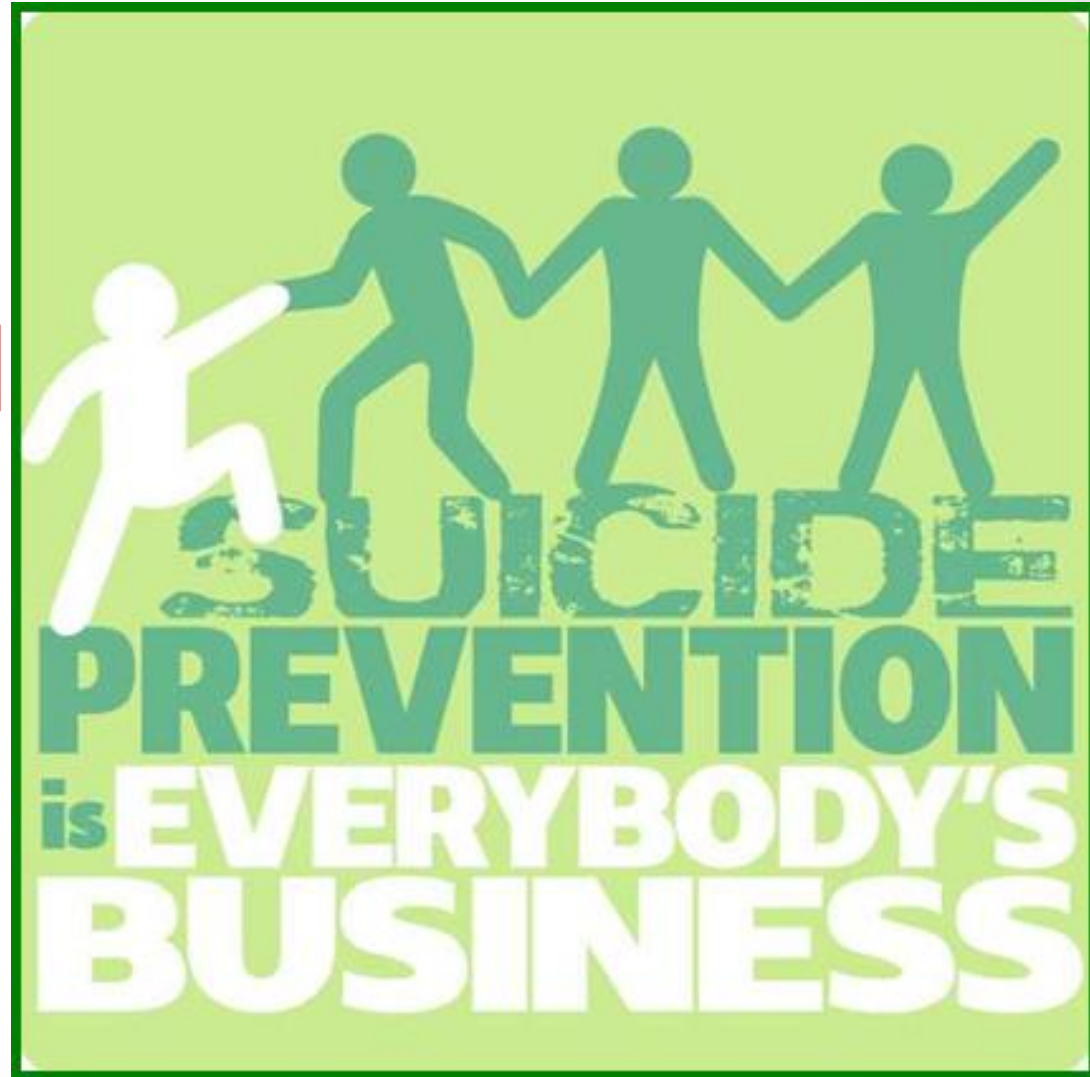




Suicide in Montana Colleges and Universities

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Suicide Fact Sheet

Center for Disease Control – WISQARS website,
<http://www.cdc.gov/injury/wisqars/index.html>, (January, 2015)

