



SAMHSA: Suicide Prevention Strategies

North Carolina Institute of Medicine
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Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover

SAMHSA's Strategic Initiatives

- 1. Prevention of Substance Abuse and Mental Illness**
- 2. Trauma and Justice**
- 3. Military Families**
- 4. Recovery Support**
- 5. Health Reform**
- 6. Health Information Technology**
- 7. Data, Outcomes, and Quality**
- 8. Public Awareness and Support**

STAGGERING REALITY

~ 36,000 Americans die by suicide each year

TOUGH REALITIES

Age: 14-18

2.9 million
had serious
thoughts of
suicide

2.3 million
made a plan

1.3 million
attempted
suicide

~ 1,000 (14-17)
die by suicide
each year

8.4 million
had serious
thoughts of
suicide

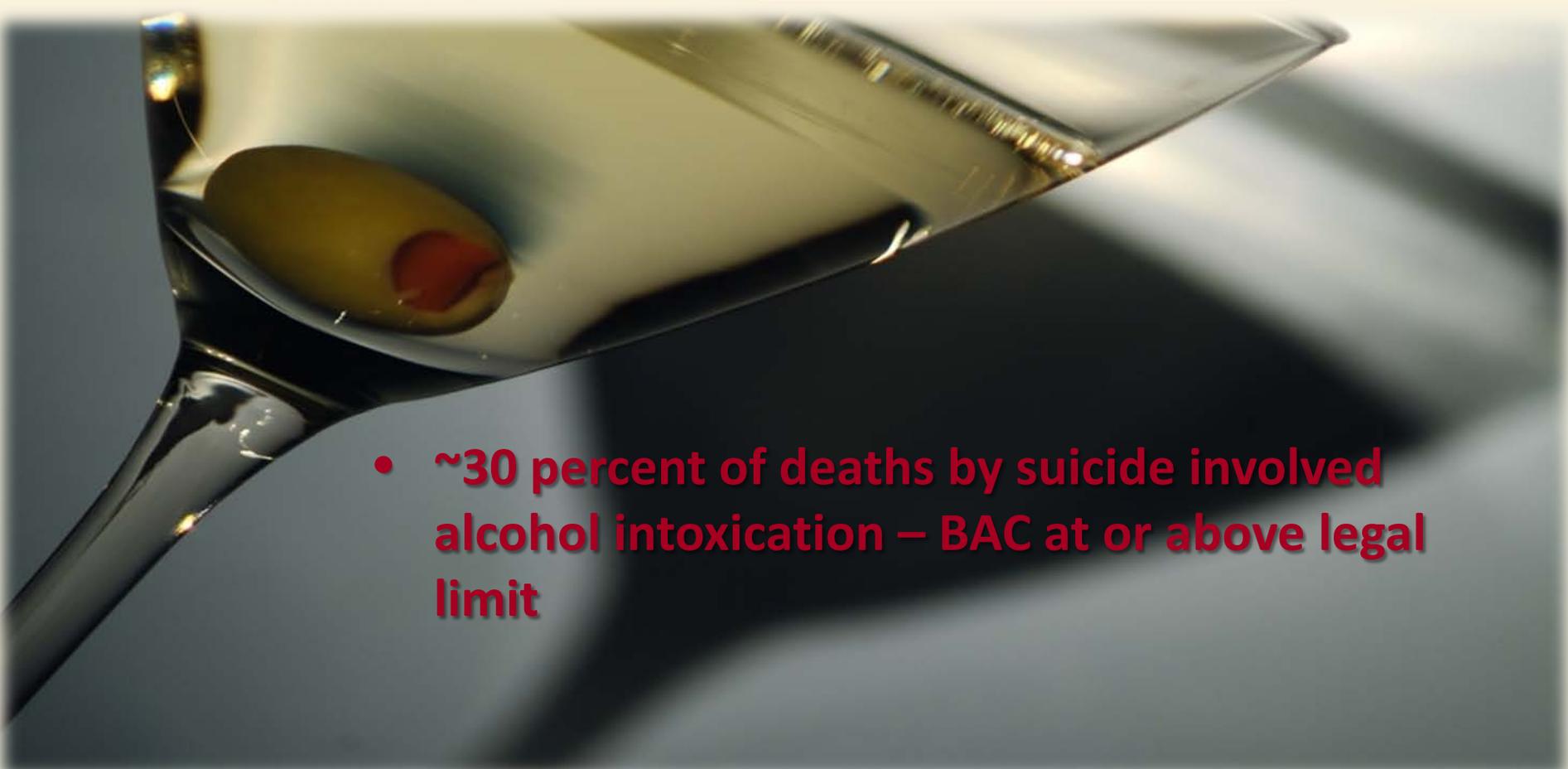
2.2 million
made a plan

1.1 million
attempted
suicide

~ 35,000 (18 & ↑)
die by suicide
each year

Age: 18 and ↑

TOUGH REALITIES

