

Welcome
Coalition for Suicide Prevention in
Clackamas County

Suicide Prevention

is everybody's business



Tuesday November 13, 2018 Oregon City Library 4:30 to 6:30 pm

Review Meeting Minutes

A few copies here and also available online:

<https://www.clackamas.us/behavioralhealth/suicideprevention.html>

If you have any questions or corrections, please let us know via email to *kturner@clackamas.us*

Corrections by November 20 – if not, we'll assume they are correct and accurate; thank you.

Good News

Substance Abuse & Mental Health Service Administration (SAMSHA) Award

→ \$2+ million over five year

- Highly competitive – one of a handful of grantees nationally

→ Through the Zero Suicide Initiative, advancing suicide safer care

- Staff training, screening for suicide risk, treatment for suicidality, data collection and evaluation
- Urgent Mental Health Walk In Clinic, Clackamas County Primary Care Clinics, Behavioral Health Outpatient Clinics, Peer Services

Some data & trends to inform our work

- Suicide as a public health priority
- What's happening now?
 - Statistics – National, Oregon and Local
- Public Attitudes & Opinions
 - Recent Polling

PEAK
1965 - 1995

CURRENT
2009 - 2012

75%
OF PEAK

50%
OF PEAK

25%
OF PEAK

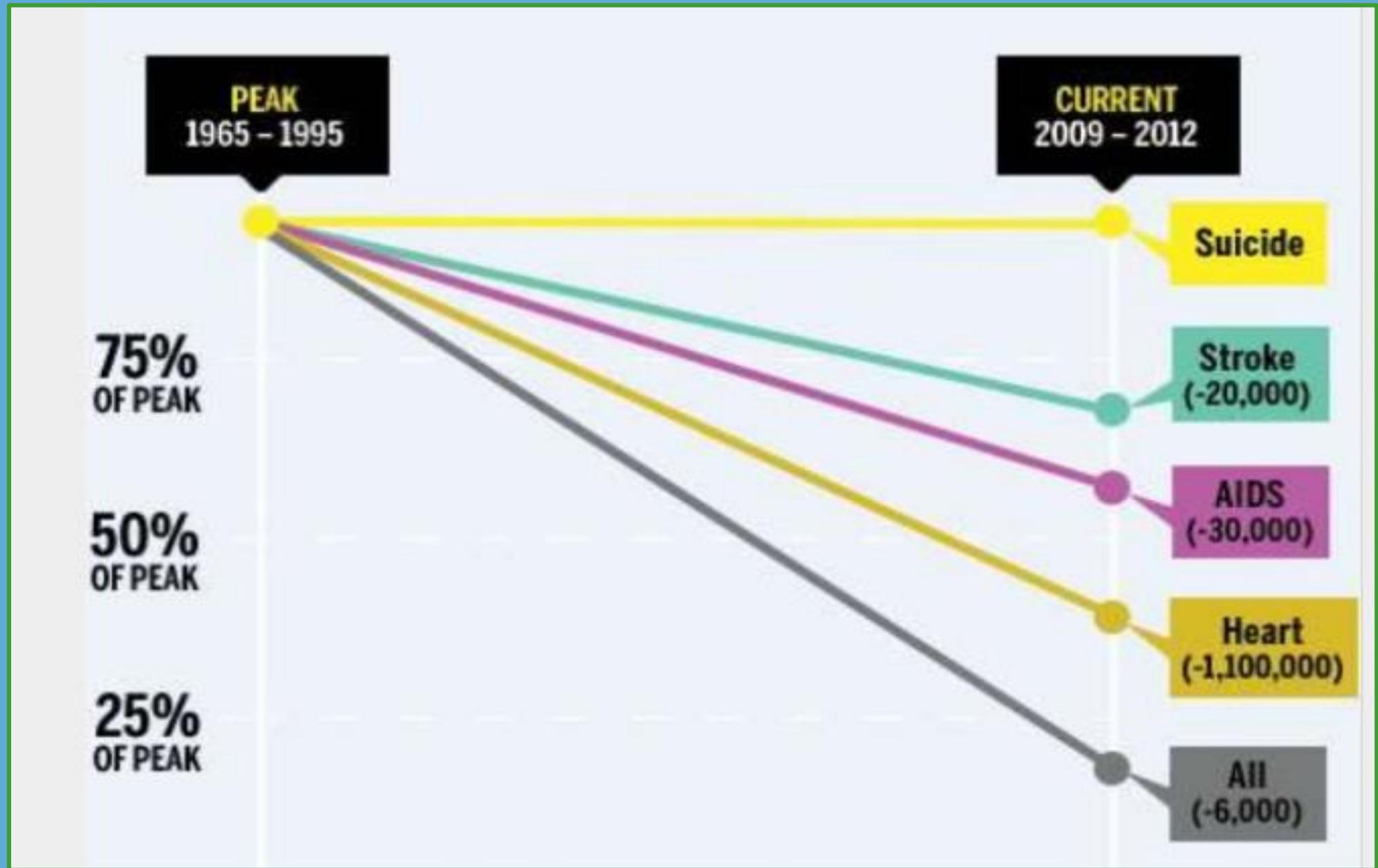
Suicide

Stroke
(-20,000)

AIDS
(-30,000)

Heart
(-1,100,000)

All
(-6,000)





Statistics about National, Oregon and Local Trends

National Statistics – American Association of Suicidology

- Suicide is 10th leading cause of death
- 44,965 individuals died by suicide in the United States in 2016
- Suicide rate was 13.9 per 100,000 in 2016
 - The rate has steadily risen since the early 2000s
- On average there were 122.9 suicides every day in the U.S.
 - One suicide every 11.7 minutes
- Estimated that there is 1 death for every 25 attempts
 - 1,124,125 attempts made in 2016
 - 1 attempt every 28 seconds

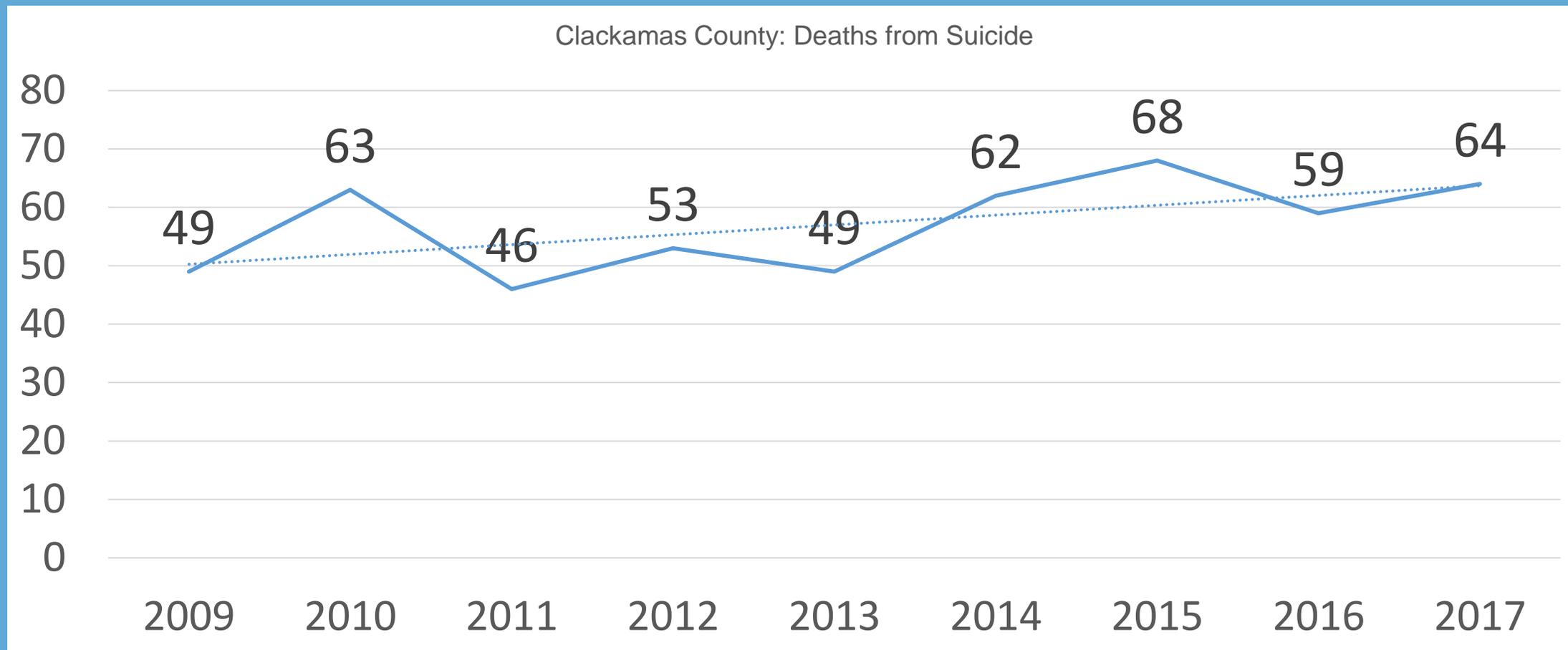
National Statistics – American Association of Suicidology