- ❖ Suicide has **surpassed car accidents** as the No. 1 cause of injury-related death in the United States. There has been a **28% increase** in the number of suicides in the United States since 2001 (CDC, 2013)
- ❖ In 2013 there were **41,149** suicides in the U.S. (**112** suicides per day; 1 suicide every **13** minutes). This translates to an annual suicide rate of **13 per 100,000**.
- ❖ Males complete suicide at a rate **four times** that of females. However, females attempt suicide **three times** more often than males.
- ❖ Firearms remain the most commonly used suicide method, accounting for nearly **52%** of all completed suicides.

Suicide and Primary Care

- ❖ Up to **45%** of individuals who die by suicide visit their primary care provider within **a month** of their death, with **20%** of those having visited their primary care provider within **24 hours** of their death
- ❖ In a 2014 Washington state study, out of 100 people seen in a ED who attempted suicide, **83** were seen by their PCP in the past month. Only **55** were asked about suicide by the PCP.
- ❖ On the PHQ-9, an "yes" answer to question #9 (about suicide), increased risk **10x** of suicide risk (Greg Simon, et al)

Suicide among Children

- ❖ In 2013, **395** children ages 5 to 14 completed suicide in the U.S. (up from 311 in 2012 and 287 in 2011)
- ❖ Suicide rates for those between the ages of 5-14 **increased 60%** between 1981 and 2010.

Suicide among the Young

- ❖ Suicide is the **2nd leading cause of death** among young (15-24) Americans; only accidents occur more frequently. In 2013, there were **4,878** suicides by people 15-24 years old. (up from 4,872 in 2011)
- ❖ Youth (ages 15-24) suicide rates increased more than **200%** from the 1950's to the mid 1990's. The rates dropped in the 1990's but went up again in the early 2000's.

Suicide among our Veterans

- ❖ The VA estimates the suicide rate for young veteran men between the ages 18-29 is around **56 per 100,000** (compared to 20 for non-vet males 18-29)
- ❖ 950 veterans attempt suicide every month in the US.
- ❖ In the US, a veteran dies by suicide **every 65 minutes, 22 a day, or more than 8,000 suicides a year.**
- ❖ Vet suicides now constitute approximately 20% of all suicides in the United States.
- ❖ Only approximately **40%** of the Veterans who die by suicide have been deployed.

Source: Kemp & Bossarte, R, Suicide Data Report, 2012 (2013), Department of Veteran Affairs

Suicide among College Students

- ❖ It is estimated that there are more than **1,100 suicides** on college campuses per year, making it the **2nd leading cause of death** for college students.
- ❖ 1 in 12 college students have made a suicide plan.
- ❖ 9.5% of students had seriously contemplated suicide.
- ❖ An estimated **24,000 suicide attempts** occur annually among US college students aged 18-24 years.

