



Mental Health and Suicide Prevention in Rural America



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hot topics
in practice

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Northwest Center
FOR PUBLIC HEALTH PRACTICE

Question for the Viewers


Describe your public health experience with suicide prevention efforts:

- A. Significant experience
- B. Moderate experience
- C. A little experience
- D. No experience


About This Presentation




PART I: Suicide in the U.S.



PART II: A Focus on Rural America

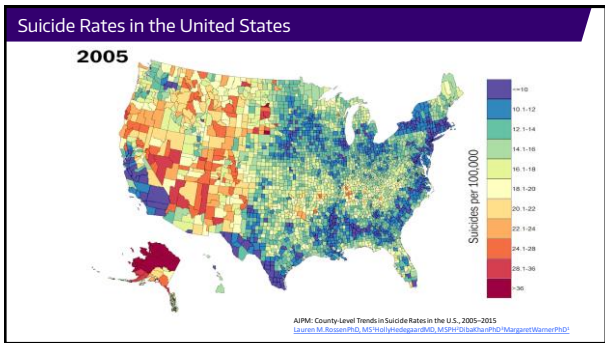


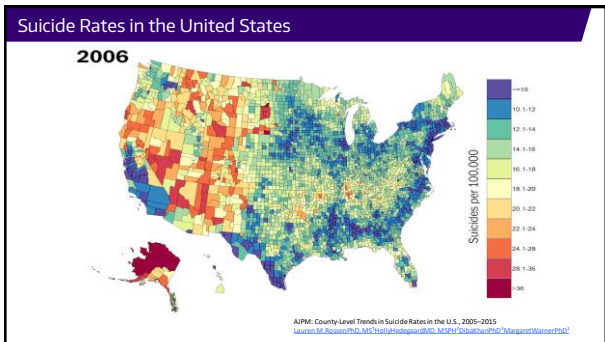
PART III: Prevention Profile



PART IV: Changing the Trajectory

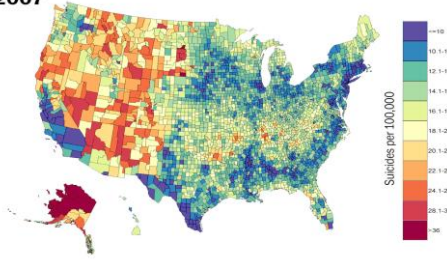






Suicide Rates in the United States

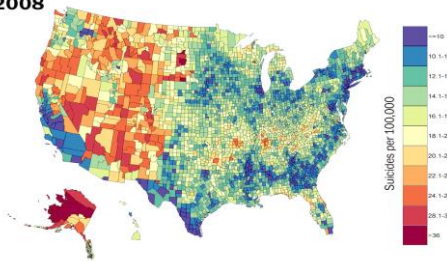
2007



AJPM: County-Level Trends in Suicide Rates in the U.S., 2005-2015
[Lauren M. Rosen PhD, MS](#) | [Hajjehedghard MD, MSPH](#) | [Bathur PhD](#) | [Margaret Warner PhD](#)

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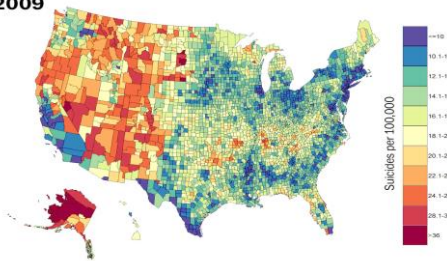
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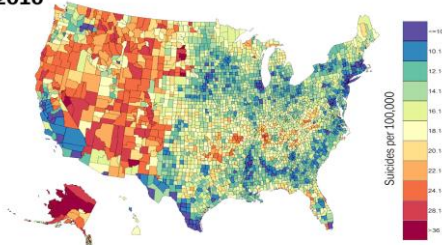
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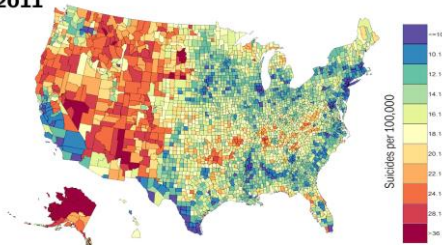
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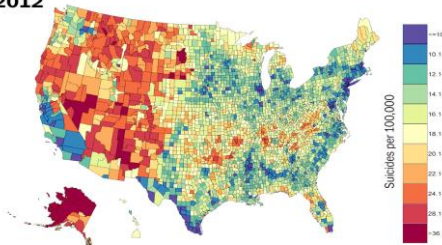
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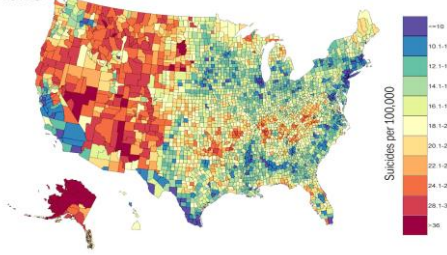
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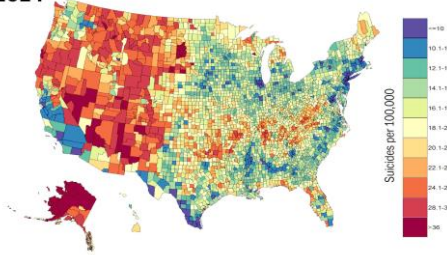
2013