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- ~30 percent of deaths by suicide involved alcohol intoxication – BAC at or above legal limit

TOUGH REALITIES



Recent national study of adult Medicaid recipients showed that:

2/3 of those seen in Emergency Departments for suicide attempts were d/c to community

Less than 50% received a mental health evaluation

Only 52% received any outpatient follow up within 30 days

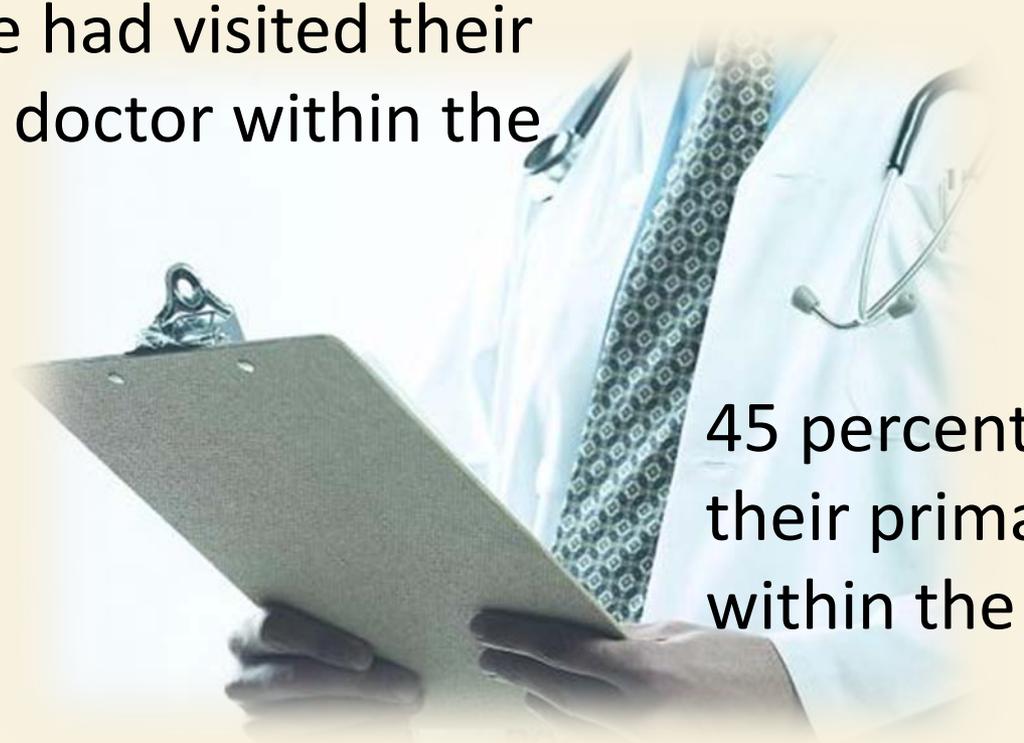
MISSED OPPORTUNITIES = LIVES LOST

→ Individuals discharged from an inpatient unit continue to be at risk for suicide

- ~10% of individuals who died by suicide had been discharged from an ED within previous 60 days
- ~ 8.6 percent hospitalized for suicidality are predicted to eventually die by suicide

MISSED OPPORTUNITIES = LIVES LOST

77 percent of individuals who die by suicide had visited their primary care doctor within the year



45 percent had visited their primary care doctor within the month

THE QUESTION OF SUICIDE WAS SELDOM RAISED...

