

# Suicide

## “How do we make a difference”

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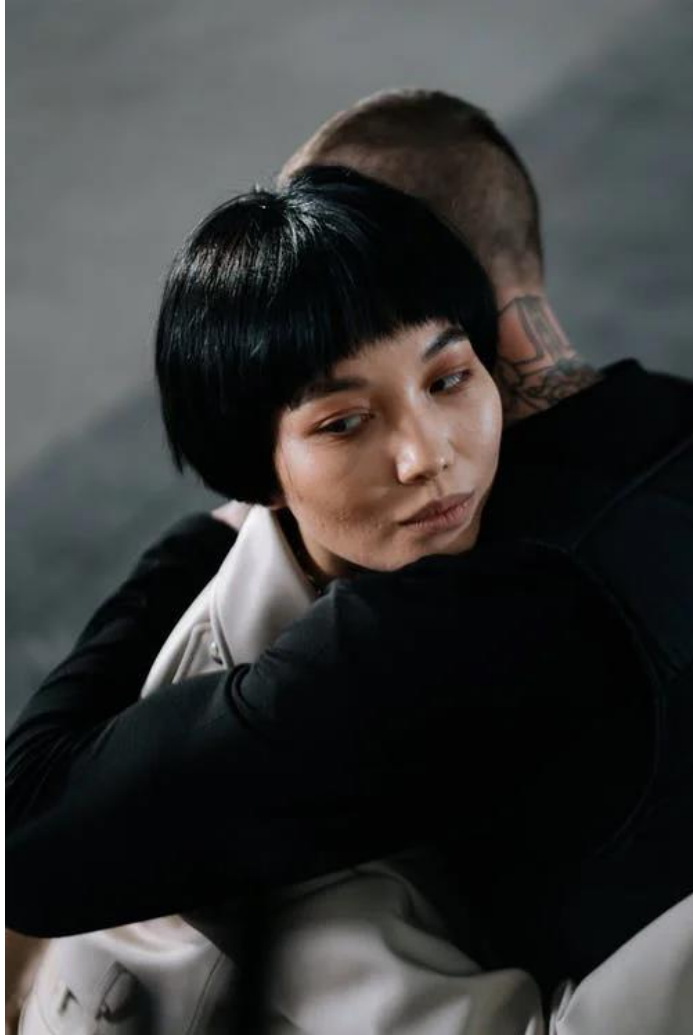
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# Objectives

- Increase awareness related to suicide
- Identify risk factors
- Explore personal beliefs on Suicide
- Review Suicide statistics
- Review Michigan Suicide Prevention Commission Report



# Personal Objective

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## Make a Difference

Let's talk  
about it

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What word do you think  
of when you think of  
Suicide?





Sadness      Disbelief      Pain Darkness      Quarantined  
Helplessness      Heartbreak      Anger      Guilt      Sadness

Hopeless    Out of options    Depression    Quick Painless    Disbelief

Isolated    Impulsive      Desperate      Lost      Burden  
Desperation      Relief      Finality

Spontaneous    Lack of options    Tragic    Permanent

Lonely    Devastation      Pain Desperate  
Untreated Mental Health      Despair

Heart broken      Defeat Invisible      Heavy Darkness      Suffocating  
pressure,

Help      Complete Loneliness      “My Son”





- Anger Pain
- Permanent solution for a temporary problem
- Alcoholism
- Frustration
- Awareness
- Mental Health
- Exhausted
- Preventable
- Escape
- Depression



What would you do if someone was suicidal?

Do you react differently as a health professional than you would as a family member or a friend?

What would you say to someone who has had a loved one who has survived suicide or completed suicide?

Does your cultural or religious beliefs influence how you treat a patient who is suicidal?

What is your exposure to mentally health/suicidal patients? Does this affect your empathy towards this illness?



# Suicide Awareness Facts

- Suicide is preventable. Most suicidal individuals desperately want to live; they are just unable to see alternatives to their problems.
  - Most suicidal individuals give definite warnings of their suicidal intentions. But others are either unaware of the significance of these warnings or do not know how to respond to them.
  - Talking about suicide does not cause someone to be suicidal.
  - Suicide occurs across all age, economic, social, racial and ethnic boundaries.
  - Suicidal behavior is complex, and it is not a response to one problem that a person is experiencing. Some risk factors vary with age, gender, or ethnic group. And may occur in combination with each other or change over time.
  - Surviving family members not only suffer the trauma of losing a loved one to suicide, but they may also themselves be at higher risk for suicide and emotional problems
- <https://wmich.edu/suicideprevention/basics/facts>

# National Statistics 2019

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47,511 Suicide Completions

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1,187,775 attempts

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10<sup>th</sup> leading cause of death in USA

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Is Suicide a problem?

