



Suicide in Colorado

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Cliff Notes Version: Here's the scoop

1. Suicide is preventable.
2. Suicide is not a school issue, it is a community issue.
3. Prevention, Intervention, and Postvention efforts are all important.
4. Upstream prevention provides opportunity to work across topic areas for maximum impact.





- *Data and where to find it*
- *State Initiatives*
- *Resources at your disposal*



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Attitudes and Misconceptions about Suicide

Sin...

Weakness...

Selfish...

If someone wants to take their life, there's not much I
can do about it...

But what we know...

Data

“Statistics are merely aggregations of numbers with the tears wiped away.”

- Dr. Irving Schikoff

Sources of information/data

New Dashboard- www.coosp.org

Hospitalization Data-

<http://www.cohid.dphe.state.co.us/injury.html>

Colorado Violent Death Reporting System (COVDRS)

Colorado Health Information Dataset

http://www.chd.dphe.state.co.us/topics.aspx?q=Mortality_Data

<http://www.chd.dphe.state.co.us/cohid/Default.aspx>

Colorado Child Fatality Review System

<https://www.colorado.gov/pacific/cdphe/cfps-data-and-information>

Healthy Kids Colorado Survey

http://www.chd.dphe.state.co.us/topics.aspx?q=Adolescent_Health_Data

Suicide in Colorado

In 2016, there were:

45 HIV deaths

230 Homicides

627 Motor vehicle deaths

618 Breast cancer deaths

532 Influenza & Pneumonia deaths

937 Diabetes deaths

1,156 deaths by Suicide



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Colorado Suicide rates 2012-2016, all ages

Year	Number	Population	Age-Adjusted Rate*
2012	1,053	5,191,086	20.3
2013	1,004	5,268,413	19.1
2014	1,058	5,350,118	19.8
2015	1,093	5,448,055	20.1
2016	1,156	5,538,180	20.9

*Age-Adjusted per 100,000 population using the direct method applied to 10-year age groups
Colorado Department of Public Health and Environment, Office of Vital Statistics

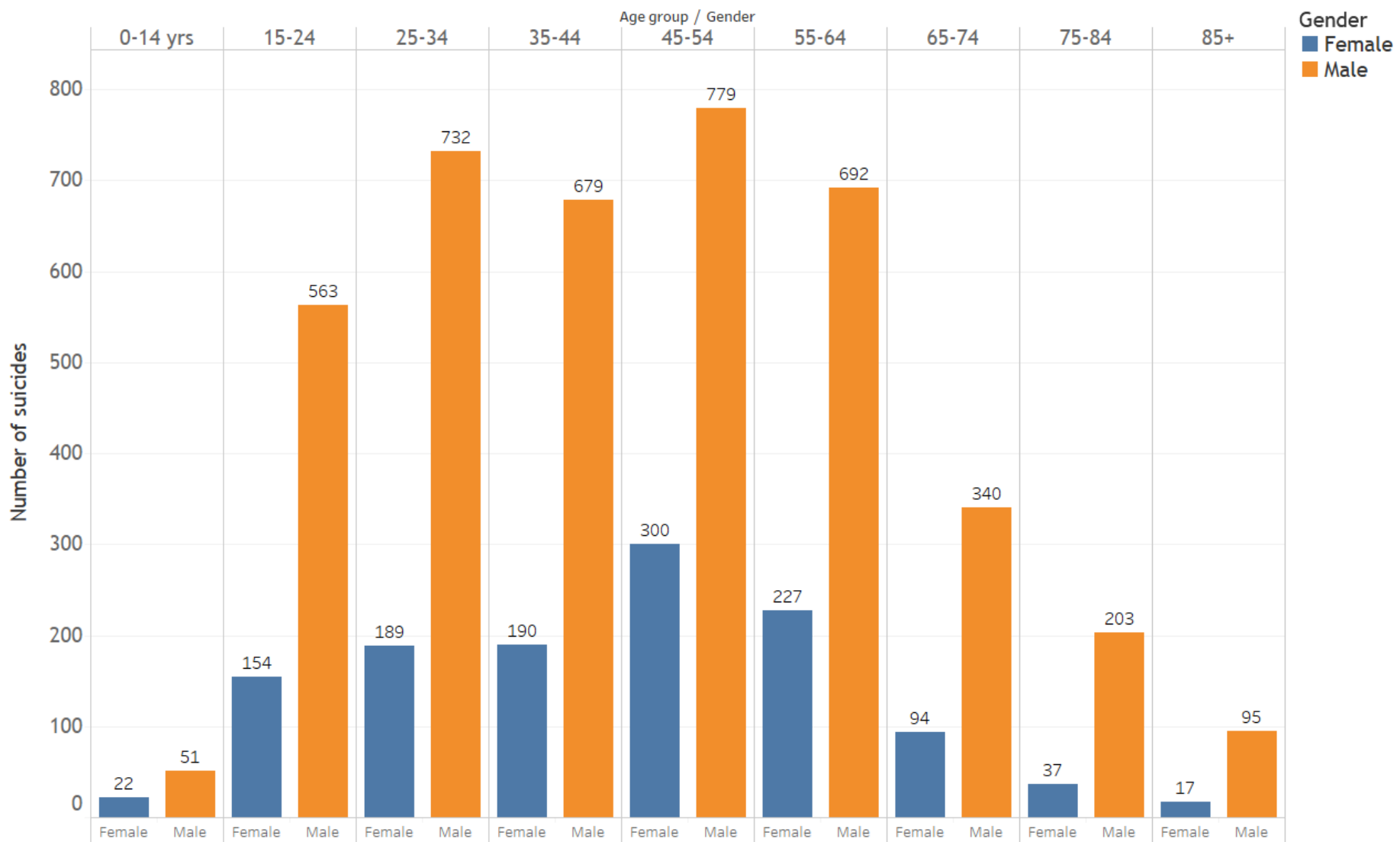


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Suicide deaths by age and gender, 2012-2016



Sum of Number of suicides for each Gender broken down by Age group. Color shows details about Gender.



2016

- Ages 10-18: n=69, crude rate 10.53
 - Female: n=20, crude rate 6.23
 - Male: n=49, crude rate 14.65
- Ages 19-34: n=328, crude rate 25.23
 - Female: n=63, crude rate 9.99
 - Male: n=265, crude rate 39.57
- Ages 35-64: n= 589, crude rate 27.34
 - Female: n=142, crude rate 13.2
 - Male: n=447, crude rate 41.45
- Ages 65+: n=170, crude rate 22.84
 - Female: n=31, crude rate 7.66
 - Male : n=139, crude rate 40.92

