

Colorado School of Mines
September 25, 2018



Suicide and Suicide Prevention in Colorado

Lena Heilmann, PhD, MNM
Youth Suicide Prevention Coordinator

Colorado Office of Suicide Prevention
Lena.Heilmann@state.co.us



COLORADO
Department of Public
Health & Environment

Main Points

1. The preventability of suicide
2. Stories of hope and resilience:

Most people will recover from suicidal thoughts and behaviors. We want to support recovery and resilience.

*See: Jones, Abigail. “The Invisible 280.”
Cosmopolitan, August 21, 2018.*

*See: Stage, Dese’Rae L. “Live Through This.”
www.livethroughthis.org*

3. Suicide and suicide prevention are community issues.
4. Prevention, intervention, and postvention efforts are all important.
5. Importance of upstream prevention and collaboration



Today's Presentation:

Overview of suicide and suicide in Colorado

Brief introduction to suicide prevention

Important resources

Attitudes and Misconceptions about Suicide

Sin...

Weakness...

Selfish...

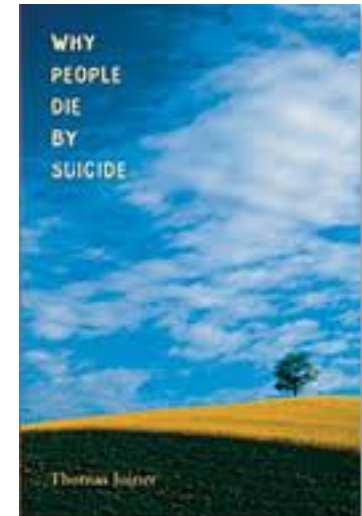
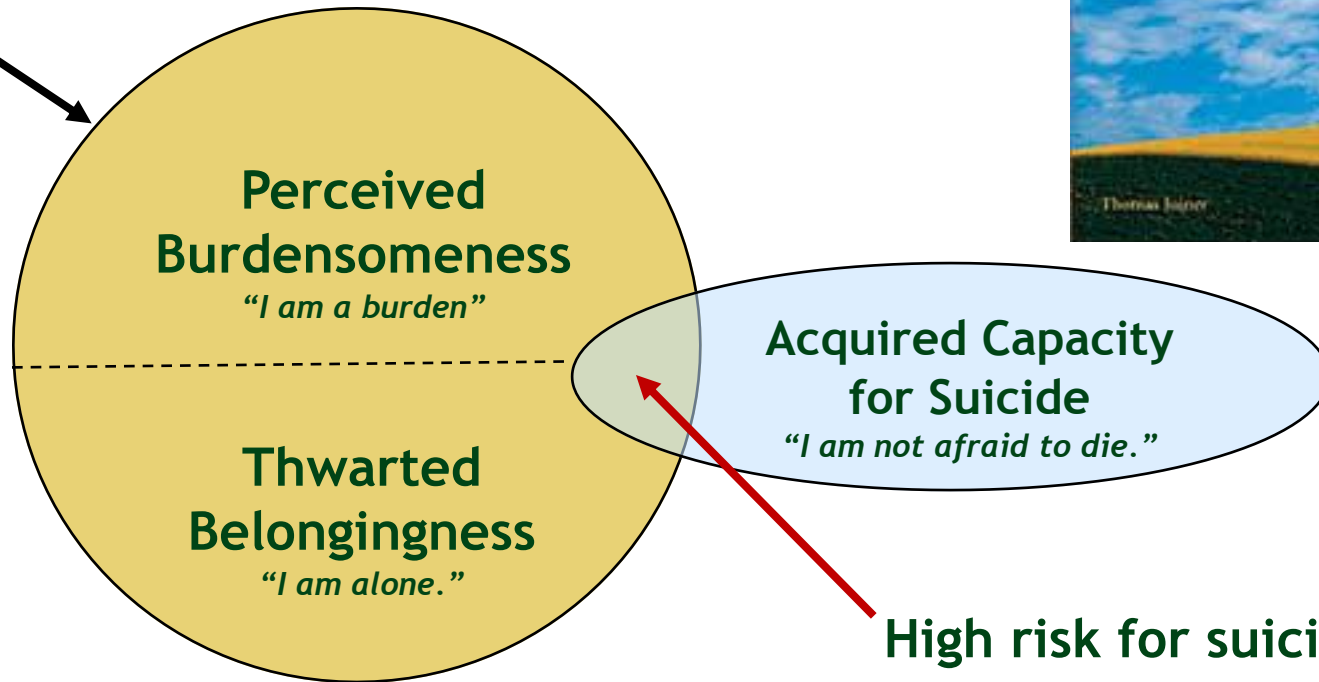
If someone wants to take their life, there's not
much I can do about it...

