Public Health Council
March 11, 2015

Suicide in Massachusetts

Carlene Pavlos, Director
Bureau of Community Health and Prevention
Alan Holmlund, Director, MDPH Suicide Prevention Program
Figure 1. Suicides and Homicides in MA, 2003-2012
Health Regions & USA Suicide Rates

2013 Data

Source: data calculated from figures posted at CDC’s WISQARS website downloaded 22 January 2015 for 2013 data.
Figure 3A: Suicides in MA, by Age Group, 2012 (N=624)
Figure 3B: Rate of Suicides in MA by Sex and Age Group, 2012

<table>
<thead>
<tr>
<th>Age Group (years)</th>
<th>Female Rate</th>
<th>Male Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-14</td>
<td>6.6</td>
<td>11.6</td>
</tr>
<tr>
<td>15-24</td>
<td>3.5</td>
<td>17.6</td>
</tr>
<tr>
<td>25-34</td>
<td>5.7</td>
<td>20.4</td>
</tr>
<tr>
<td>35-44</td>
<td>8.0</td>
<td>22.9</td>
</tr>
<tr>
<td>45-54</td>
<td>6.1</td>
<td>20.2</td>
</tr>
<tr>
<td>55-64</td>
<td>2.9</td>
<td>11.5</td>
</tr>
<tr>
<td>65-74</td>
<td>13.1</td>
<td>22.7</td>
</tr>
<tr>
<td>75-84</td>
<td></td>
<td></td>
</tr>
<tr>
<td>85+</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Figure 4. Hospital Discharge Rates for Nonfatal Self-inflicted Injury by Sex and Age Group, MA Residents, FY2013 (N=4,258)
Figure 6A and B: Suicides and Hospital Discharges for Nonfatal Self-Inflicted Injury by Method, Massachusetts

**Figure 6A.**
Suicides in MA, 2012  
(N=624)  
Males (N=469)  
Females (N=155)

- Firearm: 29%
- Hanging/Suffocation: 47%
- Poisoning/Overdose: 12%
- Other: 12%

**Figure 6B.**
Hospital Discharges for Nonfatal Self-inflicted Injuries, MA Residents, FY2013 (N=4,258)

- Poisoning/Overdose: 80%
- Hanging/Suffocation: 13%
- Cut/pierce: 13%
- Other: 7%

Source: Massachusetts Violent Death Reporting System, Massachusetts Department of Public Health and Massachusetts Hospital Discharge Database, Massachusetts Center for Health Information and Analysis
Poisoning Suicides by Class of Drug, 2012

N=113

- Multiple Drug Classes, excluding Opiate, N=23, 20%
- Multiple Drug Classes, including Opiate, N=32, 28%
- Other class of substance, N=23, 20%
- Antidepressant, N=11, 10%
- Carbon Monoxide, N=11, 10%
- Opiate, N=8, 7%
- Antipsychotic, N=5, 5%
Figure 7. Circumstances Associated with Suicide in MA, 2012

- Current Mental Health Problem: 47%
- Current Treatment for Mental Illness: 34%
- Alcohol and/or Other Substance Problem: 25%
- Intimate partner problem: 22%
- History of suicide attempts: 16%
- Job and/or Financial Problem: 16%
Figure 9. Suicidal Thinking and Behavior among MA High School Students, YRBS, 2013

- Non-suicidal self injury: 14%
- Seriously considered suicide: 12%
- Made a suicide plan: 11%
- Attempted suicide: 6%
- Attempted suicide with injury: 2%
Figure 10. Attempted Suicide by Number of Victimization Types, YRBS, 2011, 2013

<table>
<thead>
<tr>
<th>Number of Victimization Types</th>
<th>Percent of students who attempted suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>2.9</td>
</tr>
<tr>
<td>1</td>
<td>6.7</td>
</tr>
<tr>
<td>2</td>
<td>19.2</td>
</tr>
<tr>
<td>3</td>
<td>32.9</td>
</tr>
<tr>
<td>4-5*</td>
<td>49.5</td>
</tr>
</tbody>
</table>
Special Populations

- Mental illness and substance abuse
- Veterans
- Elders
- Men and women of working age
- LGBT
- Survivors
- Attempters
THE 7th INNING STRETCH. Yoga. The way a man would do it.

mantherapy.org Therapy. The way a man would do it.

You can’t fix your mental health with duct tape.

mantherapy.org Therapy. The way a man would do it.

Below is another magnet design:

Sometimes life’s dog takes a DUMP ON YOUR LAWN.

Clean it up at mantherapy.org Therapy. The way a man would do it.
Collaborations

• MA Coalition for Suicide Prevention
• Funding Support to state agencies
  Department of Veterans Services
  Executive Office of Elder Affairs
  Department of Mental Health
• Partnerships
• Community Coalitions
Education and Training

• Gatekeeper training
• Behavioral Health Professionals
• Health Professionals
• Comprehensive system-wide approaches
• Annual two day conference
Policy

An Act to Reduce Gun Violence

Mandatory SP Training in schools
M.D. Training in means reduction
Harm reduction in Gun safety course
Data collection and analysis
Material for consumers at gun dealers
Task force to protect good samaritans

Valor Act 2 – referrals for veterans at hospitals