

Behavioral Health Task Force

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National Suicide Rates

2013 Leading Causes of Death in the U.S.:

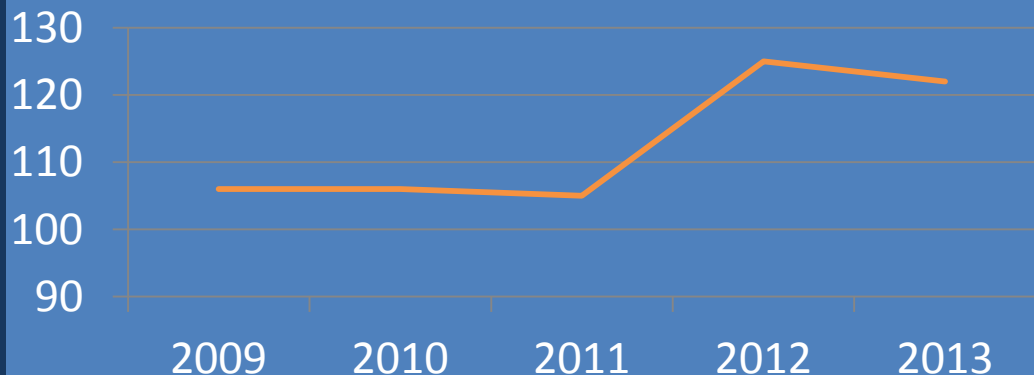
1. Heart Disease
2. Malignant Neoplasms
3. Chronic Respiratory Disease
4. Unintentional Injury
5. Cerebrovascular
6. Alzheimer's Disease
7. Diabetes Mellitus
8. Influenza & Pneumonia
9. Nephritis
10. Suicide

- In 2013, there were 41,149 suicides (12.57 per 100,000).
- Suicide was the 2nd leading cause of death for youth ages 15-24 in 2013.
- A youth dies by suicide about every 1 hour and 40 minutes

Suicide in Delaware (2013)

- Suicide is the 11th leading cause of death in DE
- 122 deaths by suicide (12.35 per 100,000)
- One person dies (on average) every three days
- Almost twice as many people die by suicide annually than by homicide

**Number of Suicides in Delaware
2009-2013**



Suicide across ages:

10-14 - 5th leading cause of death

15-24 - 3rd leading cause

25-34 - 2nd leading cause

35-54 - 4th leading cause

55-64 - 7th leading cause

65 + - 17th leading cause

Delaware Suicide Prevention Coalition

- The coalition began efforts in 2004 and enlisted multiple state, private and nonprofit organizations to participate in the effort.
- Chaired by the Division of Prevention and Behavioral Health Services, Division of Substance Abuse and Mental Health, and the Mental Health Association in Delaware.
- Together, the coalition developed a five year suicide prevention plan for Delaware in 2008, which has since been updated and can be found at mhainde.org.
- Mission is to raise awareness that suicide is a preventable public health problem and enable the behavioral and social changes necessary to reduce suicidal ideation and attempts.
- **Recommendation: Legislation formally establishing the Delaware Suicide Prevention Coalition as an entity supported by DHSS and DSCYF.**

Need for Surveillance

- The Coalition has identified the need to better understand the problem of suicide and develop appropriate interventions.
- There is a need for “real time” data and by joining the National Violent Death Reporting System, DE may be able to receive/see data sooner.
- **Recommendation: The Division of Public Health should collect day-to-day data related to suicide including Emergency Dept. and Hospital admissions, etc.**

Ongoing Suicide Prevention Programs in Delaware

- Gatekeeper Trainings (ASIST, safeTALK, Lifelines, Assessing and Managing Suicide Risk)
- House Bill 90 legislating teacher training in Suicide Prevention
- Get Right Side Up – youth focused initiative including YouTube contest, Instagram contest, website, etc.
- Military Conference and Family Day
- Mental Health Association in Delaware's Community Mental Health Conference
- Funding for afterschool programs
- Funding for Behavioral Health Consultants in Middle Schools
- Johns Hopkins Adolescent Depression Awareness Program
- Behavioral Health Works screening program

Stigma

- The effects of stigma and discrimination are profound.
- According to the 2003 President's New Freedom Commission on Mental Health:
 - Stigma leads the general public to avoid living, socializing, working with, renting to, or employing people with mental disorders.
 - It leads to low self-esteem, isolation, and hopelessness.
 - It deters the public from seeking and wanting to pay for care.
 - It causes people with mental health problems to internalize public attitudes and become so embarrassed or ashamed that they often conceal symptoms and fail to seek treatment.

Stigma

- Negative help-seeking attitudes are greatest among individuals with the greatest mental health needs.
- Personal contact reduces stigma (People sharing their own stories, peer support, follow up)
- Until recently, very few spoke up about their experiences with suicidal thoughts and attempts for fear and uncertainty about others' responses.
- Various agencies work to reduce stigma through public education. **Recommendation: Delaware needs a unified approach to providing increased anti-stigma education.**

YouTube PSA Contest Winner

- The following is the winning, 30 second PSA, created by Dylan Coleby, a student at St. Mark's High School