



**150 YEARS**  
OF ADVANCING  
**PUBLIC**  
**HEALTH**

# Massachusetts Department of Public Health

# SUICIDE PREVENTION IN MASSACHUSETTS

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MA Department of Public Health

# 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

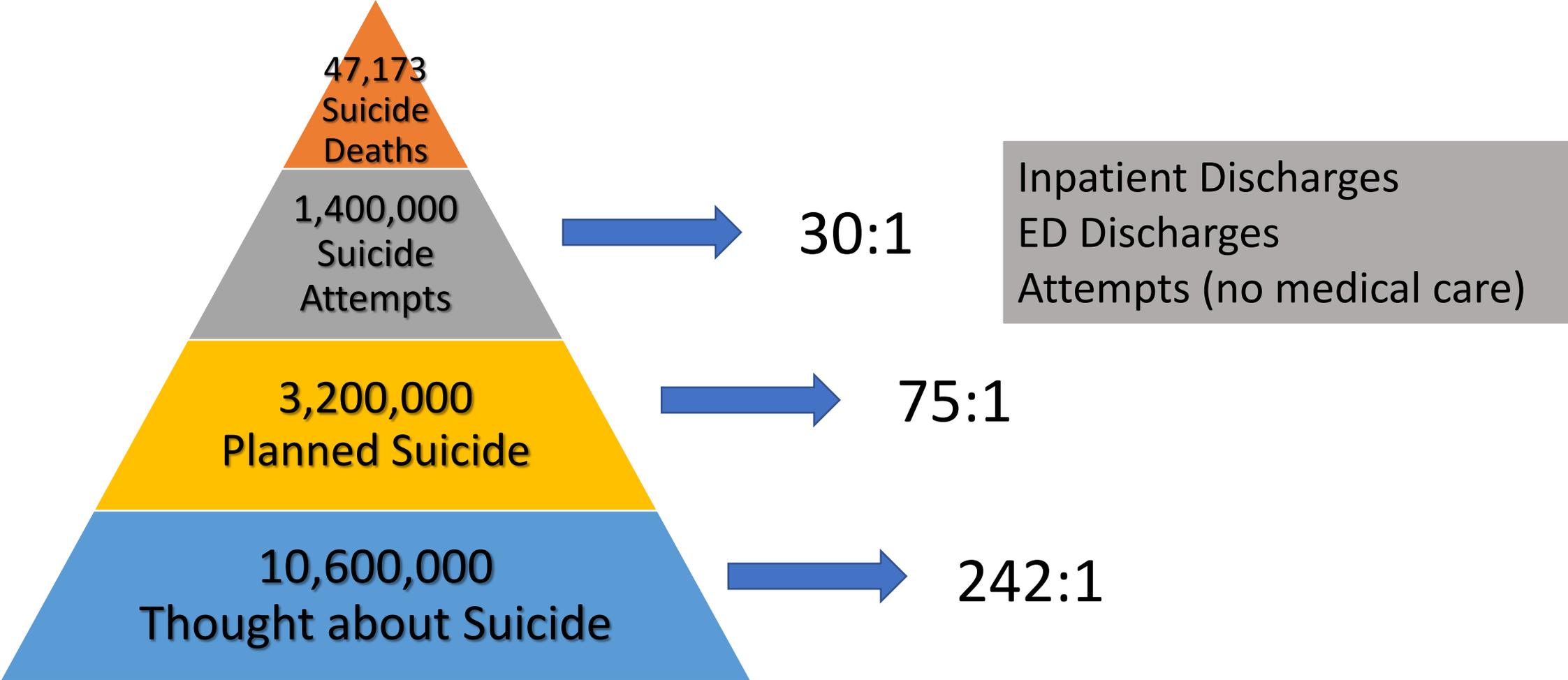
Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 4,580	Unintentional Injury 1,267	Unintentional Injury 718	Unintentional Injury 860	Unintentional Injury 13,441	Unintentional Injury 25,669	Unintentional Injury 22,828	Malignant Neoplasms 39,266	Malignant Neoplasms 114,810	Heart Disease 519,052	Heart Disease 647,457
2	Short Gestation 3,749	Congenital Anomalies 424	Malignant Neoplasms 418	Suicide 517	Suicide 6,252	Suicide 7,948	Malignant Neoplasms 10,900	Heart Disease 32,658	Heart Disease 80,102	Malignant Neoplasms 427,896	Malignant Neoplasms 599,108
3	Maternal Pregnancy Comp. 1,432	Malignant Neoplasms 325	Congenital Anomalies 188	Malignant Neoplasms 437	Homicide 4,905	Homicide 5,488	Heart Disease 10,401	Unintentional Injury 24,461	Unintentional Injury 23,408	Chronic Low. Respiratory Disease 136,139	Unintentional Injury 169,936
4	SIDS 1,363	Homicide 303	Homicide 154	Congenital Anomalies 191	Malignant Neoplasms 1,374	Heart Disease 3,681	Suicide 7,335	Suicide 8,561	Chronic Low. Respiratory Disease 18,667	Cerebro-vascular 125,653	Chronic Low. Respiratory Disease 160,201
5	Unintentional Injury 1,317	Heart Disease 127	Heart Disease 75	Homicide 178	Heart Disease 913	Malignant Neoplasms 3,616	Homicide 3,351	Liver Disease 8,312	Diabetes Mellitus 14,904	Alzheimer's Disease 120,107	Cerebro-vascular 146,383
6	Placenta Cord. Membranes 843	Influenza & Pneumonia 104	Influenza & Pneumonia 62	Heart Disease 104	Congenital Anomalies 355	Liver Disease 918	Liver Disease 3,000	Diabetes Mellitus 6,409	Liver Disease 13,737	Diabetes Mellitus 59,020	Alzheimer's Disease 121,404
7	Bacterial Sepsis 592	Cerebro-vascular 66	Chronic Low. Respiratory Disease 59	Chronic Low Respiratory Disease 75	Diabetes Mellitus 248	Diabetes Mellitus 823	Diabetes Mellitus 2,118	Cerebro-vascular 5,198	Cerebro-vascular 12,708	Unintentional Injury 55,951	Diabetes Mellitus 83,564
8	Circulatory System Disease 449	Septicemia 48	Cerebro-vascular 41	Cerebro-vascular 56	Influenza & Pneumonia 190	Cerebro-vascular 593	Cerebro-vascular 1,811	Chronic Low. Respiratory Disease 3,975	Suicide 7,982	Influenza & Pneumonia 46,862	Influenza & Pneumonia 55,672
9	Respiratory Distress 440	Benign Neoplasms 44	Septicemia 33	Influenza & Pneumonia 51	Chronic Low. Respiratory Disease 188	HIV 513	Septicemia 854	Septicemia 2,441	Septicemia 5,838	Nephritis 41,670	Nephritis 50,633
10	Neonatal Hemorrhage 379	Perinatal Period 42	Benign Neoplasms 31	Benign Neoplasms 31	Complicated Pregnancy 168	Complicated Pregnancy 512	HIV 831	Homicide 2,275	Nephritis 5,671	Parkinson's Disease 31,177	Suicide 47,173

Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.  
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



Centers for Disease Control and Prevention  
National Center for Injury Prevention and Control

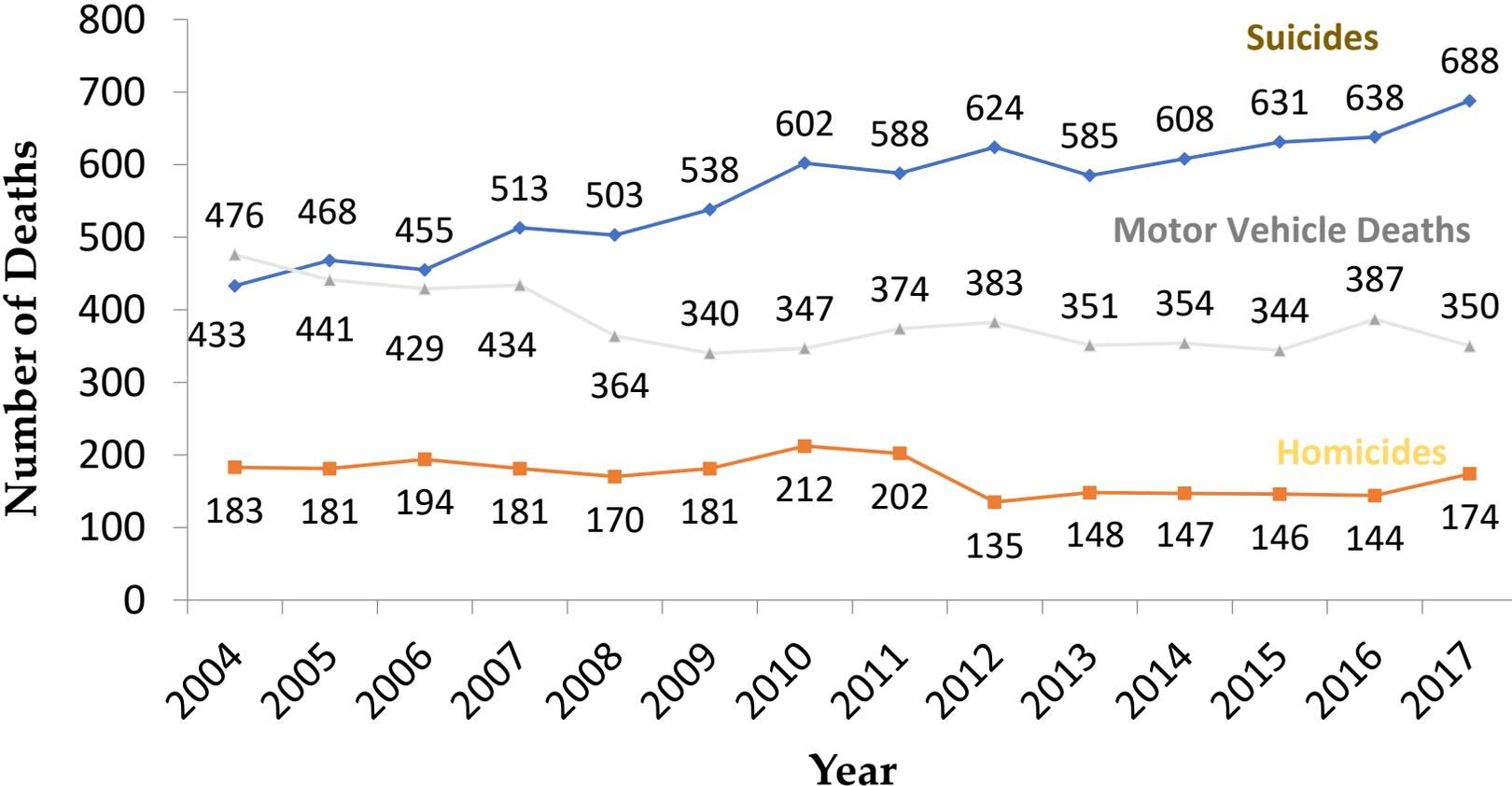
# Suicidal Thoughts and Behaviors: Adults in U.S. (2017)