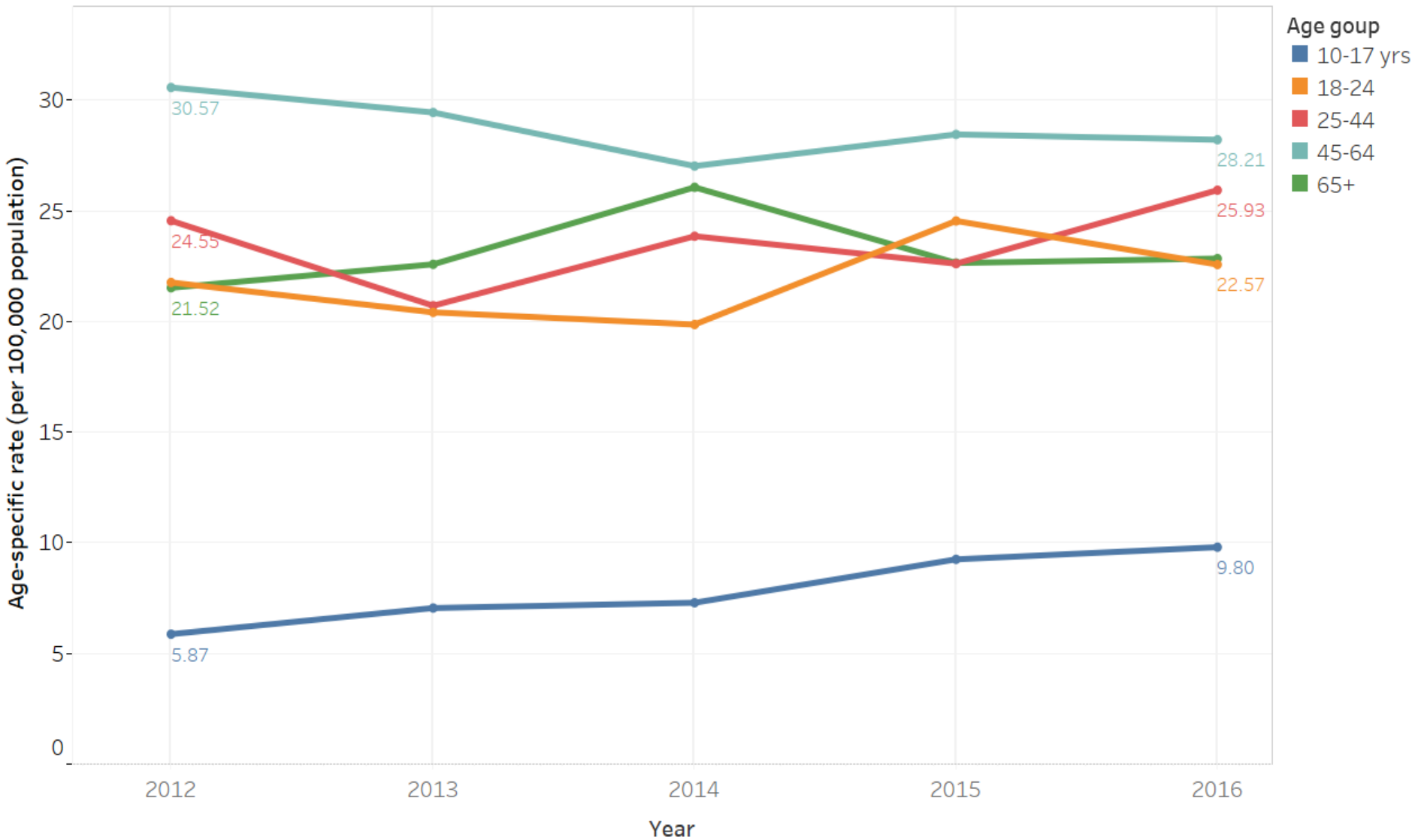


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Age-specific suicide rates, 2012-2016



The trend of Avg. Age-specific rate for Year Year. Color shows details about Age group. The marks are labeled by sum of Age-specific rate. Details are shown for Avg. Age-specific rate.

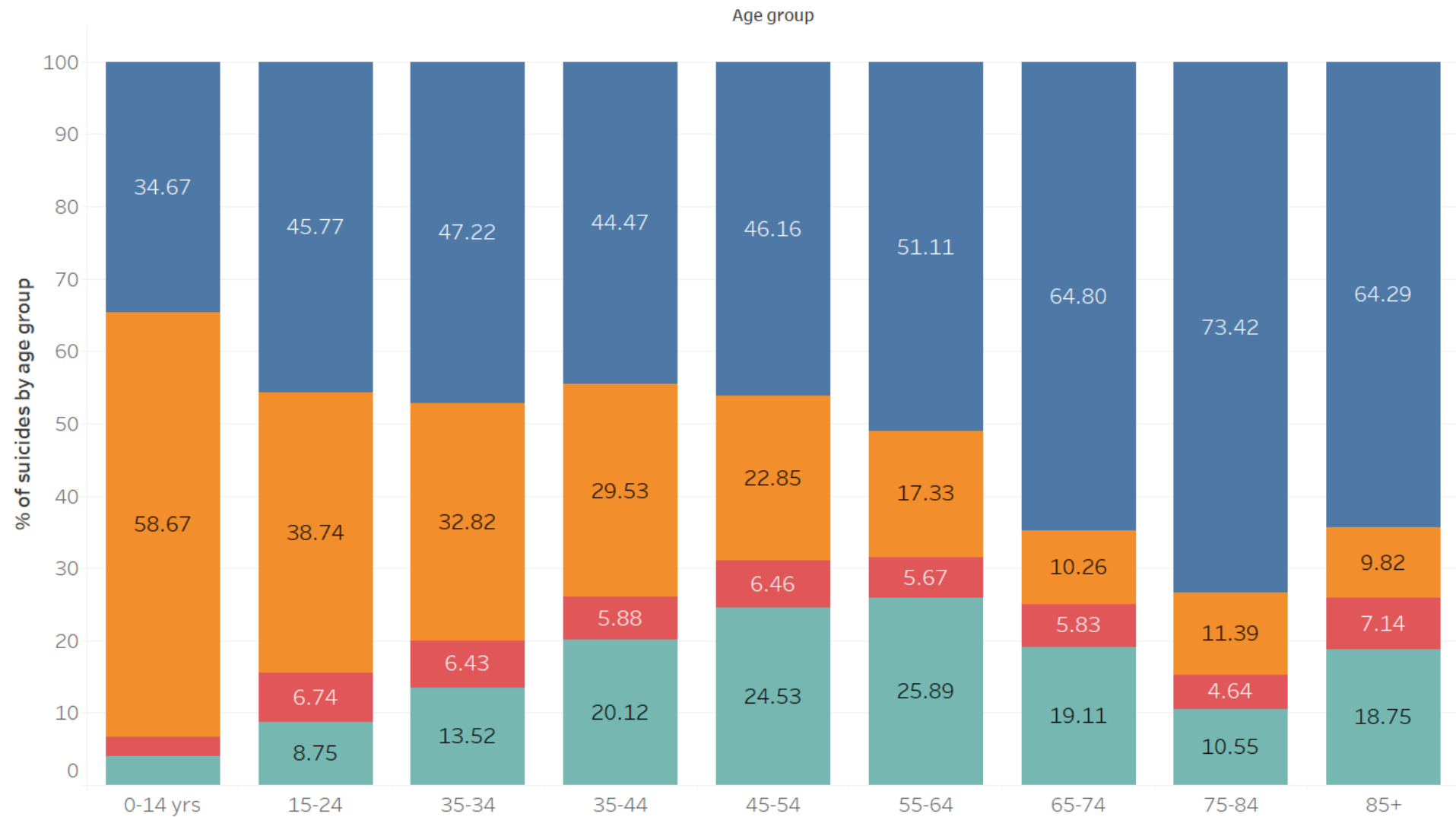


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Suicide methods by age group, 2012-2016

