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G4: 1.2.A.G: Supplemental - Reduce suicide death rate from the rate of 15.6 per 100,000 in 2015 to 14.0 per 100,000 in 2020



**1.2.A.G: REDUCE SUICIDE DEATH RATE FROM THE RATE OF 15.6 PER 100,000 IN 2015 TO 14.0 PER 100,000 IN 2020**

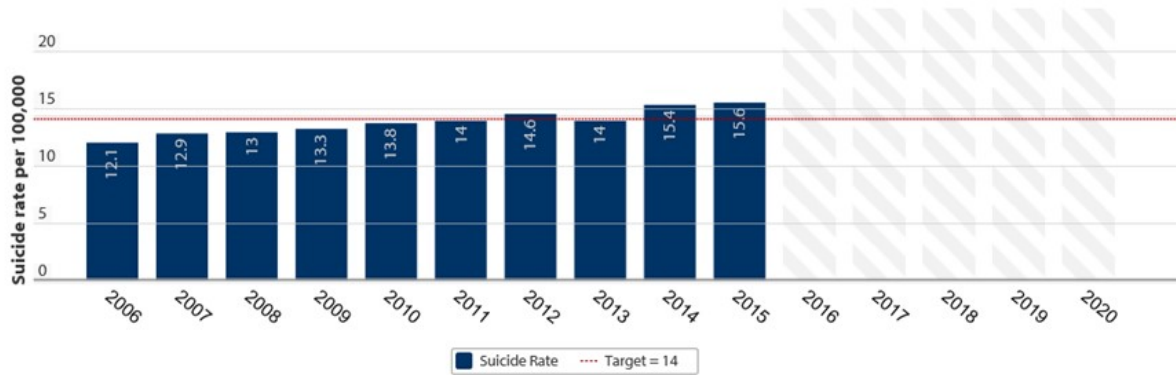
**John Wiesman**  
Secretary of Health



**Marny Lombard**  
Safer Homes Project Manager



# Current Status

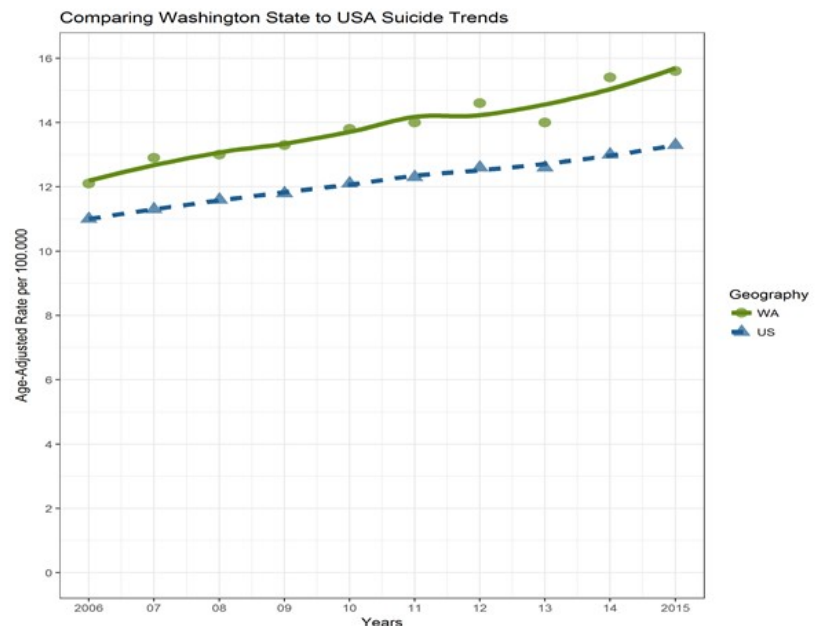


## Why is this a priority?

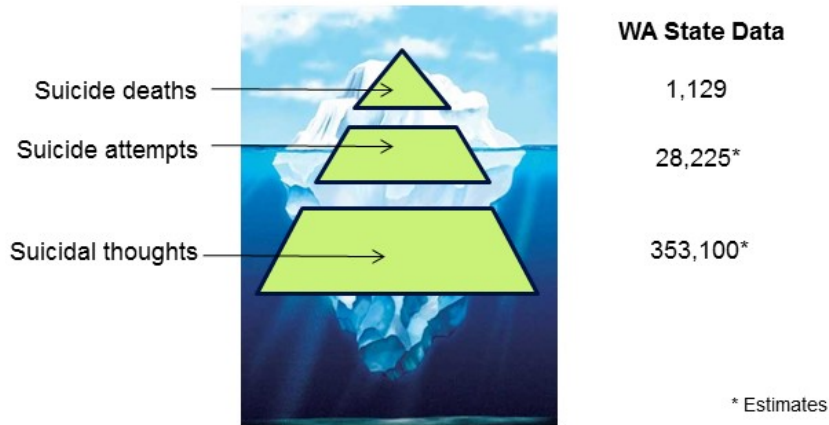
In 2015 Washington's suicide death rate was 17% higher than the national rate.

