



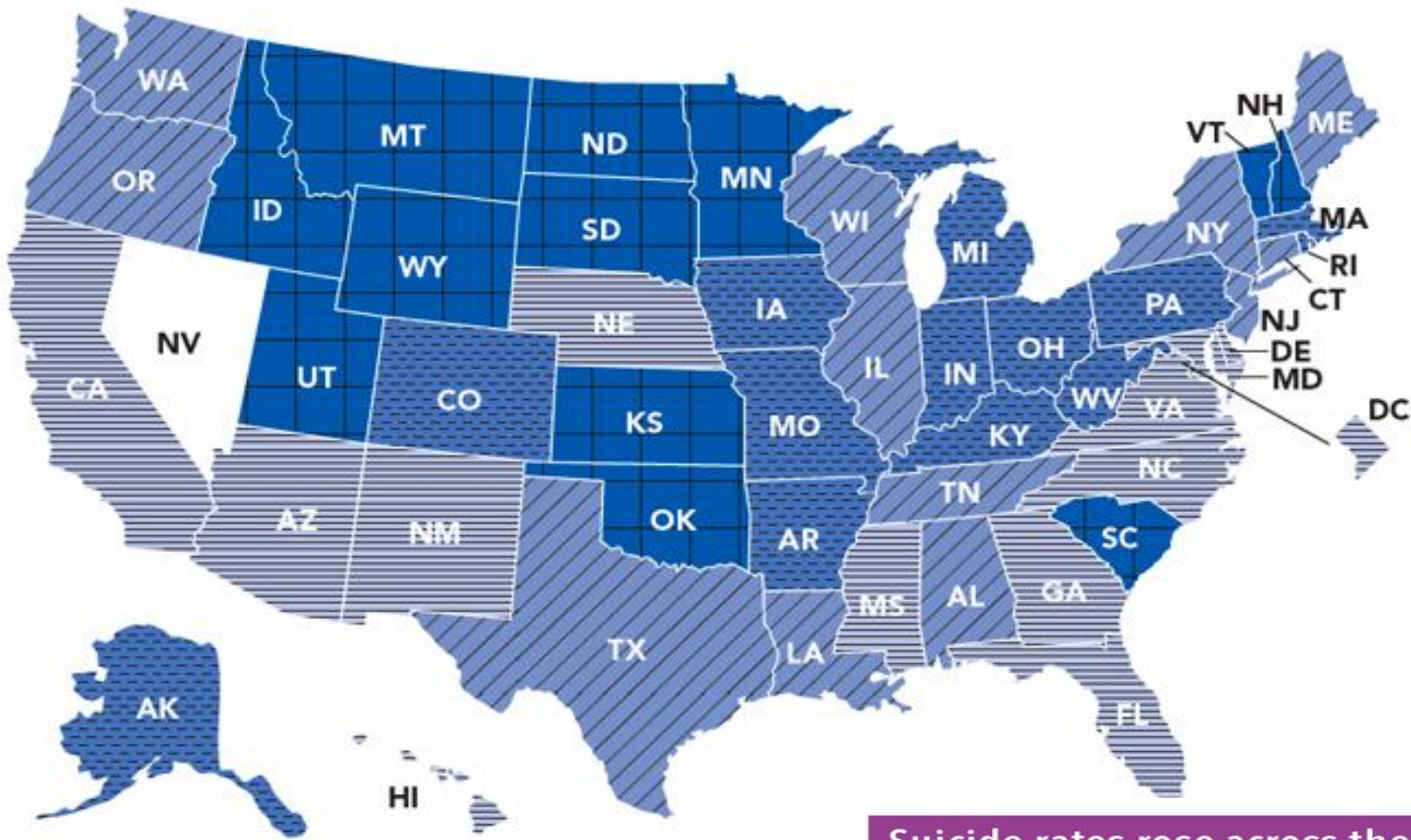
Suicide Prevention in Massachusetts

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Suicide rates rose across the US from 1999 to 2016.



SOURCE: CDC's National Vital Statistics System; CDC Vital Signs, June 2018.



Terminology

- **Die(d) by suicide** – preferred term used instead of “committed suicide” or “completed suicide”
- **Survivor of Suicide Loss** – the family member or friend of a person who has died by suicide
- **Attempt Survivor** – an individual who has attempted to take their life



Terminology

- **Suicide Attempt** – a person who has made an attempt to end their life with the intent of death
Should never be stated as a failed suicide, unsuccessful suicide attempt or a successful attempt
- **Suicidal Ideation** – a person who has thoughts of ending ones life, but may or may not have a plan and has not acted on the plan



DATA



How do we compare...