Suicide in Montana

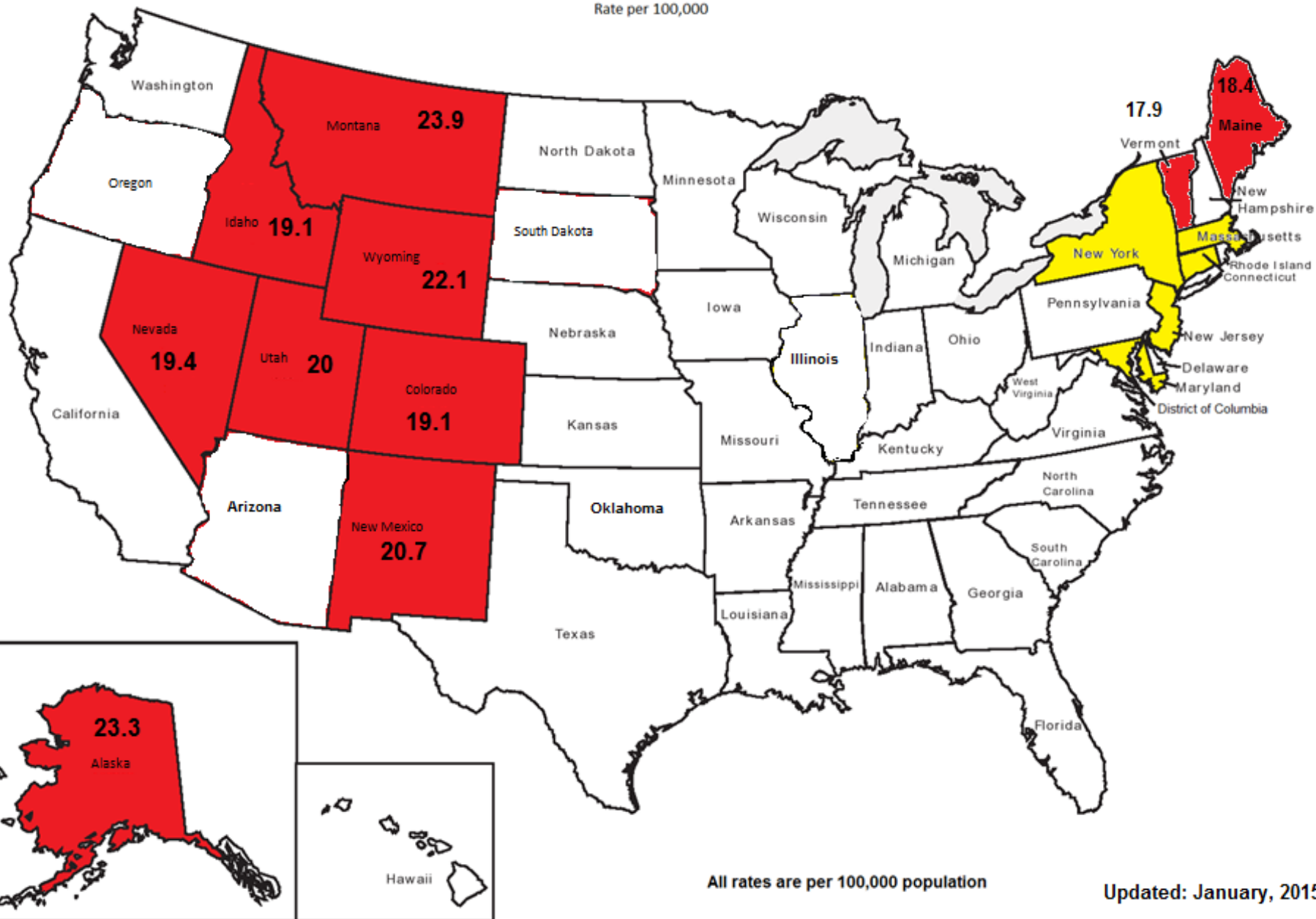
Data Source: 2013 National Vital Statistics Reports (01/07/15), Montana Office of Epidemiology and Scientific Support (01/22/15)

- ❖ For all age groups, Montana has ranked in the **top five** for suicide rates in the nation, for the past forty years.
- ❖ According to the most recent numbers released by the National Vital Statistics Report for **2013**, **Montana has the highest rate of suicide in the United States (243 suicides for a rate of 23.9).**
- ❖ In Montana for 2014, there were 246 suicides* for a rate of **23.8** per 100,000 (compared to a US rate of 13) ***UNOFFICIAL**

2013 Suicide Rates by State

American Association of Suicidology

Rate per 100,000



All rates are per 100,000 population

Updated: January, 2015

Approximately 90% of those who complete suicide suffer from at least one major psychiatric disorder

- ❖ Mood disorders are consistently the most prevalent disorder (49-64%)
- ❖ The 2nd most frequent diagnosis is a Substance abuse disorder.