Substance Abuse and Mental Health Services Administration. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health* (HHS Publication No. SMA 18-5068, NSDUH Series H-53). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/>

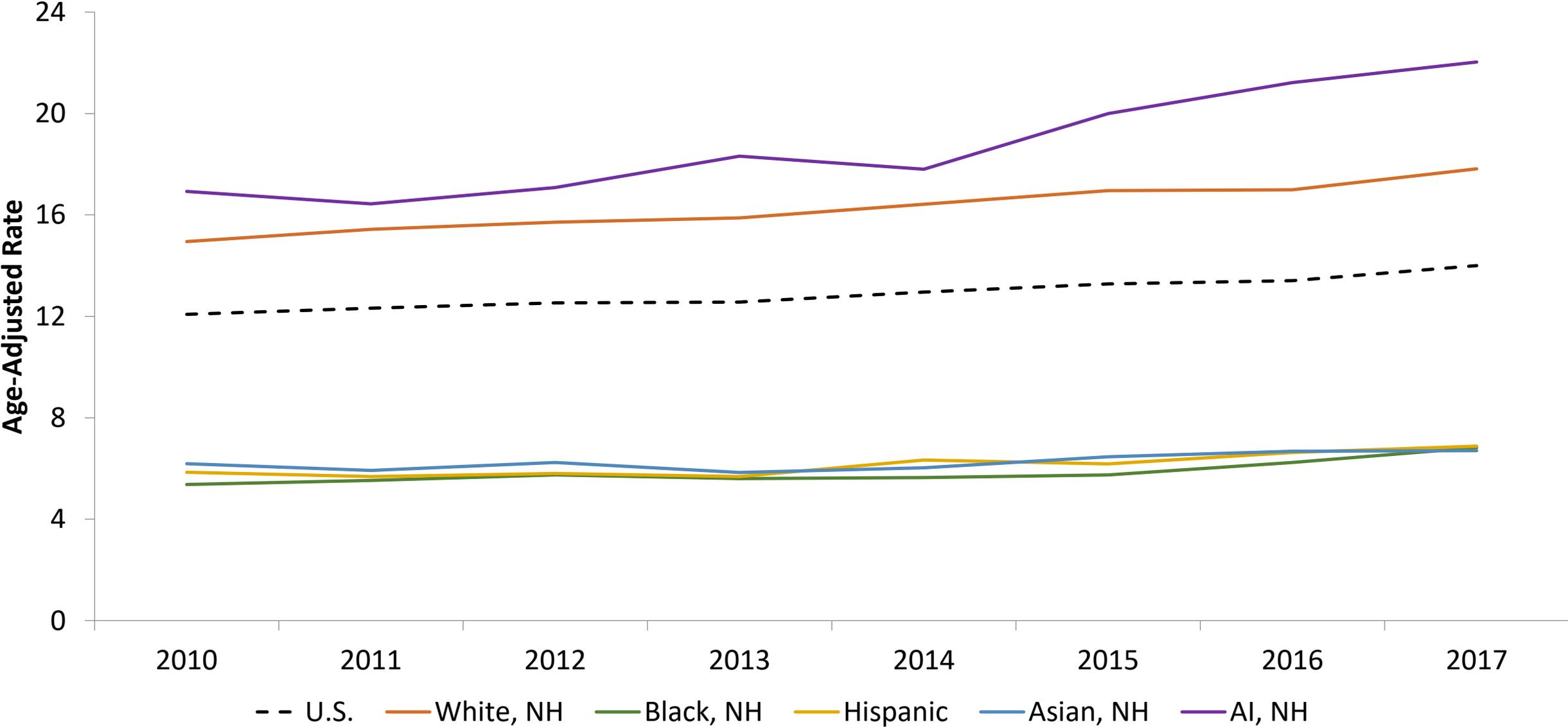
# Massachusetts Data - 2017

## Suicides, Homicides, and Motor Vehicle Deaths in MA, 2004-2017



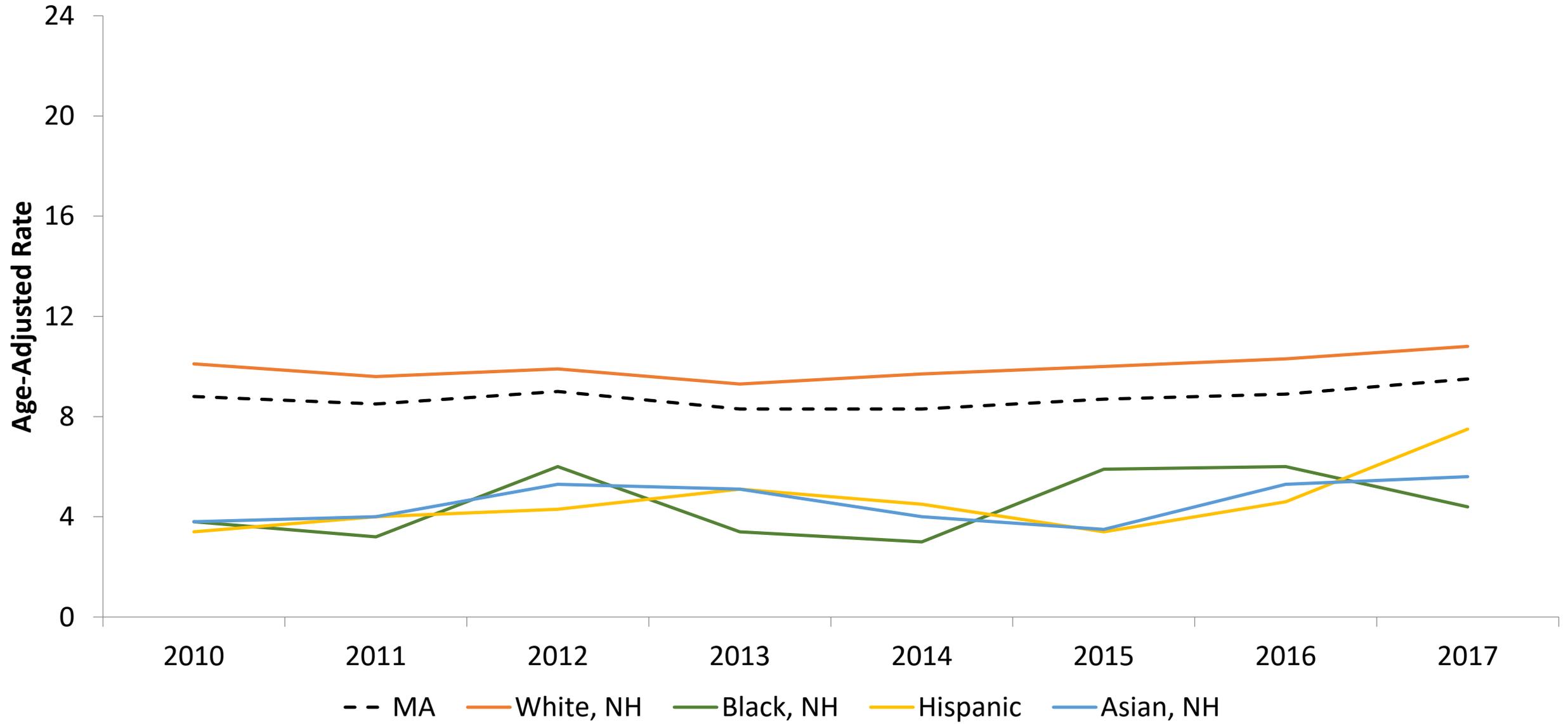
Source: Massachusetts Violent Death Reporting System, Massachusetts Department of Public Health; Fatality Analysis Reporting System, National Highway Traffic Safety Administration

# U.S. Suicide Rates by Race (2010-2017)



Source: WISQARS (Web-based Injury Statistics Query and Reporting System) | Injury Center | CDC. (n.d.). Retrieved April 20, 2019, from <https://www.cdc.gov/injury/wisqars/index.html>