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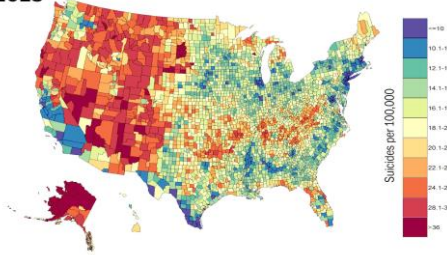
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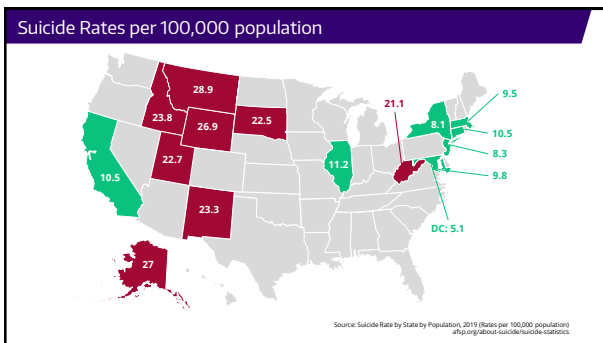
Suicide Rates in the United States

2015



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Stressors in Rural Communities

- Financial strain and economic stagnation
- Lack of access to health and behavioral health care
- Isolation – social, personal and physical isolation
- Accessibility, availability and acceptability of mental health care services

What Causes Rural Despair?

- ✓ Mental health disorders
- ✓ History of childhood trauma
- ✓ Poverty
- ✓ Drug and alcohol abuse
- ✓ Chronic pain
- ✓ Access to lethal means



Changing the Trajectory for Suicide



- ✓ Improve access to mental and behavioral health services and providers
- ✓ Expand telehealth and tele-behavioral health
- ✓ Promote suicide prevention efforts
- ✓ Support universal screening and access
- ✓ Strengthen surveillance and data collection

Part III: Prevention Profile: North and North Central Idaho

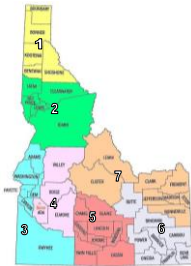


Question for the Viewers

Rate your agency's current level of engagement with community partners on the issues of suicide prevention:

- A. High
- B. Moderate
- C. Low
- D. Other

Idaho Health District Structure



District 1	District 2	District 3	District 4
Benevol Bonner Boundary Kootenai Shoshone	Coeur d'Alene Idaho Latah Lewis Nez Perce	Adams Canyon Gem Payette Washington	Aida Boise Elmore Valley
District 5	District 6	District 7	
Blaine Camas Cassia Gooding Jerome Lincoln Minidoka Twin Falls	Bannock Bear Lake Bingham Butte Caribou Franklin Oreida Power	Bonneville Clark Custer Fremont Jefferson Lemhi Madison Teton	

10 Northern counties' commonalities

Strengths

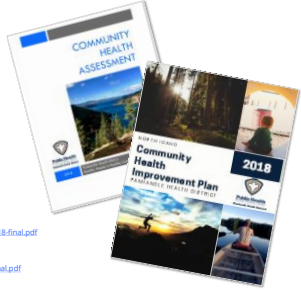
- Federally Qualified Health Centers
- Crisis Centers
- Residency Program
- College/University
- Relationships

Weaknesses

- Access to lethal means
- Poverty
- High ACEs
- Transportation
- Cost of housing
- Obesity
- Provider shortage

Top 3 Health Priorities in Panhandle Health District

1. Access to care
2. Mental health/suicide
3. Substance abuse



Community Health Assessment
<http://panhandlehealthdistrict.org/wp-content/uploads/2019/06/CHA-2018-final.pdf>

Community Health Improvement Plan
<http://panhandlehealthdistrict.org/wp-content/uploads/2019/06/CHIP-Final.pdf>

Suicide Prevention Action Network of North Idaho: SPAN



Keys to Success

- ✓ Local
 - *Survivor Stories*
- ✓ Agenda-driven
- ✓ Action-oriented
- ✓ Tied to State Suicide Prevention Plan
 - *Key Performance Areas*
- ✓ Champions

Awareness, Prevention, Support



AWARENESS

- Data
- Education
- Events and Outreach



PREVENTION

- QPR
- ASIST
- Zero Suicide
- Sources of Strength



SUPPORT

- Support groups
- Materials
- Speakers & Champions

Suicide Statistics: US and Idaho

	US 2016	Idaho 2016	US 2017	Idaho 2017	Idaho 2018
Total Deaths	44,965	351	47,173	393	418
Deaths/week	865	7	907	7.5	8
Suicide Rate per 100,000	13.9	20.8	14.5	22.9	23.8

