



# Youth Suicide Intervention and Prevention Plan

2018 ANNUAL REPORT

DOUG GOUGE, OREGON HEALTH AUTHORITY, MARCH 2019

# Focus areas of the YSIPP

- ▶ Building human connections
- ▶ Increasing resiliency and positive decision making
- ▶ Upstream prevention for all youth
- ▶ Increasing access to competent and confident behavioral and physical health care providers
- ▶ Addressing post suicide intervention to reduce the risk of contagion (multiple suicides/clusters)

# Oregon Youth Suicide Data

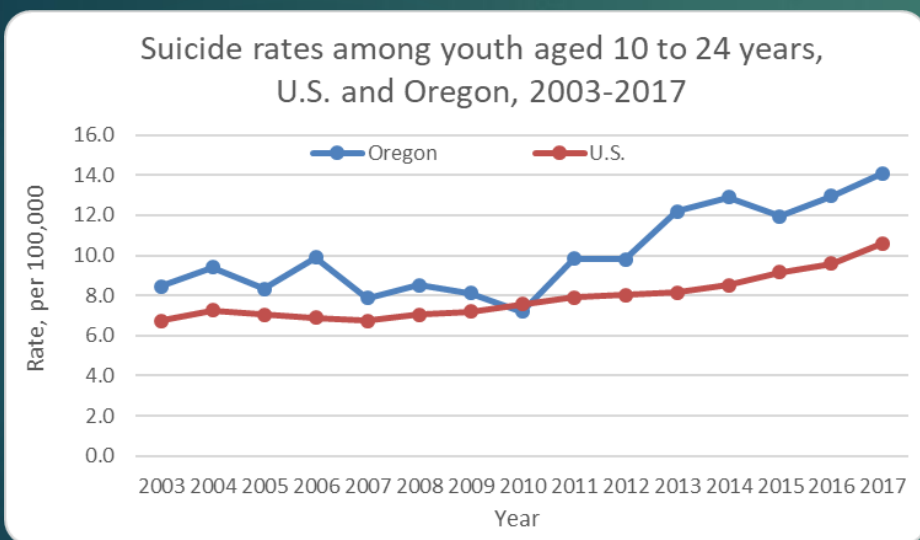


Table 3. The characteristics of youth suicides, Oregon 2017

		Deaths*	% of total
Age	10-14	10	10%
	15-19	37	36%
	20-24	56	54%
Sex	Male	82	80%
	Female	21	20%
Race**/Ethnicity	White	90	87%
	African American	5	5%
	Am. Indian/Native Alaskan	6	6%
	Asian/Pacific Islander	5	5%
	Multiple race	5	5%
	Other/Unknown	3	3%
	Hispanic	9	9%
Student status	Middle School	6	6%
	High School	28	27%
Mechanism of death	Firearm	48	47%
	Hanging/Suffocation	38	37%
	Poisoning	9	9%
	Other	8	8%
Other	Veteran	7	7%

\* Four out-of-state deaths are not included because their death certificate information is not accessible.

\*\*Includes any race (one or more, any mention) and ethnicity mention. Race categories will not sum to the total since multiple race selections could be made for each decedent.

Source: Oregon Violent Death Reporting System

Note: According to the center for health statistics, OHA, there were 107 suicides aged 10 to 24 in 2017.

# Oregon Youth Suicide Data

- ▶ 17<sup>th</sup> in the United States in 2017 (15<sup>th</sup> in 2016)
- ▶ More than 750 Oregon youth ages 10 to 24 years were hospitalized for self-inflicted injury or attempted suicide in 2017
- ▶ Females were far more likely to be hospitalized for suicide attempts than males.
- ▶ Final data reported 107 suicides occurred among Oregon youth aged 10 to 24 years. Most suicides occurred among males (80 percent), White (87 percent) and those aged 20 to 24 years (54 percent).
- ▶ Thirty-four of the deaths were among middle school and high school students

# Oregon Youth Suicide Data

- ▶ In 2017, these were the most frequently observed mechanisms of injury in suicide deaths among youth
- ▶ Firearms (47 percent)
- ▶ Suffocation or hanging (37 percent)
- ▶ Poisoning (9 percent)
- ▶ Youth Suicide Rate in 2017 was 14.1 per 100,000

