



Promoting Wellness and Recovery

Ohio Suicide Reduction Initiative

Current status and plans

December 15, 2015

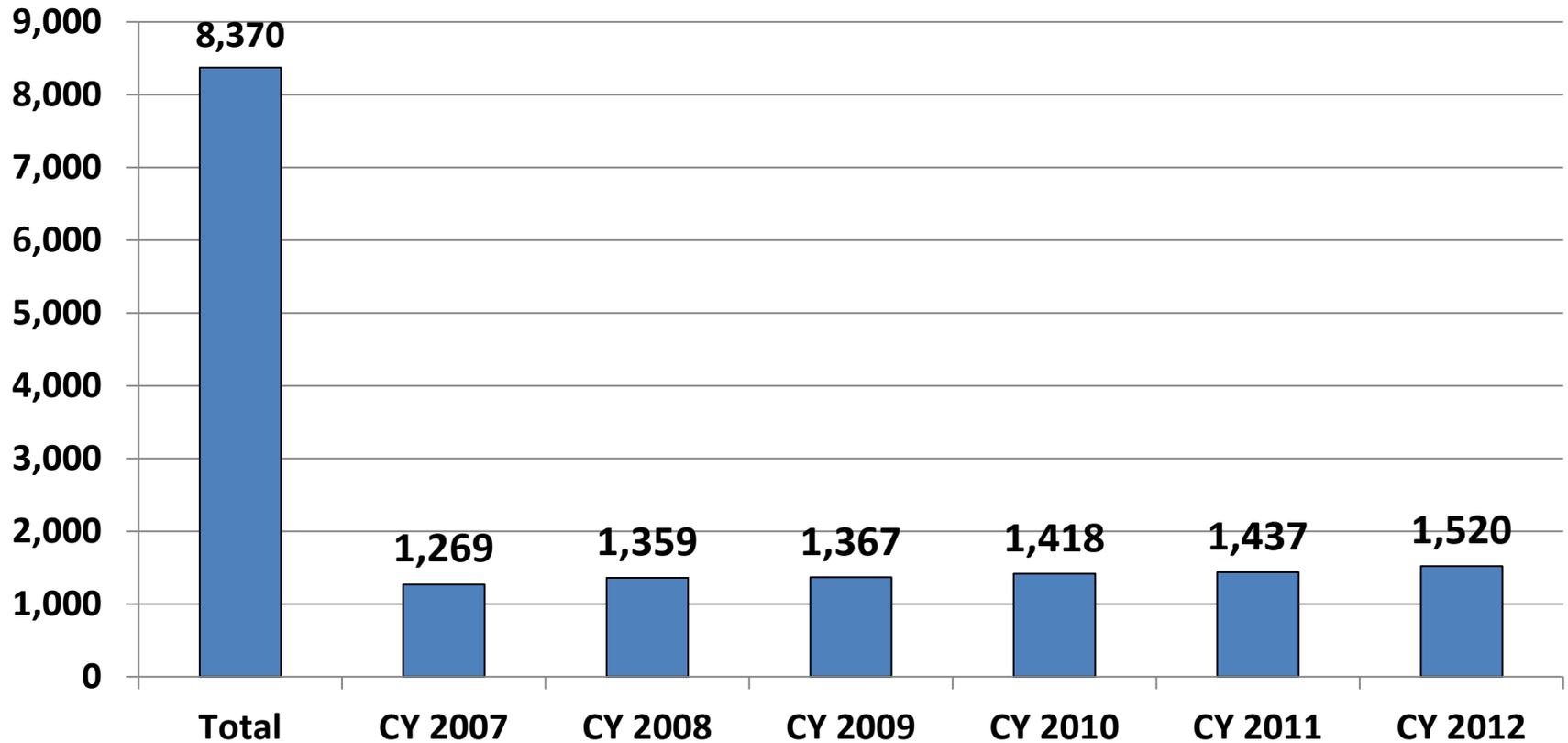
Ohio's Initiative to Reduce Suicides

- **Suicide is all-too-common occurrence in the United States, including Ohio**
- **Each year, Ohio loses between 1200 and 1500 of our citizens due to death by suicide**
- **The causes of suicide and suicide attempts are complicated and diverse, both in those who attempt to take their lives and in society as a whole**
- **There are many proven actions that can prevent suicide, unfortunately, they are not implemented as frequently as they might be**
- **Understanding the data behind deaths due to suicide can help us appropriately target actions to save lives**



How Many Ohioans Died By Suicide?