- Men accounted for 77.23% of U.S. suicides
 - Three female suicide attempts for every male attempt
- Overall, firearms were the most prominent method of suicide (51%)
 - Leading method for women was poisoning
- For every suicide death, 147 people are affected and 18 individuals experience major life disruptions
 - Number of suicide loss survivors increased by 269,790 in 2016

State Statistics – American Foundation for Suicide Prevention (based on 2016 CDC data)

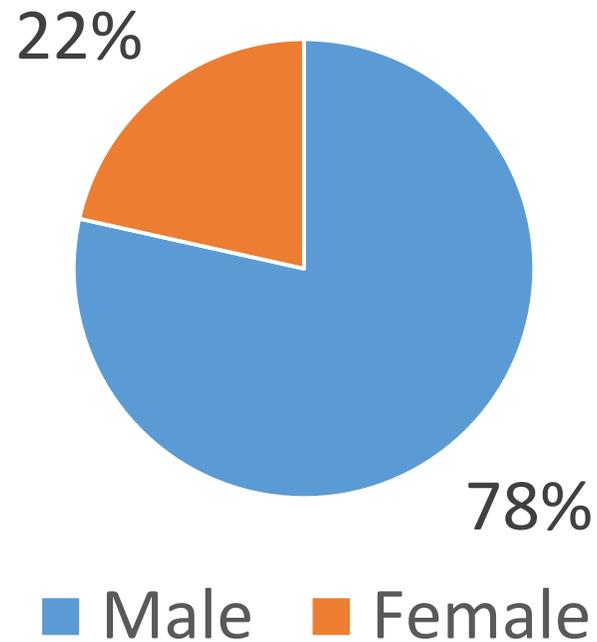
- Suicide is the 8th leading cause of death in Oregon
 - 2nd leading cause of death for individuals ages 15-34
 - 3rd leading cause of death for individuals ages 35-44
- Total of 772 deaths from suicide
- Suicide rate is 17.79 per 100,000
- Oregon ranks 16th in the U.S. for suicide deaths
- On average, 1 person dies by suicide every 11 hours
- More than 6 times as many people die from suicide in Oregon than by homicide annually

Local Statistics – Medical Examiner Data



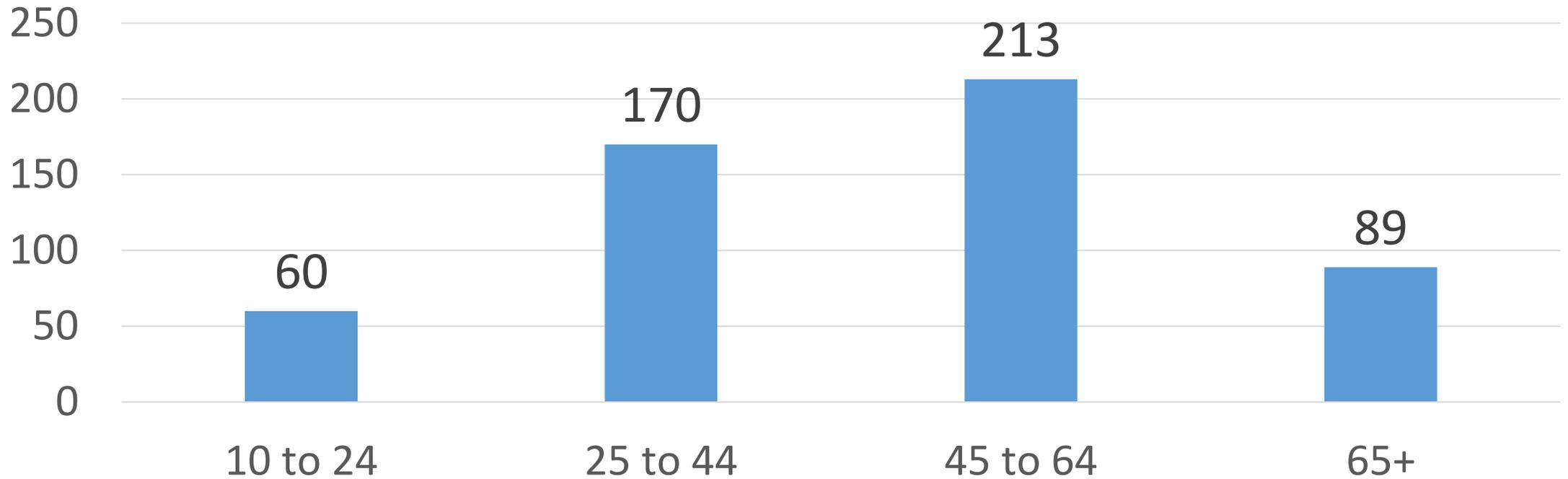
Local Statistics – Medical Examiner Data

