

# VISION: Eliminate Death by Suicide in Idaho



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Is this a “moonshot?”

Perhaps, but what number is acceptable?



# Suicide, a Major Public Health Issue

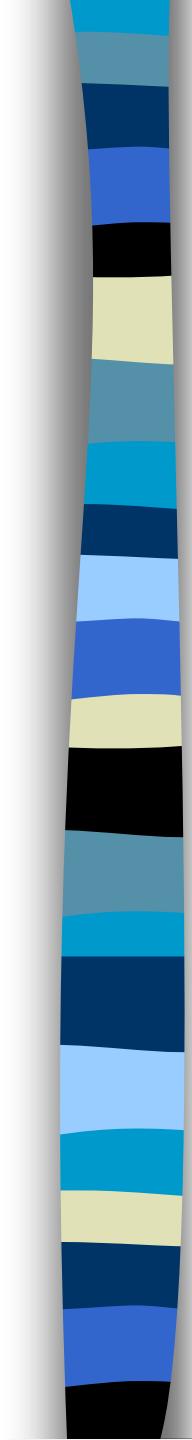
Suicide is a serious, but preventable public health threat that requires high profile recognition at the state level and a high priority on the state health agenda.



# Suicide in Idaho

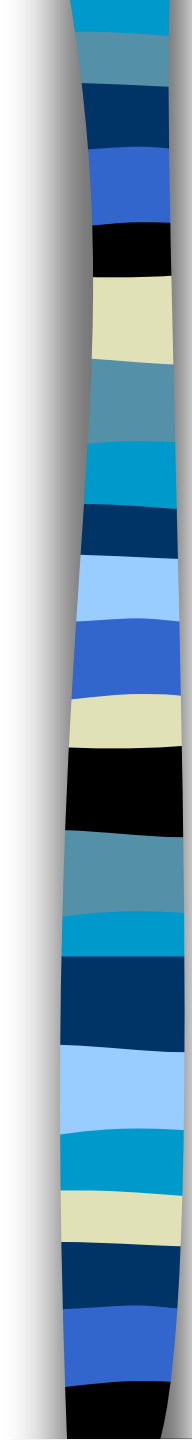
## By the numbers---

- **Ranked 5th in the U.S. for suicide per capita in 2017**
- **7th leading cause of death**
- **Middle-aged and older Idaho males die at rates 3 to 5 times higher than the national rate**
- **2nd leading cause of death for ages 15 to 44**
- **In 2017, Idaho lost 393 people to suicide.**



And death is only the tip of the iceberg. For every person who dies by suicide, more than 30 others attempt suicide. Every suicide attempt and death, affects countless other individuals. Family members, friends, coworkers, and others in the community all suffer the long-lasting consequences of suicidal behavior.

((2012 National Strategy for Suicide Prevention))

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- Each suicide in Idaho results in \$1.5 million in lost productivity.
  - A 10% reduction in 2017 suicide deaths and attempts would result in savings of \$58 million in foregone productivity and \$7.2 million in medical care costs for non-fatal attempts.
  - The cost of suicide to surviving family members is immeasurable. They not only suffer the trauma of losing a loved one but may be at higher risk of suicide and physical and emotional problems.

\*Based on calculations Constructed by Niel Piland, Dr. P.H. while at ISU in 2015



## Why people die by suicide?

- Suicide is a complex outcome that is influenced by many factors.
- There is no single path that will lead to suicide but rather a combination of factors.
- The suicidal process often happens over time, allowing time to intervene successfully.

(2012 National Strategy for Suicide Prevention and 2011 Idaho Suicide Prevention Plan.)



## Suicide and Mental Health

While 95 percent of individuals with a mental illness and/or substance use disorder will never complete suicide, several decades of evidence consistently suggest that as many as 90 percent of individuals who complete suicide, experience a mental or substance use disorder or both (Center for Substance Abuse Treatment, 2008).