31	Louisiana [WSC / South]	877	14.5
32	Iowa [WNC / Midwest]	451	14.4
	Nation	44,965	13.9
33	Virginia [SA / South]	1,166	13.9
34	Georgia [SA / South]	1,409	13.7
34	Michigan [ENC / Midwest]	1,364	13.7
36	North Carolina [SA / South]	1,373	13.5
36	Minnesota [WNC / Midwest]	745	13.5
38	Nebraska [WNC / Midwest]	246	12.9
39	Mississippi [ESC / South]	383	12.8
40	Texas [WSC / South]	3,488	12.5
40	Delaware [SA / South]	119	12.5
42	Hawaii [P / West]	174	12.2
43	Rhode Island [NE / Northeast]	126	11.9
44	Illinois [ENC / Midwest]	1,415	11.1
44	Connecticut [NE / Northeast]	397	11.1
46	California [P / West]	4,294	10.9
47	Maryland [SA / South]	586	9.7
48	Massachusetts [NE / Northeast]	631	9.3
49	New York [MA / Northeast]	1,679	8.5
50	New Jersey [MA / Northeast]	687	7.7
51	District of Columbia [SA / South]	40	5.9

Caution: Annual fluctuations in state levels combined with often relatively small populations can make these data highly variable. The use of several years' data is preferable to conclusions based on single years alone.

Suggested citation: Drapeau, C. W., & McIntosh, J. L. (for the American Association of Suicidology). (2017). *U.S.A. suicide 2016: Official final data*. Washington, DC: American Association of Suicidology, dated December 24, 2017, downloaded from <http://www.suicidology.org>.

Division [Abbreviation]	Rate	Number
Mountain [M]	20.7	4,942
East South Central [ESC]	16.0	3,038
West North Central [WNC]	16.0	3,392
South Atlantic [SA]	14.1	9,013
West South Central [WSC]	14.1	5,542
Nation	13.9	44,965
East North Central [ENC]	13.7	6,386
Pacific [P]	12.5	6,574
New England [NE]	11.8	1,742
Middle Atlantic [MA]	10.5	4,336

Region [Subdivision Abbreviations]	Rate	Number
West (M, P)	15.0	11,516
Midwest (WNC, ENC)	14.4	9,778
South (ESC, WSC, SA)	14.4	17,593
Nation	13.9	44,965
Northeast (NE, MA)	10.8	6,078

Source: Obtained 23 December 2017 from CDC/NCHS's WONDER (to appear in *Deaths: Final Data for 2016*, forthcoming) <http://www.cdc.gov/nchs/products/nvsr.htm>

[data are by place of residence]
[Suicide = ICD-10 Codes X60-X84, Y87.0, U03]

Note: All rates are per 100,000 population.

* Including the District of Columbia.

