Suicide Prevention Awareness Month: An Examination of Recent Suicide and Self-Harm Trends and Presentation of Available Prevention Resources

September 8, 2021
Quick Notes

- Use the “raise hand” feature to make a comment
- You will be placed in line to comment in the order in which requests are received by the host.
- When it is your turn to comment, the meeting host will unmute your line and announce your name.

Email: CCJBH@cdcr.ca.gov
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 PM</td>
<td>Welcome &amp; Introductions</td>
</tr>
<tr>
<td>12:05 PM</td>
<td>California Department of Public Health –</td>
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<tr>
<td></td>
<td>Suicide Trends in California</td>
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<tr>
<td>12:25 PM</td>
<td>Q&amp;A</td>
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<td>12:30 PM</td>
<td>California Mental Health Services Authority –</td>
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<td>Suicide Prevention Resources</td>
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<tr>
<td>12:45 PM</td>
<td>Q&amp;A</td>
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<tr>
<td>12:50 PM</td>
<td>Announcements</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Thank you!</td>
</tr>
</tbody>
</table>
Suicide Trends in California: Identifying Opportunities for Prevention

Renay Bradley, Ph.D.
Renay.Bradley@cdph.ca.gov
Injury and Violence Prevention Branch
CA Department of Public Health
Suicide Rates among CA residents, 1981-2019

Number of Suicide Deaths that occurred in CA, 2011-2020

Source: 2011-2013 deaths: CDPH, Death Statistical Master File (DSMF); 2014-2020 deaths: CDPH, CA Comprehensive Master Death File (CCMDF)
Monthly Observed and Projected Suicide Deaths in CA, 2015 - 2020

Source: 2011-2013 deaths: CDPH, Death Statistical Master File (DSMF); 2014-2020 deaths: CDPH, CA Comprehensive Master Death File (CCMDF)
Suicide Counts (Burden) and Rates (Risk) by Sex in CA

Suicide Counts (Burden) by Sex, 2020

- Male: 3,188
- Female: 887

Suicide Rates (Risk) by Sex, 2011-2020

- Male
- Female

Source: 2011-2013 deaths: CDPH, Death Statistical Master File (DSMF); 2014-2020 deaths: CDPH, CA Comprehensive Master Death File (CCMDF); CA Dept. of Finance P-3 Population Projection File (2010-2060)
Suicide Counts (Burden) and Rates (Risk) by Age Group in CA

Suicide Counts (Burden) by Age Group, 2020

Suicide Rates (Risk) by Age Group, 2011-2020

Source: 2011-2013 deaths: CDPH, Death Statistical Master File (DSMF); 2014-2020 deaths: CDPH, CA Comprehensive Master Death File (CCMDF); CA Dept. of Finance P-3 Population Projection File (2010-2060)
Suicide Counts (Burden) and Rates (Risk) by Race/Ethnicity in CA

Suicide Counts (Burden) by Race/Ethnicity, 2020

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>919</td>
</tr>
<tr>
<td>Black</td>
<td>431</td>
</tr>
<tr>
<td>Hispanic</td>
<td>214</td>
</tr>
<tr>
<td>Native American</td>
<td>17</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>2468</td>
</tr>
</tbody>
</table>

Suicide Rates by Race/Ethnicity in California, 2011-2020

- White
- Black
- Hispanic
- Native American
- Asian/Pacific Islander

Note: Suicide rates for Native Americans are unstable due to small sample size.
Source: 2011-2013 deaths: CDPH, Death Statistical Master File (DSMF); 2014-2020 deaths: CDPH, CA Comprehensive Master Death File (CCMDF); CA Dept. of Finance P-3 Population Projection File (2010-2060)
Mechanism of Suicide in CA, 2019 and 2020

Source: 2019-2020 deaths: CDPH, CA Comprehensive Master Death File (CCMDF)
Suicide by Firearm by Race/Ethnicity in CA, 2019 and 2020

Source: 2019-2020 deaths: CDPH, CA Comprehensive Master Death File (CCMDF)
Suicide Rates (Risk) among Youth (Ages 10-24) by Race/Ethnicity in CA, 2011-2020

Source: 2011-2013 deaths: CDPH, Death Statistical Master File (DSMF); 2014-2020 deaths: CDPH, CA Comprehensive Master Death File (CCMDF); CA Dept. of Finance P-3 Population Projection File (2010-2060)
Suicide Rates (Risk) among Youth (Ages 10-24) by Sex in CA, 2011-2020

Source: 2011-2013 deaths: CDPH, Death Statistical Master File (DSMF); 2014-2020 deaths: CDPH, CA Comprehensive Master Death File (CCMDF); CA Dept. of Finance P-3 Population Projection File (2010-2060)
Summary of Suicide Findings/Trends