(however, it is important to note that not all mentally ill people attempt suicide)



Suicides in Montana Colleges and Universities

- Between 2/10/14 and 4/29/15, there have been **12 suicides by students and 2 by faculty members.**
- **Concerning the student suicides;**
 - 10 males, 2 females
 - 8 Caucasians, 4 American Indians
 - 6 were ages 18 or 19, 4 were between 20-23, 2 were over 23.
 - Alcohol was involved in 4, methamphetamines in 1, 2 were on psychotropic medications, no substances identified in the remaining 5.

Evidenced-Based Suicide Prevention Programs



QPR

A two hour training that provides anybody the basic tools on how to intervene with a suicidal person

Other Evidenced-Based Suicide Prevention Programs

ASIST



A two-day workshop designed to provide participants with gatekeeping knowledge and skills. Gatekeepers are taught to recognize the warning signs and to intervene with appropriate assistance.

Other Evidenced-Based Prevention Programs

Mental Health First Aid

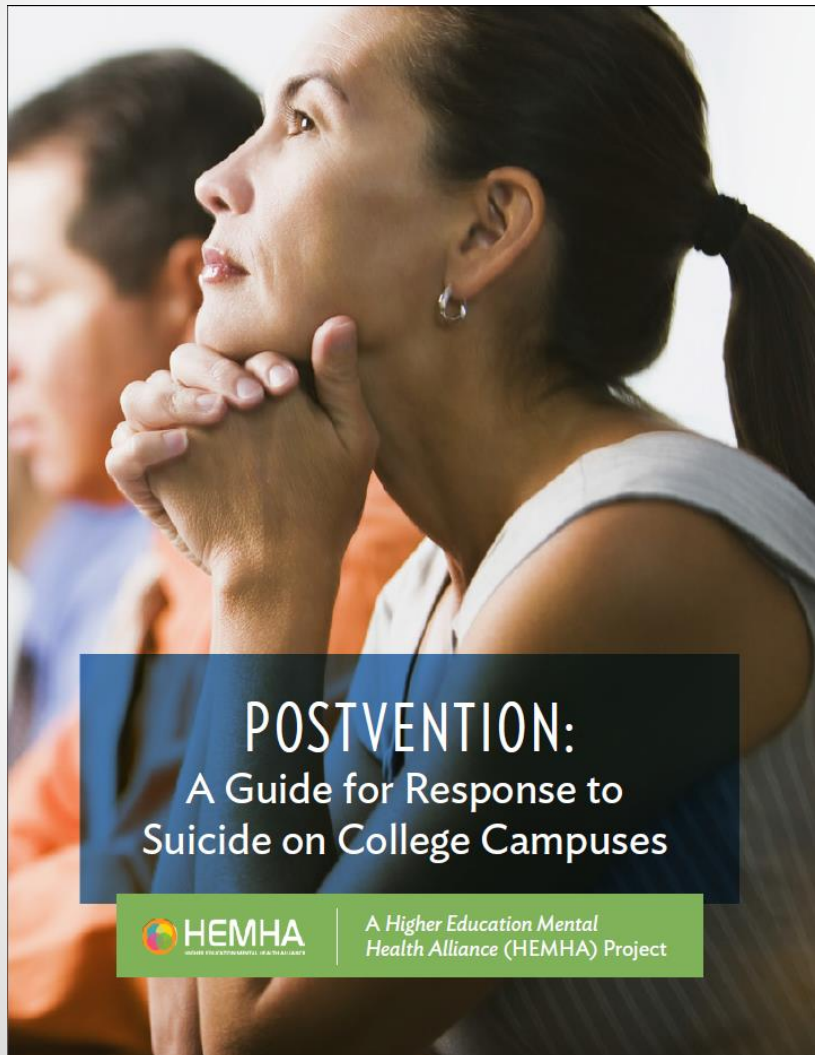


MENTAL
HEALTH
FIRST AID
www.MentalHealthFirstAid.org

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders.

