

Improving Mental Health and Reducing Suicide

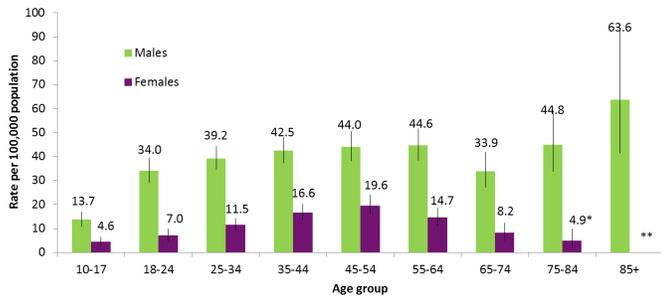
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Background

Suicide is a major preventable public health problem in Utah and the 8th leading cause of death (2010-2015 inclusive). Every suicide death causes a ripple effect of immeasurable pain to individuals, families, and communities throughout the state. From 2009 to 2015, Utah's age-adjusted suicide rate was 19.9 per 100,000 persons. This is an average of 525 suicide deaths per year. Suicide was the second-leading cause of death for Utahns ages 10 to 39 years old in 2013 and the number one cause of death for youth ages 10-17. Many more people attempt suicide than die by suicide. The most recent data show that 6,039 Utahns were seen in

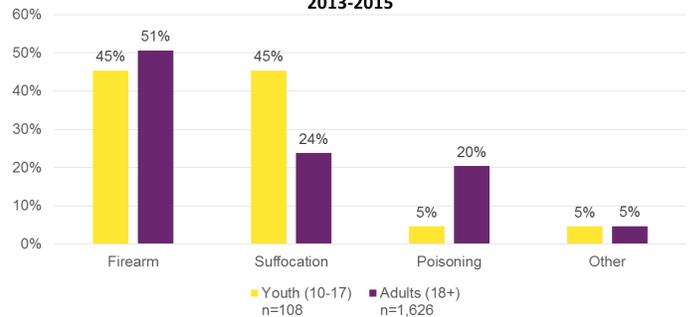
emergency departments (2014) and 2,314 Utahns were hospitalized for self-inflicted injuries including suicide attempts (UDOH Indicator-based Information System for Public Health, 2014). One in fifteen Utah adults report having had serious thoughts of suicide in the past year (SAMHSA National Survey on Drug Use and Health, 2008-2009). According to the 2015 Utah Prevention Needs Assessment, 16.6% of students in grades 8, 10, and 12 reported seriously considering suicide, 7.6% of students attempted suicide one or more times, and 13.5% of students made a suicide plan during the past 12 months.

Rate of Suicide per 100,000 Population by Age Group and Sex, Utah 2013-2015



Source: Utah Death Certificate Database, Utah Department of Health

Percent of Suicides by Age Group and Method of Injury, Utah, 2013-2015



Source: Utah Death Certificate Database, Utah Department of Health

Goals, Objectives, and Measures

Goal: Increase availability and access to quality physical and behavioral health care.

Objective: Increase formal adoption of the 'Zero Suicide' framework by health and behavioral health care providers statewide by ten health systems/organizations.

Measure: Number of health systems/organizations formally adopting the Zero Suicide framework

Baseline: Zero organizations have adopted the Zero Suicide framework

Target: Ten health systems/organizations in Utah have formally adopted the Zero Suicide framework

Strategy: At least 10 new organizations will formally adopt the Zero Suicide Framework systematic approach to quality improvement in health and behavioral healthcare settings.

Goal: Increase social norms supportive of help-seeking and recovery.

Objective: Train at least 10% of the population of Utah in an evidence-based gatekeeper training.

Measure: Number of people trained in an evidence-based gatekeeper training

Goals, Objectives, and Measures (continued)

Baseline: TBD

Target: A minimum of 299,592 Utahns are trained in an evidence-based gatekeeper training

Strategy: Evidence-based training will be offered to Utahns in a variety of settings. These include training programs such as CONNECT, QPR, Mental Health First Aid, ASIST, Working Minds, and others.

Goal: Reduce access to lethal means of suicide death.

Objective: Partner with at least 30 firearm retailers, concealed carry instructors, and/or firearm enthusiasts to incorporate consumer suicide awareness and prevention materials as a basic tenet of firearm safety and responsible firearm ownership.

Measure: Number of formal partnerships established

Baseline: Zero partnerships have been established

Target: Ten firearm retailers, instructors, enthusiasts in Utah have incorporated suicide education, prevention, and awareness efforts into their businesses

Strategy: Thirty firearm retailers, instructors, or enthusiasts will have formal policies and protocols established to educate staff and clients and customers on suicide prevention, safe storage of firearms, and reducing access.