Suicide is the result of one cause...

But what we know...

Model of Suicide Risk

Desire for
Suicide



High risk for suicide
or serious attempt

Thomas Joiner's model of suicide risk, 2006

Data

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

- Dr. Irving Schikoff

Per the CDC...

For every 1 death by suicide...

There are 3 hospitalizations...

9 emergency department visits...

27 non-medically treated
attempts...

and 228 individuals who
experience suicidal ideation.



COLORADO

Center for Health
& Environmental Data

Department of Public Health & Environment

Suicide in Colorado

In **2017***, there were:

55 HIV deaths

279 Homicides

672 Motor vehicle deaths

638 Breast cancer deaths

576 Influenza & Pneumonia deaths

1,017 Diabetes deaths

1,175 Deaths by Suicide

**2017 Data are Preliminary*

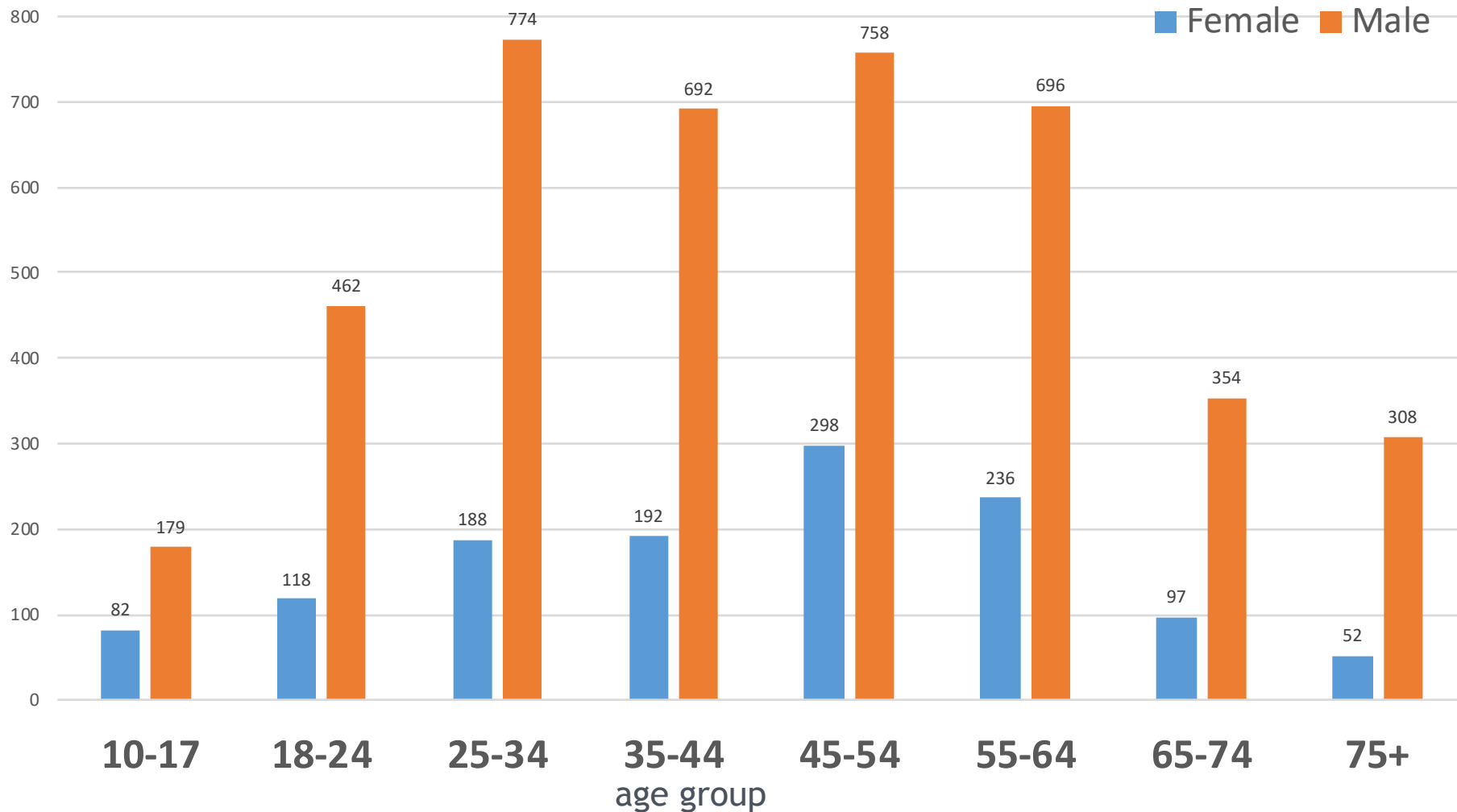


COLORADO

Center for Health
& Environmental Data

Department of Public Health & Environment

Suicide Deaths by age and sex, 2013-2017*



COLORADO

Center for Health
& Environmental Data

Department of Public Health & Environment

***2017 Data are
Preliminary**

The Male Cultural Stigma to Seeking Help...

- Men are far less likely to report depression
- They feel they must be the caretaker for the family
- There is a fear of the negative implication
- Men tend to self-medicate
- Men are much more likely to accept help than to ask for it



COLORADO

Center for Health
& Environmental Data

Department of Public Health & Environment