CY 2007 to CY 2012



Ohio's Initiative to Reduce Suicides

Current Status:

- In 2012, we lost 1,520 Ohioans to suicide resulting in almost 49,000 years of lost life (33 years/death)
- In 2013, Ohio's Suicide rate was 12.8 per 100,000 people
- Other 2013 suicide rates in the US:
 - National rate: 12.6/100,000
 - Highest: Montana 23.7/100,000
 - Lowest: New Jersey 8.0/100,000

Source: Centers for Disease Control

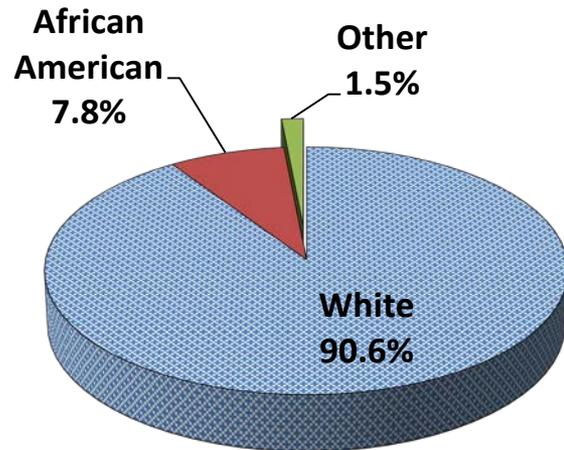


How Can We Reduce Suicides in Ohio?

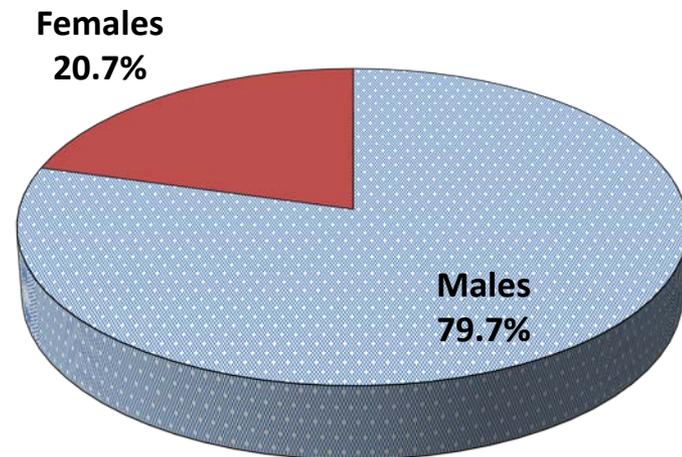
- From a public health perspective, we must consider suicide as a preventable cause of death, and focus on it becoming a “never event” in Ohio.
- Suicide reduction efforts must be multi-disciplinary, multifaceted, and involve not only the healthcare system, but many other community partners.
- Continued and targeted efforts with various partners that focus on individuals at risk and proven strategies

In Ohio, Who Dies by Suicide?

By Race?