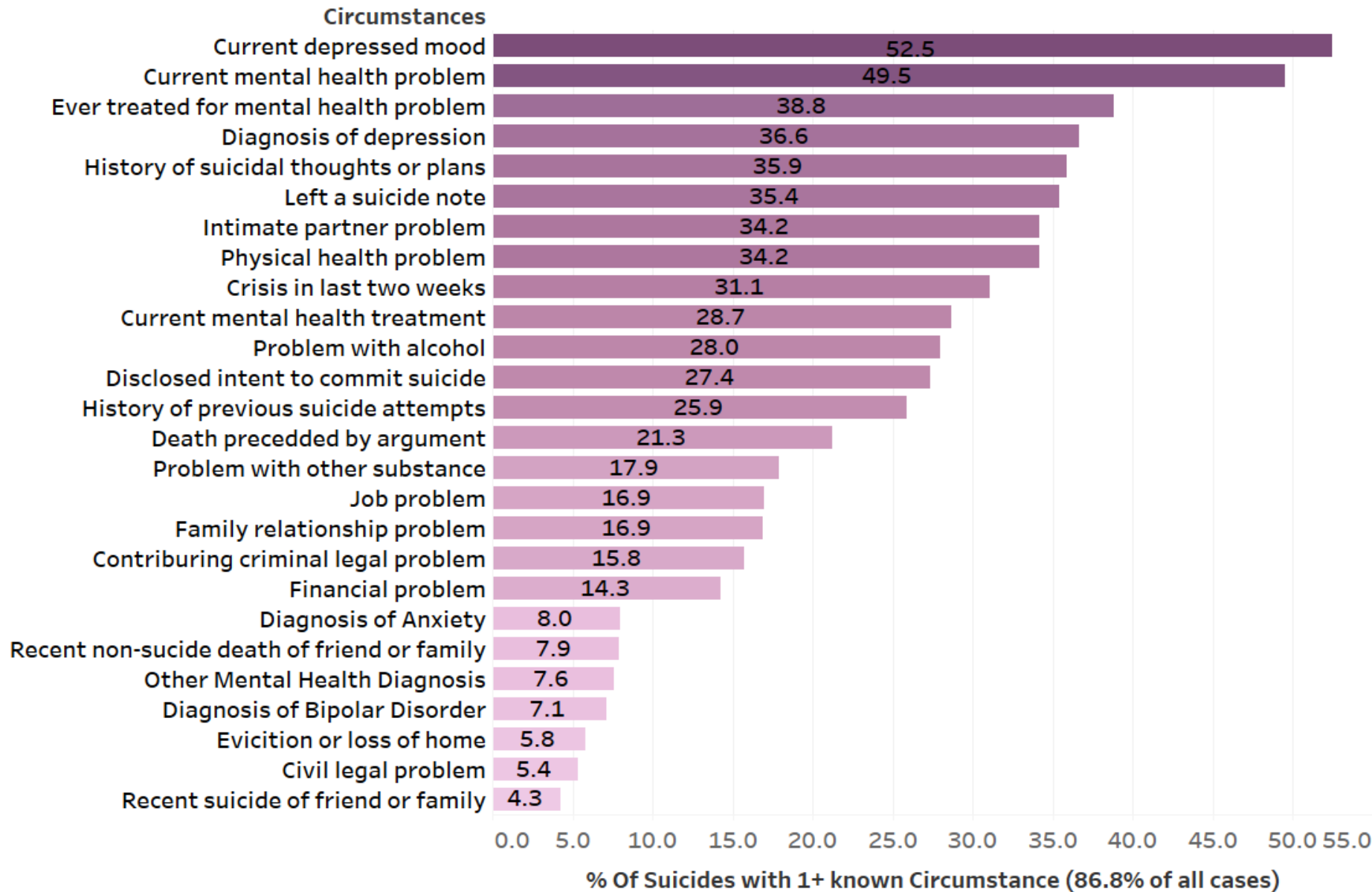


Sum of %1 for each Age group. Color shows details about Weapon. The marks are labeled by sum of %1.

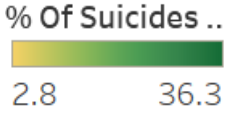
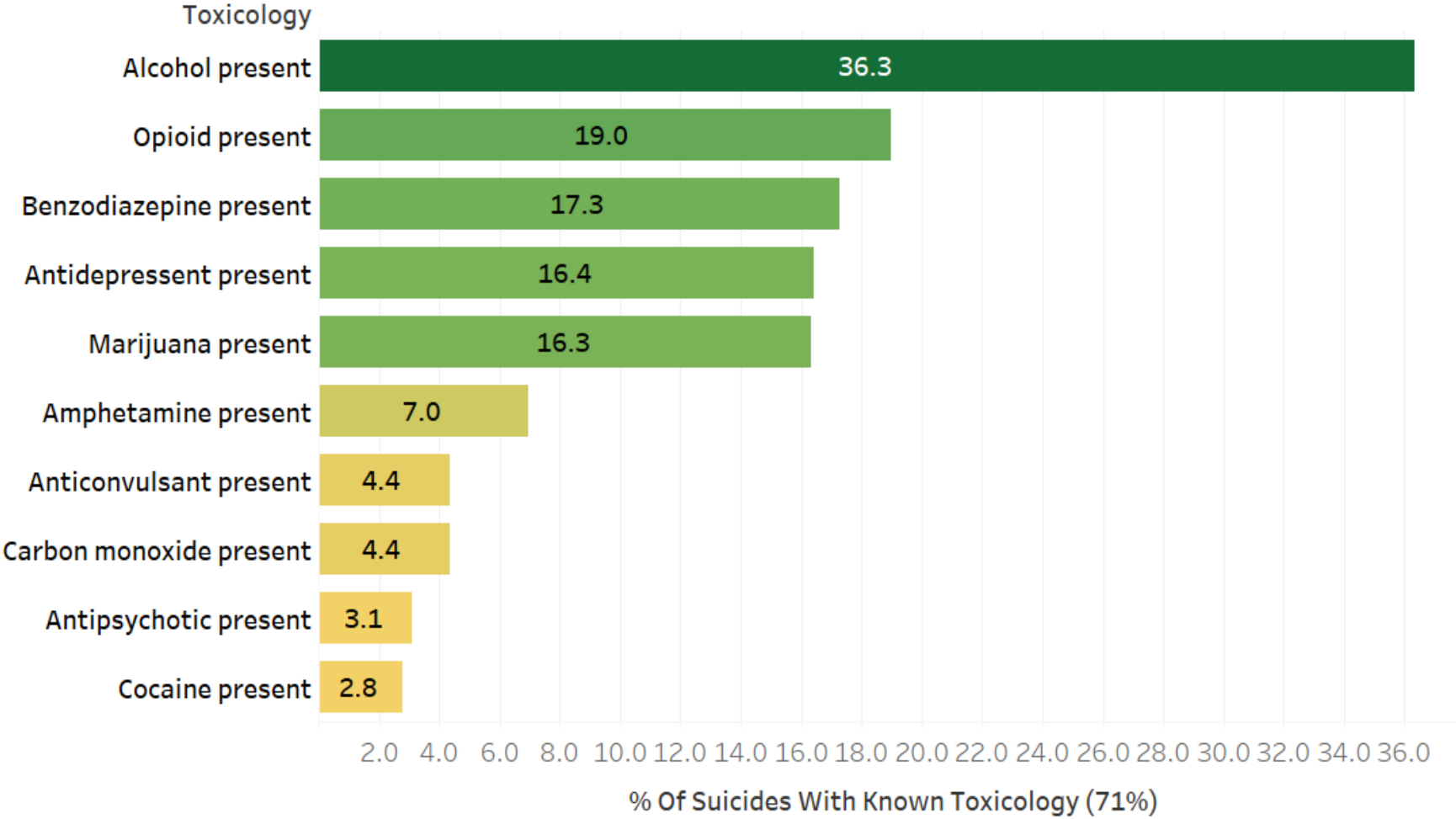
Weapon