TOUGH REALITIES

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50 percent of those who die by suicide were afflicted with major depression...the suicide rate of people with major depression is 8 x's that of the general population

90 percent of individuals who die by suicide had a mental disorder

TOUGH REALITIES

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- 2005 – 2009: More than 1,100 members of the Armed Forces took their own lives; an average of 1 suicide every 36 hours
- Suicide among veterans accounts for as many as 1 in 5 suicides in the U.S.



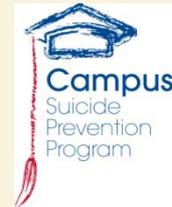
Veterans and suicide

- One in five suicides is by a veteran
 - 18 veteran suicides each day
 - 950 suicide attempts each month
- There are currently 22,658,000 veterans
 - Suicide rate for veterans using VA healthcare services are lower than those who do not per VA
- Lifeline's VA Hotline received about 10,000 calls per month from current and former service members
 - Hotline is credited for rescuing 7000 veterans who were in the act of suicide



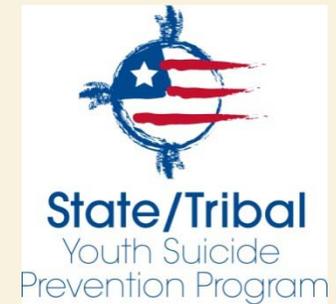
Five Major Suicide Prevention Components

- Garrett Lee Smith State and Tribal Suicide Prevention Grant Program
- Garrett Lee Smith Campus Suicide Prevention Grant Program
- National Suicide Prevention Lifeline
 - Crisis Center Follow-up Grant Program
- Suicide Prevention Resource Center
- Native Aspirations



Garrett Lee Smith State and Tribal Suicide Prevention Grant Program

- 83 three year grants to date.
- *37 new grants started in FY2011*
- 65 different States, Tribes, and Territories
- 239,158 trained or educated by GLS State and Tribal grantees
- 34,043 youth screened

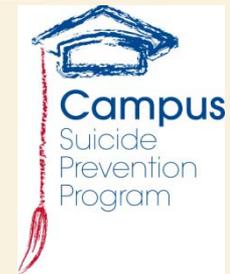


The major emphasis has been on school-based prevention, but some have focused on other high risk populations:

- White Mountain Apache
 - 2 culturally adapted interventions: New Hope and Re-Embracing Life
- Utah
 - Youth Suicide Study
- Tennessee
 - Tennessee Lives Count – Youth Suicide Prevention Early Intervention Juvenile Justice Project

Garrett Lee Smith Campus Suicide Prevention Grant Program

- 93 three year grants
- *21 new grants started in FY2011*
- 78 different campuses
- Over 3.5 million college students have been exposed to mental health and suicide awareness messages and campaigns.
- More than half of students and 65.5% of faculty and staff reported being exposed to suicide prevention materials on campus.
- Nearly all key informant interview respondents reported that their GLS Suicide Prevention Program increased their knowledge of campus resources and awareness of suicide on campus.



National Suicide Prevention Lifeline

1-800-273-TALK

- More than 700,000 calls in 2011
– **over 3 million total**
- Partnered with the VA to develop the Veteran's Hotline
- In response to Lifeline evaluation findings, created the Crisis Center Follow-up Grants
- Developed risk assessment standards and guidelines for callers at imminent risk



Crisis Center Follow-up Evaluation

- 43% of suicidal callers experienced some recurrence of suicidal ideation within several weeks following the initial call.
- Upon follow up, ***only 22.5% of the suicidal callers had been seen by the behavioral healthcare system to which they had been referred and an additional 12.6% had an appointment scheduled but had not yet been seen.***
- When asked to what extent the counselor's call stopped them from killing themselves, **53.7%** indicated a lot, and **25.1%** indicated a little.
- When asked to what extent the counselor call has kept them safe, **60.8%** indicated a lot, and **29.3%** indicated a little.
- **59.8%** reported that just getting or anticipating the call(s)/knowing someone cared was helpful to them.

