> <li>Treatment for people at risk of suicide</li> <li>Treatment to prevent re-attempts</li> </ul>
<b>Lessen harms and prevent future risk</b>	<ul style="list-style-type: none"> <li>Postvention</li> <li>Safe reporting and messaging about suicide</li> </ul>

PSGM Activities and Recommendations
<p>Consider increase in WI minimum wage and tax credit</p>
<p>Prioritize the Zero Suicide approach to suicide prevention</p>
<p>Pass legislation for 1) ERPO 2) 48 hr waiting period for handgun purchase 3) universal background checks</p>
<p>Fund school-based peer delivered programs that promote caring school culture and decrease suicide: e.g. Hope Squad and Sources of Strength</p>
<p>Pass legislation requiring periodic standardized continuing education on suicide risk assessment for all behavioral health and medical providers</p>

From p. 12 of <https://www.cdc.gov/violenceprevention/pdf/suicideTechnicalPackage.pdf>

# 2018 Milwaukee County Suicide Deaths Summary 1/1/2018 through 12/31/2018 **FINAL**

Source: Milwaukee County Medical Examiner (Updated 6/27/19-Summarized B. Moser PSGM)

## Total Number of Deaths from Suicide: 117

### Sex:

- Male 91 (78%)
- Female 26 (22%)

### Race/Ethnicity (Male and Female):

- White 88 (75%)
- Black 16 (14%)
- Asian/Pacific Islander 5 (4%)
- Hispanic 4 (3%)
- Of More than 1 Race 3 (3%)
- Eastern Indian 1 (1%)
- American Indian/  
Alaska Native No deaths reported

### Age (Male and Female):

- 10-15 5 (4%)
- 16-17 No deaths reported
- 18-24 10 (9%)
- 25-34 26 (22%)
- 35-44 20 (17%)
- 45-54 20 (17%)
- 55-64 21 (18%)
- 65-74 10 (9%)
- 75+ 5 (4%)

### Means of Death (male and female):

- Firearm 52 (44%)
- Hanging: 37 (32%)
- Poisoning: 16 (14%)
  - Drug Overdose 15 (5/15 involved an opioid with mixed ingestion, 1/15 opioid only)
  - Carbon Monoxide 0
  - Other ingestion 0
- Fall from high structure 6 (5%)
  - Hoan Bridge 1
  - Unspecified Bridge 1
  - Elevated Highway 2
  - Balcony/window 1
  - Parking garage none reported
- Cutting: 2 (2%)
- Other: 4 (3%)
  - Asphyxia (not hanging) 2 (1 from drowning)
  - Blunt Trauma 2

Totals may not equal 100% due to rounding

2018 Milwaukee County Suicide Deaths Summary 1/1/2018 through 12/31/2018 **FINAL**

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**Table 1 Age, Sex, and Race/Ethnicity**

Sex	Age	Ethnicity/Race								Of More Than One Race	Total for age group
		Hispanic or Latino	White	Black or African-American	Asian or Pacific Islander	Eastern Indian	American Indian or Alaska Native				
Males Ages (Total =89)	10-15		2	2						1	5
	16-17										-
	18-24	1	3	4	1						9
	25-34	1	12	5	1	1				1	21
	35-44		15								15
	45-54	1	9	2	1						13
	55-64	1	12								13
	65-74		10								10
	75+		5								5
	<b>Total all age males</b>		<b>4/4%</b>	<b>68/75%</b>	<b>13/14%</b>	<b>3/3%</b>	<b>1/1%</b>	<b>-</b>	<b>2/2%</b>		<b>91</b>
Females: Ages (Total =26)	10-15										-
	16-17										-
	18-24		1								1
	25-34		3	1	1						5
	35-44		3	1						1	5
	45-54		5	1	1						7
	55-64		8								8
	65-74										-
	75+										-
	<b>Total all age females</b>		<b>-</b>	<b>20/77%</b>	<b>3/12%</b>	<b>2/8%</b>	<b>-</b>	<b>-</b>	<b>1/4%</b>		<b>26</b>
<b>Total suicide deaths</b>		<b>4/3%</b>	<b>88/75%</b>	<b>16/14%</b>	<b>5/4%</b>	<b>1/1%</b>	<b>-</b>	<b>3/3%</b>		<b>117/100%</b>	

Totals may not equal 100% due to rounding

2018 Milwaukee County Suicide Deaths Summary 1/1/2018 through 12/31/2018 **FINAL**

Source: Milwaukee County Medical Examiner (Updated 6/27/19-Summarized B. Moser PSGM)

**Table 2 Age, Sex, and Means**

Sex	Age	Means							All Means
		Firearm	Hanging	Poisoning	Falls	Cutting	Other (Asphyxia-not due to hanging, Thermal, blunt force)		
Males Ages (Total =89)	10-15	3	2						5
	16-17								-
	18-24	6	2		1				9
	25-34	9	9	2	1				21
	35-44	7	3	1	2		2		15
	45-54	7	6						13
	55-64	8	3	1			1		13
	65-74	6	2		1		1		10
	75+	4	1						5
	<b>Total all age males</b>	<b>50/55%</b>	<b>28/31%</b>	<b>4/4%</b>	<b>5/5%</b>	<b>-</b>	<b>4/4%</b>		<b>91</b>
Females: Ages (Total =26)	10-15								-
	16-17								-
	18-24		1						1
	25-34	1	1	2	1				5
	35-44	1	3	1					5
	45-54		2	5					7
	55-64		2	4		2			8
	65-74								-
	75+								-
	<b>Total all age females</b>	<b>2/8%</b>	<b>9/35%</b>	<b>12/46%</b>	<b>1/4%</b>	<b>2/8%</b>	<b>-</b>		<b>26</b>
<b>Total suicide deaths</b>	<b>52/44%</b>	<b>37/32%</b>	<b>16/14%</b>	<b>6/5%</b>	<b>2/2%</b>	<b>4/3%</b>		<b>117/100%</b>	

