State of Nevada
Department of Health and Human Services

Office of Suicide Prevention
State of the State

Misty Vaughan Allen, MA
Suicide Prevention Coordinator
February 5th, 2018

Division of Public and Behavioral Health
Acting Administrator, Julie Kotchevar, PhD

Helping People. It’s who we are and what we do.
## History of Suicide Prevention Efforts in Nevada

<table>
<thead>
<tr>
<th>Year</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>2003</td>
<td>Suicide prevention legislation (SB49, SB36, SCR 3, 4, &amp; 5) adopted in Nevada</td>
</tr>
<tr>
<td>2005</td>
<td>Nevada Coalition for Suicide Prevention established; State of Nevada receives Cohort 1 Garrett Lee Smith grant $1.2 million;</td>
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<tr>
<td>2005</td>
<td>Nevada Office of Suicide Prevention established;</td>
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<td>2007</td>
<td>Nevada Suicide Prevention Plan released;</td>
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<td>2008-2011</td>
<td>Three Garrett Lee Smith Awards come to Nevada (ITCN/IHBN, OSP and Pyramid Lake Paiute Tribe; 4 MSPI grants awarded to NV tribes;</td>
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<tr>
<td>2009</td>
<td>State of Nevada awarded Garrett Lee Smith grant for $1.5 million, funding ended June 2013;</td>
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<tr>
<td>2013</td>
<td>Fund for a Healthy Nevada funds office and two state positions added;</td>
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<tr>
<td>2014</td>
<td>SAMHSA grants impacting mental health, safe and healthy learning environments, youth suicide prevention (Project Aware: school-based mental health and YMHFA)</td>
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<tr>
<td>2015</td>
<td>TMCC Awarded Campus Suicide Prevention grant; AB 93, MH/BH suicide prevention training</td>
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<tr>
<td>2016</td>
<td>CRSF Report recommendations implementation plan; 10 year anniversary</td>
</tr>
<tr>
<td>2017</td>
<td>State plan updated AB 105 passed;</td>
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</tbody>
</table>
Suicide Statistics

United States, 2016
- Over 44,965 deaths
- Firearms used in over 51.1% of suicides (NV 51.3%)
- 3.7 male deaths to every female death
- A suicide every 13.7 minutes

Nevada, 2016
- 5th highest rate
- 2nd leading cause of death 18-44, 1st for youth 8-17 years of age
- Nevada’s Elderly have highest rates 65+
- More suicides than homicides (211), motor vehicle accidents (359)

Source: AAS/CDC, USA Suicide: 2016 Official Final Data
Older Nevadans in crisis

States with Highest Average Suicide Rates in the U.S from 1999-2015: Ages 65-85+

Suicide Deaths

- 30% to 40% of persons who died by suicide have made a previous attempt.
- Nearly three-fourths of all people who died by suicide visited a doctor in the four months before their deaths, and half in the month before.

Source: Action Alliance for Suicide Prevention
### Nevada’s Strategic Direction

<table>
<thead>
<tr>
<th>Category</th>
<th>Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Veterans</strong></td>
<td>Reduce veteran suicides below the national average by 2020.</td>
</tr>
<tr>
<td><strong>Older Adults</strong></td>
<td>Reduce older adult / senior suicides below the national average by 2020.</td>
</tr>
<tr>
<td><strong>Youth</strong></td>
<td>Reduce youth suicides below the national average by 2020.</td>
</tr>
<tr>
<td><strong>Adults</strong></td>
<td>Reduce middle-aged adults suicides below the national average by 2020.</td>
</tr>
</tbody>
</table>
Zero Suicide Initiative

- Suicide prevention is a core responsibility of health care

- Applying new knowledge about suicide & treating it directly

- A systematic clinical approach in health systems, not “the heroic efforts of crisis staff and individual clinicians.”

- System-wide approaches have worked to prevent suicide:
  United States Air Force Suicide Prevention Program
  UK (While et al., 2009)
<table>
<thead>
<tr>
<th>Shift in Perspective from:</th>
<th>To:</th>
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<tbody>
<tr>
<td>Specialty referral to niche staff</td>
<td>Every suicide in a system is preventable</td>
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<tr>
<td>Assigning blame</td>
<td>Nuanced understanding: ambivalence, resilience, recovery</td>
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<tr>
<td>Risk assessment and containment</td>
<td>Collaborative safety, treatment, recovery</td>
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<tr>
<td>Stand alone training and tools</td>
<td>Overall systems and culture changes</td>
</tr>
<tr>
<td>Individual clinician judgment &amp; actions</td>
<td>Part of everyone’s job</td>
</tr>
<tr>
<td>Hospitalization during episodes of crisis</td>
<td>Productive interactions throughout ongoing continuity of care</td>
</tr>
<tr>
<td>“If we can save one life...”</td>
<td>“How many deaths are acceptable?”</td>
</tr>
</tbody>
</table>
Suicide Prevention Initiatives