- Firearms
- Hanging
- Other
- Poisoning

Suicide Circumstances Colorado, 2012-2016



Toxicology of suicide victims, Colorado, 2012-2016



**2016 data is preliminary and subject to change



Youth Specific Data



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Dispelling myths...

- **Bullying**
- **Talking about suicide**
- **One cause**

Leading Causes of Death, Ages 10-18

In 2016:

8 Poisoning deaths (unintentional)

13 Homicides

16 Cancer deaths (all types)

40 Motor Vehicle deaths

69 Suicides

193 total deaths from all causes ages 10-18

CO Suicide deaths and rates ages 10-18, 2011-2016

Year	n	Rate*
2011	39	6.4
2012	42	6.8
2013	48	7.6
2014	50	7.8
2015	72	11.0
2016	69	10.5

*per 100,000 population

Suicide Deaths in Colorado Ages 10-14 (2012-2016)

- *Overall suicide rate
4.1/100,000*
- *73 total suicide deaths*
- *70% male*
- *34% by firearm (96% male)*

Suicide Deaths in Colorado Ages 15-18 (2012-2016)

- Overall suicide rate
15.0/100,000
- 208 total suicide deaths
- 70% male
- 43% by firearm (84% male)

For your consideration

Suicide deaths in Colorado Ages 19-23, 2012-2016

- Overall suicide rate
21.5/100,000
- 404 Total deaths
- 82% male
- 46% by firearm (85% male)

New data tool:

COLORADO SUICIDE DATA DASHBOARD



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Tableau Visualization

- Interactive Suicide Data dashboard
- Housed on www.coosp.org



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Suicides in Colorado: An Overview

Colorado Violent Death Reporting System

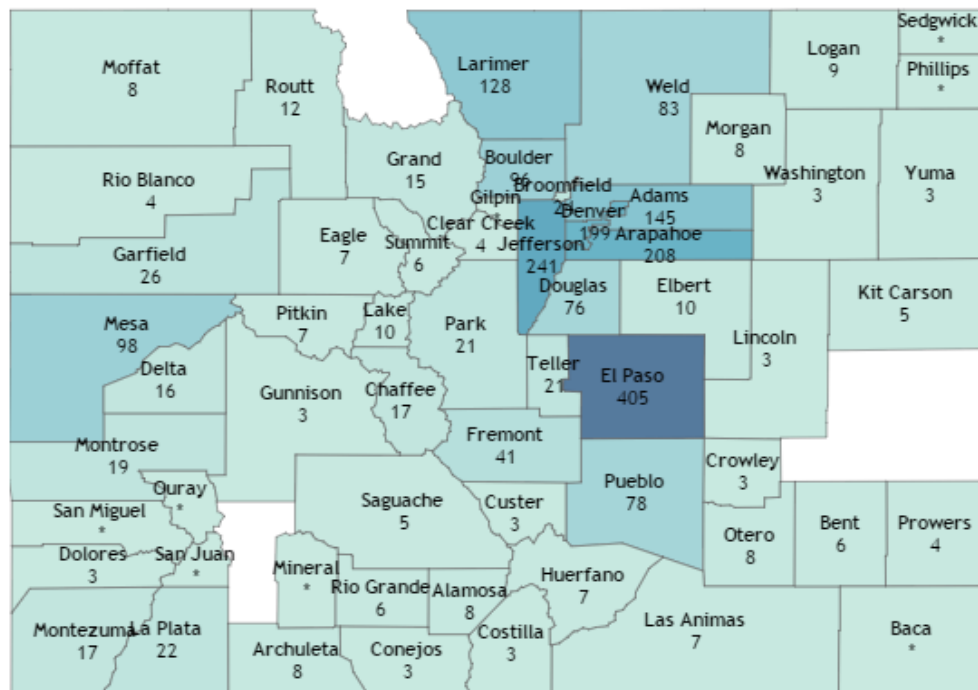
Select years: 2004 2015

Total Suicides: 2,186

Number of suicides by place of residence for selected years

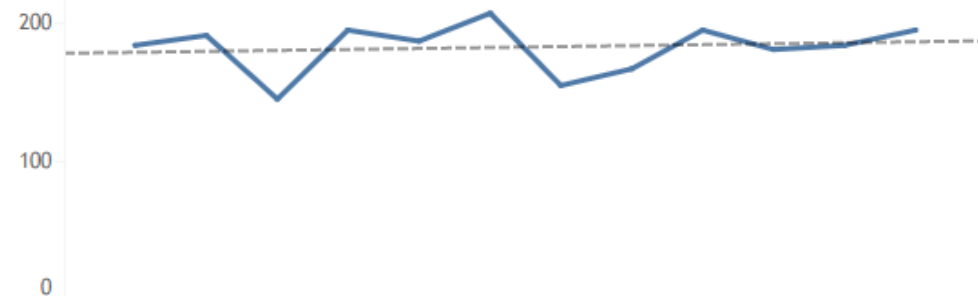
Click on a region or county to filter other charts; click again to deselect

