Describe your public health experience with suicide prevention efforts:

A. Significant experience
B. Moderate experience
C. A little experience
D. No experience
PART I: Suicide in the U.S.

PART II: A Focus on Rural America

PART III: Prevention Profile

PART IV: Changing the Trajectory
Part I: Suicide in the United States
Suicide Rates in the United States

Lauren M. Rossen PhD, MS1 Holly Hedegaard MD, MSPH2 Diba Khan PhD3 Margaret Warner PhD1
Suicide Rates in the United States

2009

Lauren M. Rossen PhD, MS, Holly Hedegaard MD, MSPH, Diba Khan PhD, Margaret Warner PhD
Suicide Rates in the United States

2011


Lauren M. Rossen PhD, MS1
Holly Hedegaard MD, MSPH2
Diba Khan PhD3
Margaret Warner PhD1
Suicide Rates in the United States

2013

Lauren M. Rossen PhD, MS1; Holly Hedegaard MD, MSPH2; Diba Khan PhD3; Margaret Warner PhD1
Suicide Rates in the United States

2014

Suicides per 100,000

Lauren M. Rossen PhD, MS1 Holly Hedegaard MD, MSPH2 Diba Khan PhD3 Margaret Warner PhD4
Suicide Rates in the United States

2015

Lauren M. Rossen PhD, MS1, Holly Hedegaard MD, MSPH2, Diba Khan PhD3, Margaret Warner PhD4
Part II: A Focus on Rural America
Suicide Rates per 100,000 population

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

#### District 2
- Clearwater
- Idaho
- Latah
- Lewis
- Nez Perce

#### District 3
- Adams
- Canyon
- Gem
- Payette
- Washington

#### District 4
- Ada
- Boise
- Elmore
- Valley

#### District 5
- Blaine
- Camas
- Cassia
- Gooding
- Jerome
- Lincoln
- Minidoka
- Twin Falls

#### District 6
- Bannock
- Bear Lake
- Bingham
- Butte
- Caribou
- Franklin
- Oneida
- Power

#### District 7
- Bonneville
- Clark
- Custer
- Fremont
- Jefferson
- Lemhi
- Madison
- Teton
### 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

<table>
<thead>
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<tbody>
<tr>
<td>Total Deaths</td>
<td>44,965</td>
<td>351</td>
<td>47,173</td>
<td>393</td>
<td>418</td>
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<tr>
<td>Deaths/week</td>
<td>865</td>
<td>7</td>
<td>907</td>
<td>7.5</td>
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<tr>
<td>Suicide Rate per 100,000</td>
<td>13.9</td>
<td>20.8</td>
<td>14.5</td>
<td>22.9</td>
<td>23.8</td>
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Source: Suicide Rate by State by Population 2019 (Rates per 100,000 population)
afsp.org/about-suicide/suicide-statistics
## 2014 – 2018 Idaho Vital Statistics Data: Suicide by County

<table>
<thead>
<tr>
<th>County</th>
<th>District 1</th>
<th>2014</th>
<th>Rate/100,000 pop.</th>
<th>Deaths</th>
<th>2015</th>
<th>Rate/100,000 pop.</th>
<th>Deaths</th>
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<th>Rate/100,000 pop.</th>
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<th>2017</th>
<th>Rate/100,000 pop.</th>
<th>Deaths</th>
<th>2018</th>
<th>Rate/100,000 pop.</th>
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<td>6</td>
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<td>66.3%</td>
<td>11.0%</td>
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<td>11.0%</td>
<td>32.7%</td>
<td>3</td>
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<tr>
<td>Bonner</td>
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<td>7</td>
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<td>8</td>
<td>16.8%</td>
<td>19.1%</td>
<td>12</td>
<td>19.1%</td>
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<td>12</td>
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<td>393</td>
<td>20.9%</td>
<td>22.9%</td>
<td>418</td>
<td>20.9%</td>
<td>23.8%</td>
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## 2018 Coroner Data: Suicide by County