# 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

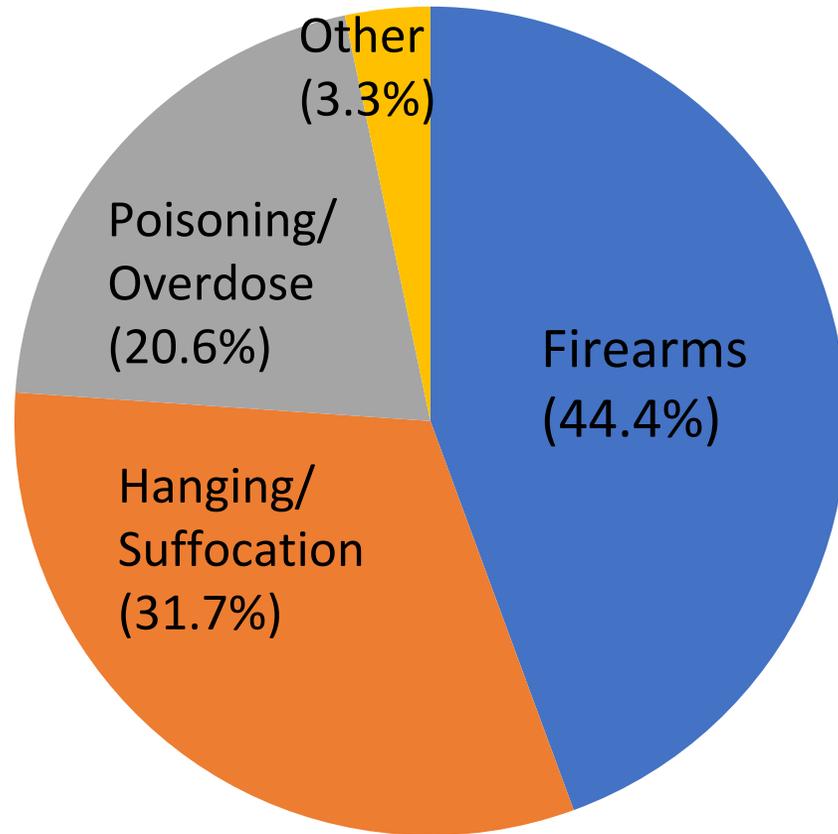
# Our Military and Veterans vs. General MA Population (2017)

Circumstances	% Military Suicides	% All Suicides
Current mental health problem	44.4%	56.8%
Intimate partner problem	30.2%	20.6%
Alcohol/Substance abuse problem	23.8%	30.2%
Physical health problem	20.6%	16.1%
Job/Financial problem	19.0%	12.5%

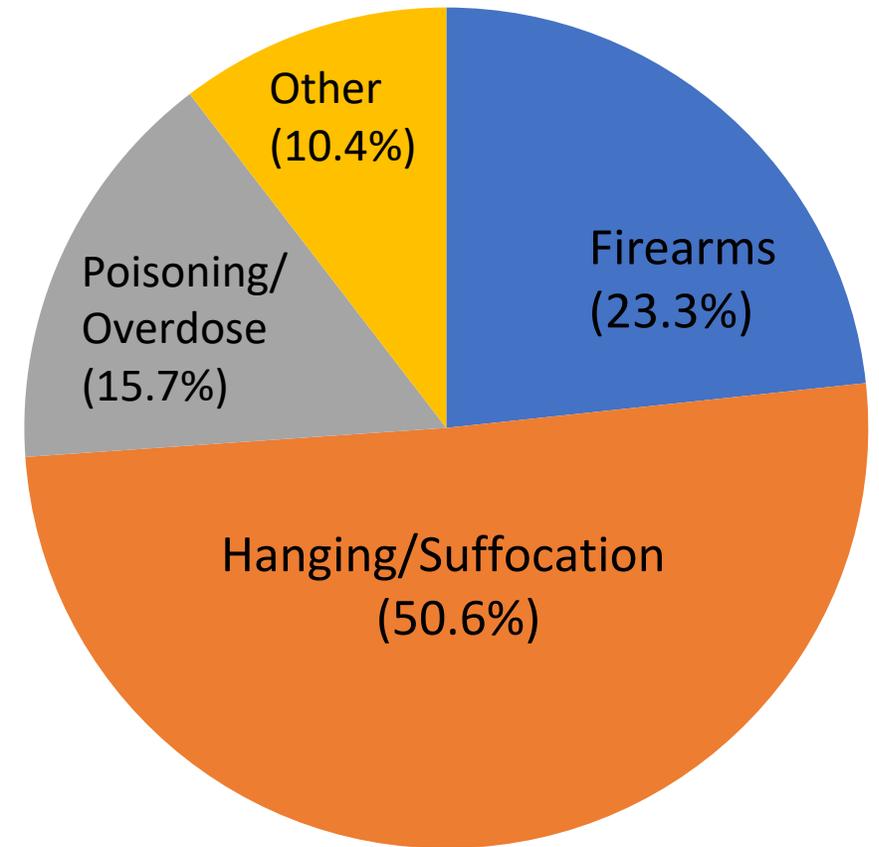
\*Source: MA Violent Death Reporting System, MA Department of Public Health

# Our Military and Veterans vs. General MA Population (2017)

## Military/Veterans Method



## MA General Population



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

# How we work with our Military/Veterans



**VA**

U.S. Department  
of Veterans Affairs



# Youth Suicides

Suicide numbers (ages 9-24):

- 2017 Totals 91 (M=74, F=17)

Ages 10-17 (2013-2016)