At every point in time over the past 10 years, our suicide rate has been higher than the national rate.

Firearms were used in nearly half of all suicides.



# Spectrum of Suicidal Behavior



To address these problems, Governor Inslee issued an executive order to reduce suicide and firearm fatalities in 2015.

JAY INSLEE  
Governor



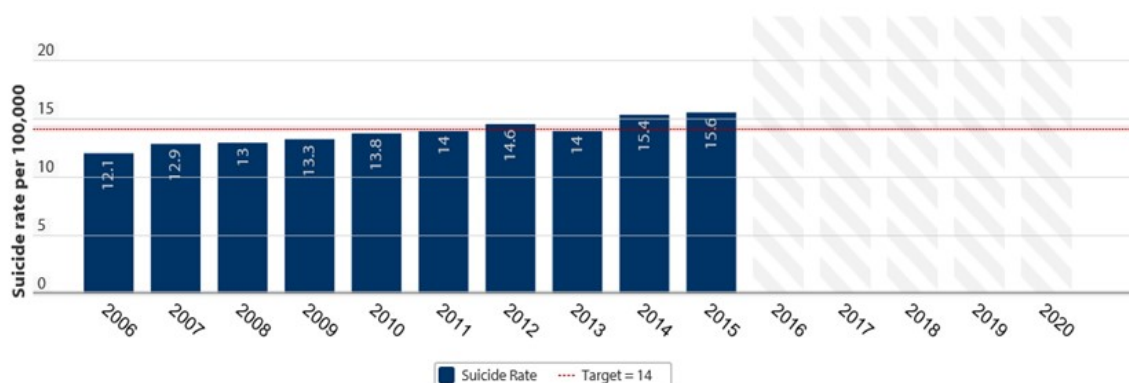
STATE OF WASHINGTON  
OFFICE OF THE GOVERNOR

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## EXECUTIVE ORDER 16-02

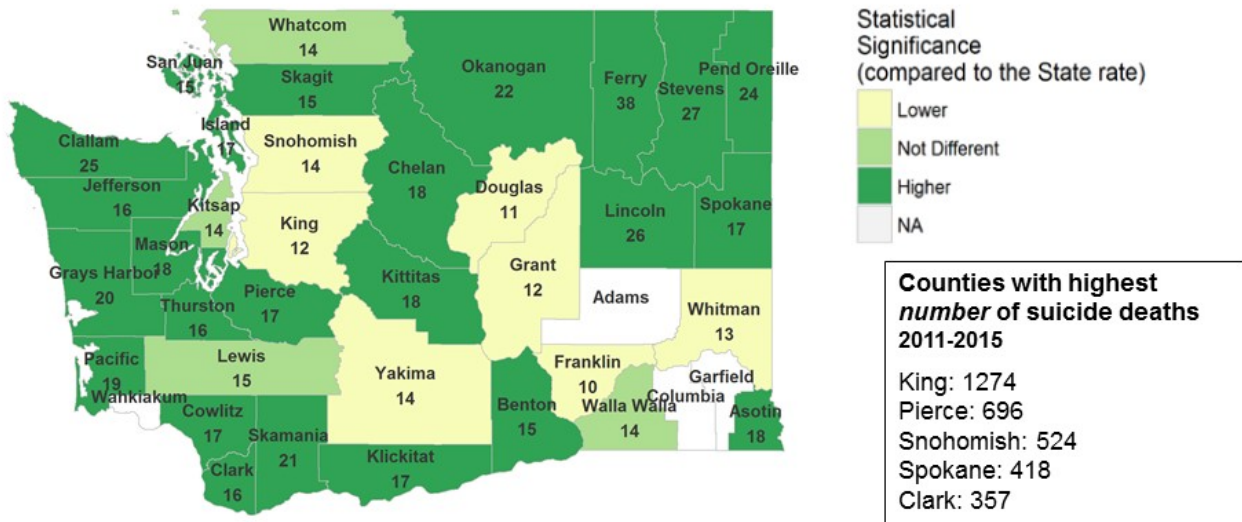
**FIREARM FATALITY PREVENTION – A PUBLIC HEALTH APPROACH**  
*Reducing and preventing gun-related violence, crime, fatalities and injuries, and implementing the Statewide Suicide Prevention Plan.*

