Johnson County Suicide Prevention

November 30, 2017
To those who have lost their lives by suicide,
To those who struggle with thoughts of suicide,
To those who have made an attempt on their lives,
To those caring for someone who struggles,
To those left behind after a death by suicide,
To those in recovery, and
To all those who work tirelessly to prevent suicide and suicide attempts in our nation.

We believe that we can and we will make a difference.
In 2015...

Over 44,000 people lost their lives to suicide. (Source: CDC, 2015) That is nearly 30% more deaths than those who died in motor vehicle crashes. (Source: IIHS, 2015)

The Nation lost 44,193 to suicide and overdose.

The State lost 477 to suicide and overdose.

The County lost 88 to suicide and overdose.

Data on this slide are from the CDC and JOCO Coronor for the year 2015.
Overview

All data from JOCO Coroner. Data are from Jan-1-2010 thru Nov-26-2017.
Johnson County Suicide/Overdose Deaths by Year

Number of Deaths

- 2010: 63 (Overdose: 12, Suicide: 51)
- 2011: 57 (Overdose: 16, Suicide: 41)
- 2012: 86 (Overdose: 16, Suicide: 70)
- 2013: 65 (Overdose: 22, Suicide: 43)
- 2014: 74 (Overdose: 28, Suicide: 46)
- 2015: 72 (Overdose: 16, Suicide: 56)
- 2016: 65 (Overdose: 26, Suicide: 39)
- 2017: 77 (Overdose: 22, Suicide: 55)

All data from JOCO Coronor. Data are from Jan-1-2010 thru Nov-26-2017.
Johnson County Suicide/Overdose Deaths by Month

All data from JOCO Coronor. Data are from Jan-1-2010 thru Nov-26-2017.
Johnson County Suicide/Overdose by Age Range 2017

All data from JOCO Coroner. Data are from Jan-1-2016 thru Nov-26-2017.
Johnson County Suicide/Overdose by Gender 2017

All data from JOCO Coronor. Data shown here are from Jan-1-10 thru Dec-31-10 and Jan-1-17 thru Nov-26-17.
# Johnson County Suicide/Overdose by Method

<table>
<thead>
<tr>
<th>Method</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gun shot</td>
<td>5.21%</td>
<td>33.33%</td>
</tr>
<tr>
<td>Overdose</td>
<td>9.38%</td>
<td>18.75%</td>
</tr>
<tr>
<td>Hanging</td>
<td>7.29%</td>
<td>15.63%</td>
</tr>
<tr>
<td>All other methods</td>
<td>5.21%</td>
<td>5.21%</td>
</tr>
</tbody>
</table>

All data from JOCO Coroner. Data shown here are from Jan-1-2017 thru Nov-26-2017. All other methods were grouped to help preserve anonymity.
Highlights of the Coalition

150 people attended the first community event five years ago

4 proclamations with BOCC

13 ASIST trainings offered over the last 3.5 years

295 people trained in ASIST since August 2014

5 years the coalition has been working on prevention efforts

Over $30,000 received through community partnerships and in-kind donations

500 magnets distributed to police during suicide prevention week
Strategic Goals
From the National Strategy for Suicide Prevention

• Implement research-informed communication efforts designed to prevent suicide by changing knowledge, attitudes, and behaviors.

• Provide training to community and clinical service providers on the prevention of suicide and related behaviors.

• Promote suicide prevention as a core component of health care services.
Annual School Event

Joe Kordalski, De Soto School District

• 4th annual School Training event held Friday, January 27th at the Blue Valley School District, Hilltop Learning Center with approx. 100 people in attendance

• The TREVOR Project out of California spoke about how to support LGBTQ youth through their C.A.R.E. Program. (Connect, Accept, Respond, Empower)

• Provided an overview of suicidal risk among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth

• Discussed various environmental stressors within and outside of the school environment that contributes to a heightened risk for suicide in the LGBTQ population

• Focused on how to promote resiliency with at-risk youth

• Discussed best practices and practical steps that service providers, educators, and Administration can take to promote a positive environment for all youth
Community Partnerships

Joe Kordalski, De Soto School District

• Increased partnerships and collaboration

• The Coalition partnered, providing information and representation at the following events:
  – Flippin’ Sweet Memorial Disk Golf Tournament, June 24th
  – SASS Mokan Annual Remembrance Walk, September 10th
  – Speak Up Walk, September 17th
  – Stand Up to Stigma Event - UMKC, October 23rd
  – Born This Way Foundation Event, November 17th
‘13 Reasons Why’
Listening, Understanding and Communicating about Suicide

Rennie Shuler-McKinney, Shawnee Mission Health

• NetFlix Series *13 Reasons Why* portrays a teen’s suicide as well as bullying, sexual assault, and drug/alcohol use
  – Graphic in nature
  – Gained local and national attention