Trends



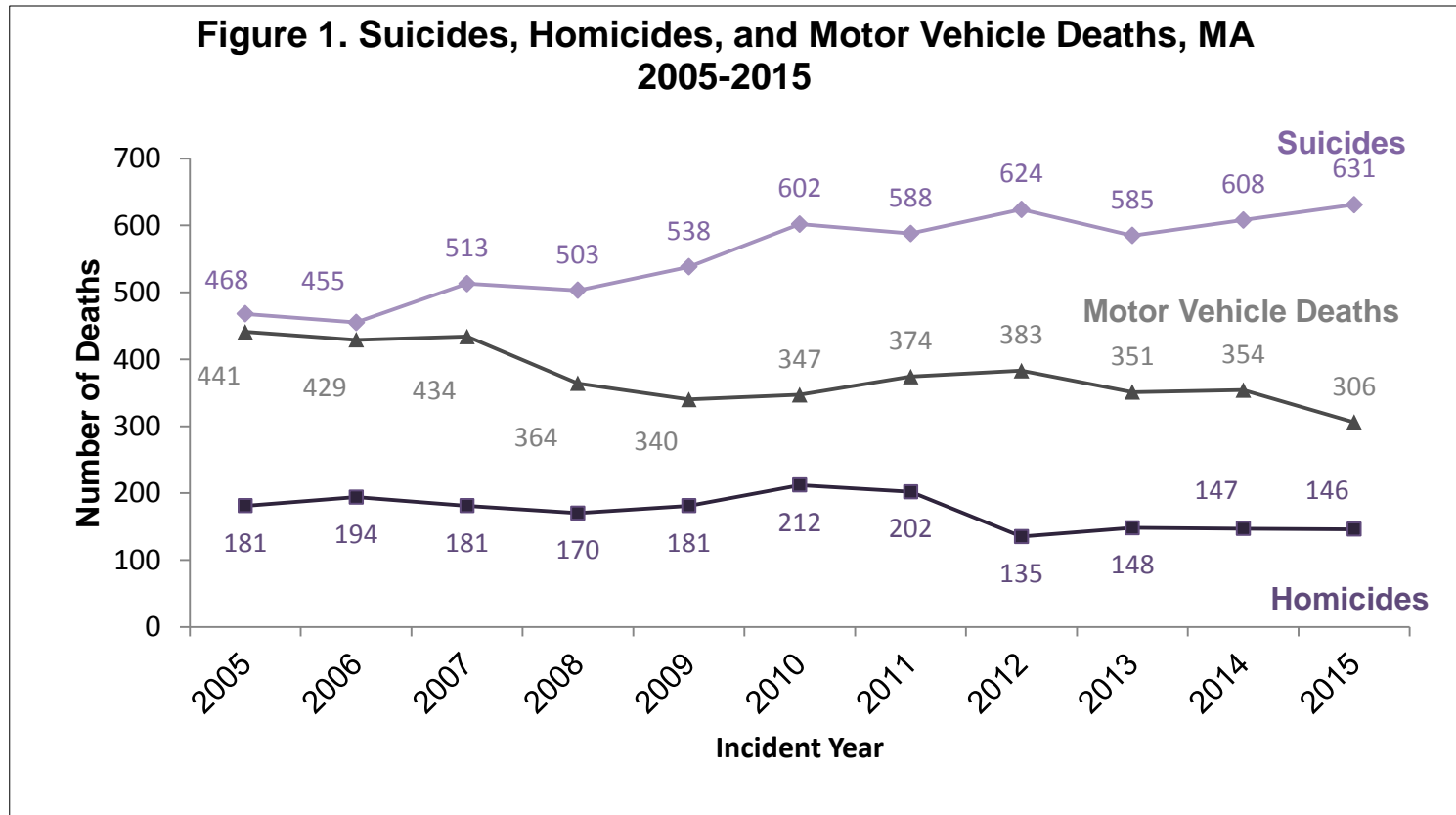
National (2016)

- 44,695 deaths (10th leading cause)
- Age-adjusted death rate 13.4
- 77% of deaths are males
- Mechanism
 1. Firearms (51%)
 2. Suffocation (26%)
 3. Poisoning (11%)

MA (2015)

- 631 deaths
- Age-adjusted death rate 9.3
- 74% of deaths are males
- Mechanism
 1. Suffocation (45%)
 2. Firearms (22%)
 3. Poisoning (15%)