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[www.suicidology.org](http://www.suicidology.org)

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# Michigan

Ranks 37<sup>th</sup> in the nation for death by Suicide

1471 Suicide Completions 2019


1282 Suicide Completions 2020 Preliminary results

2017- 4 X's as many deaths by Suicide as alcohol related car accidents

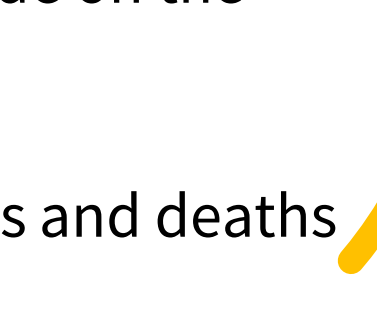
- Whose problem is Suicide?

[www.suicidology.org](http://www.suicidology.org)

[https://www.michigan.gov/mdhhs/0,5885,7-339-71551\\_5460\\_99805---,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71551_5460_99805---,00.html)



# Michigan

- Governor Gretchen Whitmer initiated the Michigan Suicide Prevention Commission following the passage of Public Act 177 of 2019.
  - Commission formed in March 2020 consisting of Physicians, Educators, Police, Veterans Affairs, Behavioral Health Specialist, Psychologist, Public Health Officials, Firefighters, Suicide Survivors and Data Analyst.
  - Goal was to complete a Preliminary Report by March 2021
  - Report Identified the Burden of Suicide on the state and Risk Factors
  - Identified Priorities and established recommendations to reduce attempts and deaths by Suicide.
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# What is Suicide?

- Suicide is complex, involving many biological, psychological and cultural determinants. Prevention efforts are challenged by misconception about suicidal behavior, stigma and ongoing risk factors that evolve over a lifetime. Yet, there is hope and always and opportunity to save a life.




# Causes

Causes of suicide are complex and vary among individuals and across age, cultural, racial, and ethnic groups. The risk of suicide is influenced by an array of biological, psychological, social, environmental, and cultural risk factors.

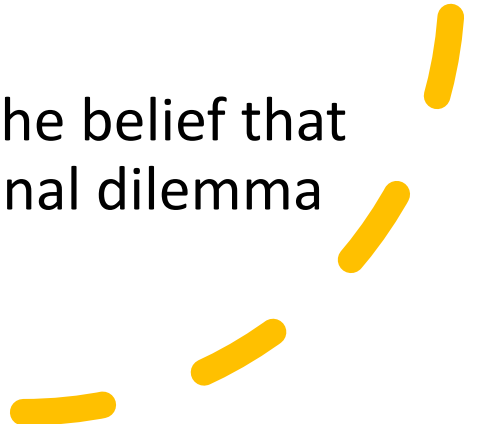




# Risk Factors

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
  - Alcohol and other substance use disorders
  - Hopelessness
  - Impulsive and/or aggressive tendencies
  - History of trauma or abuse
  - Major physical illnesses
  - Previous suicide attempt(s)
  - Family history of suicide
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# Risk Factors

- Job or financial loss
  - Loss of relationship(s)
  - Easy access to lethal means
  - Local clusters of suicide
  - Lack of social support and sense of isolation
  - Stigma associated with asking for help
  - Lack of healthcare, especially mental health and substance abuse treatment
  - Exposure to others who have died by suicide (in real life or via the media and Internet)
  - Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
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# At Risk