Suicide Prevention Resource Center

The nation's first and only Federally funded suicide prevention resource center



- Advances the goals and objectives of the National Strategy for Suicide Prevention
- Staffing and Coordination for the National Action Alliance for Suicide Prevention
- “Charting the Future of Suicide Prevention”
- Prevention Support for GLS grantees
- Best Practices Registry for Suicide Prevention
- Primary Care Toolkit
- Training Institute
- Partners with American Association of Suicidology, American Foundation for Suicide Prevention, Social Science Research and Evaluation, Inc.

Native Aspirations

- Designed to work with American Indian/Alaska Native communities to develop prevention efforts to address youth violence, bullying, and suicide.
 - Represents a departure from the federal model toward an emphasis on community-guided and community-specific solutions.
- 49 Tribal communities have joined the Native Aspirations Project.
 - By the end of the process, each community will have developed a prevention plan using cultural-, evidence-, or practice-based interventions as well as a sustainability plan to continue the efforts beyond their time as a NA Project site.
 - Communities have noted a reduction of stigma and increased awareness regarding youth violence, bullying, and suicide prevention.



TIP 50

TIP 50: *Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment*

- High prevalence of suicidal thoughts and suicide attempts among persons with SA problems who are in treatment.
- TIP 50 helps
 - SA counselors work with adult clients who may be suicidal
 - Clinical supervisors and administrators support the work of SA counselors
- Free copies: <http://store.samhsa.gov/product/SMA09-4381>
- Training video: SAMHSA YouTube channel
- SPRC Webinar:
http://www.sprc.org/traininginstitute/disc_series/disc_22.asp

SPARK Toolkits

Suicide Prevention Assessment and Resource Toolkits

- Promoting Mental Health and Preventing Suicide : A Toolkit for Senior Living Communities
- Preventing Suicide: A Toolkit for High Schools

New Block Grant Requirements

- States are requested to provide the **most recent copy of their suicide prevention plan**. SAMHSA is interested in knowing the strategies that States are proposing to address suicide prevention.
- If a State does not have a suicide prevention plan or if it has not been updated in the past three years States are requested to describe when they will create or update their plan.