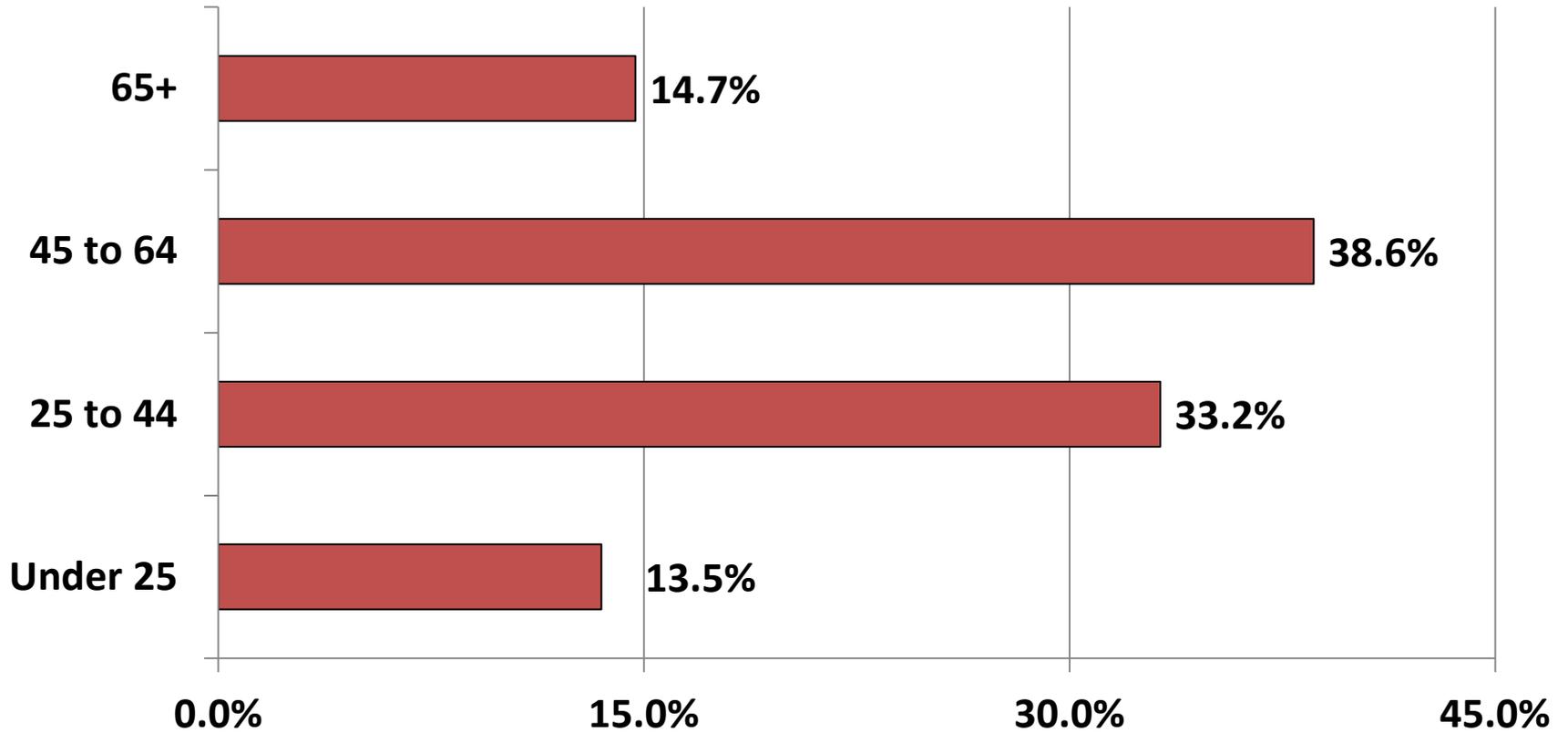


By Gender?