MA Data - 2015

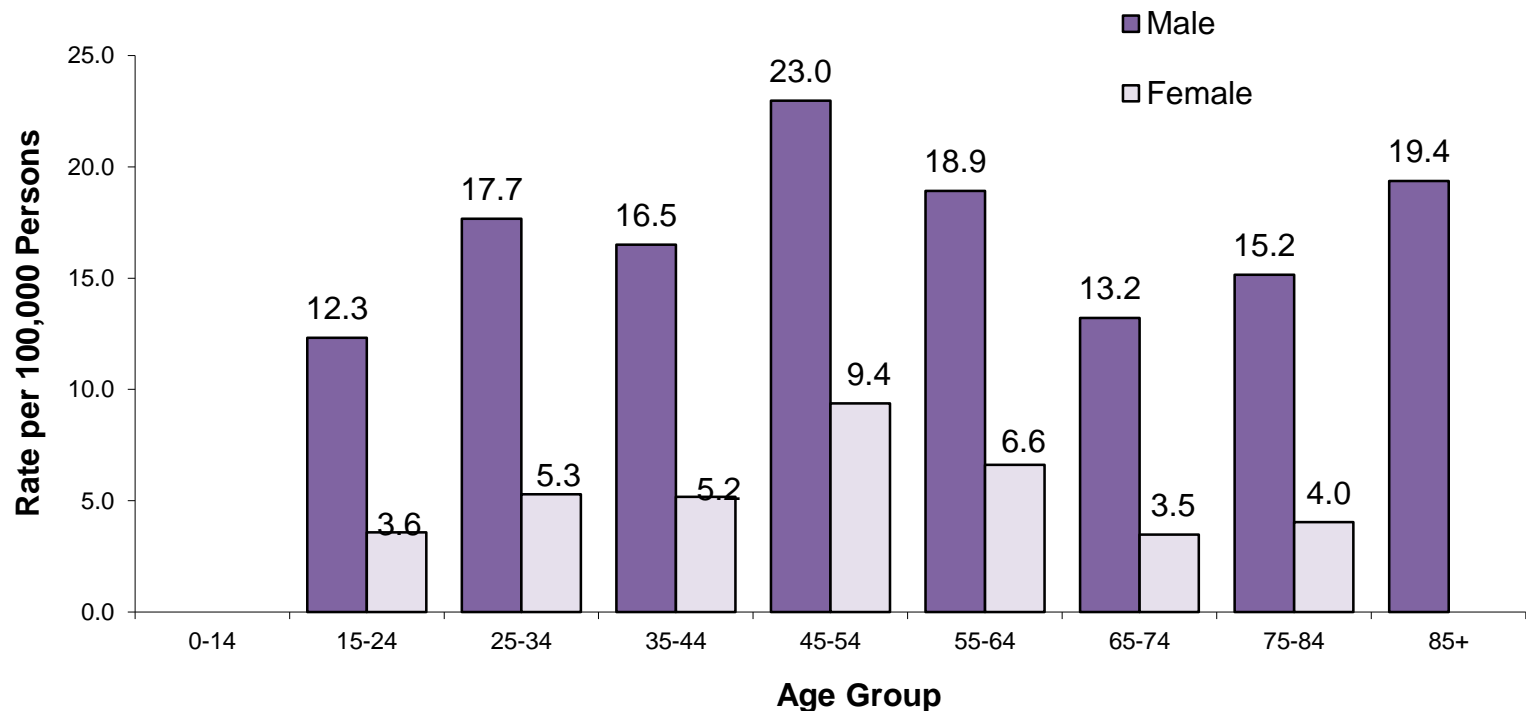


Sources: MA Violent Death Reporting System, MA Department of Public Health; Fatality Analysis Reporting System (FARS), National Highway Traffic Safety Administration (NHTSA)

MA Data - 2015



Figure 3B: Suicide Rates by Sex and Age Group, MA 2015 (N=631)