Choose view: County



Number of Suicides per Year, 2004-2015

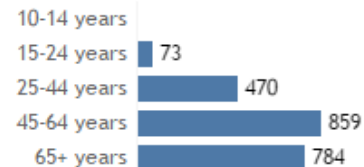
HSR: All, County: All



Number of suicides for selected years for HSR: All, County: All

County: All

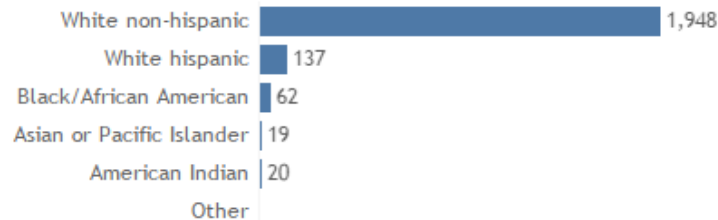
by age



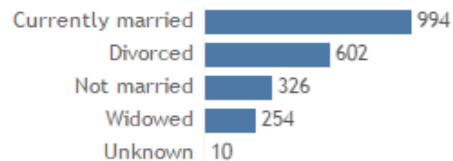
by gender



by race/ethnicity



by marital status



by veteran status

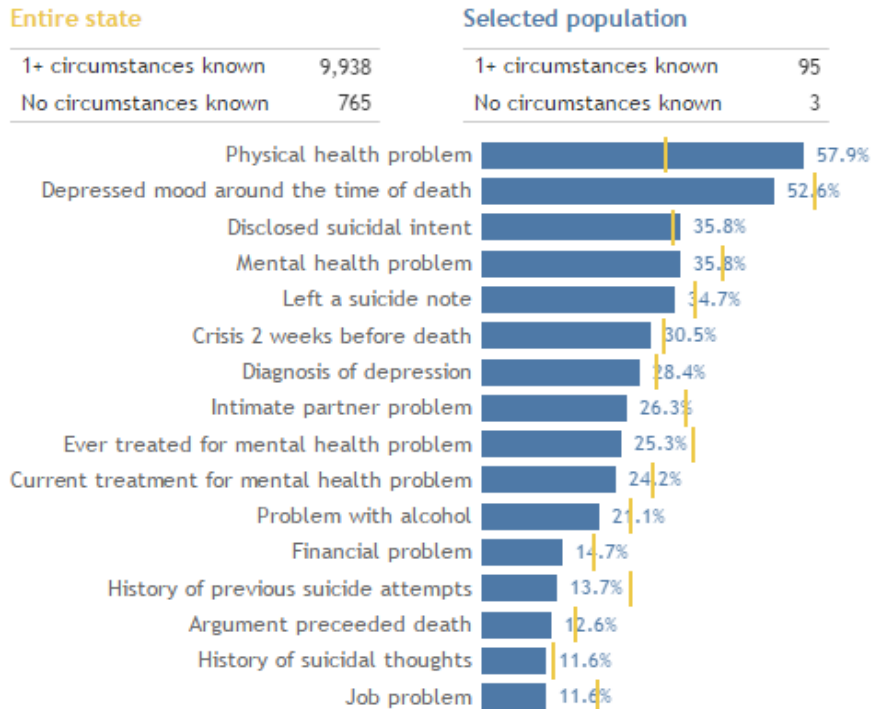


For all charts below: the bars represent the values for selected population, the yellow reference bands are the values for the entire state.

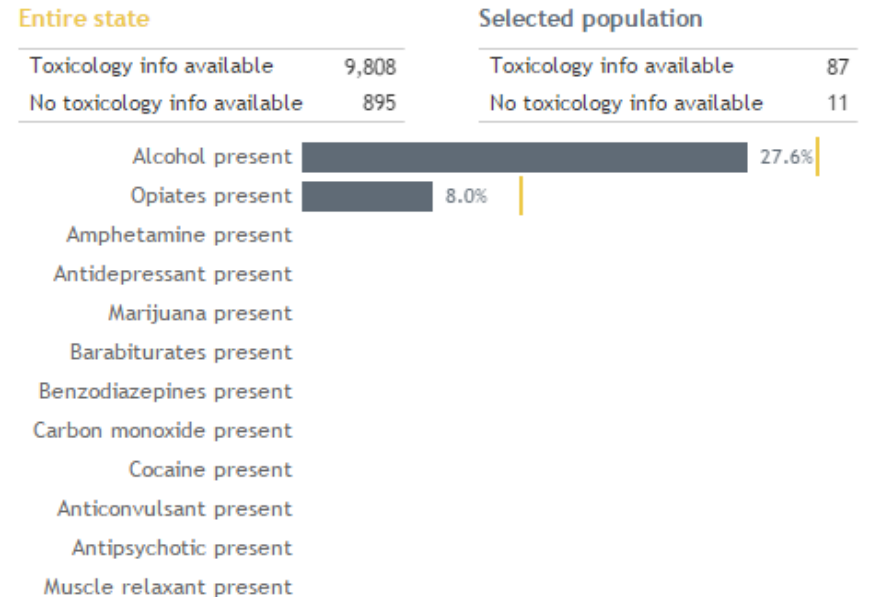
Method



Circumstances



Toxicology



Note: Counts of less than 3 are suppressed



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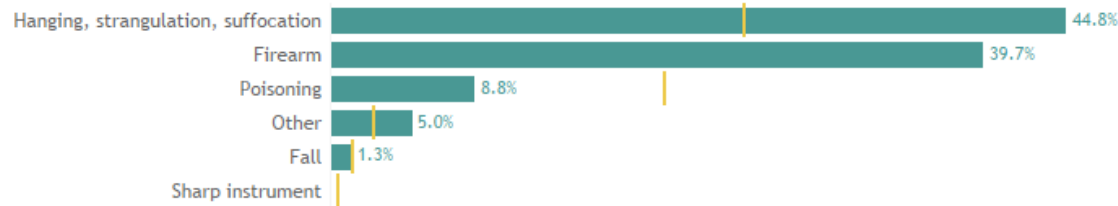
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Statewide ages 10-19, 2011-2015

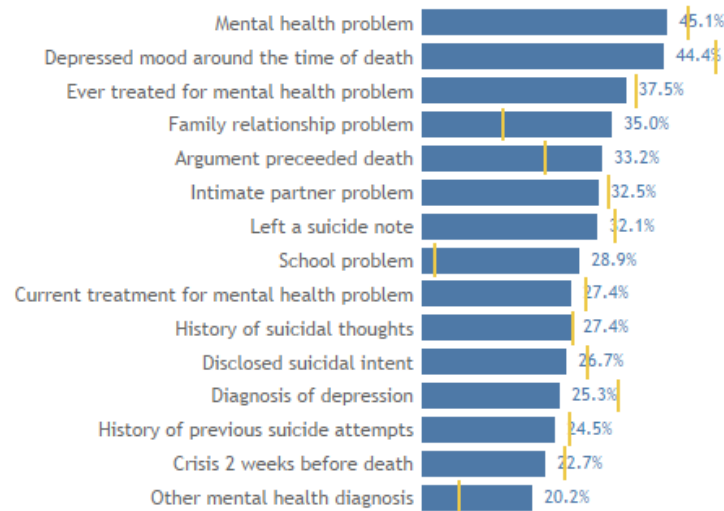
For all charts below: the bars represent the values for selected population, the yellow reference bands are the values for the entire state.

Method



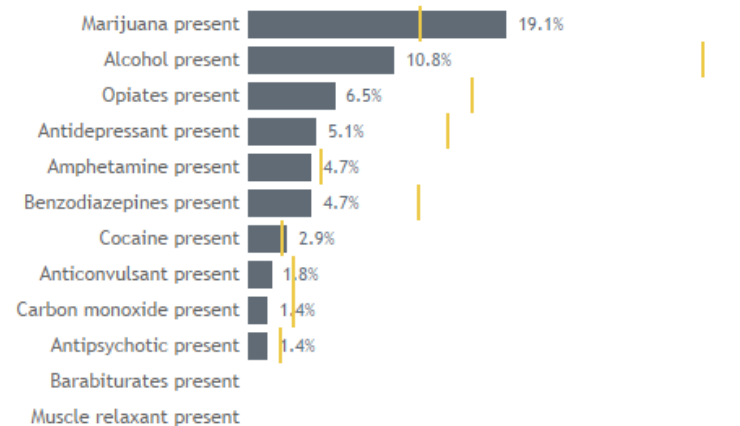
Circumstances

Entire state		Selected population	
1+ circumstances known	4,480	1+ circumstances known	277
No circumstances known	551	No circumstances known	40