# Comparisons in 2017

- ▶ Oregon Youth Suicide Rate 14.1 (17)
- ▶ National Average 10.6
- ▶ New York 5.9 (50)
- ▶ New Jersey 6.3 (49)
- ▶ California 7.1 (47)
- ▶ Idaho 16.3 (11)
- ▶ Washington 15.0 (15)
- ▶ Nevada 14.4 (16)
- ▶ Montana 23.5 (4)
- ▶ Alaska 31.1 (1)

# Key Accomplishments

- ▶ Oregon Alliance to Prevent Suicide Established
- ▶ Six Sub-committees (continuity of care, executive, evaluation, outreach and awareness, schools, workforce development)
- ▶ Evaluation of the YSIPP by University of Oregon (ongoing)
- ▶ Assessment of medical and behavioral health workforce competency
- ▶ Policy making support (ex. HBs 3090, 3091, SB 561)
- ▶ Spreading best practices in local communities (CONNECT, Sources of Strength, PAX Good Behavior Game)





# More Accomplishments

- ▶ ED guide for families
- ▶ Partnership with Trauma Informed Oregon
- ▶ Oregon Pediatric Society training for Pediatricians and Family Practice providers
- ▶ Safe Online Spaces (contract with Lines for Life and Youth Era)
- ▶ Post Suicide Interventions and reporting SB 561 development
- ▶ <https://oregonalliancetopreventsuicide.org/>
- ▶ Survivor support group development with AFSP
- ▶ Clergy outreach and education
- ▶ Identification of local suicide prevention organizations



# Public Health Accomplishments



- ▶ Zero Suicide Initiative promotion and implementation throughout the state
- ▶ Gatekeeper training in QPR, ASIST, SAFE TALK, KOGNITO
- ▶ Clinical Training – Assessing and Managing Risk (AMSR), KOGNITO
- ▶ Improving continuity of care
- ▶ Funding and technical assistance provided to the annual Oregon Suicide Prevention Conference

# Yet more accomplishments...

- ▶ Rapid Response Program creation
- ▶ Designed to assist communities dealing with suicide clusters
- ▶ Lines for Life contract utilizing subcontractors from The Dougy Center, Youth Era, Oregon Family Support Network
- ▶ Work with local communities to build a response to help the community grieve and reduce risks of contagion
- ▶ LGBTQ+ support and work group (Family Acceptance Project)
- ▶ Annual Oregon Suicide Prevention Conference (Best practices learning and networking opportunities)
- ▶ Completed survey of school staff, including athletic staff on school-based suicide prevention needs

# Looking ahead...

- ▶ Recommendations for the future:
- ▶ Begin development of next Youth Suicide Intervention and Prevention Plan for next five years
- ▶ Development of Alliance webpage to develop interaction and collaboration amongst suicide prevention professionals
- ▶ Continued roll out of best practices (CONNECT, Sources of Strength)
- ▶ Policy Option Package-plans to fund suicide prevention efforts in the state and help Oregon Health Authority to further fund YSIPP implementation and support for school based mental health services (13 million total for biennium)

# Looking ahead...

- ▶ Increase suicide assessment, intervention, safety planning training for professionals
- ▶ increasing involvement in the Alliance from regional coalitions
- ▶ creating an online resources for state practitioners and researchers to obtain support and exchange ideas
- ▶ providing support for schools who indicated a need for assistance in prevention efforts.
- ▶ Support for tribes through mini-grants
- ▶ Hiring another youth suicide prevention coordinator to assist with implementation of YSIPP activities
- ▶ Hire an adult suicide prevention coordinator to develop suicide prevention efforts that target the entire lifespan



# Questions....

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# Strategic Direction 1:

## Healthy and empowered individuals, families and communities

### Accomplishments

- Formation of the Alliance
- Legislative Agenda
- Zero Suicide Academies
- Alliance Communication Plan
- Sources of Strength
- Annual Conference

