In Honor of Those We Have Lost, Those Who Have Lost Their Loved Ones and Those Who Struggle with Suicide

Barri Sky Faucett, MA
The way we talk about suicide matters.

The way we speak about suicide can be healing or harmful.
<table>
<thead>
<tr>
<th>TERMS TO USE</th>
<th>AVOID</th>
<th>WHY?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Died by suicide</td>
<td>Successful suicide</td>
<td>Because it suggests suicide is a desired outcome</td>
</tr>
<tr>
<td>Took his/her/their own life</td>
<td>Completed suicide</td>
<td></td>
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<tr>
<td>Died by suicide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Took his/her/their own life</td>
<td>Committed suicide</td>
<td>Because it associates suicide with crime or sin</td>
</tr>
<tr>
<td>Died by suicide</td>
<td></td>
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<tr>
<td>Increasing rates</td>
<td>Suicide epidemic</td>
<td>Because it sensationalizes suicide</td>
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<tr>
<td>Higher rates</td>
<td></td>
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<tr>
<td>Suicide attempt</td>
<td>Failed suicide attempt</td>
<td>Because it can glamorize suicide</td>
</tr>
<tr>
<td>Refrain from using the term</td>
<td>Political suicide</td>
<td>Because it is an inaccurate use of the term “suicide”</td>
</tr>
<tr>
<td>‘suicide’ out of context</td>
<td>suicide mission</td>
<td></td>
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</tbody>
</table>
• Ranks as the 10th leading cause of death in the United States

• In 2020 45,855 individuals died by suicide in the United States

• Decrease 2 subsequent years for the first time in over 30 years
  
  2019- 47,511- 3% decrease
  2018-48,344- 2% decrease
• In 2019, WV ranked 16\textsuperscript{th} in the US in suicide deaths.
  2018- 7\textsuperscript{th} in the Nation

• In 2019, there were 330 deaths by suicide
  Decrease from 2018- 403

• In WV 18.4 people per 100,000 vs US rate of 14.5
Identifying and Using Data: Sources

- Centers for Disease Control & Prevention (CDC):

- National Syndromic Surveillance Program’s BioSense Platform ESSENCE* Surveillance Tool
- Vital Statistics (State Health Departments)
- Child Fatality Review Team (State)
- Domestic Violence Fatality Review Team (State)
- Local Reports
Suicide: A PREVENTABLE DEATH IN OUR STATE

West Virginia Suicides by County
All Ages
2010-2019
Rate per 100,000 Population
WV Rate 18.8/100,000
3,445 Deaths by Suicide

Suicide: A PREVENTABLE DEATH IN OUR STATE

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3,445 Deaths by Suicide
Suicide:
A PREVENTABLE DEATH IN OUR STATE

West Virginia Suicides by County
Ages 25 - 64
2010-2019
Rate per 100,000 Population
WV Rate 25.2/100,000
2,423 Deaths by Suicide

Suicide: A PREVENTABLE DEATH IN OUR STATE
Suicide: A PREVENTABLE DEATH IN OUR STATE

West Virginia Suicides by County
Ages 10 - 14
2010-2019
Rate per 100,000 Population
WV Rate 1.9/100,000
29 Deaths by Suicide

Among the 20 counties reporting a suicide in this age group, 6 counties reported multiple suicides.
Suicide:
A PREVENTABLE DEATH IN OUR STATE

West Virginia Suicides by County
Ages 15 - 24
2010-2019
Rate per 100,000 Population
WV Rate 14.6/100,000
338 Deaths by Suicide

Suicide: A PREVENTABLE DEATH IN OUR STATE
WV and US Rate of Lives Lost by Age Group 2015 - 2019

*Rate is unreliable when it is calculated with a numerator of 20 or less.

Data source: Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2019 on CDC WONDER Online Database, released in 2020. Data are from the Multiple Cause of Death Files, 1999-2019, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program.
2018 WV Resident Suicides
Age Specific Rate per 100,000 population

Data Source: West Virginia Health Statistics Center, Vital Statistics System
Rates based on 10 or fewer events are suppressed due to low statistical reliability
WV Resident Manner of Suicide
All Ages
2010-2019

Source: West Virginia Health Statistics Center, Vital Statistics Center, March 2021
Note: 2019 data are preliminary
Application of Data

- Geographical Locations – Maps
- Targeted efforts to age populations
- Means Campaigns
- Targeted training
- Program Implementation
Prevent Suicide WV

Prevent Suicide WV is the statewide suicide prevention program, funded through the Bureau for Behavioral Health (BBH) as a result of SAMHSA’s Garrett Lee Smith Memorial and State Opioid Response grants.