- **Wellness, Early Identification, Intervention and Prevention of Suicide**
  
  -- **SOS, Signs of Suicide Education and Screening Program**
  Implemented in Clark, Lyon, Washoe, Storey, Nye, Lincoln, Pershing, Humboldt, Carson, White Pine and Churchill counties

  -- **Youth Mental Health First Aid training (YMHFA)**
  Implemented in Washoe, Lyon, Clark, Elko, Pershing, Humboldt, Lander, Carson, Nye, Lincoln and Douglas
Suicide Prevention Initiatives

- **Suicide Prevention Crisis Intervention Services: Hotline and TextToday**

  -- Over 62,000 contacts per year (10% suicide-specific)
  -- Over 3,500 contacts per month
  -- OSP has partnered with Crisis Call Center to implement the nation’s first 24-hour, text-based crisis intervention service: *TextToday*;

  **One third of all contacts are by text message**

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## Suicide Prevention Initiatives

**Suicide Prevention Awareness, Education and Training**

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Nevadans</th>
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<tbody>
<tr>
<td>2017</td>
<td>16,162 Nevadans</td>
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<tr>
<td>2016</td>
<td>18,275 Nevadans</td>
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<tr>
<td>2015</td>
<td>16,442 Nevadans</td>
</tr>
<tr>
<td>2014</td>
<td>8,336 Nevadans</td>
</tr>
<tr>
<td>2013</td>
<td>12,984 Nevadans</td>
</tr>
<tr>
<td>2012</td>
<td>6,794 Nevadans</td>
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<tr>
<td>2006-2017 total</td>
<td>90,071 Nevadans</td>
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Suicide Prevention Initiatives

- Increase in number of local or regional groups that collaborate with the Office of Suicide Prevention to implement the state plan
  -- Community planning
  -- Youth Mental Health First Aid training
  -- Zero Suicide Initiative: reducing suicide among people under care

- Strategic Plan for Service Members, Veterans and their Families
  -- Participating in upcoming policy implementation academy to implement our goals for helping military and veterans’ families
  -- Partnering with UNLV Mental Health Awareness & Suicide Prevention Task Force
  -- Over 200 Nevada National Guardsmen trained in safeTALK and ASIST, including leadership

- Reducing Access to Lethal Means - educated over 3,300 state firearm owners in firearm security and safety, to include gun shop and shooting range employees in Suicide Alertness and Intervention skills.
  -- Suicide-Proof Your Home
  -- 11 Commandments of Gun Safety
  -- Lok it Up
Suicide Prevention Initiatives

- Continuity of Care for Suicidality
  - Community planning
  - Survey of facilities, health care providers, and staff
  - Follow-up aftercare

- Committee to Review Suicide Fatalities
Other Training Opportunities

- **safeTALK: (Suicide Alertness) 3-4 hours**

- **ASIST: (Applied Suicide Intervention Skills Training) Two day workshop**

- **CAMS Online**

- **TMCC and CASAT online trainings**

- **Suicide Prevention Resource Center Online Training**

[Counseling on Access to Lethal Means (CALM) Choosing and Implementing a Suicide Prevention Gatekeeper Training Program]

[Planning & Evaluation for Youth Suicide Prevention]
References & Resources

Nevada Office of Suicide Prevention, http://suicideprevention.nv.gov/Suicide-Prevention/
Suicide Prevention Resource Center, www.sprc.org
SAMHSA, www.samhsa.gov
American Association of Suicidology, www.suicidology.org
Centers for Disease Control, www.cdc.gov
The Trevor Project, www.thetrevorproject.org
The American Foundation for Suicide Prevention, www.afsp.org
The Mayo Clinic, www.mayoclinic.com
Washington Youth Suicide Prevention Program, www.yspp.org
Suicide Prevention Action Network (SPAN USA), www.spanusa.org
Surviving Suicide (survivor support) web site, www.survivingsuicide.com
Office of Suicide Prevention

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“MUCH OF THE WORK OF SUICIDE PREVENTION MUST OCCUR AT THE COMMUNITY LEVEL, WHERE HUMAN RELATIONSHIPS BREATHE LIFE INTO PUBLIC POLICY ...”

-- DR. DAVID SATCHEL
IN THE PREFACE OF THE NATIONAL STRATEGY FOR SUICIDE PREVENTION (1998)