

Suicide Activities 101

A Basic Overview
of Suicide Prevention Activities



A Program of the
Nevada Office of Suicide Prevention

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Briefing Overview

- Office of Suicide Prevention
- Nevada Coalition for Suicide Prevention
- American Foundation for Suicide Prevention
- Available Trainings in Nevada
- Suicide Statistics
- Major Protective Factors
- List community resources for individuals at risk for suicide
- Postvention

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Suicide Prevention in Nevada

Office of Suicide Prevention (2005)
Nevada Coalition for Suicide Prevention (2005)
Youth Suicide Prevention Program (2005)
Nevada Suicide Prevention Plan (2007, 2017)
Preserving Life – tribal youth suicide prevention program (2008)
System of Care for Youth Suicide Prevention in NV (2009)
Access to Lethal Means Program (2013)
Suicide Review Committee (2014)
AWARE Youth Mental Health First Aid Initiative (2015)

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Nevada Office of Suicide Prevention

The mission of the Nevada Office of Suicide Prevention is to reduce the rates of suicide and suicidal acts in Nevada through statewide collaborative efforts to develop, implement and evaluate a state strategy that advances the goals and objectives of the National Strategy for Suicide Prevention.

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Nevada Coalition for Suicide Prevention

Mission, Connecting people and communities to help and hope – suicide prevention is everyone's business

Vision, ensures all Nevadans feel hopeful and are connected to the resources they need. In so doing, the coalition hopes that all communities will be free from suicide.

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American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention (AFSP) is the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.

To fully achieve its mission, AFSP engages in the following Five Core Strategies:

- Fund scientific research
- Offer educational programs for professionals
- Educate the public about mood disorders and suicide prevention
- Promote policies and legislation that impact suicide and prevention
- Provide programs and resources for survivors of suicide loss and people at risk, and involve them in the work of the Foundation

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Office of Suicide Prevention Training Opportunities

- Resource Introduction (15 – 60 minutes)
- Suicide Prevention Training:
 - Nevada Gatekeeper for Specialized Training Environments
 - Nevada Gatekeeper Train the Trainer for FSAs (4 hours)
 - Signs of Suicide (SOS) for Middle and High School Students/Staff
 - suicideTALK, (Suicide Awareness) 1.5 hours
 - safeTALK: (Suicide Alertness) 3.5 hours
 - Youth Mental Health First Aid 8 Hours
 - ASIST: (Applied Suicide Intervention Skills Training)
Two day workshop

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Suicide Statistics

United States, 2016

- Over 44,965 deaths
- Firearms used in over 51.1% of suicides (NV 51.3%)
- 3.7 male deaths to every female death
- A suicide every 11.7 minutes
- 123 Suicides a day

Nevada, 2016

- 5th highest rate
- 2nd leading cause of death 18-44, 1st for youth 8-17 years of age
- Nevada's Elderly have highest rates 65+
- More suicides than homicides (211), motor vehicle accidents (359)

Source: AAS/CDC, USA Suicide: 2016 Official Final Data

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Key Risk Factors By Age

Older adults: Death of a loved one, physical illness, uncontrollable pain, fear of burdening family members, social isolation, major changes in social roles

Middle age: Relationship problems, legal problems, financial hardship, substance abuse and job stress

Youth: Contagion, substance abuse, impulsive aggressive personality disorders, stressful life events, family factors, bullying

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Major Protective Factors:

- **Effective Mental Health Care**
- **Connectedness**
- **Problem-solving skills**
- **Contact with caregivers**

Suicide Prevention Resource Center, & Rodgers, P. (2011).
Understanding risk and protective factors for suicide: A primer for preventing suicide.
Newton, MA: Education Development Center, Inc.

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Youth

- Positive connections to school
- Coping and problem solving skills
- Academic achievement
- Family cohesion and/or stability
- Help-seeking behaviors
- Good relationships with other youth
- Positive self worth and impulse control

Elderly

- Supportive family relationships
- Sense of purpose and identity
- Involvement in community activities
- Ability to live independently
- Better preparation for retirement, interests and support networks outside of workplace

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How to Help

9-1-1

In an acute crisis, call **9-1-1**.
Do not leave the individual alone.

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

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POSTVENTION

The provision of crisis intervention, support and assistance for those affected by a completed suicide.
The American Association of Suicidology

Goals:

- Support the survivor bereavement experience
- Encourage safe and effective public messaging and media reporting of suicide
- Prevent further suicides

POSTVENTION IS PREVENTION!

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Survivor of Suicide

- Anyone whose life has been impacted by a suicide death
- Family, friends, co-workers, classmates, therapists, physicians, nurses etc.. who are left behind to pick up the pieces after the shattering experience of a suicide death
-not only suffer the grief and trauma of losing a loved one to suicide, but also are themselves at higher risk for suicide and emotional problems

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Suicide Prevention Resources

American Foundation for Suicide Prevention (AFSP)
www.afsp.org
American Association of Suicidology (AAS)
www.suicidology.org
Suicide Prevention Resource Center (SPRC)
www.sprc.org
Nevada State Suicide Prevention web site
www.suicideprevention.nv.gov
Nevada Coalition for Suicide Prevention
<https://www.nvsuicideprevention.org/>
Surviving Suicide (survivor support) web site
www.survivingsuicide.com

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Office of Suicide Prevention



**Questions?
 Comments?**

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