Toxicology

Entire state		Selected population	
Toxicology info available	4,141	Toxicology info available	277
No toxicology info available	890	No toxicology info available	40



Note: Counts of less than 3 are suppressed

Data

SUICIDE ATTEMPTS



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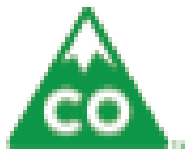
Suicide-Related Hospitalizations in Colorado 2009-2013

Ages 10-14

- Overall hospitalization rate 32.2/100,000
- 545 total hospitalizations
- 80% female
- 73% by solid/liquid drug overdose

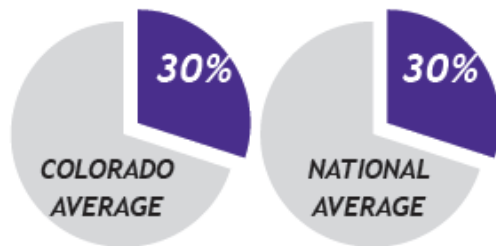
Ages 15-18

- Overall hospitalization rate 121.4/100,000
- 1,649 total hospitalizations
- 66% female
- 79% by solid/liquid drug overdose

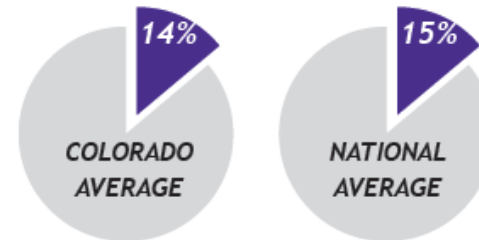


HEALTHY KIDS COLORADO SURVEY 2015

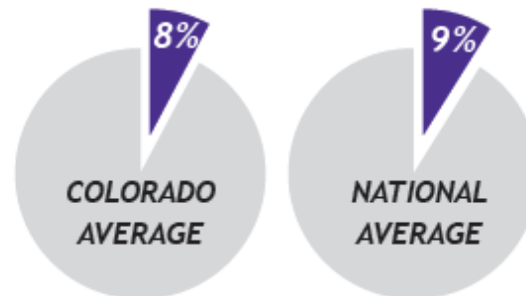
YOUTH WHO FELT SAD OR HOPELESS EVERY DAY FOR 2 WEEKS



YOUTH WHO MADE A SUICIDE PLAN IN THE LAST YEAR



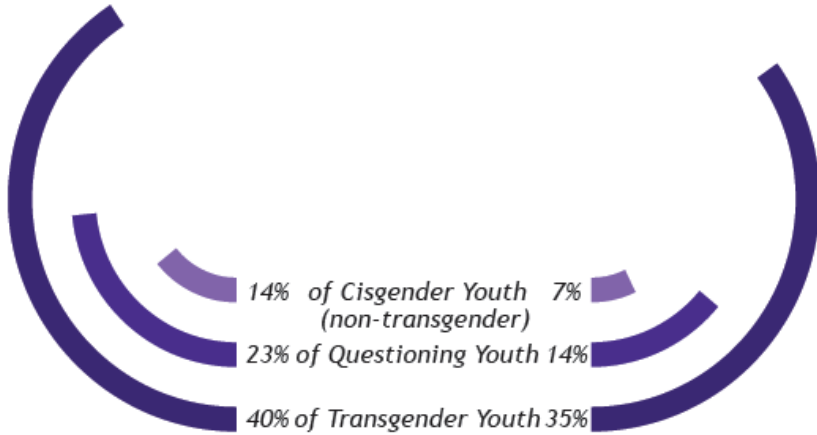
YOUTH WHO ATTEMPTED SUICIDE AT LEAST ONCE IN THE LAST YEAR



GENDER IDENTITY

SUICIDE
PLAN

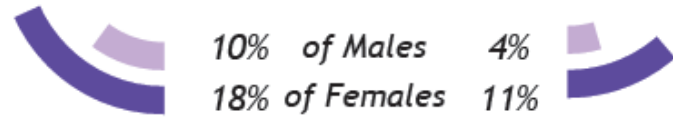
SUICIDE
ATTEMPT



SEX

SUICIDE
PLAN

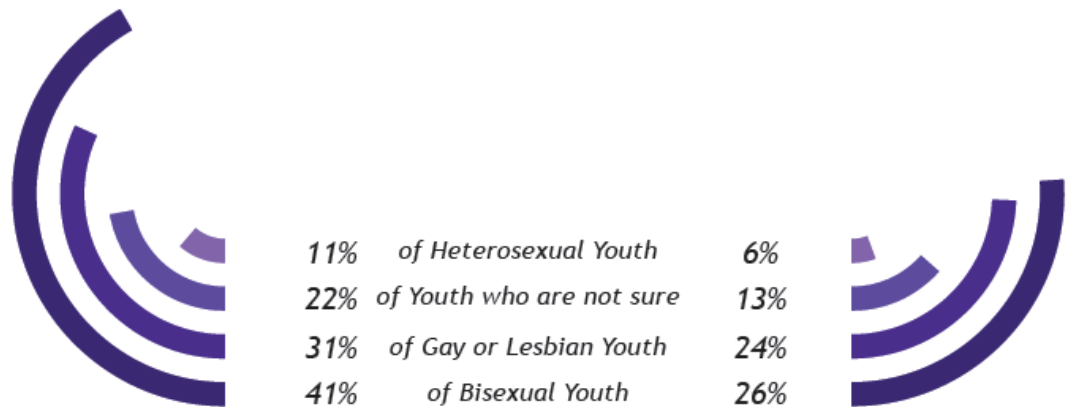
SUICIDE
ATTEMPT



SEXUAL ORIENTATION

SUICIDE
PLAN

SUICIDE
ATTEMPT



FACTORS THAT CAN HELP REDUCE YOUTH SUICIDE ATTEMPTS



Trusted Adults:

Youth who have an adult to go to for help are 3.5x LESS likely to attempt suicide.



School Safety:

Youth who feel safe at school are 3.2x LESS likely to attempt suicide.



Extracurricular Activities:

Youth who participate are 1.7x LESS likely to attempt suicide.



State Initiatives



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Shared Risk & Protective Factors

- Guiding principle for work within the Violence and Injury-Mental Health Promotion Branch within CDPHE
 - Suicide Prevention
 - Child Fatality Prevention
 - Child Maltreatment Prevention
 - Prescription Drug Overdose Prevention
 - Communities that Care
 - Population Health in general!