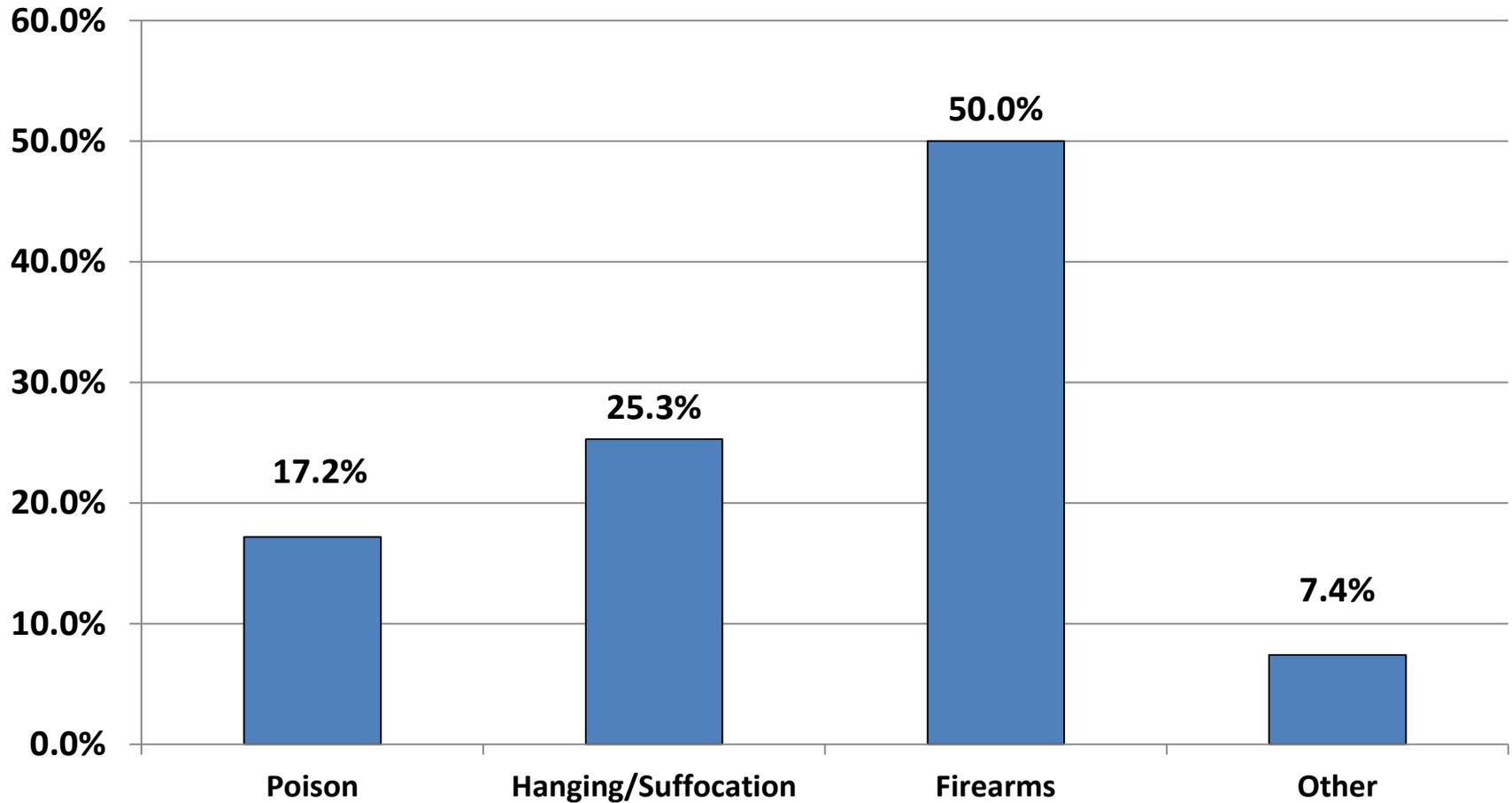
By Age?