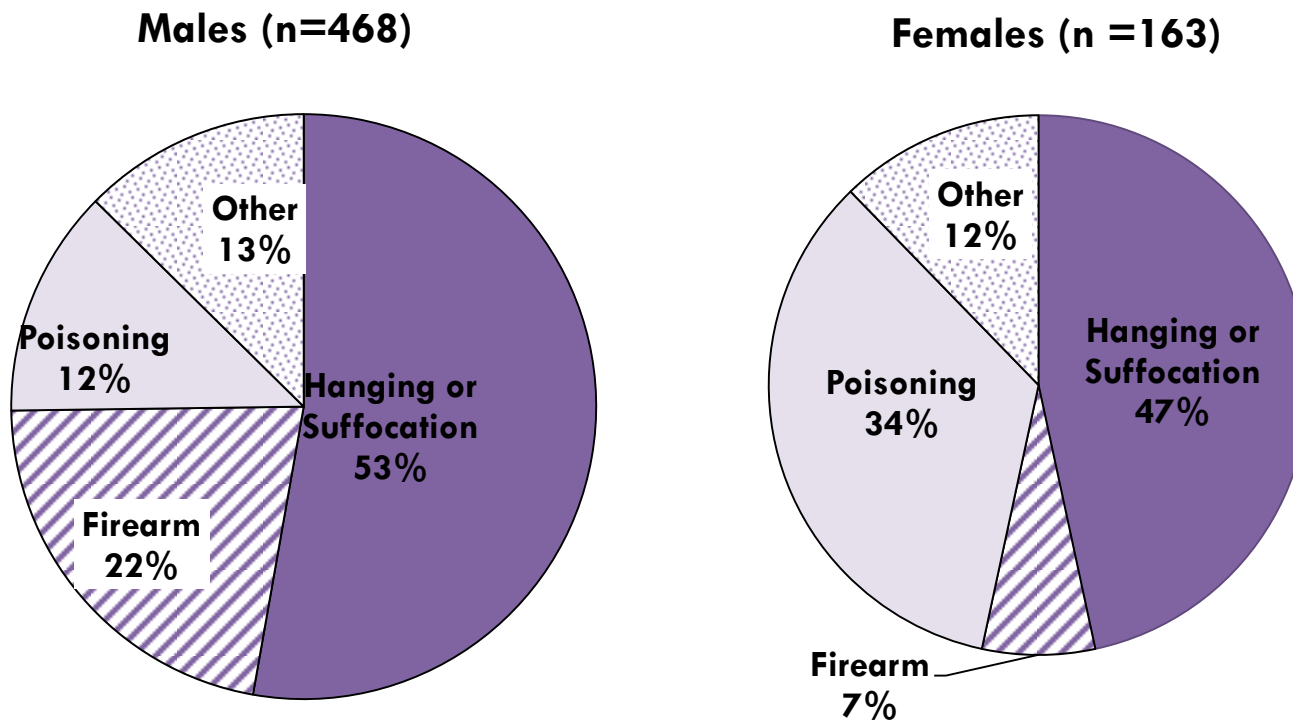


Source: MA Violent Death Reporting System, MA Department of Public Health; National Center for Health Statistics Vintage 2015 Postcensal Estimates of Resident Population

MA Data - 2015



Figure 6A. Methods of Suicides by Sex, MA 2015 (N=631)

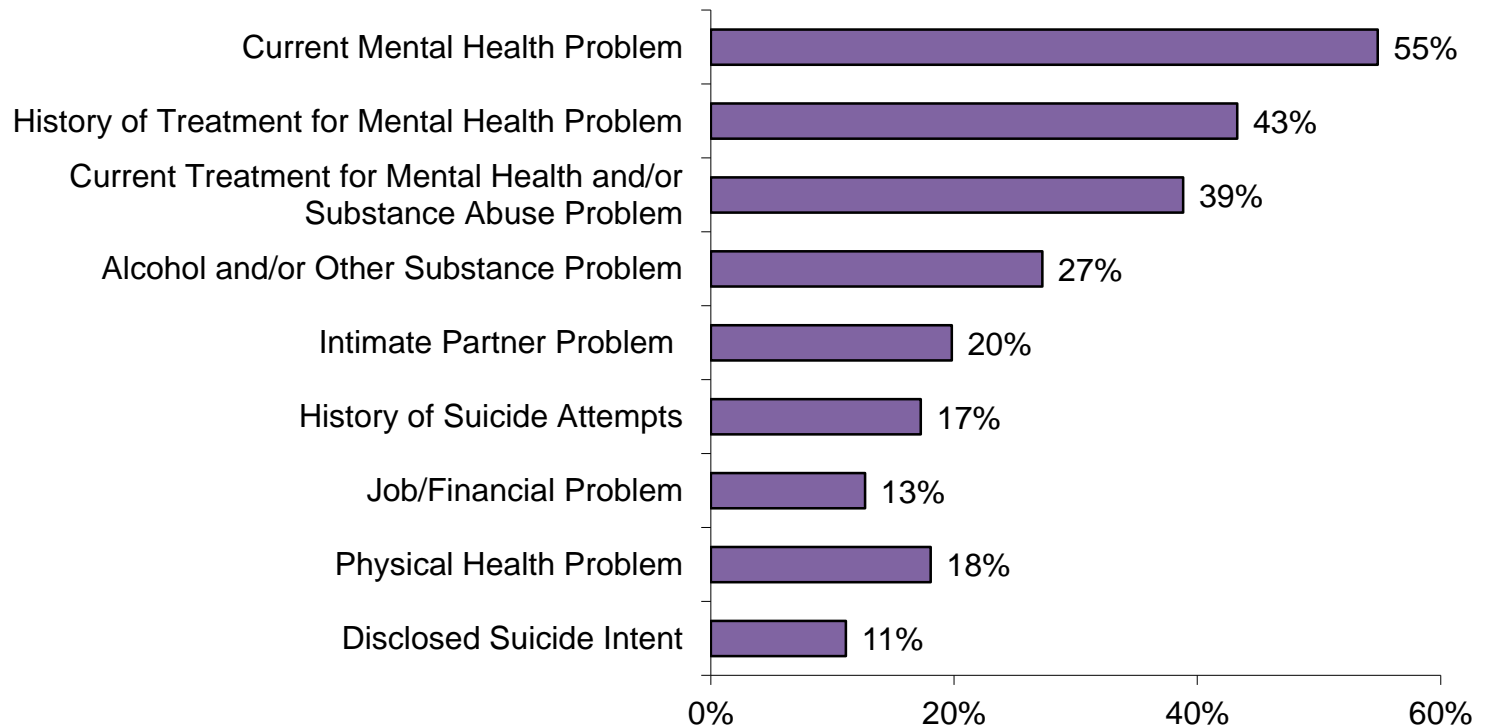


Source: MA Violent Death Reporting System, MA Department of Public Health; MA Center for Health Information and Analysis