Campus Resources

This resource is intended for use by colleges and universities that are affected by and/or want to be prepared for campus crises and campus deaths. It is available from the **Higher Education Mental Health Alliance (HEMHA)**



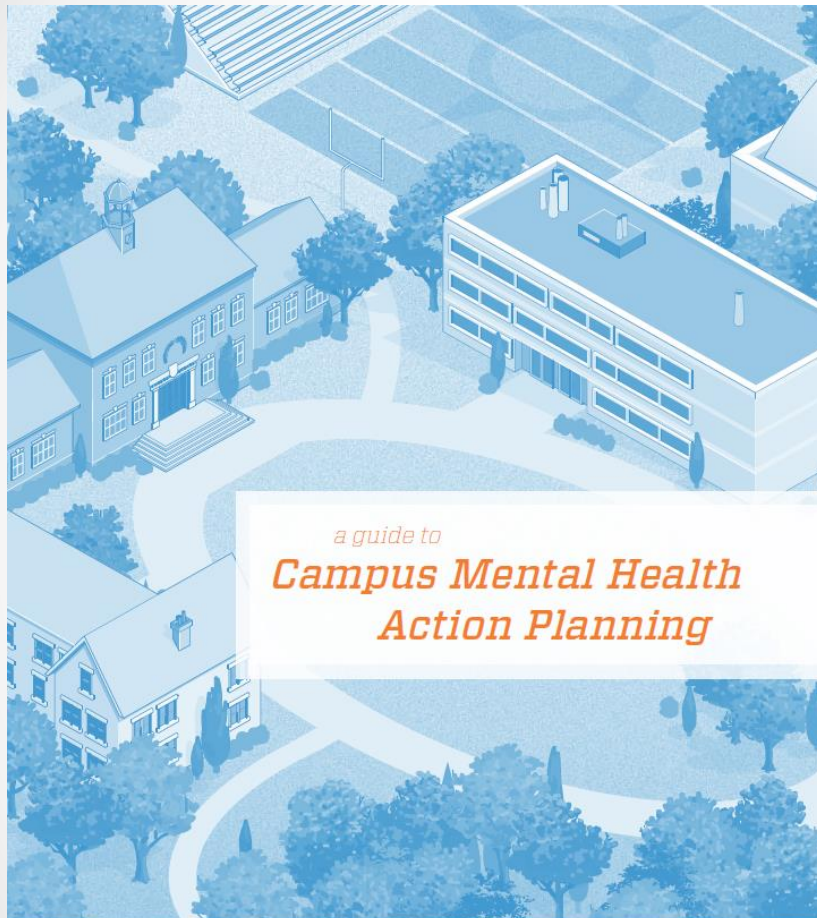
POSTVENTION:

A Guide for Response to
Suicide on College Campuses



A Higher Education Mental
Health Alliance (HEMHA) Project

Campus Resources



The purpose of this publication, which is part of the *Campus Mental Health Action Planning (CampusMHAP)* program, is to guide campuses through a step-by-step process for designing a plan to promote the mental health of all students.