It provides an array of services to a lifespan population including, but not limited to:

- Suicide prevention and intervention education
- Implementation of evidence-based programs and best practices
- Improving identification, referral, and engagement interventions for at-risk individuals
- Providing for technical assistance and consultation services for suicide prevention, intervention, and postvention measures across systems and agencies
- Building organizations’ capacity to deliver coordinated care
- Working towards producing a statewide infrastructure for culturally competent, caring, comprehensive, sustainable suicide prevention, intervention, and follow-up system of care
National Models: SAMHSA’s National Strategy for Suicide Prevention; Zero Suicide
Regional Intervention Specialists
#KEEPGOING- Meet people Where They Are

Dissemination Efforts

- Carryout Orders
- Food Pantries
- Blessing Boxes
- SSAC Basketball

YOU CAN DO HARD THINGS
you've survived 100% of your toughest days
this is a reminder
YOU MATTER
#KEEPGOING Adapting Training Strategies During COVID-19

Virtual Presentations
- Camera on
- Partner to monitor chat
- Acknowledgment of resources prior to training

Virtual Trainings for Youth – Signs of Suicide
- Camera on
- Small groups
- Trusted adult to monitor chat
- Acknowledgment of resources prior to training
- Referral mechanism for at-risk youth identified
In-person trainings

ASIST; safeTALK
Follow CDC Guidelines-physical distancing, temperature checks, etc.
Use individual slips for activities versus shared materials
The objectives of the Regional Youth Suicide Intervention Specialist program are:

- Increase the implementation of suicide prevention evidence-based practices
- Improve identification, referral, and engagement interventions for youths and young adults aged 10-24
- Increase the number of youths and youth-serving agencies that implement screening and gatekeeping programs
- Build the capacity of organizations serving vulnerable sub-populations to deliver coordinated care effectively
- Provide follow-up services to attempt survivors and their families
West Virginia and US
Rates of Lives Lost
Ages 10 - 17 and 18 - 24
2010 - 2019

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2019 on CDC WONDER Online Database, released in 2020. Data are from the Multiple Cause of Death Files, 1999-2019, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at http://wonder.cdc.gov/ucd-icd10.htm
West Virginia Lives Lost
Ages 10 -17 and 18 -24 by Gender
2010 -2019

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2019 on CDC WONDER Online Database, released in 2020. Data are from the Multiple Cause of Death Files, 1999-2019, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at http://wonder.cdc.gov/ucd-icd10.htm
Total Adolescents Trained and Screened
Y1 Jan - Dec 2020
Y2 Jan - Sep 2021

Trained in EBP
- Y1 Jan - Dec 2020: 3971
- Y2 Jan - Sep 2021: 7155

Screened
- Y2 Jan - Sep 2021: 7223
Adolescents Trained and Screened
Jan 2020 - Sep 2021

- Trained in EBP: 11126
- Screened: 7667
Total Individuals Trained
Jan 2020 - Sep 2021

- Total Trained: 14086
- Professionals: 1801
- Non-Professionals: 1159
- <18: 11126
Total Individuals Trained
Y1 Jan - Dec 2020
Y2 Jan - Sep 2021

- Total Trained: 5234, 8852
- Professionals: 847, 954
- Non-Professionals: 416, 743
- <18: 3971, 7155

Colours:
- Y1 Jan - Dec 2020
- Y2 Jan - Sept 2021
Outreach
Training
Screening
Outreach & Training
Training & Screening
Outreach, Training & Screening

Types of Activities January 2020 - June 2021

- Outreach
- Training
- Screening
- Outreach & Training
- Training & Screening
- Outreach, Training & Screening
Monthly Data Counts WV Emergency Department Visits for Suicide Attempt, Ideation Jan 2020 – Dec 2020 Ages 12 -25

Data Source: National Syndromic Surveillance Program
Follow-up Caring Contacts

- Timeline- within 24-72 hours
- Methods:
  - Texts
  - Phone Calls
  - Postcards
  - Letters
Suicide Care Pathway

Screening  Assessment  Risk Formulation  Safety Planning  Referral  Follow-up
Surviving SUICIDE Loss

Grief is LOVE... with no place to go.

The KEEPING ROOM

Grief Support Group

A guided grief support group - alongside others who understand
Websites

www.preventsuicidewv.com
www.suicidepreventionlifeline.org
www.sprc.org
www.help4wv.com
www.meansmatter.org
www.thetrevorproject.org
www.Zerosuicide.org
www.mantherapy.org
www.jedfoundation.org
www.glsen.org
Resources

Crisis Text Line
Text HELLO to 741741
Free, 24/7, Confidential

1-844-HELP4WV

Trevor Lifeline
866.488.7386
YOU ARE NEVER ALONE
TheTrevorProject.org

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Prevent Suicide West Virginia
National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Learn the Warning Signs.
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