Male vs Female

Age

Race

Location

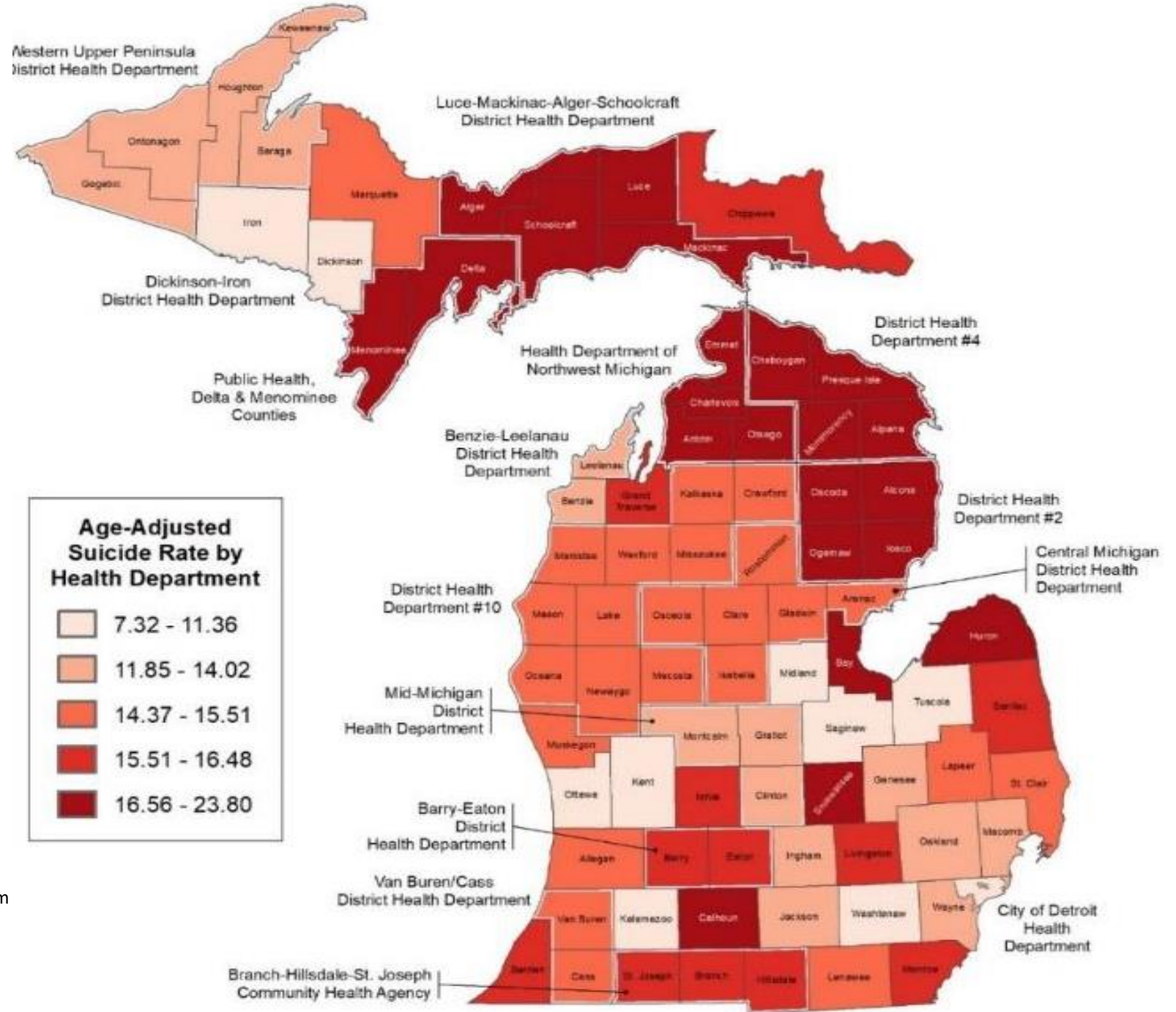
LGBTQ+

Occupation

Socioeconomic

Access

Source: Michigan Violent Death Reporting System



# At Risk

- Health Factors
  - Health Care Contacts
  - Previous attempts
  - Mental Illness
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- “At the individual level, there is never a single cause of suicide. There are always multiple risk factors”



# Stigma

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- Talk about it from a medical perspective
- Change the verbiage- Focus on the person not the act.
- Died by Suicide vs Committed Suicide
- Successful vs Completed
- Failed vs suicide attempt survivor







# Survivor

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- 14 years ago, I was struggling to put my life back together after attempting suicide. I had a roommate who moved out while I was out of town working and told the landlord she had no idea where I was, that I had abandon all my stuff. I lost everything that year. I started over with one plate, one fork, and one cup. I had a recliner, and I was sleeping on an air mattress. I worked my ass off these last 14 years putting the shambles of my life back together. And today I went jet skiing for the first time. Not only did I jet ski, but I did also it in paradise on the Pacific Ocean with my forever travel partner, and the absolute love of my life, along with some of the most amazing friends a girl could have. If you're thinking you can't do it, please know that you can. Please know although life may seem tough, or hopeless, yes, it's tough, but that means its worth having, and it's not hopeless. It's amazing! I promise to help you get through it.



