What’s happening in suicide prevention

- Look at data
- Areas of focus
- How we’ve supported areas of focus
# 10 Leading Causes of Death by Age Group, United States - 2017

<table>
<thead>
<tr>
<th>Rank</th>
<th>&lt;1</th>
<th>1-4</th>
<th>5-9</th>
<th>10-14</th>
<th>15-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65+</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Congenital Anomalies 4,580</td>
<td>Unintentional Injury 1,267</td>
<td>Unintentional Injury 718</td>
<td>Unintentional Injury 800</td>
<td>Unintentional Injury 13,411</td>
<td>Unintentional Injury 25,669</td>
<td>Unintentional Injury 22,828</td>
<td>Malignant Neoplasms 39,266</td>
<td>Malignant Neoplasms 114,810</td>
<td>Heart Disease 519,052</td>
<td>Heart Disease 647,457</td>
</tr>
<tr>
<td>2</td>
<td>Short Gestation 3,749</td>
<td>Congenital Anomalies 424</td>
<td>Malignant Neoplasms 418</td>
<td>Suicide 517</td>
<td>Suicide 6,252</td>
<td>Suicide 7,948</td>
<td>Malignant Neoplasms 10,900</td>
<td>Heart Disease 32,058</td>
<td>Heart Disease 80,102</td>
<td>Malignant Neoplasms 427,866</td>
<td>Malignant Neoplasms 556,108</td>
</tr>
<tr>
<td>3</td>
<td>Maternal Pregnancy Comp. 1,432</td>
<td>Malignant Neoplasms 325</td>
<td>Congenital Anomalies 188</td>
<td>Suicide 517</td>
<td>Suicide 6,252</td>
<td>Suicide 7,948</td>
<td>Malignant Neoplasms 10,900</td>
<td>Heart Disease 32,058</td>
<td>Heart Disease 80,102</td>
<td>Malignant Neoplasms 427,866</td>
<td>Malignant Neoplasms 556,108</td>
</tr>
<tr>
<td>4</td>
<td>SIDS 1,363</td>
<td>Homicide 303</td>
<td>Homicide 154</td>
<td>Congenital Anomalies 191</td>
<td>Malignant Neoplasms 1,374</td>
<td>Heart Disease 10,401</td>
<td>Unintentional Injury 24,461</td>
<td>Unintentional Injury 23,468</td>
<td>Chronic Low. Respiratory Disease 130,159</td>
<td>Chronic Low. Respiratory Disease 165,990</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Unintentional Injury 1,317</td>
<td>Heart Disease 127</td>
<td>Heart Disease 75</td>
<td>Homicide 178</td>
<td>Heart Disease 913</td>
<td>Malignant Neoplasms 3,016</td>
<td>Homicide 3,531</td>
<td>Liver Disease 8,312</td>
<td>Diabetes Mellitus 14,904</td>
<td>Alzheimer’s Disease 120,107</td>
<td>Cerebrovascular Disease 146,383</td>
</tr>
<tr>
<td>6</td>
<td>Placenta Cord. Membranes 843</td>
<td>Influenza &amp; Pneumonia 164</td>
<td>Influenza &amp; Pneumonia 69</td>
<td>Heart Disease 104</td>
<td>Malignant Neoplasms 355</td>
<td>Liver Disease 918</td>
<td>Liver Disease 3,000</td>
<td>Liver Disease 4,499</td>
<td>Liver Disease 13,737</td>
<td>Diabetes Mellitus 50,020</td>
<td>Alzheimer’s Disease 121,404</td>
</tr>
<tr>
<td>7</td>
<td>Bacterial Septic 509</td>
<td>Cerebrovascular Disease 56</td>
<td>Chronic Low. Respiratory Disease 56</td>
<td>Chronic Low. Respiratory Disease 75</td>
<td>Diabetes Mellitus 248</td>
<td>Diabetes Mellitus 803</td>
<td>Diabetes Mellitus 2.116</td>
<td>Cerebrovascular Disease 17,068</td>
<td>Unintentional Injury 65,951</td>
<td>Diabetes Mellitus 83,564</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Circulatory System Disease 449</td>
<td>Septicemia 48</td>
<td>Cerebrovascular Disease 41</td>
<td>Septicemia 15</td>
<td>Septicemia 1,811</td>
<td>Septicemia 19,890</td>
<td>Septicemia 5,193</td>
<td>Septicemia 1,811</td>
<td>Septicemia 3,975</td>
<td>Unintentional Injury 7,082</td>
<td>Influenza &amp; Pneumonia 46,892</td>
</tr>
<tr>
<td>9</td>
<td>Respiratory Disease 410</td>
<td>Septicemia 44</td>
<td>Influenza &amp; Pneumonia 51</td>
<td>Septicemia 150</td>
<td>Chronic Low. Respiratory Disease 158</td>
<td>HIV 513</td>
<td>Septicemia 854</td>
<td>Septicemia 5,833</td>
<td>Septicemia 2,441</td>
<td>Septicemia 5,833</td>
<td>Nephritis 41,670</td>
</tr>
</tbody>
</table>

Suicidal Thoughts and Behaviors: Adults in U.S. (2017)

- **47,173 Suicide Deaths**
- **1,400,000 Suicide Attempts**
- **3,200,000 Planned Suicide**
- **10,600,000 Thought about Suicide**

**Inpatient Discharges**
- 30:1

**ED Discharges**
- 75:1

**Attempts (no medical care)**
- 242:1


Source: Massachusetts Violent Death Reporting System, Massachusetts Department of Public Health; Fatality Analysis Reporting System, National Highway Traffic Safety Administration
U.S. Suicide Rates by Race (2010-2017)