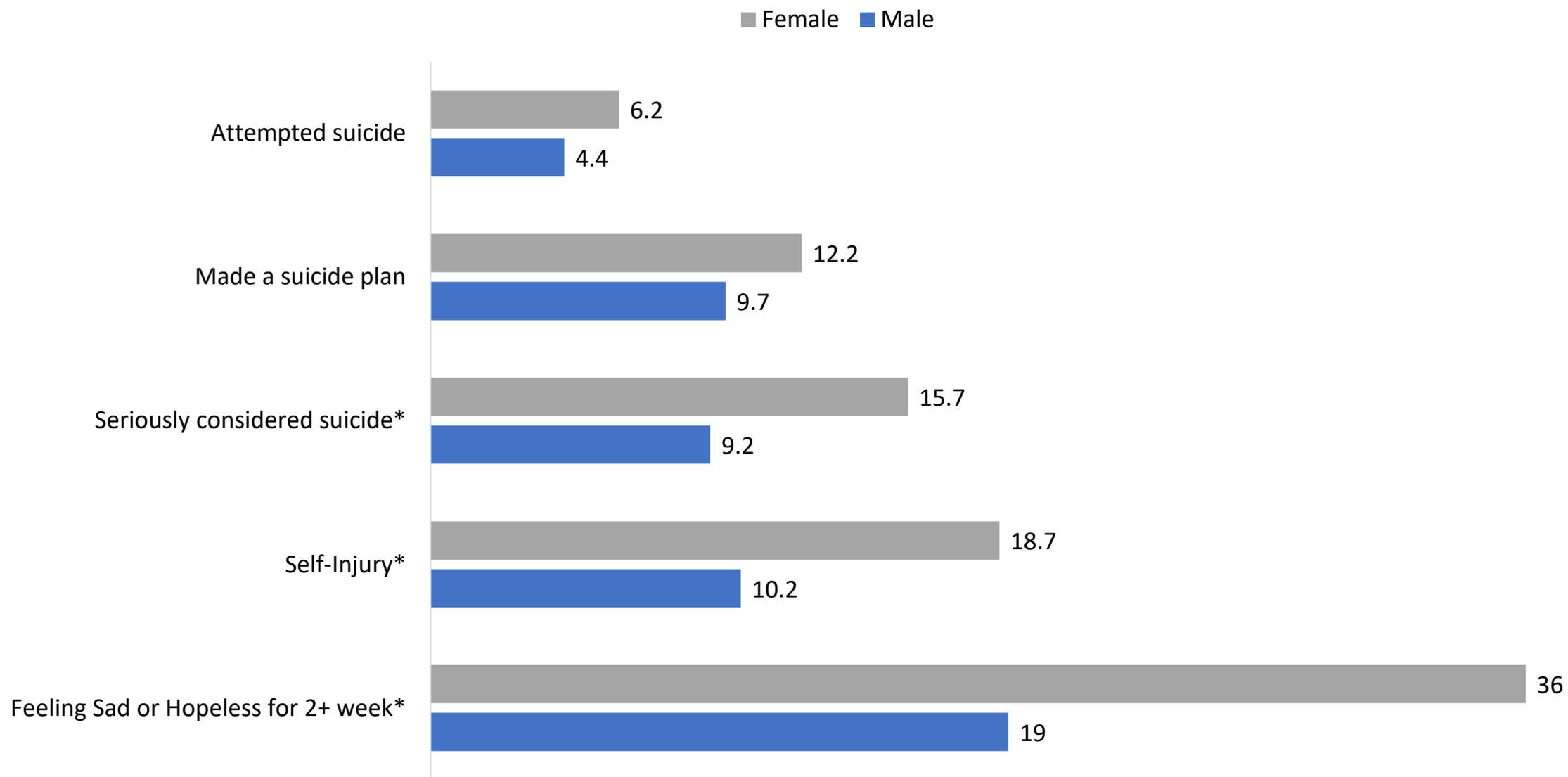
- Current mental health problem (56%)
- Alcohol/substance abuse (4%)