Suicide Deaths in Colorado (2012-2016)

Ages 10-14

Overall suicide rate:
4.1/100,000

73 total suicide
deaths

- 70% male
- 34% by firearm (96% male)

Ages 15-18

Overall suicide rate:
15.0/100,000

208 total suicide
deaths

- 70% male
- 43% by firearm (84% male)

Ages 19-23

Overall suicide rate:
21.5/100,000

404 total suicide
deaths

- 82% male
- 46% by firearm (85% male)



Risk Factors

Remember!
Risk factors are
not predictive

- Mental Health Conditions
- Substance Abuse
- Serious or chronic health conditions or pain
- Historical Factors
- Environmental Factors
- Social Factors
- Cultural Factors



COLORADO

Center for Health
& Environmental Data

Department of Public Health & Environment

DATA RESOURCES

★ OSP Interactive Data Dashboard-

www.coosp.org

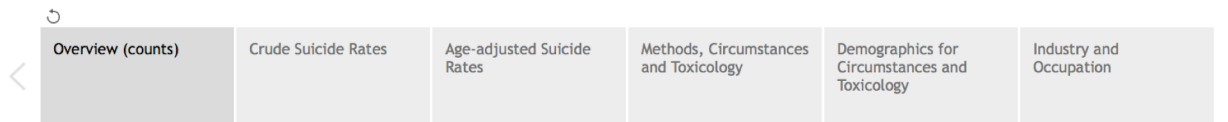
- Hospitalization
- National Violent Death Reporting System (NVDRS)



COLORADO

Center for Health
& Environmental Data

Department of Public Health & Environment



Suicides in Colorado: An Overview

Colorado Violent Death Reporting System

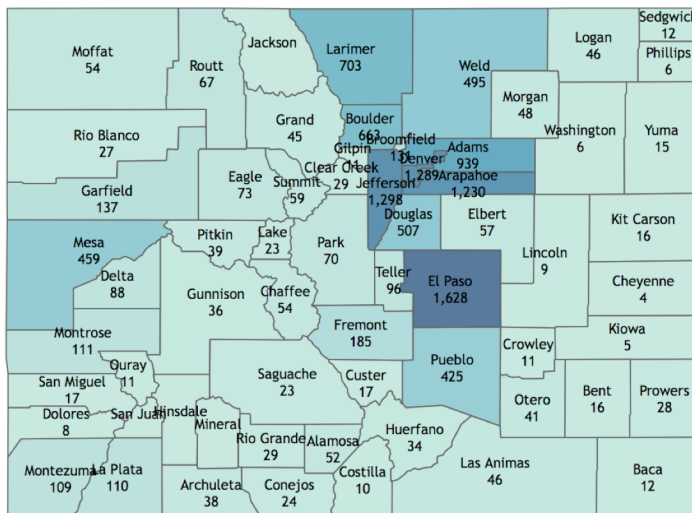
Select years: 2004 2016

Total suicides for selected population and years: 11,842

Number of suicides by place of residence for selected years

Click on a region or county to filter other charts; use "control" to select more than one at a time; click again to deselect

Choose view: County



Comprehensive Suicide Prevention

Prevention

Intervention

Postvention



Means Safety

Important to reduce access to lethal means.