MA Suicide Rates by Race (2010-2017)

Source: MA Violent Death Reporting System, MA Department of Public Health
Racial Equity and Suicide Prevention

• State Strategic Plan for Suicide Prevention

• Massachusetts Coalition for Suicide Prevention
  • Alliance for Equity – Toolkit

• Work with Providers
### Circumstances

<table>
<thead>
<tr>
<th>Circumstances</th>
<th>% Military Suicides</th>
<th>% All Suicides</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current mental health problem</td>
<td>44.4%</td>
<td>56.8%</td>
</tr>
<tr>
<td>Intimate partner problem</td>
<td>30.2%</td>
<td>20.6%</td>
</tr>
<tr>
<td>Alcohol/Substance abuse problem</td>
<td>23.8%</td>
<td>30.2%</td>
</tr>
<tr>
<td>Physical health problem</td>
<td>20.6%</td>
<td>16.1%</td>
</tr>
<tr>
<td>Job/Financial problem</td>
<td>19.0%</td>
<td>12.5%</td>
</tr>
</tbody>
</table>

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

Military/Veterans Method
- Firearms (44.4%)
- Hanging/Suffocation (31.7%)
- Poisoning/Overdose (20.6%)
- Other (3.3%)

MA General Population
- Hanging/Suffocation (50.6%)
- Firearms (23.3%)
- Poisoning/Overdose (15.7%)
- Other (10.4%)

*Source: MA Violent Death Reporting System, MA Department of Public Health
How we work with our Military/Veterans
Youth Suicides

Suicide numbers (ages 9-24):
• 2017 Totals 91 (M=74, F=17)

Ages 10-17 (2013-2016)
• Current mental health problem (56%)
• Alcohol/substance abuse (4%)

Ages 18-24 (2013-2016)
• Current mental health problem (51%)
• Alcohol/substance is a larger percent (24%)

*Source: MA Violent Death Reporting System, MA Department of Public Health
MA High School Student Mental Health and Suicidality by Sex (2017)

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attempted suicide</td>
<td>6.2</td>
<td>4.4</td>
</tr>
<tr>
<td>Made a suicide plan</td>
<td>12.2</td>
<td>9.7</td>
</tr>
<tr>
<td>Seriously considered suicide*</td>
<td>15.7</td>
<td>9.2</td>
</tr>
<tr>
<td>Self-Injury*</td>
<td>18.7</td>
<td>10.2</td>
</tr>
<tr>
<td>Feeling Sad or Hopeless for 2+ week*</td>
<td>36</td>
<td>19</td>
</tr>
</tbody>
</table>

Health and Risk Behaviors of MA Youth, 2017
MA High School Student Mental Health and Suicidality by Sexual Orientation (2015)

<table>
<thead>
<tr>
<th>Behavior</th>
<th>GLB</th>
<th>Heterosexual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Required medical attention*</td>
<td>2.3</td>
<td>6.4</td>
</tr>
<tr>
<td>Attempted suicide*</td>
<td>5.2</td>
<td>24.8</td>
</tr>
<tr>
<td>Made a suicide plan*</td>
<td>9.7</td>
<td>34.7</td>
</tr>
<tr>
<td>Seriously considered suicide*</td>
<td>11.3</td>
<td>48.2</td>
</tr>
<tr>
<td>Self-Injury*</td>
<td>14.5</td>
<td>49.7</td>
</tr>
<tr>
<td>Feeling Sad or Hopeless for 2+ week*</td>
<td>23.9</td>
<td>61.1</td>
</tr>
</tbody>
</table>
What we are doing for our youth…

Garrett Lee Smith Grant - SAMHSA

Exploring upstream curriculums to be used in elementary schools

Continue funding support to MS and HS for Signs of Suicide (SOS)

Collaboration with DPH Programs
  • Safe Spaces
  • EMSC – Pediatric Training Day in all 5 regions
  • School Based Health Centers – training clinicians
DPH Initiatives

• Opioids and Suicide
  • Trainings for clinicians and CHW
  • Needs Assessment for frontline workers
  • Consultation
  • Zero Suicide Academy

• Problem Gambling and Suicide
  • Collaborative work with Office of Problem Gambling
  • Trainings
  • MCSP Awareness Events
Collaboration with Commuter Rail and the T
Collaboration with Commuter Rail and the T
National Suicide Prevention Lifeline (NSPL)

• What is NSPL
  • A network of approximately 160 centers across the country
  • 1-800-273-TALK (press 1 for veterans)

• State Capacity Building Grant
  • Increase in-state call answer rate from 69% to 80-90% by end of grant
  • Funding provided to our 3 crisis centers already part of NSPL Network
  • 2 year grant awarded in October 1, 2019 (over $300,000)

• Goal at end of grant
  • Increase in-state call answer rate
  • All 5 centers will be part of the NSPL network
  • 1-800-273 TALK will be the MA statewide number
Crisis Lines answering calls Statewide

All Centers

- Samaritans, Inc, Boston
- Samaritans, Merrimack Valley
- Samaritans, Fall River-New Bedford
- United Way Tri County - Call 2 Talk
- Samaritans, Cape & Islands
Additional Initiatives Moving Forward

• Indian Health Services and Wampanoag Tribe

• Working with the Hispanic community

• Staffing to include one staff focused on providing TA support for Zero Suicide

• DPH Hospitals implementing Zero Suicide
Connect with DPH

@MassDPH

Massachusetts Department of Public Health

DPH blog
https://blog.mass.gov/publichealth

www.mass.gov/dph
Thank You!

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kelley.cunningham@state.ma.us