Mental Health and Suicide Prevention in Rural America

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District Director
Public Health
Idaho North Central District

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District Director
Public Health
Panhandle Health District

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

2005

Suicide Rates in the United States

2006
Part II: A Focus on Rural America

Suicide Rates per 100,000 population

- 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

Stressors in Rural Communities

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

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**Idaho Health District Structure**

**District 1**
- Benewah
- Boundary
- Boundary
- Lincoln
- Nampa

**District 2**
- Clearwater
- Kootenai
- Shoshone
- Moscow
- Moscow

**District 3**
- Ada
- Ada
- Ada
- Ada
- Ada

**District 4**
- Ada
- Ada
- Ada
- Ada
- Ada

**District 5**
- Adams
- Canyon
- Gem
- Payette
- Teton

**District 6**
- Ada
- Ada
- Ada
- Ada
- Ada

**District 7**
- Adams
- Bear Lake
- Bingham
- Bannock
- Butte

**District 8**
- Ada
- Ada
- Ada
- Ada
- Ada

**District 9**
- Ada
- Ada
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**District 10**
- Ada
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**District 11**
- Ada
- Ada
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- Ada
- Ada

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**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
Community Health Improvement Plan

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

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Source: Suicide/Homicide Prevalence in the U.S. Based on 2014-2016Population and Final Mortality Data

Know Your Data: Idaho DHW

2014 - 2018 Idaho Vital Statistics Data: Suicide by County

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Know Your Data: Coroner Reports

2018 Coroner Data: Suicide by County

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Source: Compiled from local coroner's office suicide death reports in the state of Idaho.
Know Your Data: Coroner Reports

2019 Coroner Data: Suicide by County

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<th>County</th>
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<tr>
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<td>11</td>
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<td>7</td>
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Part IV: Changing the Trajectory

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 Cardettes
- State Resources
  - Brochures
  - Survivor packets
  - Website
- Social Media
  - Facebook presence

LOCAL RESOURCES
Hotlines are FREE, confidential, and always available. Help a loved one, friend, or yourself. You don't have to be suicidal to use the hotlines; anyone is welcome to call.

SPAN of North Idaho offers QPR training to the community. QPR (Question, Persuade, Refer) is a gatekeeper training designed to help you identify the warning signs of suicide crisis; learn how to offer hope; and know where the local resources are in your community.

To request training:
Panhandlehealthdistrict.org/suicide-prevention
Or call 208-415-5103

Suicide Prevention Action Network of North Idaho (SPAN of North Idaho)
http://panhandlehealthdistrict.org/208-415-5103

Suicide/Crisis Hotline
1-800-273-8255
North Idaho Crisis Center
208-625-4884
Region 1 Mental Health Crisis Line
208-769-1406
Kootenai Behavioral Health
208-625-4800
Heritage Mental Health Center
208-620-5210

WHAT TO DO IF SOMEONE IS DISPLAYING SIGNS
WARNING SIGNS OF SUICIDE
THINGS TO KNOW

- Take it seriously
- Ask the question “Are you thinking about suicide?” This will show the person you are concerned about them, and will open communication, allowing the person to express their thoughts freely.
- Listen intently, without judgement, and persuade them to get help. If able, guide them to a local resource such as one listed on this card.
- Talking about wanting to die or to kill oneself.
- Increasing the use of alcohol or drugs.
- Sudden change in behavior; happier or calmer.
- Withdrawn or feeling isolated.
- Suicide threats or previous suicide attempts.
- Loss of interest in things one cares about.
- Making arrangements; setting one’s affairs in order.
- Giving things away, such as prize possessions.
- Purchasing a gun or stockpiling pills.
- Talking about feeling hopeless or having no reason to live.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Showing rage or talking about seeking revenge.
- Themes of death or depression in conversation, writing, reading or art.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.

A suicidal person may not ask for help, but that doesn’t mean help isn’t wanted.

- People who take their lives don’t want to die—they just want to stop hurting.
- Suicide prevention starts with recognizing the warning signs and taking them seriously.
- If you think a friend or family member is considering suicide, you might be afraid to bring up the subject, but talking openly about suicide thoughts and feelings can save a life.

QUESTIONS?

To ask a question, please click the icon in the Zoom toolbar to open your Q&A Pod.
<table>
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<tr>
<th>Resources</th>
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<tr>
<td>211</td>
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<td><a href="https://211.org/services/health">https://211.org/services/health</a></td>
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<td>National Suicide Prevention Hotline</td>
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<td><a href="https://suicidepreventionlifeline.org">https://suicidepreventionlifeline.org</a></td>
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<tr>
<td>1-800-273-TALK (8255) CAW</td>
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<td>741-741 Seer</td>
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<td>American Foundation for Suicide Prevention</td>
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<td>1-208-625-4884</td>
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<td>Rural Crisis Center Network - Idaho District 2</td>
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<td><a href="https://atozcounseling.com/crisis-center-services">https://atozcounseling.com/crisis-center-services</a></td>
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