Many suicide attempts occur with little planning during a short-term crisis, and ensuring that an environment is as safe as possible is crucial in preventing potential suicide deaths.



COLORADO
Department of Public
Health & Environment

Why Means Matter:

Safer Environments Reduce Suicide Risk

Suicide attempts by firearms are particularly lethal.

Additionally, safely and securely storing medications / substances also reduces risk.

Securing lethal means is crucial in preventing suicides, but it is also important to continue to be aware of the individual and their environment.



COLORADO

Center for Health
& Environmental Data

Department of Public Health & Environment

Safe messaging

- **Safe reporting and messaging** were developed by the nation's leading suicide prevention organizations.
- **Safe messaging**
 - includes stories of hope, recovery and resilience, provides information and resources, and promotes help-seeking.
 - incorporates the complexity around suicide (no one cause).
 - uses preferred language, like “died by suicide.”
 - can mitigate suicide “contagion” or “clusters.”



COLORADO

Center for Health
& Environmental Data

Department of Public Health & Environment

reportingonsuicide.org

Gatekeeper Trainings

Question Persuade Refer (QPR) - 90 minutes

Applied Suicide Intervention Skills Training (ASIST) - 2 full days

SafeTALK – half day

Mental Health First Aid – 8 hours

JCMH/OSP for materials/trainings

Additional Trainings

Collaborative Safety Planning training and tools

Counseling on Access to Lethal Means (CALM) training

Best practices for screening and assessment, etc.

→ www.zerosuicide.sprc.org

Collaborative Assessment and Management of Suicidality (CAMS)

→ to learn more, email Lena Heilmann (Lena.Heilmann@state.co.us)



COLORADO

Center for Health
& Environmental Data

Department of Public Health & Environment

Colorado Statewide Resources

Local Resource: Jefferson Center for Mental Health
www.jcmh.org

Office of Suicide Prevention
www.coosp.org

Colorado Crisis Services
1-844-493-8255

Mental Health First Aid
www.mhfaco.org

One Colorado
www.one-colorado.org



COLORADO

Center for Health
& Environmental Data

Department of Public Health & Environment

Colorado Crisis Services

1-844-493-8255

- 24/7 walk-in clinics
- Respite care facilities
- Acute care units
- Mobile crisis teams
- Crisis Line with peer support and follow up
- Services available regardless of county, region, or insurance

Now with texting! Simply
text "TALK" to 38255

Denver Metro Locations:

- | | |
|---|---|
| - 2551 W 84th Avenue
Westminster, CO 80031 | - 4353 E. Colfax Avenue
Denver, CO 80220 |
| - 6509 S. Santa Fe Drive
Littleton, CO 80120 | - 12055 W. 2nd Place
Lakewood, CO 80228 |
| - 2206 Victor Street
Aurora, CO 80045 | - 3180 Airport Road
Boulder, CO 80301 |



COLORADO
CRISIS SERVICES
supporting a stronger state of mind



COLORADO

Center for Health
& Environmental Data

Department of Public Health & Environment

National resources

National Suicide Prevention Lifeline:

1-800-273-8255; www.suicidepreventionlifeline.org

Suicide Prevention Resource Center: www.sprc.org

American Foundation for Suicide Prevention: www.afsp.org

Trevor Project (LGBTQ+ youth):

1-866-488-7386; www.trevorproject.org

Crisis Text Line:

741-741; www.crisistextline.org

American Association of Suicidology: www.suicidology.org

Zero Suicide Initiative: www.zerosuicide.sprc.org

Live Through This: livethroughthis.org

Now Matters Now: www.nowmattersnow.org



COLORADO

Center for Health
& Environmental Data

Department of Public Health & Environment

Questions?



COLORADO
Department of Public
Health & Environment