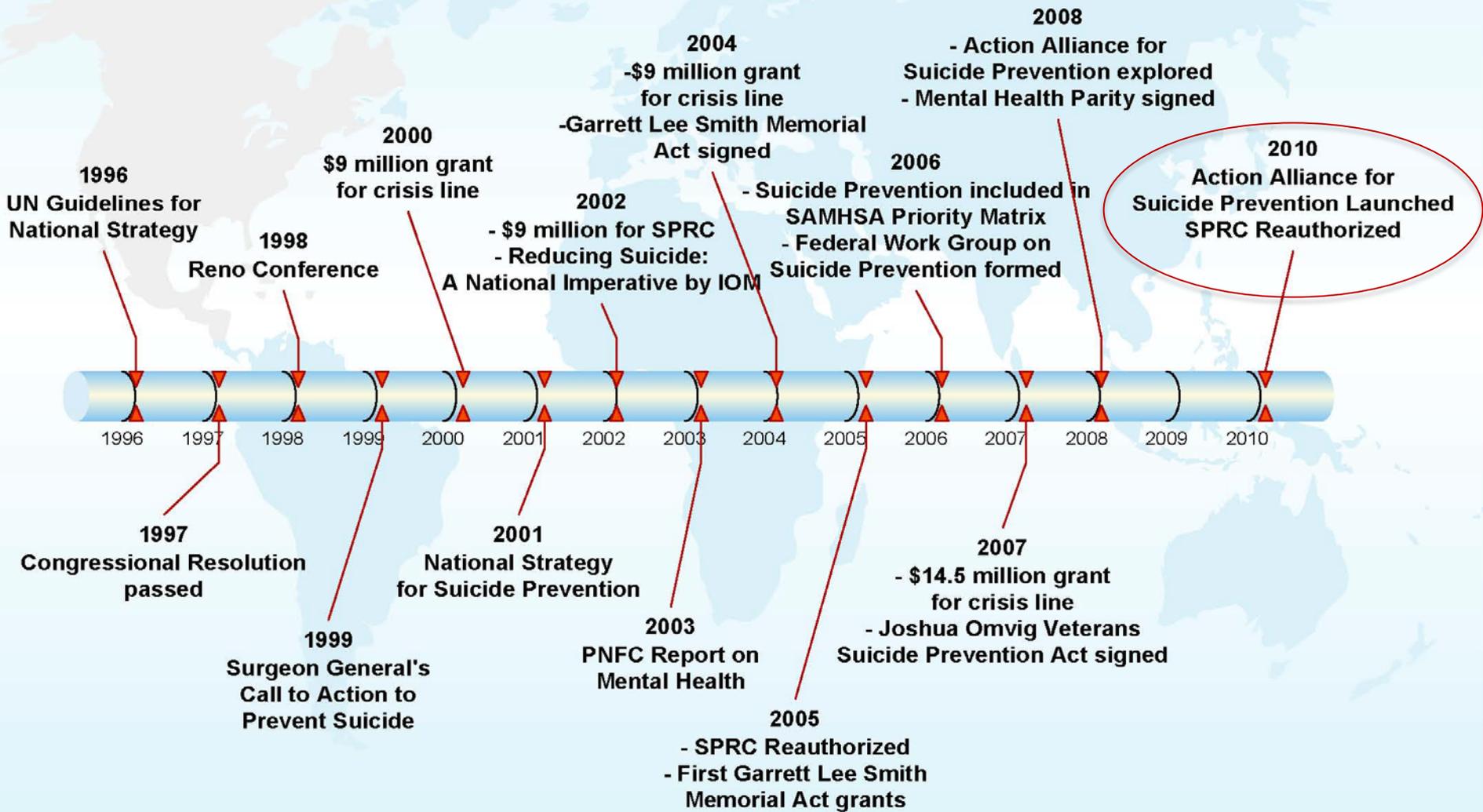
New Media

- Suicide Prevention and New Media Summit
- White paper (blog, spring 2011)
- Updated Recommendations for Reporting on Suicide (includes new media)
- VA Chat Service
- 4 Lifeline crisis centers – text follow-up, suicide attempt survivors
- 8 Lifeline crisis centers – text services, Gulf Coast Oil Spill victims
- Host text/chat learning community meeting (2011)