# Legislative Mandate

In response to increasing rates of suicide across the nation and in Idaho, the Idaho Legislature provided the Division of Public Health **with intent language** during the 2018 Legislative Session to increase suicide prevention planning and efforts.

- Establish and submit a complete plan for suicide prevention in Idaho that includes measurable and prioritized outcomes for reducing suicides by Idaho by August 15, 2019.



# Intent Language. Cont.

- The Department of Health and Welfare is to develop and submit a budget request for the 2019 legislative session that would fully implement the plan.



# Response

- Armed with the intent language from JFAC, a team of over 50 state, regional and local stakeholders participate in an all-out push to meet the deadline of August with a new comprehensive plan.
- New coordinated effort and plan will have a profound effect for Idahoans across all of Idaho and help us to reduce the tragedy of lives lost to suicide.
- Key to moving forward is building the capacity and infrastructure to ensure successful statewide adoption and implementation.



## The Plan Vision: Eliminate Suicide in Idaho

- **The Mission:** To create an effective, coordinated and integrated approach to support all Idahoans at risk of suicide and those who are bereaved by suicide loss through evidence-based approaches with outcomes that can be measured for impact.
- **The Goal:** Achieve a 20% reduction in Idaho suicide rates by 2025



## A Community –Centered Approach

- The Suicide Prevention Plan is a community centered approach bringing together multiple partners, agencies and stakeholders to build capacity and implement the plan. While foundational aspects will be supported statewide, communities will drive implementation efforts to ensure the individualized needs of each community.



# Key Performance Areas

- Capacity Building and Infrastructure
- Training and Technical Assistance
- Communication and Outreach
- Suicide Care and Zero Suicide
- Data, evaluation and Surveillance
- Advocacy and Policy



## Priority: Funding Request for SFY2020

- **\$1,026,100 new funding request for SFY20 in the Division of Public Health budget and supported by the Governor based on the plan to take the first steps of implementation.**
- **Budget presentation to JFAC  
Jan. 28<sup>th</sup> 8:00 am**



## Advocacy-Everyone has a role to play

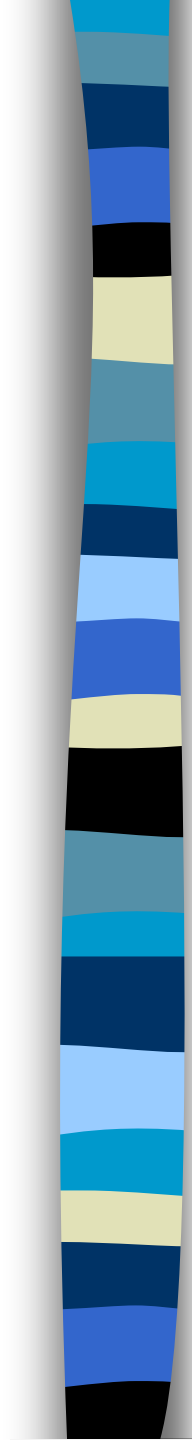
- Seldom have we had such an excellent opportunity to make a difference for so many people and communities across Idaho.
- We have a good story to tell.
- Most deaths by suicide are preventable.
- We have the 2018 intent language as our mandate.





# Legislative Advocacy Opportunities

- Any time is a good time to talk with your Legislator.
- January 28<sup>th</sup>, NAMI Idaho Advocacy Day at the Capitol
- January 29<sup>th</sup>, Disability Awareness Day at the Capitol  
9:00-2:00-First Floor Rotunda of the Capitol
- February 8, Joint Health and Welfare Committees  
Public Hearing 9:00-11:00 Lincoln Auditorium  
first come first able to testify for 3 minutes on any  
Health and Welfare topic

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- February 26, American Foundation for Suicide Prevention and other advocacy groups, State Capitol Day
  - Suicide Prevention presentation to the House and Senate Health and Welfare Committees



# Handouts

- NAMI Checklist for Advocacy E-mails
- How to send a Letter or E-mail
- Legislators to Contact



# Thoughts and Discussion???

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