# How are we doing?



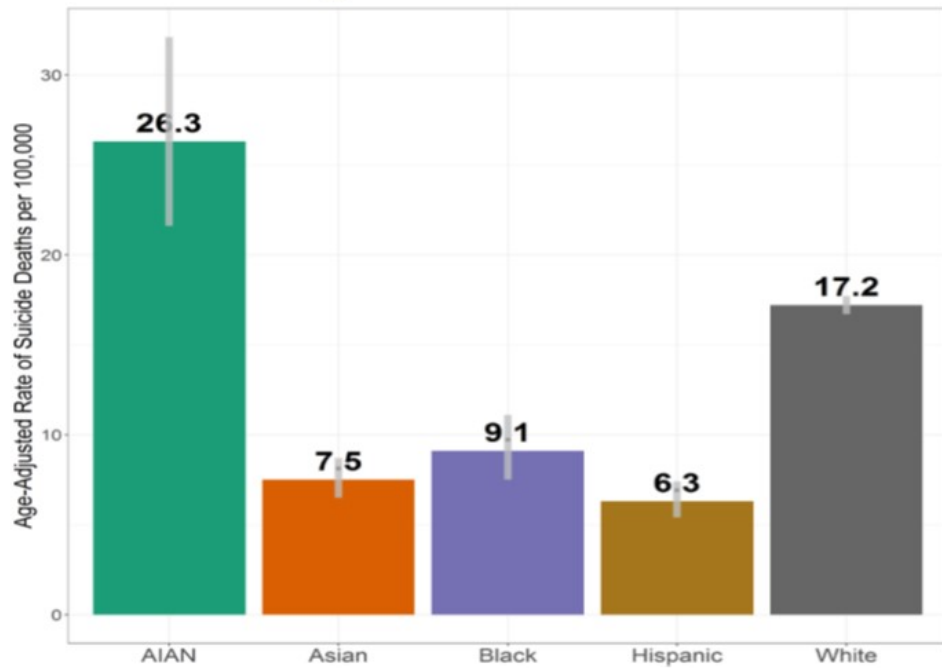
# How are we doing?

Suicide rates vary in different parts of Washington 2011 - 2015



# How are we doing?

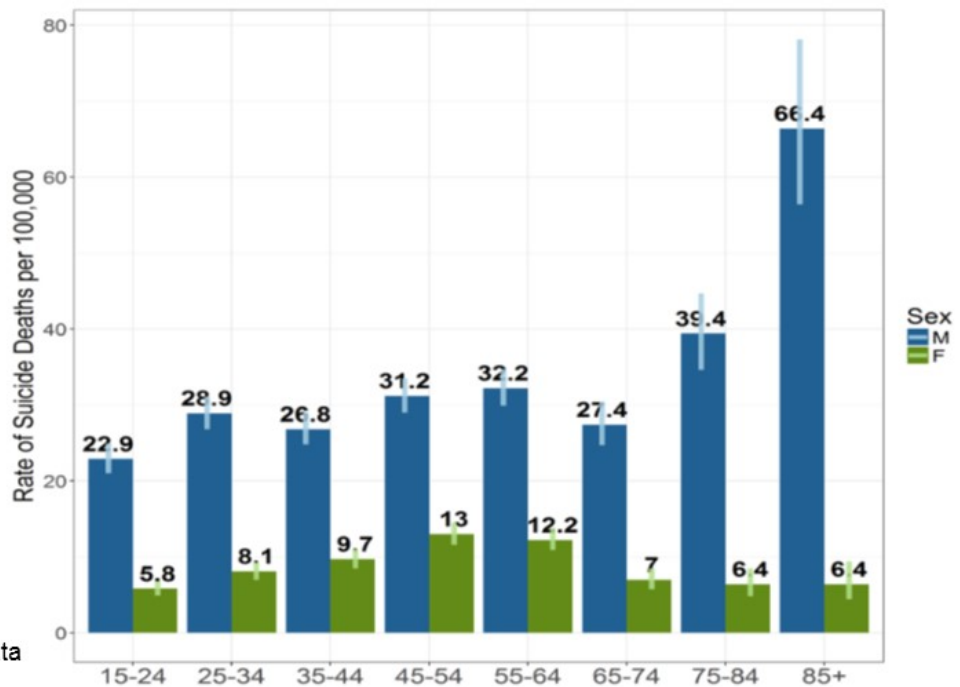
American Indian/Alaska Natives have the highest rate of suicide in Washington\*