Age Cohort

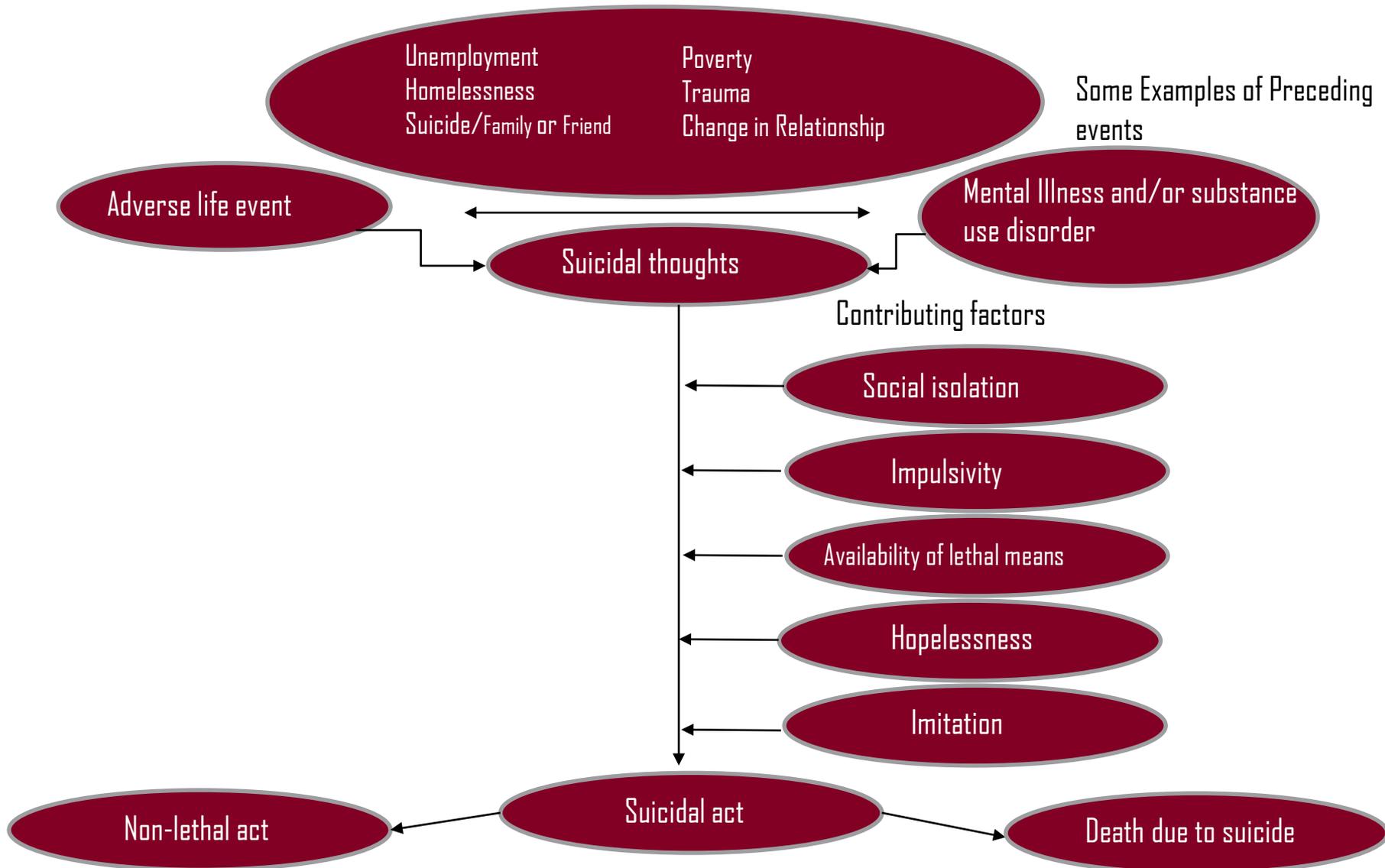




How Did the Suicide Decedents Die?