### Let's Check In

- Resource Website
- Legislative Agenda with Specific Fiscal Asks
- Communication Hubs
- Engagement of School Leadership

## Strategic Direction 2:

# Clinical and Community Prevention Services

### Accomplishments

- ▶ Publish annual YSIPP update
- ▶ Support SB 561 implementation and Connect Trainings
- ▶ Rural initiative around means safety
- ▶ Sources of Strength, Good Behavior Game, Home Visiting
- ▶ Trauma Informed Practice
- ▶ AMSR Trainings
- ▶ Schools Survey
- ▶ Family Acceptance Project

### Let's Check In

- ▶ Assess availability of culturally appropriate cross-system practices
- ▶ Alliance oversee strategic plan for means safety counseling
- ▶ Training for clinicians and impact





# Strategic Direction 3: Treatment and Support Services

## Accomplishments

- Zero Suicide Initiative
- CATS (ED Diversion)
- Passage of bills to provide caring contact after ED visit
- Family Guidebooks

## Let's Check In

- Protocols for CCO's/Insurers after release of youth suicide attempt
- HIPPA/FERPA guiding documents
- Loss and Attempt Survivor Training and Self-Care



## Strategic Direction 4: Evaluation and Surveillance

- **Much is Underway—we will discuss further at a future meeting**



# Advisory Groups

## Established

- ▶ LGBTQ ADVISORY GROUP
- ▶ YOUTH AND YOUNG ADULT ENGAGEMENT (YYEA)

## In Development

- ▶ Attempt and Loss Survivors

## Groups Discussed in YSIPP That haven't been formed yet:

- ▶ Veterans and Military
- ▶ Tribal Communities

# 2019 Oregon Suicide Prevention Legislation

# Talking Points

- Legislator has a historic opportunity to intervene in worsening suicide crisis
- Numbers are at an all time high with 825 suicides in 2017
- Suicide is 2<sup>nd</sup> leading cause of death for Oregonians 15-34.
- In 2017 we lost 107 young people to suicide.
- Overall Oregon is well above national average of 13.5 deaths per 100,000. Our Oregon rate hovers around 18 per 100,000.
- We currently lack the financial resources to prevent suicide

# Suicide Prevention Budget – SB 5525 POP 402

- **What it is:** \$13.1 million to provide suicide prevention and school mental health.
- **Why it's important:** We can't prevent suicide without resources. The YSIPP legislation put no money towards implementation other than 1 fte in OHA.
- **Current Status:** Public hearing held 3/14. Urgent action needed
- **What you can do to help:** Write your legislator and urge them to support POP 402 in SB 5525.
- **Resources:**
  - <https://olis.leg.state.or.us/liz/2019R1/Committees/JWMHS/Overview>
  - [https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile\\_new.htm](https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile_new.htm)

# Suicide Related CEs for MH Professionals

## HB 2813

- **What it does:** Requires MH professionals to take 6 hours of CEs every six years
- **Why it's important:** 40% of people who die by suicide have a diagnosed mental illness. In Oregon no mental health care education program requires training in suicide prevention.
- **Current status:** Not yet heard. No hearing scheduled. Urgent action needed.
- **Next steps:** Hearing needs to be scheduled
- **What you can do to help:** Write Rep. Andrea Salinas and ask her to schedule it. Write members of the House Committee on Health Care and ask them to support it. When scheduled submit testimony or better yet show up and testify
- Resources
  - <https://olis.leg.state.or.us/liz/2019R1/Committees/HHC/Overview>
  - <https://olis.leg.state.or.us/liz/2019R1/Measures/Overview/HB2813>



# Adult Suicide Prevention – HB 2667

- **What it is:** Mandates the creation of an adult suicide prevention plan and requires OHA to hire 1 person to focus on it.
- **Why it's important:** 90% of all suicides in Oregon are over 24. We can never significantly drop our suicide numbers without focusing on adults.
- **Current Status:** Public hearing was held. No further action scheduled. Urgent priority.
- **What you can do to help:** Write your legislator and ask for support. Write members of House Health Care Committee and ask for support.
- **Resources:**
  - <https://olis.leg.state.or.us/liz/2019R1/Measures/Overview/HB2667>
  - <https://olis.leg.state.or.us/liz/2019R1/Committees/HHC/Overview>
  - [https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile\\_new.htm](https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile_new.htm)