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<th>Feb</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>Aug</th>
<th>Sept</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>2018 Totals</th>
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<tr>
<td>Bonner</td>
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<td>1</td>
<td>0</td>
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<td>3</td>
<td>1</td>
<td>8</td>
<td>2</td>
<td>3</td>
<td>42</td>
</tr>
<tr>
<td>Shoshone</td>
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<td>0</td>
<td>1</td>
<td>0</td>
<td>0</td>
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<td>0</td>
<td>5</td>
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</table>

Source: Compiled from local coroner's office data (by county) in the state of Idaho.
## 2019 Coroner Data: Suicide by County

<table>
<thead>
<tr>
<th></th>
<th>Jan</th>
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<th>March</th>
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<th>July</th>
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<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
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<td>0</td>
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<td>0</td>
<td>0</td>
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<td>1</td>
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<tr>
<td>Bonner</td>
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<tr>
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<td>1</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
</tbody>
</table>

Source: Compiled from local coroner’s office data (by county) in the state of Idaho.
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 Cardlettes
✓ State Resources
  - Brochures
  - Survivor packets
  - Website
✓ Social Media
  - Facebook presence

LOCAL RESOURCES

<table>
<thead>
<tr>
<th>Resource</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicide/Crisis Hotline</td>
<td>1-800-273-8255</td>
</tr>
<tr>
<td>North Idaho Crisis Center</td>
<td>208-625-4984</td>
</tr>
<tr>
<td>Region 1 Mental Health Crisis Line</td>
<td>208-769-1406</td>
</tr>
<tr>
<td>Panhandle Behavioral Health</td>
<td>208-625-6800</td>
</tr>
<tr>
<td>Heritage Mental Health Center</td>
<td>208-620-5210</td>
</tr>
<tr>
<td>TEXT Suicide Hotline</td>
<td>741-741</td>
</tr>
<tr>
<td>Trevor Project Hotline (LGBTQ+)</td>
<td>1-866-488-7386</td>
</tr>
<tr>
<td>Survivors Support Group</td>
<td>208-772-2353</td>
</tr>
</tbody>
</table>

Local Resources are FREE, confidential, and always available. Help a loved one, friend, or yourself. You don’t have to be suicidal to use it; help is always welcome to call.

SPAN of North Idaho offers QPR training to the community.
QPR (Question, Persuade, Refer) is a step-by-step training designed to help you identify the warning signs of suicide and 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

WHAT TO DO IF SOMEONE IS DISPLAYING SIGNS

- 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 judgment, and persuade them to get help. If able, guide them to a local resource such as one listed on this card.
- Suicide/Crisis Hotline
- North Idaho Crisis Center
- Region 1 Mental Health Crisis Line
- Panhandle Behavioral Health
- Heritage Mental Health Center
- TEXT Suicide Hotline
- Trevor Project Hotline (LGBTQ+)
- Survivors Support Group

WARNING SIGNS OF SUICIDE

- Talking about wanting to die or to kill oneself.
- Increasing the use of alcohol or drugs.
- Severe change in behavior; happier or calmer.
- Sudden change in behavior; happier or calmer.
- Talking about feeling hopeless or having no reason to live.
- Talking about being a burden to others.
- Talking about being a burden to others.
- Changes in eating patterns (sudden weight loss or gain)
- Talking about death or dying.
- Sleeping too little or too much.
- Talking about suicide or planning suicide.
- Talking about life being not worth living.
- Talking about life being not worth living.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.

THINGS TO KNOW

- A suicide attempt may not ask for help, but that doesn’t mean they can’t be helped.
- The person who takes their lives does not 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 having suicidal thoughts, please help them talk about it. Suicide prevention starts with recognizing the warning signs and taking them seriously.

SAVE A LIFE
QUESTIONS?

To ask a question, please click the icon in the Zoom toolbar to open your Q&A Pod.
<table>
<thead>
<tr>
<th>Resources</th>
</tr>
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<tbody>
<tr>
<td>211</td>
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<tr>
<td><img src="https://211.org/services/health" alt="Image" /></td>
</tr>
<tr>
<td>![Image](2-1-1 Call)</td>
</tr>
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<td>National Suicide Prevention Hotline</td>
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<td><img src="https://suicidepreventionlifeline.org" alt="Image" /></td>
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<td>![Image](1-800-273-TALK (8255) Call)</td>
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<td>741-741 Text</td>
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<td>American Foundation for Suicide Prevention</td>
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