\* 2011-2015 data

# How are we doing?

The highest rate of suicide deaths occur in middle aged and older men\*



\* 2011-2015 data

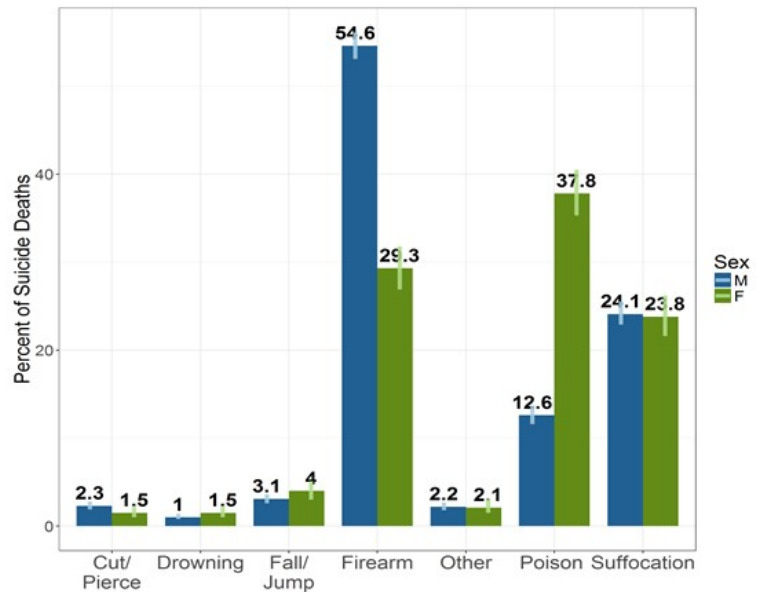
# How are we doing?

## Methods of Suicide\*

Method	Percent
Firearm	48.5
Suffocation	24.0
Poisoning	18.6
Fall/Jump	3.2
Cut/Pierce	2.0
Drowning	1.0

\* 2011-2015 data

## Gender Differences in Method of Suicide\*



# How are we doing?

## Washington Veterans

- There were 1,151 veteran deaths by suicide between 2011-2015.
- That is a crude rate of 40.8 per 100,000.

## What are we working on?

- We are collecting data using a new system called the Washington Violent Death Reporting System.
- Currently, we are collecting data on 84% of the state's violent deaths from 15 counties; expansion into all counties is anticipated by 2018.
- Data will be available in September 2017 for the first time.
- This data will help us better understand the circumstances surrounding violent deaths, including deaths attributed to firearms.

## What are we working on?

- Washington State Suicide Prevention Plan released in January 2016.
- Statewide Action Alliance for Suicide Prevention working on strategies, recommendations and priorities.
- Moving toward the integration of primary and behavioral health care; evaluating Zero Suicide.
- Partnering with Forefront and Safer Homes Task Force to:
  - Increase gun retailer and owner awareness
  - Develop materials regarding safe storage of medications and firearms for pharmacies, health care providers, and firearm retailers

# What are we working on?

DOH received a 5 year grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to focus on youth suicide prevention in Clallum, Grays Harbor, and Pacific Counties.



- A video developed by one of our contractors is up for a Northwest Regional Emmy in the Community/Public Service category. The video titled “[One Conversation Saved My Life](#)” highlights the importance of youth reaching out to their friends when concerned about suicide.
- We provided \$60,000 to the American Indian Health Commission (AIHC) of Washington for seven coastal tribes to develop a youth suicide prevention plan specific to their tribes.

