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.
How are we doing?

Suicide rates vary in different parts of Washington 2011 - 2015

Counties with highest number of suicide deaths 2011-2015
- King: 1274
- Pierce: 696
- Snohomish: 524
- Spokane: 418
- Clark: 357
How are we doing?

American Indian/Alaska Natives have the highest rate of suicide in Washington\textsuperscript{*}.

\textsuperscript{*} 2011-2015 data

How are we doing?

The highest rate of suicide deaths occur in middle aged and older men\textsuperscript{*}.

\textsuperscript{*} 2011-2015 data
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?


- 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

<table>
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<tr>
<th>Task</th>
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| 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 NVDIRS 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    | 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]
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

SATURATION OF THE SUICIDE PREVENTION MESSAGE
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

TRAINING IN WASHINGTON STATE

Behavioral Healthcare Professionals
- Required, on-going
- 45,000+

All Health Care Professional
- Required, one-time
- 130,000+

Firearm Retailers & safety instructors
- Voluntary
- 1500+

Pharmacists Dentists
- Required, one-time
- 20,000+

SAFER HOMES MEMORIAL

FOREFRONT
Integrating Safer Homes, Suicide Aware messaging into trainings designed for medical providers, firearm safety instructors, gun retailers and pharmacists.
SAFER HOMES PHARMACY POSTCARD

These steps protect against suicide/overdose

- Lock up your RX medications
- Limit in-home supply of over-the-counter medications
- Take-back go to takebackyourmeds.org
- Dispose of meds with purple litter or coffee grounds; place in your trash

You can Save A Life

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

SAFER HOMES STICKER

Recognize this? We need this too.
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.