Campus Resources

Preventing Violence and Promoting Safety in Higher Education Settings

*Overview of a
Comprehensive Approach*

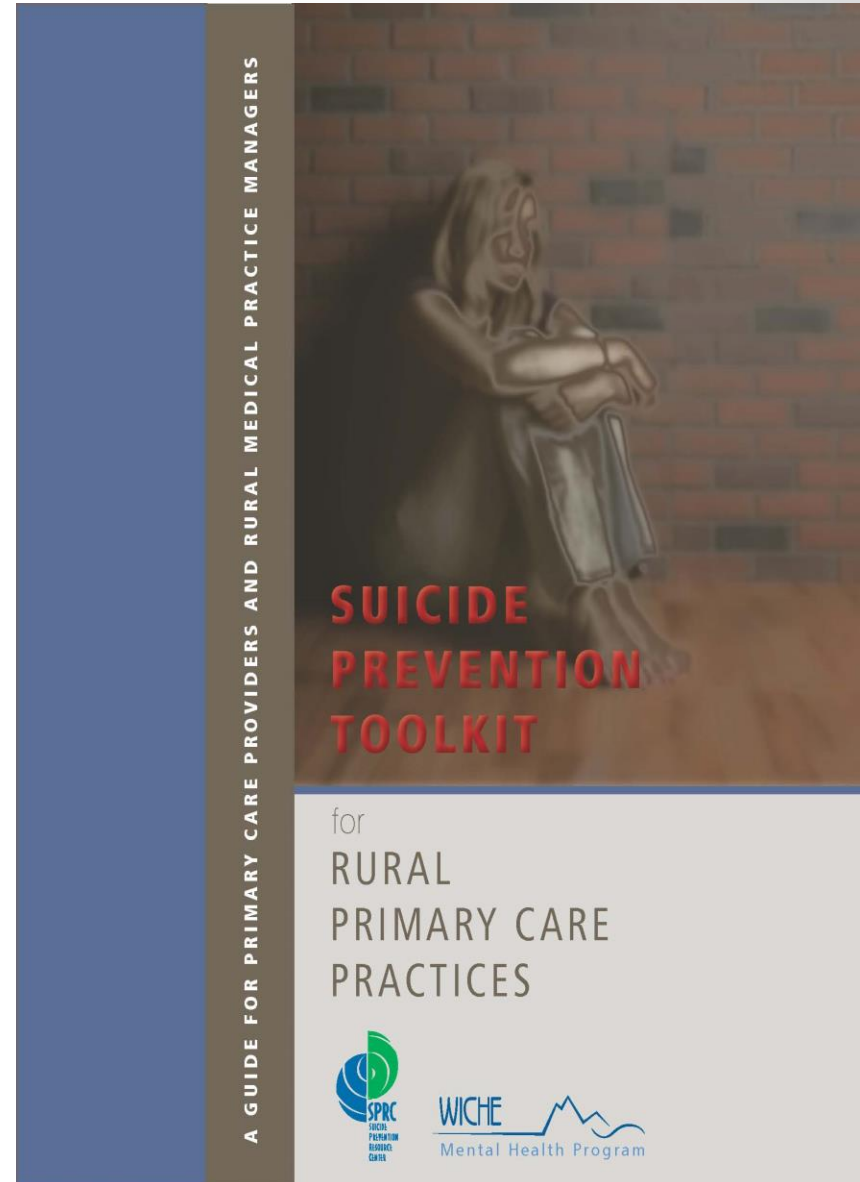
The Higher Education Center
for Alcohol and Other Drug Abuse
and Violence Prevention
Funded by the U.S. Department of Education

This publication reviews the scope of campus violence problems, describes the wide array of factors that cause and contribute to violence, outlines a comprehensive approach to reducing violence and promoting safety on campus.

Other Resources

Suicide Prevention Toolkit for Rural Primary Care Physicians

Suicide assessment and intervention kit designed for physicians practicing in rural communities.



Other Resources

Firearm Safety Program

Increase suicide awareness while protecting firearms from inappropriate use.

90% of the people who attempt suicide and survive will not go on to die by suicide at a later date. **Means Matter**



Depression is Treatable

Suicide is Preventable

If you are in crisis
and want help,
call the

Montana Suicide
Prevention Lifeline,

24/7, at

1-800-273-TALK

(1-800-273-8255)



It's OK to get help

Hope is always within reach.

Suicide is never the only option.

Montana Suicide Prevention Lifeline

800-273-TALK (8255)

www.dphhs.mt.gov/amdd/suicide

www.dphhs.mt.gov/amdd/suicide