# Oregon Alliance to Prevent Suicide - SB 707

- **What it is:** Establishes the Oregon Alliance to Prevent Suicide as a legislative mandate
- **Why it's important:** Ensures the existence of the Alliance which monitors the implementation of the YSIPP and recommends policy to OHA and Leg.
- **Current status:** Public Hearing held 3/5/19
- **Next steps:** Working to have it amended
- **What you can do to help:** Write your legislator
- **Resources**

<https://olis.leg.state.or.us/liz/2019R1/Measures/Overview/SB707>

[https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile\\_new.htm](https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile_new.htm)

# Suicide Reporting to OHA SB 485

- What it is: This bill requires schools who become aware of a student's death by suicide to report to OHA
- Why it's important: After families schools are often the first to learn of a student's death by suicide. In order to offer services OHA has to be aware of a suicide.
- Current Status: Passed Senate on 3/6. Referred to House Education.
- What you can do to help: Write your legislator. Watch for House public hearing and submit testimony or testify in-person.
- Resources:

<https://olis.leg.state.or.us/liz/2019R1/Measures/Overview/SB485>

[https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile\\_new.htm](https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile_new.htm)

# Suicide Related CEs for Health Professionals & Educators

## SB 808

- **What it does:** Requires all licensed health professionals & teachers to take 3 - 6 hours of CEs every six years
- **Why it's important:**
- **Current status:** Not yet heard. No hearing scheduled.
- **Next steps:** Hearing needs to be scheduled in Senate Health
- **Resources:**
- <https://olis.leg.state.or.us/liz/2019R1/Measures/Overview/SB808>

# Adi's Bill - SB 52

- **What it is:** Requires school district to adopt policy requiring comprehensive district plan on student suicide prevention.
- **Why it's important:** Oregon is one of only 3 states that does not require school districts to have a suicide prevention plan.
- **Current status:** Passed the Senate Education Committee with a "Do Pass" recommendation. Sent to House Ed Committee
- **Next steps:** House Education Committee Public Hearing (not scheduled)
- **What you can do to help:** Watch for hearing date and submit written testimony, write your legislator
- **Resources:**
  - <https://olis.leg.state.or.us/liz/2019R1/Measures/Overview/SB52>
  - <https://olis.leg.state.or.us/liz/2019R1/Committees/HED/AssignedMeasures>
  - [https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile\\_new.htm](https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile_new.htm)

# Use Marijuana Revenue for Prevention in Schools – HB 3525

- What it is: Sets up a schools fund to receive dollars from marijuana revenue to be used by ODE in support of preventing suicide, substance abuse and bullying in schools.
- Why it's important: Provides a dedicated funding stream for suicide prevention activities.
- Current Status: Just introduced 3/4/19 in House Committee on Education. Nothing scheduled.
- What you can do to help: Write your legislator and ask to support bill. Write Rep. Hert and thank for introducing.
- Resources:
  - <https://olis.leg.state.or.us/liz/2019R1/Measures/Overview/HB3235>
  - [https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile\\_new.htm](https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile_new.htm)

# LMHAs to Share Information on Suicide – SB 918

- **What it is:** This bill requires SB 561 reporters (LMHAs) to share information with systems e.g. schools, justice, A&D TX, on any student who has died by suicide and who the system had contact with, within 24 hours.
- **Why it's important:** Allows the community to mount a better, more coordinated and complete postvention response.
- **Current Status:** Public hearing and work session held. Only testimony was in-favor.
- **What you can do to help:** Write your legislator to support, especially if they are on the Senate Committee on Human Services
- **Resources:**
  - <https://olis.leg.state.or.us/liz/2019R1/Measures/Overview/SB918>
  - <https://olis.leg.state.or.us/liz/2019R1/Committees/SHS/Overview>
  - [https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile\\_new.htm](https://www.oregonlegislature.gov/FindYourLegislator/leg-districts-mobile_new.htm)



Thank you!