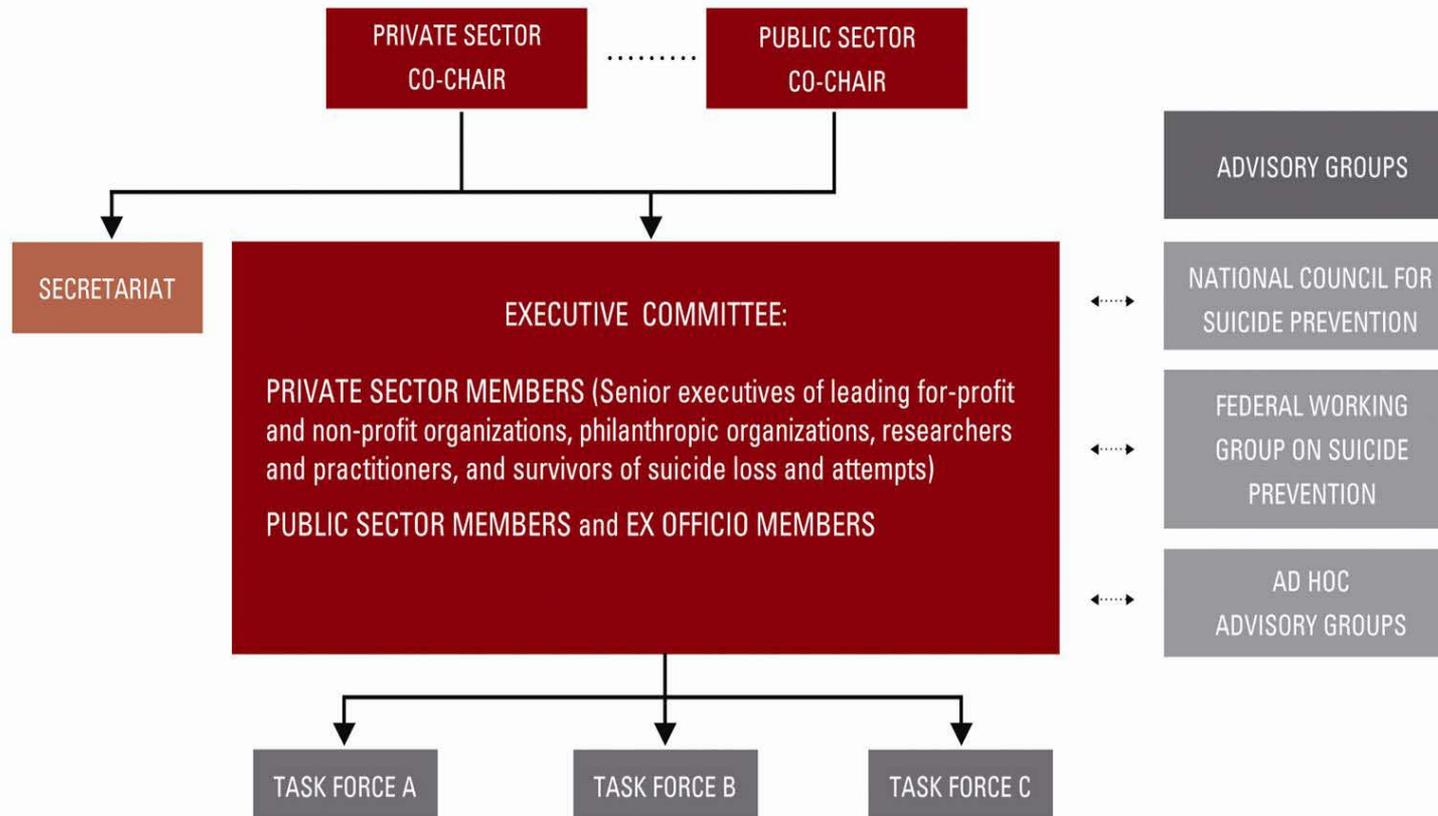
New Media

- Partnerships with online industry:
 - Google “suicide”
- Need help? In the U.S., call 1-800-273-8255 National Suicide Prevention Lifeline.
 - Facebook and MySpace alert Lifeline to user-reported content for response.
 - YouTube sends Lifeline crisis posts.
- January 25, 2011 meeting at Facebook HQ to develop industry-wide standards for responding to suicidal content posted by their users (SAMHSA-funded):
 - Participants: Facebook, YouTube, Google, Yahoo, SAMHSA, Lifeline, SAVE, FOSI, Connect Safely
 - Facebook is now funding a chat crisis service with Lifeline, and SAMHSA.

US Suicide Prevention Milestones



National Action Alliance for Suicide Prevention



NATIONAL ACTION ALLIANCE SUICIDE PREVENTION

FOR

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- Priority 1: Update/implement the Surgeon General's NSSP **by 2012**
 - Priority 2: Public awareness and education
 - Priority 3: Focus on suicide prevention among high-risk populations
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- 3 categories of Task Forces have been developed:
 - Infrastructure: To support suicide prevention for all populations
 - High Risk Populations: Showing increasing or disproportionately high rates of suicidal behaviors
 - Interventions: Specific suicide prevention domains or settings (e.g. quality clinical care, faith communities, clinical workforce preparedness)



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