Clackamas County Suicide Deaths by Gender 2009-2018



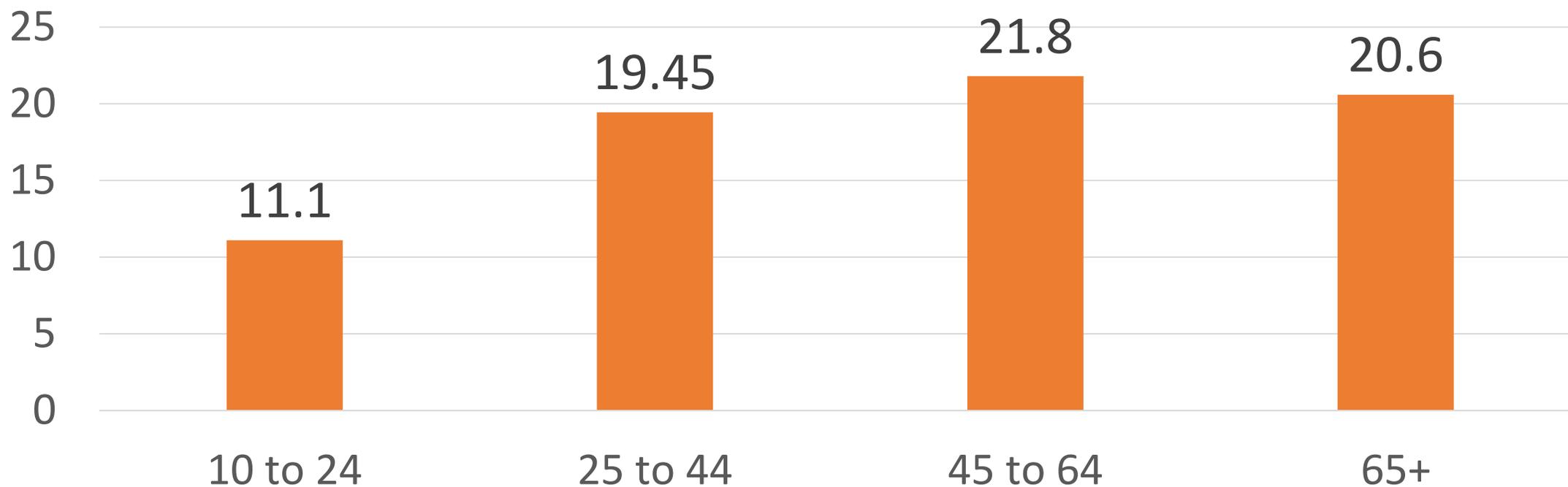
Local Statistics – Medical Examiner Data