Totals may not equal 100% due to rounding

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**Table 3 Trends in Means**

2010-2016 (Wisconsin Interactive Statistics on Health-WISH-Query System)

2016 - 2018 (Milwaukee County Medical Examiner's-ME-Office Data) 2018 data is preliminary as of 2/22/19

2016 BOTH Milwaukee County ME and WISH data noted

	WISH 2010-2016 (7 years)	WISH 2010	WISH 2011	WISH 2012	WISH 2013	WISH 2014	WISH 2015	ME 2016	ME 2017	ME 2018 PRELIMINARY
Total Suicide Deaths All Causes	723 (100%)	116 (100%)	96 (100%)	104 (100%)	107 (100%)	94 (100%)	95 (100%)	WISH 2016 112 (100%) 111 (100%)	156 (100%)	117 (100%)
Firearms	316 (44%)	52 (45%)	44 (46%)	39 (38%)	53 (50%)	35 (37%)	33 (35%)	57 (51%)	66 (42%)	52 (44%)
Suffocation (includes hanging, drowning and other causes of asphyxia for 2016-2018 ME)	208 (29%)	28 (24%)	23 (24%)	33 (32%)	28 (26%)	34 (36%)	35 (37%)	60 (54%) 29 (25%)	54 (35%)	39 (33%)
Poisoning	121 (17%)	22 (19%)	17 (18%)	20 (19%)	15 (14%)	16 (17%)	18 (19%)	13 (12%)	17 (11%)	16 (14%)
Falls (jump from high structure) (WISH not listed by year)	23 (3%)	-	-	-	-	-	-	13 (12%) 6 (5%) -	10 (6%)	6 (5%)
Cutting or Piercing (not listed by year until 2016)	21 (3%)	-	-	-	-	-	-	4 (4%)	8 (5%)	2 (2%)
Other (Drowning included in WISH data; not included in ME data)	34 (5%)	14 (12%)	12 (12%)	12 (11%)	11 (10%)	9 (10%)	9 (9%)	5 (5%) 3 (3%) 6 (5%)	1 (1%)	2 (2%)

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**Table 4 Trends in Age at the Time of Death from Suicide**

Source: Milwaukee County Medical Examiner's Office

	<b>2016</b>	<b>2017</b>	<b>2018</b>
	# deaths/% of total	# deaths/% of total	# deaths/% of total
<b>10-17</b>	1/ 1%	7/ 4%	5/ 4%
<b>18-24</b>	20/18%	19/12%	10/ 9%
<b>25-34</b>	21/19%	20/13%	26/22%
<b>35-44</b>	21/19%	28/18%	20/17%
<b>45-54</b>	11/10%	25/16%	20/17%
<b>55-64</b>	24/21%	35/22%	21/18%
<b>65-74</b>	7/ 6%	14/ 9%	10/ 9%
<b>75+</b>	7/ 6%	8/ 5%	5/ 4%
<b>Total</b>	<b>112</b>	<b>156</b>	<b>117</b>

## Language Matters: Speaking of Suicide

Say This	Instead of This	Why
A person living with bipolar disorder	The person is bipolar	The diagnosis does not define the person-it is merely one aspect of who they are.
A person living with a substance use disorder	The person is a drug addict	The diagnosis does not define the person-it is merely one aspect of who they are.
<ul style="list-style-type: none"> <li>● Died by Suicide</li> <li>● Took their own life</li> <li>● Killed themselves</li> </ul>	<ul style="list-style-type: none"> <li>● Committed Suicide or Completed Suicide or Successful Suicide</li> </ul>	<p>Implies crime, wrongdoing, sin</p> <p>Completing something and success are typically good-Not for suicide!</p>
<ul style="list-style-type: none"> <li>● Survived a Suicide Attempt</li> <li>● Non-fatal Suicide Attempt</li> </ul>	<ul style="list-style-type: none"> <li>● Unsuccessful Suicide</li> <li>● Failed Suicide Attempt</li> </ul>	<p>Unsuccessful and failed imply bad outcomes-Again, not for suicide!</p> <p>Do not want to imply failure or lack of success to a person who survives their suicide attempt</p>
Suicide Attempt Survivor	Suicide Survivor	Clarifies that the person survived their suicide attempt
Suicide Loss Survivor	Suicide Survivor	Clarifies that the person survives the loss of a loved one to death by suicide

Source of information on language regarding suicide: [www.speakingofsuicide.com](http://www.speakingofsuicide.com)

prevent suicide  
WISCONSIN

PARTNERS SAVING LIVES IN OUR STATE

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