Journey of the Suicidal Individual



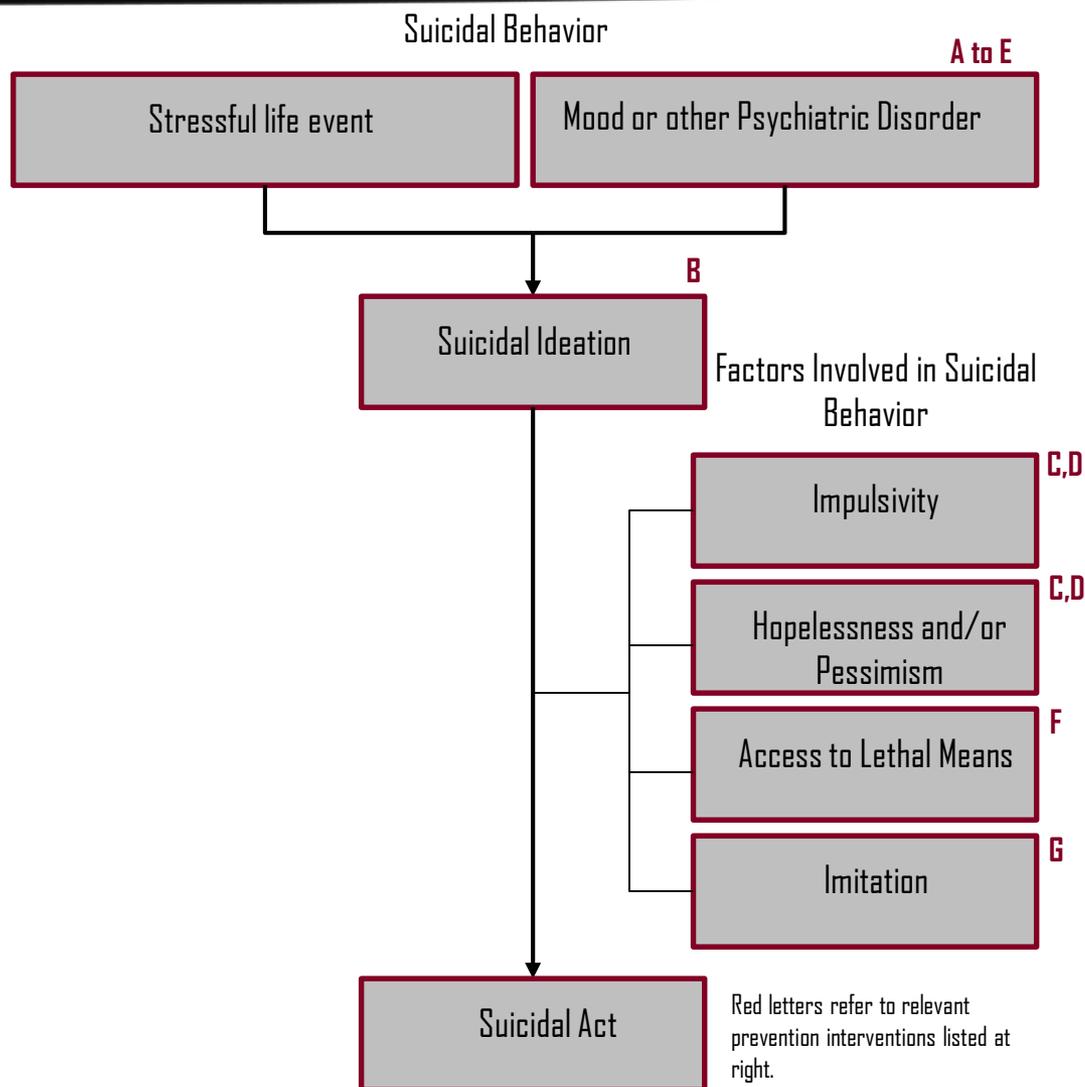
Ongoing Activities to Mitigate Effects Preceding Suicide

- Statewide Efforts – Suicide Prevention Advisory Committee with Ohio Department of Health and Ohio Department of Medicaid
- Trauma (Ohio's Trauma Informed Care initiative)
- Unemployment (Ohio MHAS supportive employment programs; JOBS Ohio)
- Homelessness (Ohio MHAS housing programs, supportive housing)
- Increase Access to Services through Medicaid Expansion
- Access to Services for targeted populations: Criminal Justice/Behavioral Health, Specialty Dockets, Behavioral Health Juvenile Justice Projects, Respite Care, Crisis Services, Peer Services, etc.
- Education, Awareness and Prevention Activities
- Firearms Protocols



Practices to Reduce Suicides

(Adapted from Mann, 2005)



Prevention Interventions

A Education and Awareness Programs

- Primary Care Clinicians
- General Public
- Community or Organizational Gatekeepers
- Peers
- Stigma Reduction

B Screening for Individuals at High Risk

Treatment

C Pharmacotherapy

- Antidepressants, including SSRIs
- Antipsychotics
- Lithium

D Psychotherapy

- Treatment for Substance Use Disorders
- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy

E Follow-up Care Following Suicide Attempts

F Mitigating access to lethal means

G Post-vention

- Media Reporting Guidelines for Suicide
- Loss-teams



Ohio's Suicide Prevention Plan

- Advisory Committee chaired by Dr. Mark Hurst, OhioMHAS, Dr. Mary Applegate, ODM and Dr. Mary DiOrio, ODH
- Support and collaborate with the Ohio Suicide Prevention Foundation: Highlight and strengthen local efforts
- Study effects of specific antidepressants/mood stabilizers and develop prescription guidelines
- Support capacity building and workforce development
- Sponsor Zero Suicide Academies in all regions of Ohio
- Support additional focus on post-vention activities
- Pilot project to test Media Guidelines for Reporting Suicides
- Investigate certified crisis hotlines and crisis text lines for expansion
- Education, Awareness and Prevention Activities
- Safety/Firearms Protocols
- Development of data surveillance system
- Sponsor comprehensive needs assessment to inform future work plan development



Ohio's Initiative to Reduce Suicides

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