Clackamas County Suicide Deaths by Age
2009-2018

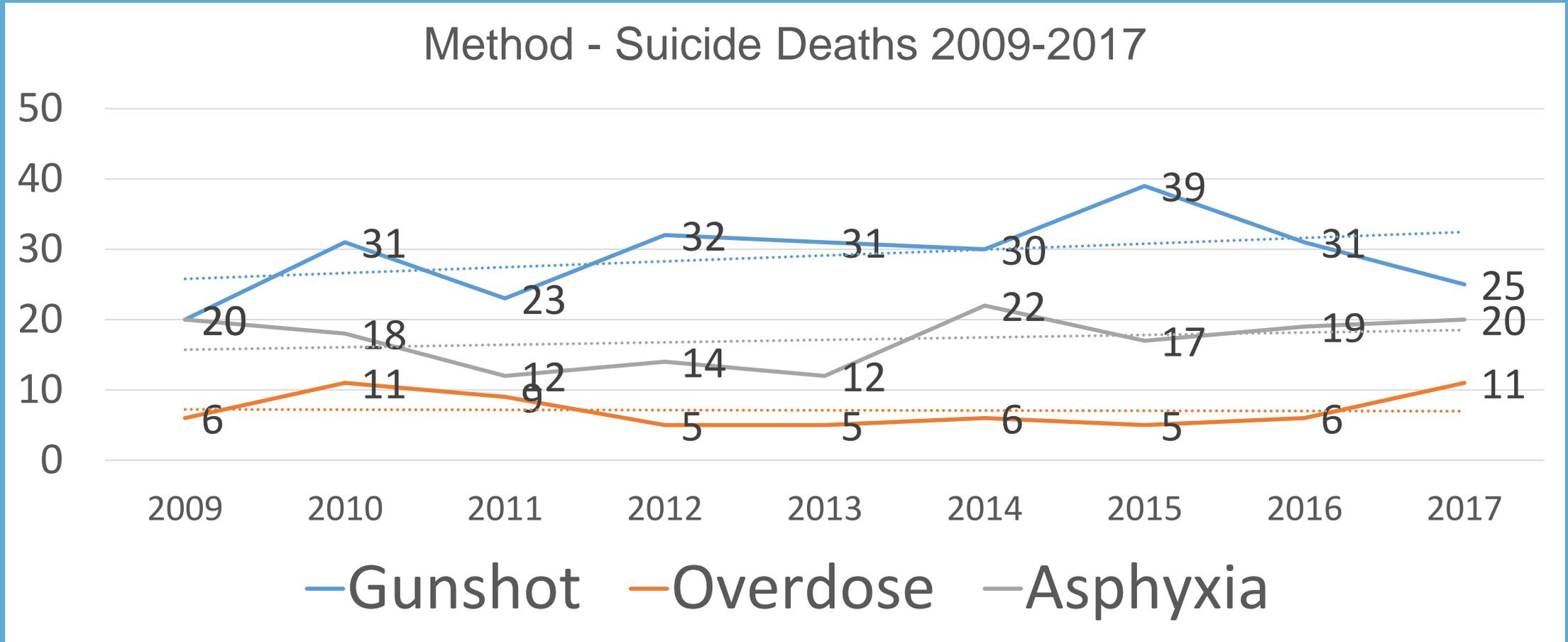


Local Statistics – Oregon Health Authority

Clackamas County Suicide Rates by Age
2013-2016



Local Statistics – Medical Examiner Data





Trends in Public Opinion

Public Opinion Polls about Suicide and Suicide Prevention (Harris Poll, 2015)

- 55% have been affected by suicide in some way:
 - 32% know someone who died by suicide,
 - 26% have had others talk to them about thoughts of suicide, and
 - 25% know someone who attempted suicide but didn't die.
- 94% of American adults--an overwhelming majority--believe suicide is at least sometimes preventable.
- 93% would do something if someone close to them was thinking about suicide.

Public Opinion Polls about Suicide and Suicide Prevention (Harris Poll, 2015)

- 92% feel that health services that address mental health, such as treatment for depression & suicide prevention, are fundamental to overall health & should be part of any basic health care plan.
- 89% feel that mental health and physical health are equally important for their own overall health.
- 86% understand that mental health conditions like depression are risk factors for suicide.

Public Opinion Polls about Suicide and Suicide Prevention (Harris Poll, 2015)

- Most individuals who have received treatment for mental health conditions thought it was very or somewhat helpful, including
 - in-person psychotherapy (82%),
 - peer support groups (78%), and
 - prescription medications (75%).

Public Opinion Polls about Suicide and Suicide Prevention (Harris Poll, 2015)

However, gaps & challenges remain...

- Lack of access to affordable help is perceived as an obstacle that prevents people thinking about suicide from seeking help:
 - 68% think that those contemplating suicide don't know how to get help,
 - 62% think people can't afford treatment, and
 - More than half believe there is a lack of access to treatment (53%).

Public Opinion Polls about Suicide and Suicide Prevention (Harris Poll, 2015)

However, gaps & challenges remain...

- 45% cited barriers that might stop them from trying to help someone close to them who was thinking about suicide, including
 - fear that they would make it worse (24%),
 - not knowing what to say or do (23%), and
 - fearing there may be nothing they could do to help (18%).

Public Opinion Polls about Suicide and Suicide Prevention (Harris Poll, 2015)

However, gaps & challenges remain...

- While about two-thirds said that they would tell someone if they were experiencing suicidal thoughts,
 - 17% said they aren't sure who they would talk to.
 - 13% said they would tell no one.
 - Men are more likely to say they would tell no one.