MA Data - 2015



Figure 7A. Circumstances Associated with Suicide, MA 2015 (N=631)⁷



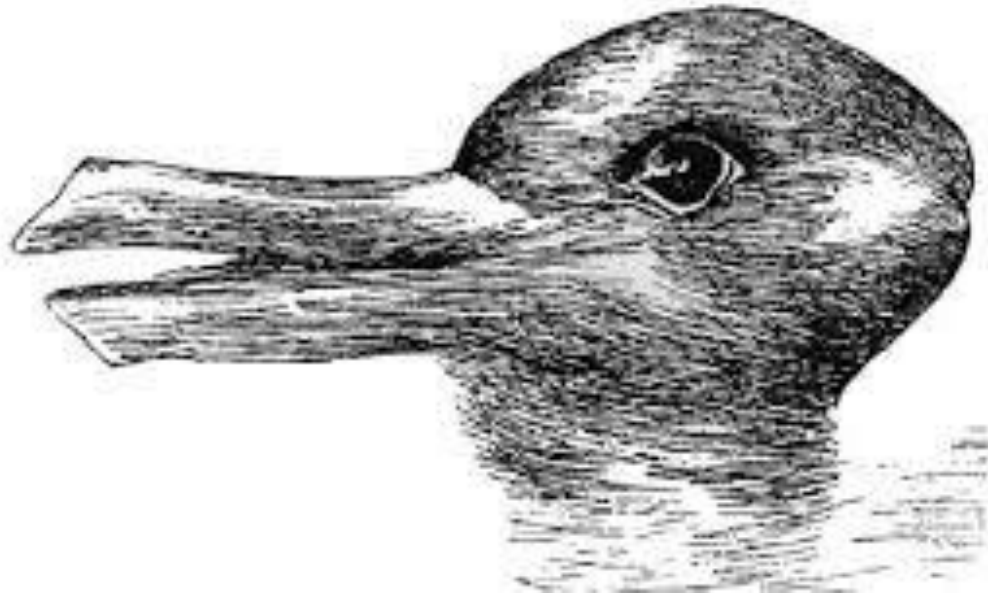
Source: MA Violent Death Reporting System, MA Department of Public Health



The Impact of Suicide

- For every one suicide there are 6 loss survivors (conservative number)
- Stigma
- The grieving process
- Reaching out for help/support

What do you see?



Loss Survivors + Attempt Survivors



Impact

Fear

What is happening to me/my loved one?

What do we do when we leave the hospital?

Confusion

Where do we get help?

Are we asking the right questions?

Anxiety

Am I doing the right thing?

Will anyone judge me or my family?



Suicide Prevention Efforts in MA



Funding for Suicide Prevention

State

- Funding community-based providers
- Sister State Agencies
- State and Regional Coalitions
- Trainings
 - ▣ Who and what
 - ▣ Annual 2-day Statewide Suicide Prevention Conference
- Samaritans Statewide Helpline
- Community Advisory Board

Federal

- SAMHSA Grants
 - ▣ Garrett Lee Smith Grant (ages 10-24) – funded since 2005 (DPH)
 - ▣ National Strategies for Suicide Prevention (ages 25-64) – 2017 DMH funding



Postvention

- Responding to communities
- Riverside Trauma Center
- Turning postvention into prevention

New Work in Suicide Prevention



ZEROSuicide
IN HEALTH AND BEHAVIORAL HEALTH CARE

zerosuicide.com



September happenings

- National Suicide Prevention Week

- Suicide prevention trainings being offered to DPH staff next week

- Check out our tweets this week

- MCSP calendar of events across the state
 - ▣ Walks
 - ▣ Screening of “The Ripple Effect”



Resources

- *MDPH Suicide Prevention Program* – mass.gov/dph/suicideprevention
- *Massachusetts Coalition for Suicide Prevention (MCSP)* – masspreventssuicide.org
- *Suicide Prevention Resource Center (SPRC)* – sprc.org
- *Zero Suicide* – zerosuicide.org
- *American Association of Suicidology (AAS)* – suicidology.org

Contact



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