CONNECTEDNESS



POSITIVE SOCIAL
NORMS



GOOD BEHAVIORIAL
HEALTH



ECONOMIC
STABILITY



RESILIENCE

Office of Suicide Prevention

- **Mission:** To serve as the lead entity for statewide suicide prevention and intervention efforts, collaborating with Colorado communities to reduce the number of suicide deaths and attempts in the state.
- **OSP Activities**
 - Suicide Prevention Commission & Colorado National Collaborative
 - Community grant making
 - Man Therapy www.mantherapy.org
 - Zero Suicide (SB16-147)
 - Follow-Up Project
 - Hospital Initiative (HB 12-1140)
 - Gun Shop Project
 - Public information and education
 - And now Federal Grant



Funding to expand youth suicide prevention efforts within target counties

Colorado Suicide Prevention Commission Priorities

Integrated
Healthcare

Training and
Education

Community-
based
Prevention

Commission Recommendations for K-12 Community

- Comprehensive **protocols** for prevention, intervention, and postvention (and staff know where to access these policies)
- Gatekeeper **training for all staff** - teachers, nutritional services, janitors, bus drivers, coaches
- Established **referral** protocols and information sharing policies including Second Wind Fund
- Evidence-based **PREvention** programs promoting positive youth development, resilience, connection to school and caring adults, such as Sources of Strength
- Early Social Emotional Learning for elementary schools

Colorado National Collaborative: A New Approach

- 💡 Collaborative Model
- 💡 Public Health Approach
- 💡 Data Informed
- 💡 Action Research

Goal: Reduce Colorado suicides 20% by 2025

Responding to the need for a cross-sector, collaborative, scalable, strategic planning model to reduce the suicide rate.



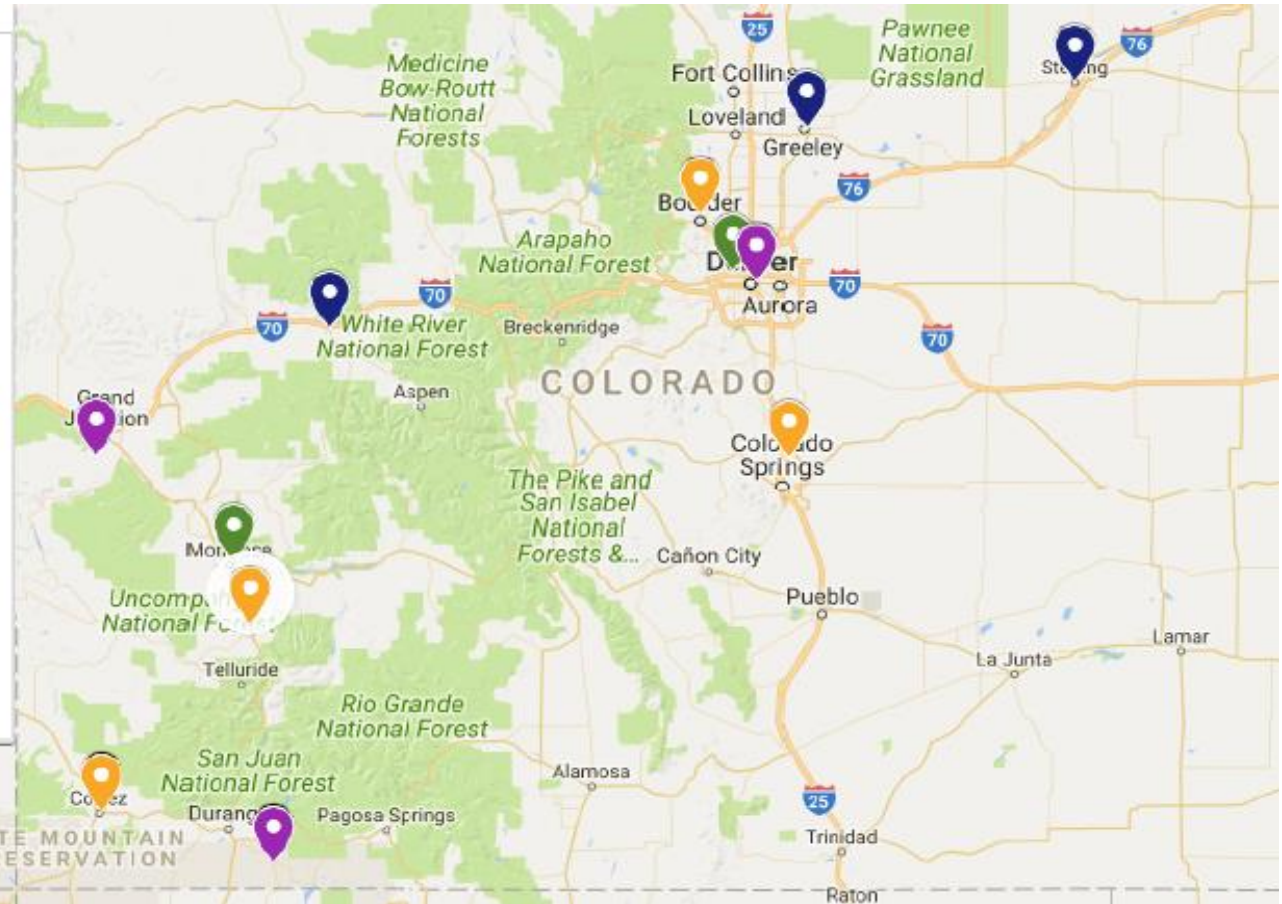
Priorities:

1. HealthCare → Zero Suicide
2. Youth → Shared Risk and Protective Factors
3. Adults and Veterans → Means Safety and Social Norms
4. Older Adults → Primary Care and Connectedness to Community

OSP Community Grants July 2017-June 2022

Grantees

- Academy School District 20
- Pinon Project Family Center
- Boulder County Public Health
- Ouray County Voyager Youth...
- Garfield County Public Health
- North Range Behavioral Heal...
- Centennial Mental Health Ce...
- Jefferson Center For Mental ...
- St Joseph Hospital Foundati...
- Center For Mental Health
- Mesa County
- Colorado Anti-Violence Progr...
- Sucap Youth Center





Colorado Zero Suicide



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What is Zero Suicide?

- *A priority* of the Colorado Suicide Prevention Commission, Colorado National Collaborative, and the National Action Alliance
- *A framework* for systematic, clinical suicide prevention in behavioral health and health care systems
- *A focus* on safety and error reduction in healthcare
- *A set of best practices* and tools for health systems and providers

Zero Suicide Core Components

- Leadership commitment
- Standardized screening and risk assessment
- Suicide care management plan
- Workforce development and training
- Effective, evidence-based treatment
- Follow-up during care transitions
- Ongoing quality improvement and data collection

*To learn more, and for free
resources and trainings...*

www.zerosuicide.sprc.org

Like Collaborative Safety Planning training and tools,
Counseling on Access to Lethal Means training, best
practices for screening and assessment, etc.



Means Safety



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Why Means Matter-

- Many suicide attempts occur with little planning during a short-term crisis.
- Intent isn't all that determines whether someone lives or dies; means also matter.
- 90% of those who survive an attempt do NOT go on to die by suicide later.
- Access to firearms is a risk factor for suicide.
- Firearms used in youth suicide usually belong to a parent.
- Reducing access to lethal means saves lives.

Firearm Deaths in Colorado, 2010-2015

 For every 1 unintentional firearm death,



there were 18 homicides



and 78 firearm suicides.

What Conversations around means safety are Not

- **Not** engaging in polarizing political debate
- **Not** asking retailers and ranges to become mental health experts
- **Not** restriction on firearm ownership
- ✓ This is partnering along shared values: No one matter your political stance, we can all agree that no one wants individuals to use a firearm to attempt suicide.