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

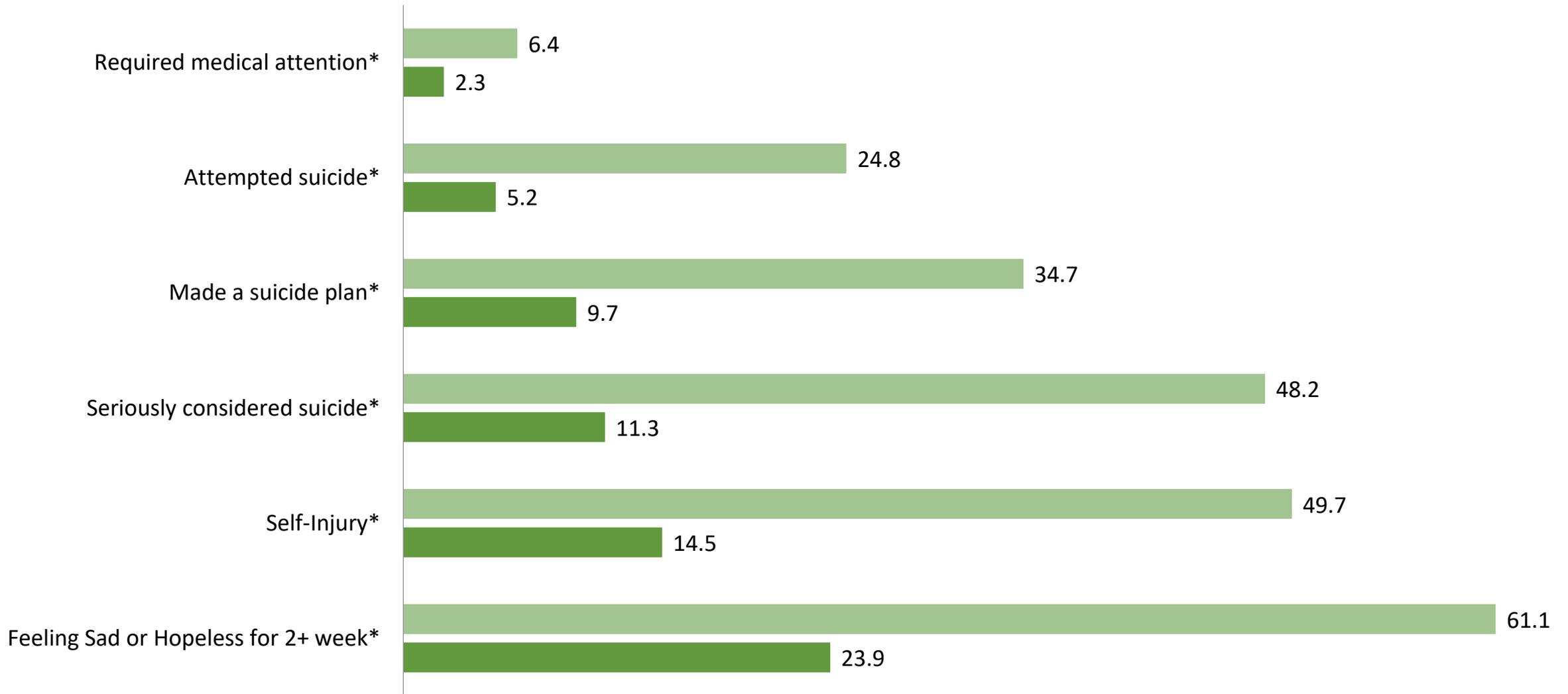
# MA High School Student Mental Health and Suicidality by Sex (2017)



*Health and Risk Behaviors of MA Youth, 2017*

# MA High School Student Mental Health and Suicidality by Sexual Orientation (2015)

■ GLB ■ Heterosexual



*Health and Risk Behaviors of MA Youth, 2015*

# 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

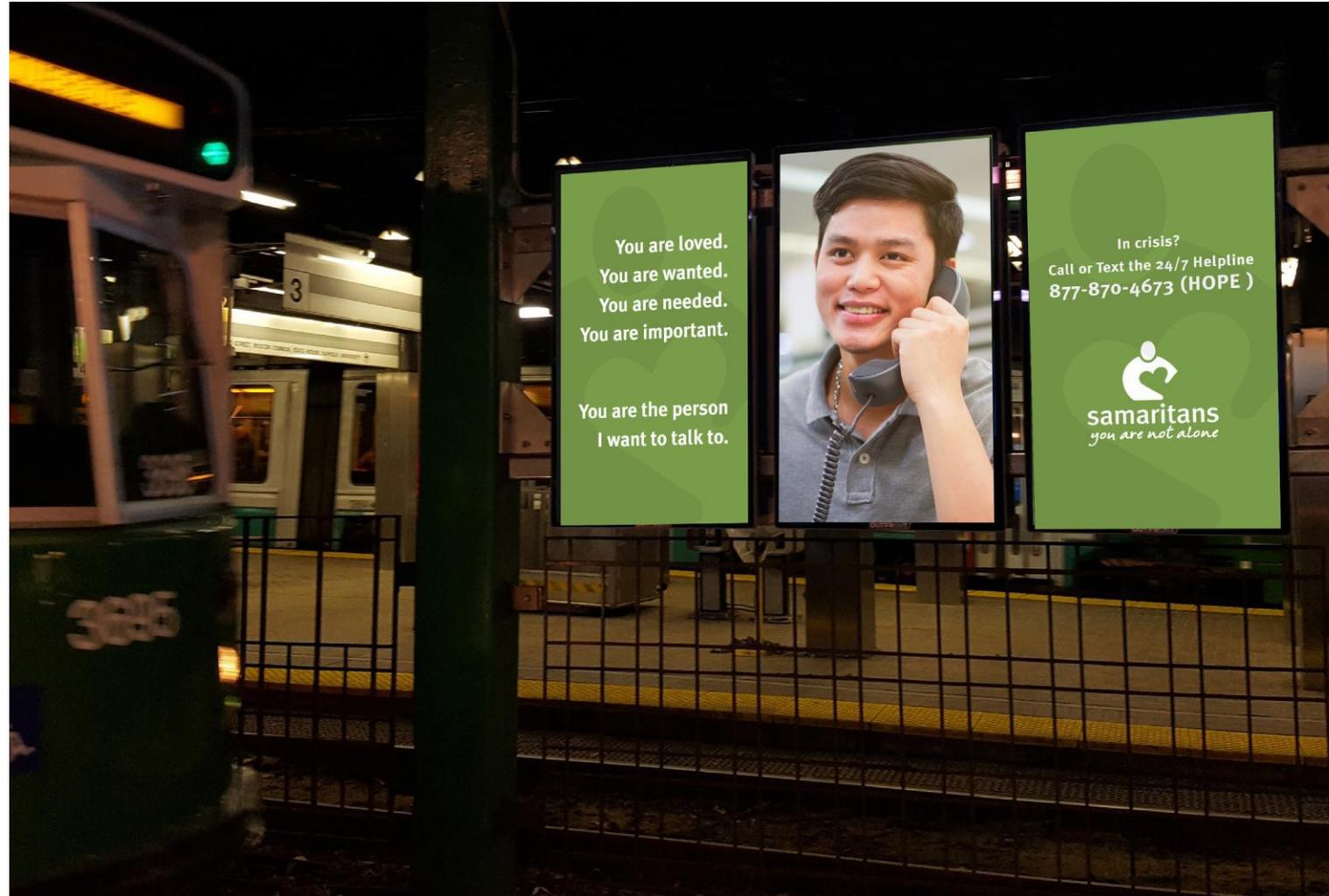
- Opioids and Suicide
  - Trainings for clinicians and CHW
  - Needs Assessment for frontline workers
  - Consultation
  - Zero Suicide Academy
- Problem Gambling and Suicide
  - Collaborative work with Office of Problem Gambling
  - Trainings
  - MCSP Awareness Events