• Number of suicides overall in California has decreased in 2020

• Suicide rates of certain subgroups have increased in 2020:
  o 10-18 year olds
  o People who are Asian/Pacific Islander

• Suicide rates among certain subgroups of youth (ages 10-24) have increased in 2020:
  o Youth who are Black
  o Youth who are Hispanic
  o Female youth

  o The use of firearms as a mechanism for suicide has increased in 2020, especially among individuals who are Black
Evidence-Based Suicide Prevention Strategies

• “Businesses, workplaces, and local and state government entities...are in the best position to establish policies and support practices that **Create Protective Environments** where people live, work, and play. Public health entities can serve in an important role by gathering and synthesizing information, working with other governmental agencies (e.g., criminal justice, defense)...in support of policy and other approaches...”

• Protective environments can help prevent involvement in the criminal justice system, and can also support those who are involved
Evidence-Based Suicide Prevention Strategies

- Evidence-based suicide prevention strategies include:
  - Safe storage/limit access to lethal means (e.g., firearms, medications)
  - Identify and support those who show signs of suicide (e.g., gatekeeper trainings, crisis intervention)
  - Improving access and delivery of care (e.g., tele-mental health)
  - Increasing social connectedness (e.g., community engagement activities, group physical exercise)
  - Teach coping and problem-solving skills (e.g., conflict resolution, emotion regulation)

- California’s Full Service Partnerships have been shown to reduce arrest rates
CDPH Suicide Prevention Program

• CDPH’s Injury and Violence Prevention Branch (IVPB) is one of nine recipients of the Comprehensive Suicide Prevention Program Cooperative Agreement award from the Centers for Disease Control and Prevention (CDC)
  • Project goals include implementing and evaluating evidence-based suicide prevention strategies with the goal of reducing suicide and self-harm rates
  • Efforts will focus on vulnerable populations (i.e., 13 California counties) that have higher suicide and self-harm rates than the general population
  • CDPH will provide training and technical assistance to the 13 counties and will fund 2-3 counties to implement evidence-based suicide prevention strategies

• For more information, contact: suicide.prevention@cdph.ca.gov
Office of Suicide Prevention (OSP)

- Assembly Bill (AB) 2112 – Established the Office of Suicide Prevention within CDPH; OSP activities will include:
  - Convening experts and stakeholders to encourage collaboration and coordination of resources for suicide prevention across the state
  - Providing information and technical assistance regarding best practices for suicide prevention policies and programs
  - Monitoring and disseminating data to inform prevention efforts
  - Reporting on progress to reduce rates of suicide
  - Supporting implementation of the Mental Health Services Oversight and Accountability Commission’s Suicide Prevention Report “Striving for Zero”
Supportive Transitions
Reconnect, Reenter and Rebuild

Suicide Prevention Week: September 5-11, 2021
World Suicide Prevention Day: September 10

#SuicidePrevention

suicideispreventable.org

Need Help? Know Someone Who Does?

Contact the National Suicide Prevention Lifeline
- Call 1-800-273-TALK (1-800-273-8255)
- Use the online Lifeline Crisis Chat

Both are free and confidential. You'll be connected to a skilled, trained counselor in your area.

For more information, visit the National Suicide Prevention Lifeline.

www.suicidepreventionlifeline.org
Thank you!

For additional information, please contact:

• CDPH’s Suicide Prevention Team at Suicide.Prevention@cdph.ca.gov
  or Renay.Bradley@cdph.ca.gov
QUESTIONS FOR CDPH
CCJBH
Suicide Prevention and Awareness
September 8, 2021
12:00 pm – 1:00 pm

National Suicide Prevention Month
September 2021

National Suicide Prevention Week
September 5 – 11

World Suicide Prevention Day
September 10
Resources

Directing Change
I Am Not Alone
Dandelion

Each Mind Matters Resource Center

Suicide Prevention Activation Kit (2021)
Engaging Media
First Responder

Food/Beverage Service Industry
Contact

Jeremy Wilson, MPPA
CalMHSA Program Director
Jeremy.Wilson@calmhsa.org
(279) 234-0713

KNOW THE SIGNS of suicide

suicideispreventable.org
QUESTIONS FOR CalMHSA
Announcements

**September 2021 CCJBH Suicide Prevention and Recovery Awareness Activities**

**Juvenile Justice Workgroup**
Friday, September 10, 2021, 1:00-3:00 PM

**Diversion/Reentry Workgroup**
Friday, September 17, 2021, 1:00-3:00 PM

**Full Council Meeting**
Friday, October 29, 2021, 2:00-4:30PM

If you would like to be added to CCJBH’s listserv, click [HERE](#)

THANK YOU FOR YOUR PARTICIPATION!