Welcome

Community Summit On Suicide Prevention

Hosted By Johnson County Mental Health at Heartland Community Church

• Update on national and local suicide rates and trends
• Collaborative discussion with diverse stakeholders on local scope and solutions
  • Learn about national and state plans-best practices in suicide prevention
  • Next steps-vision for local strategies
Suicide Epidemic in the News

- There was a 70% increase in suicides in Johnson County between 2006 and 2010.

- Nationally, there are currently about 12 suicides per 100,000 persons.
  (September 11th, 2012 article by Steve Rose, Star Columnist, “Rising Tide of Suicides Needs Education and Action”)

- The suicide rate between 2008 and 2010 increased four times faster than it did in the eight years before the recession.

- The link between suicide rate and unemployment, showed every rise of 1 percent in unemployment was accompanied by an increase in the suicide rate of roughly 1 percent.
  (November 4th, 2012 article by Benedict Carey, New York Times, “Increase Seen in U.S. Suicide Rates Since Recession”)

Suicide is the 10th leading cause of death, claiming more than twice as many lives each year as does homicide.

Every 13.7 minutes someone in the United States dies by suicide.

For every person who dies by suicide, more than 30 others attempt suicide.

Source: American Foundation for Suicide Prevention
National Suicide Rates

- More than 8 million adults report having serious thoughts of suicide in the past year.
- 2.5 million report making a suicide plan in the past year.
- 1.1 million report a suicide attempt in the past year.

Suicides & Overdoses by Year in Johnson County From 2008-2012

* November & December 2012 data not included
**Deaths as reported from Johnson County Coroner’s Office
Demographic Risk Factors

- Men are nearly 4 times more likely to die by suicide than women
- Women attempt suicide 3 times as often as men
- Suicide rates are highest for people between the ages of 40 and 59
- Native American peoples are most likely to die by suicide, followed by white individuals

Source: American Foundation for Suicide Prevention
Suicides & Overdoses by Gender & Year in Johnson County From 2008-2012

* November & December 2012 data not included

**Deaths as reported from Johnson County Coroner’s Office
Cause of Suicide Deaths by Gender
Kansas 2006-2010

FEMALES

- Poisoning: 9%
- Firearm: 21%
- Suffocation: 28%
- All Others: 42%

MALES

- Firearm: 6%
- Suffocation: 12%
- Poisoning: 22%
- All Others: 60%

Source: 2006-2010 Kansas Vital Statistics, Bureau of Epidemiology and Public Health Informatics, KDHE
Suicides & Overdoses by Age & Year in Johnson County
From 2008-2012

*January 1, 2008-April 12, 2008-No ages available
**November & December 2012 data not included
***Deaths as reported from Johnson County Coroner’s Office
In 2011, 10% of Johnson County high school males and 13.6% of females seriously considered attempting suicide in the past 12 months.

In 2011, 6% of Johnson County high school males and 5.7% of females attempted suicide at least once.

Source: Kansas High School Youth Risk Behavior Survey, 2011
Mental Health and Suicide

- Having a mental and/or a substance use disorder can greatly increase the risk for suicidal behaviors.

- Suicide rates are particularly high among individuals with mood disorders such as major depression and bipolar disorders.

- Suicidal thoughts and/or behaviors are common among patients with bipolar disorders, and suicide rates are estimated to be more than 25 times higher for these patients than among the general population.

Substance Abuse and Suicide

- Alcohol and drug abuse are second only to mood disorders as the most frequent risk factors for suicidal behaviors.
- In 2008, alcohol was a factor in approximately one-third of suicides reported in 16 states.
- Having both a substance use disorder and a mental disorder, particularly a mood disorder, also has been found to increase suicide risk.

Suicide is often the most common cause of death in secure justice settings.

More than 400 suicides occur each year in local jails at a rate three times greater than among the general population, and suicide is the third leading cause of death in prisons.

In the past decade, increases in the rate of suicide among members of the U.S. Armed Forces has led to the implementation of extensive prevention programs in all branches of the military.

In addition, concern about suicide among veterans has also led to extensive suicide prevention efforts.

There is also concern that youth in the foster care system may be at an increased risk for suicidal behaviors and other related problems.

Other groups identified as having a higher risk for suicidal thoughts and/or behaviors than the general population include LGBT populations and individuals who have been bereaved by suicide.

Research shows that during our lifetime:

- 20% of us will have a suicide within our immediate family
- 60% of us will personally know someone who dies by suicide

“It is on all of us to educate ourselves, to look for the symptoms, and to be ready to act”

(September 11th, 2012 article by Steve Rose, Star Columnist, “Rising Tide of Suicides Needs Education and Action”)