• May 18th Event: Central Resource Library
  • Panel discussion for parents and teens
  • Education on suicide awareness/prevention
  • Addressed TV series, recommendations for viewing and concerns
  • Resources provided
Suicide Awareness Event
United Methodist Church of the Resurrection

Rennie Shuler-McKinney, Shawnee Mission Health

July 7th & 8th: Like A Broken Vessel: The Gospel and Suicide sermon by Pastor Adam Hamilton
- Interviews included family members with suicide loss and a member of the JCSPC leadership team

July 13th: Suicide Prevention and Awareness Panel Discussion
- 357 attendees/111 engaged online
- 4.1k viewed video
- 13k individuals showed on feeds

Suicide Grief Support Group
- For those who have lost loved ones to suicide
- 1st & 3rd Thursdays at 6:30pm
- Building A at the Leawood Campus
‘You Are Not Alone’

Steve Willsie, Sunflower Health Plan
Coalition Development

Shawn Reynolds, Olathe Police Department

• By Laws including positions, terms, responsibilities, etc. were established

• Mission statement was created

  Johnson County Suicide Prevention Coalition saves and supports life, with our community partners, through awareness, education and outreach.

• New members of Leadership Team include:
  – Captain John Roland-Olathe Police Department
  – Bonnie Swade-SASS-MOKAN
  – Dr. Ann Karty-Blue Cross Blue Shield of Kansas City

• 2018 incoming Chair is Joe Kordalski

• Membership has grown to over 300 people
Suicide Prevention Week/Day

Shawn Reynolds, Olathe Police Department

- Members of JCSPC attended SASS-MoKan 14th Annual Remembrance Walk and provided resources

- Community partners throughout Johnson County hosted events and provided education

- Law enforcement and Johnson County Government agencies displayed the Suicide Prevention Hotline/Text-line on their vehicles

**National Suicide Prevention Lifeline:**
1-800-273-8255
Text Line: 741 741
Suicide Prevention Week/Day

Shawn Reynolds, Olathe Police Department

Johnson County Board of County Commissioners issued a proclamation, received by coalition member Jeff Wilson
Hosted film director Lisa Klein and screened the movie at Olathe West High School in partnership with the Olathe School District
Finances

Shana Burgess, Johnson County Mental Health Center

• 2016 Balance: $7,139
• 2017 Deposits/Donations: $28,560
• 2017 Expenses: $8,142
• 2017 Remaining Balance: $27,557

When you get, give. When you learn, teach.

- Maya Angelou
Finances

• 2017 Expenses Include:
  – Two scholarships for the American Association of Suicidology Conference in April
  – S Word Screening
  – Coalition materials - business cards, stress balls, magnets
  – Resource/Educational materials - flyers, magnets, brochures, etc.
Kevin McGuire, Johnson County Mental Health Center

- Two-day workshop for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide

- Training takes participants through a model to learn how to provide suicide first aid to someone in crisis

- 13 trainings provided - 295 community members trained
Participant feedback:
- “Small group practice was very helpful to reduce overall anxiety in practicing the model and skill building”
- “I loved this training. Very useful tools. The trainers were motivating and supportive through the entire learning process”
- “This was very helpful and increased my confidence”

Next Training: March 8th and 9th at Johnson County Mental Health Center

Kevin McGuire, Johnson County Mental Health Center
Faith Collaboration

Darren McLaughlin, Merriam Police Department

- Goal is increase partnership with the faith community and provide education and tools to reduce suicide in our community
- Develop a 1 to 2-hour Gatekeeper training
- Provide resource materials
- Thanks to Dr. Len Harvey for his support of this effort
Gun Locks

Darren McLaughlin, Merriam Police Department

- Firearms account for almost 50% of all suicides
- Helping reduce the quick access to guns may give enough pause for people to seek help
- Project Child Safe provides gun locks free of charge to local law enforcement agencies
- The Johnson County Suicide Prevention Coalition has distributed over 250 locks to 5 different agencies
Johnson County Suicide Prevention Coalition

• Meets monthly on the fourth Thursday
  – December 14th 3-4:30
  – January 2018-regular meetings resume

• 3:00-4:30pm at Johnson County Mental Health Center
  - 1125 W. Spruce in Olathe

• Please contact Prevention Services at 913-715-7880 or megan.clark@jocogov.org for more information
Thank you for your participation!

Please fill out feedback form provided on table.

If you are interested in being on the coalition distribution list, please fill out your information on the notecards provided.

For more information please contact Megan Clark at megan.clark@jocogov.org or 913-715-7880
Suicide is preventable, help is available.

We believe that we can and we will make a difference.

spc@jocogov.org
www.jocogov.org/suicideprevention
www.facebook.com/Jocomnh