Source: Suicide Rate by State by Population 2019 (Rates per 100,000 population) afip.org/about-suicide/suicide-statistics

Know Your Data: Idaho DHW

2014 - 2018 Idaho Vital Statistics Data: Suicide by County

County	2014		2015		2016		2017		2018	
	Deaths	Rate/100,000 pop.	Deaths	Rate/100,000 pop.	Deaths	Rate/100,000 pop.	Deaths	Rate/100,000 pop.	Deaths	Rate/100,000 pop.
Benehah	3	32.9%	6	66.3%	1	11.0%	3	32.7%	3	32.5%
Bonner	7	16.8%	8	19.1%	12	28.2%	12	27.5%	12	26.8%
Boundary	3	27.3%	1	8.8%	2	17.1%	6	50.3%	4	33.5%
Kootenai	33	22.4%	42	27.9%	18	11.7%	32	20.3%	43	26.6%
Shoshone	7	56.5%	6	48.3%	4	32.1%	4	31.9%	5	39.1%
Total	53	23.9%	63	28.0%	37	16.1%	57	24.3%	67	27.9%
Idaho	320	20.0%	362	22.3%	351	20.9%	393	22.9%	418	23.8%

Source: Idaho Vital Statistics Bureau of Vital Records and Health Statistics: <https://healthandwelfare.idaho.gov/health/vitalrecordsouridaho/vitalstatistics/healthandwelfare/vitalstatistics/>

Know Your Data: Coroner Reports

2018 Coroner Data: Suicide by County

	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	2018 Totals
Benehah	0	0	0	0	0	0	0	0	1	0	1	0	2
Bonner	1	1	0	1	0	0	0	3	0	2	1	0	9
Boundary	0	0	0	0	0	0	0	0	1	1	0	1	3
Kootenai	3	0	4	8	5	3	2	3	1	8	2	3	42
Shoshone	0	0	1	0	0	1	1	0	1	0	1	0	5
													61

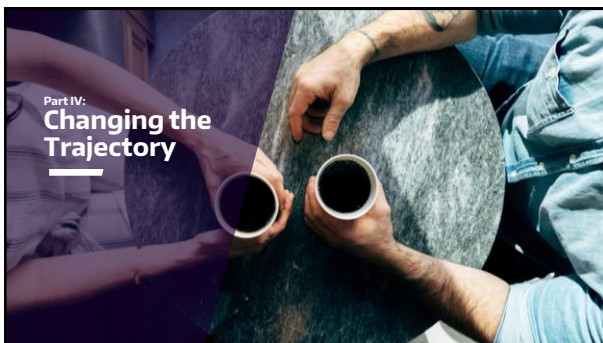
Source: Compiled from local coroner's office data (by county) in the state of Idaho.

Know Your Data: Coroner Reports

2019 Coroner Data: Suicide by County

	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	2019 Totals
Benewah	0	0	1	0	0	0	1	0	0	0	0	0	2
Bonner	0	3	0	1	1	1	1	2	1	1	1	1	13
Boundary	0	1	0	0	0	0	1	0	0	0	0	0	2
Kootenai	4	2	3	4	2	2	5	2	4	3	3	5	39
Shoshone	0	0	0	0	0	0	0	0	1	1	0	0	2
													52

Source: Compiled from local coroner's office data (by county) in the state of Idaho.



Local Suicide Prevention Coalition

FOCUS: Awareness, Prevention, Support



- Annual Walk
- QPR/ASIST
- Crisis Response Teams
- Materials
- Relationships
- Public Awareness
- Speakers
- Lethal Means Awareness
- Behavioral Health Professional Readiness
- Community Involvement
- Survivor Support
- Data

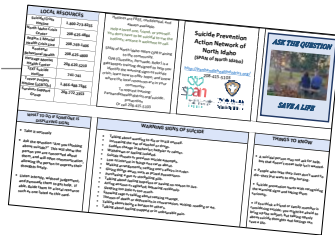


Taking Action: Awareness, Prevention, Support

- ✓ Find a champion
- ✓ Seek and use the data
- ✓ Be action-oriented

Taking Action: Resources

- ✓ Local Resources
 - Suicide Prevention Cardlettes
- ✓ State Resources
 - Brochures
 - Survivor packets
 - Website
- ✓ Social Media
 - Facebook presence



QUESTIONS?



To ask a question, please click the  icon in the Zoom toolbar to open your Q&A Pod.

Resources

211
<https://211.org/services/health>
2-1-1 *Call*

National Suicide Prevention Hotline
<https://suicidpreventionlifeline.org>
1-800-273-TALK (8255) *Call*
741-741 *Text*

American Foundation for Suicide Prevention
<https://afsp.org>

North Idaho Crisis Center
<https://micrisiscenter.org>
1-208-625-4884

Rural Crisis Center Network - Idaho District 2
<https://atozcounseling.com/crisis-center-services>
1-877-897-9027