## Action Plan

Task	Expected Outcome	Task Lead	Status	Due Date	Partners
Create a Military Family Suicide Prevention Summit.	Better data collection or policies to help military families in times of crisis.	Peter Schmidt, DVA	Not started	Fall 2017	DOH Veterans Crisis Line Experts from different branches of the military
Visit medical examiner and law enforcement offices across the state to present about NVDRS and enter data share agreements	More detailed reports around violent deaths that can provide a more complete picture of the circumstances.	Therese Hansen, DOH	On Track	June 2018	
The Prevention plan Workgroups meet monthly or bimonthly to discuss best practices, promote changes in state policies, leverage their networks, and recommend possible new legislation.	The groups will assist with the implementation of 5 new recommendations and spread best practices statewide.	Neetha Mony, DOH	On Track	June 2018	Action Alliance for Suicide Prevention Suicide Prevention Plan Implementation Workgroup Mental Health Promotion Workgroup OSPI Safer Homes Task Force



# Barriers and challenges

- Historically, most prevention efforts in WA have focused on youth rather than people across the lifespan.
- More funding is needed to implement recommendations in the Governor's Executive Order.
- More and better data is needed.

# How can you help?

- Support suicide prevention efforts across the lifespan.
- Support and participate in the Action Alliance and any Summits.
- Provide recommendations for more geographic and ethnic diverse members for the Action Alliance for Suicide Prevention and other efforts.

[Member Listing](#)



## SATURATION OF THE SUICIDE PREVENTION MESSAGE



## TRAINING IN WASHINGTON STATE



FOREFRONT



FOREFRONT

## SAFER HOMES REQUIRE NEW PARTNERSHIPS



*Integrating Safer Homes, Suicide Aware messaging into trainings designed for medical providers, firearm safety instructors, gun retailers and pharmacists.*



# SAFER HOMES PHARMACY POSTCARD



FOREFRONT

FRONT



BACK

# SAFER HOMES STICKER



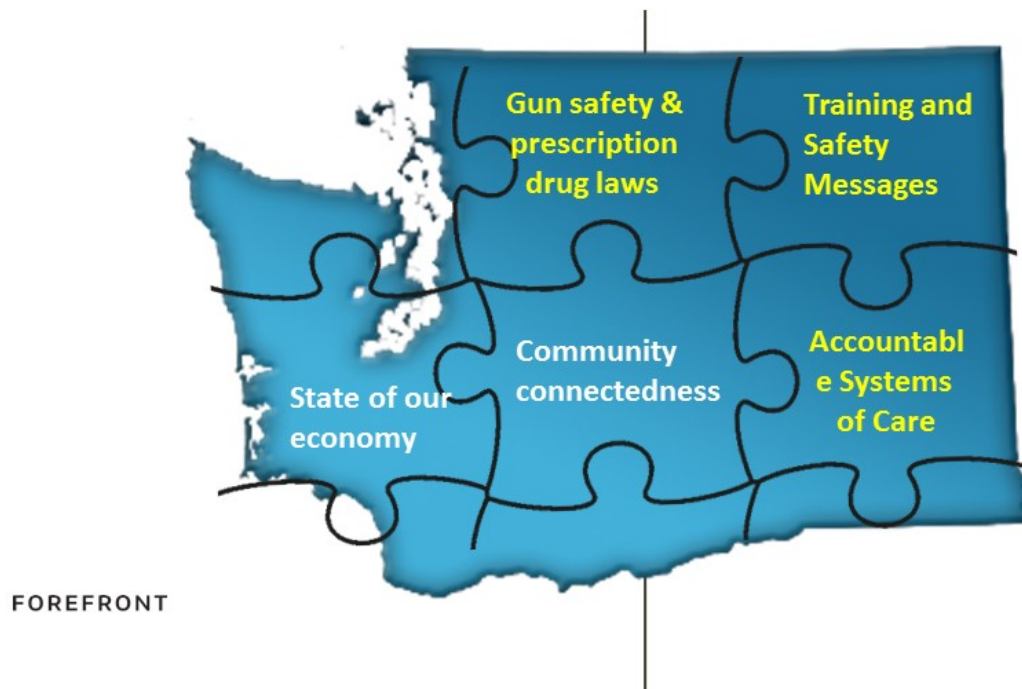
Recognize this?

FOREFRONT



We need this too.

## THE BIG PICTURE



## How Can You Help This Work?

- Jumpstart improvements to Division of Behavioral Health and Recovery (DBHR) database
- In-Kind Printing of Safer Homes collateral materials
- Distribute stickers statewide to supermarkets, convenience stores, gas stations, state agencies for display in restrooms.

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