# Collaboration with Commuter Rail and the T



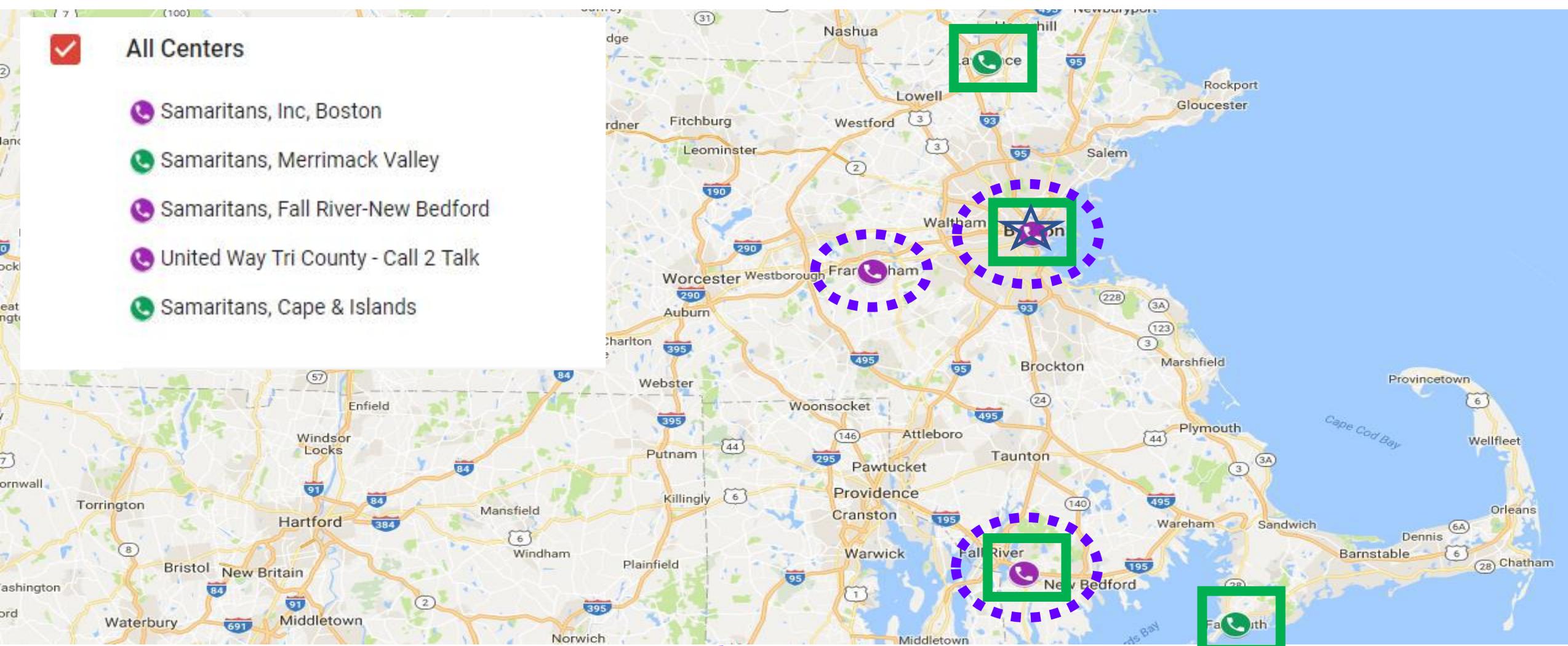
# Collaboration with Commuter Rail and the T



# 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



 Samaritans Statewide Helpline

 NSPL Center

 Texting

# 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](http://www.mass.gov/dph)



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# Massachusetts Department of Public Health

# Thank You!

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