Gun Shop Project Successes of 2017

- Covered 21 counties in Colorado
- Advocates contacted 133 shops, ranges, and other businesses to introduce the project
- Of those- 71% said **yes** to participation
- For those in 3rd year, the rate was nearly 90%
- Of those who said yes- 74% had materials present at follow-up
- Some shops/ranges asked for more training for themselves and employees



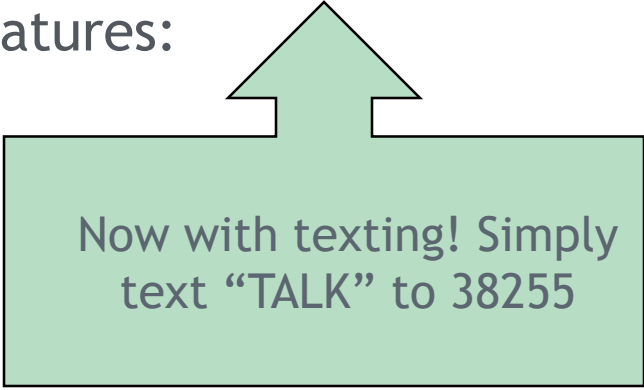
Resources



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Colorado Crisis Services

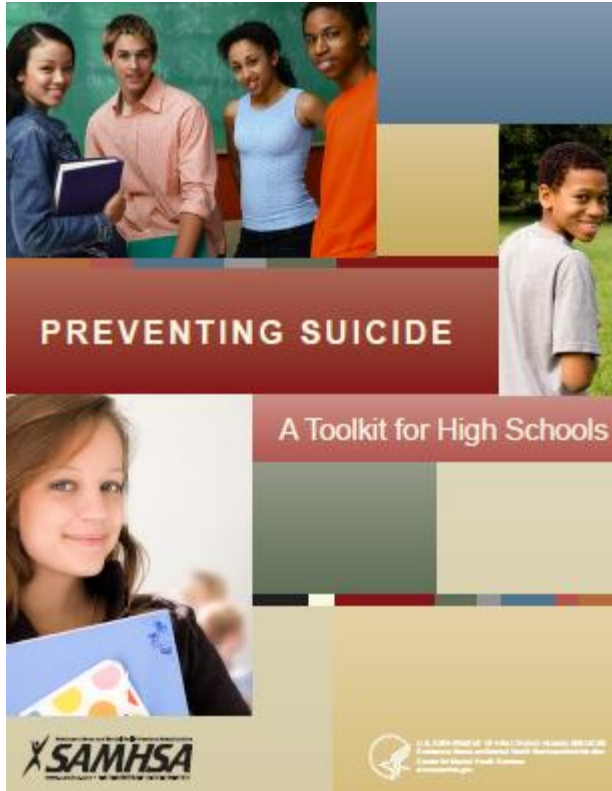
- 24/7 Walk In Clinics
- Respite Care facilities
- Acute Care Units
- Mobile Crisis Teams
- Crisis Line with Peer Support and follow up **1-844-493-TALK**
- Services available regardless of county, region, or insurance
- To find walk in centers or access chat features:
www.coloradocrisisservices.org



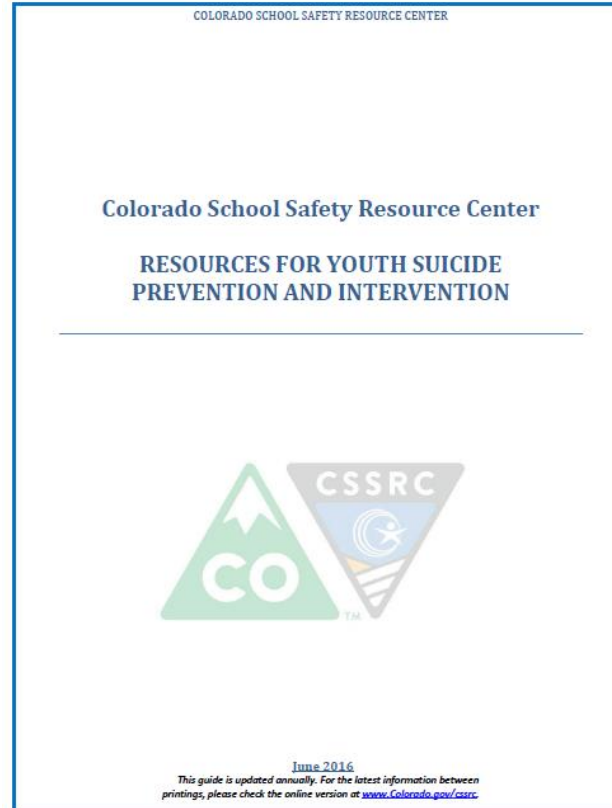
Now with texting! Simply
text "TALK" to 38255



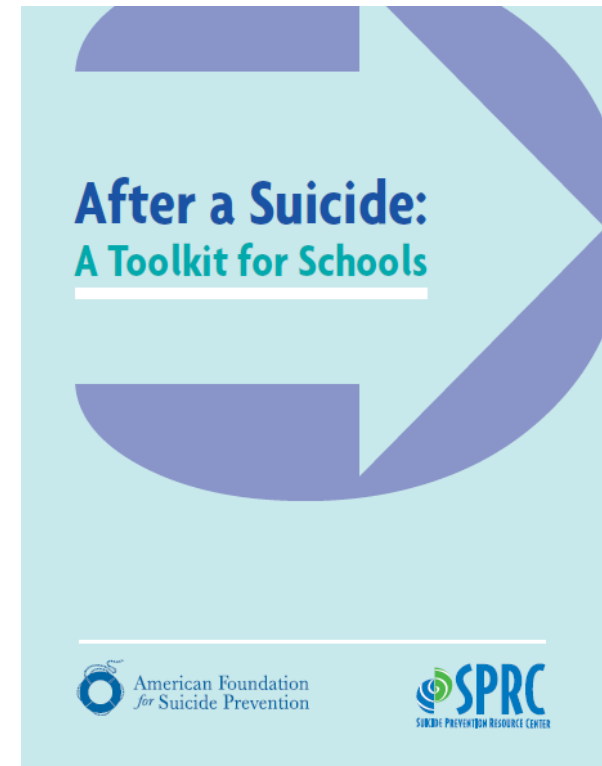
Free Protocol Resources



<http://store.samhsa.gov/>



www.colorado.gov/cssrc



www.sprc.org

Gatekeeper Trainings

There are many, these are just a few

- Applied Suicide Intervention Skills Training (ASIST) - 2 full days
- SafeTALK - half day
- Question Persuade Refer (QPR) - 90 minutes
- Signs of Suicide - school based curriculum
- Mental Health First Aid (also a youth version) - 8 hours

Interested in bringing Sources of Strength to your school or community organization?

Contact Us!

Sarah.Brummett@state.co.us

Colorado Statewide Resources

Office of Suicide Prevention

www.coosp.org

Mental Health First Aid

www.mhfacolorado.org

Sources of Strength

www.sourcesofstrength.org

Second Wind Fund

www.thesecondwindfund.org

Safe2Tell 1-877-542-7233 (be sure to include as much info as possible)

www.Safe2tell.org

National Resources

Zero Suicide

www.zerosuicide.sprc.org

American Foundation for Suicide Prevention

www.afsp.org

National Alliance on Mental Illness

www.namicolorado.org

Suicide Prevention Resource Center

www.sprc.org

Trevor Project 1-866-488-7386

www.thetrevorproject.org

Questions?



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