# Survivor

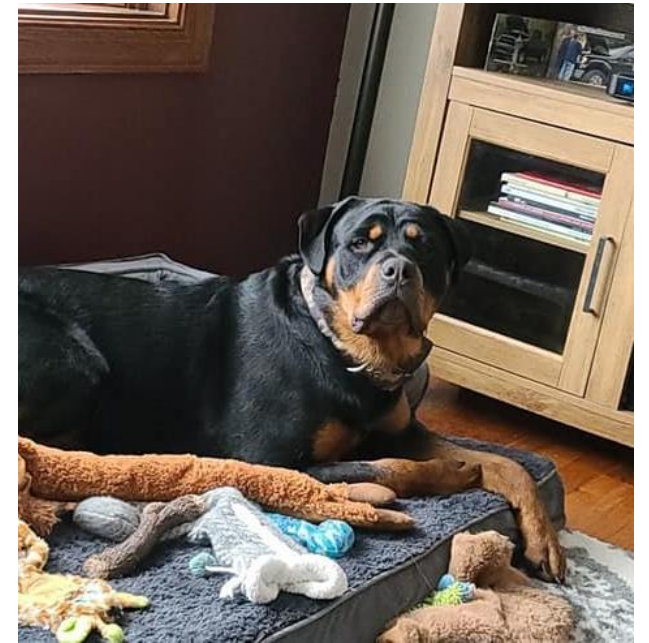
In 35 days, it will be a year. Wow.. my therapist said part of healing is talking about it and accepting his death. This past week I stopped avoiding the questions of "how's your husband? What did your husband think?" As each one asked, I answered with "my husband died in February " as most replied with a combination of "I didn't know what happened?" I bit my tongue from my sarcastic guarded comments and replied with "I know you didn't because I wasn't ready to talk about it with everyone. He committed suicide in February " as the silence hangs, I then would say "and that's why I haven't its a mood killer"

But I did it. I still refer to Jeff as my husband not my late husband. Late husband sounds weird to me. Like I should be 80. I still wear my ring for a few reasons. It was a perfect day during a shitty year. I see my Momma's smile; and it's my parents' ring. Its a reminder that 3 people that I have lost loved me. So, some day it might go to a different finger..... but it wont leave me

I was at work when he sent me a picture and said "I think its my first selfie. Send me one " and I did. He said "You look like you're crying. Please don't you know I hate when you do." I knew something wasn't right. I just didn't know what it was until later. He said he knew I could do anything because I was so strong. We will see.

I promised myself in 2021 I was going to be strong and move on with life. Focusing on my health both physical and mental. I need to laugh again; I need to heal myself and mend some fences and most importantly I need to find happiness. I am not sure how long it will take for me. But I need to.

But I believe we all have been hurt and struggled with 2020. We all deserve happiness. Let's all commit to ourselves to find some well deserved happiness 💕



# Michigan Suicide Prevention Commission Recommendations

## Minimize

Minimize risk by promoting safe environments, resiliency and connectedness.

## Increase and expand

Increase and expand access to care to support those at risk

## Improve

Improve Suicide Prevention training and education

## Implement


Implement best practices in suicide prevention for healthcare systems

## Enhance

Enhance suicide specific data collection and systems.



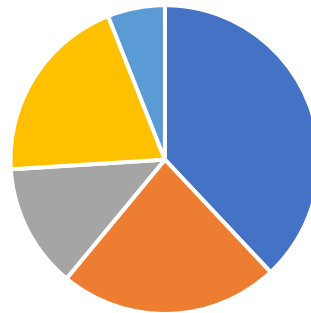
# Minimize Risk

- Develop protective factors at the individual, community and societal level by developing strong connections
  - Build Community Connectedness and resilience
  - Incorporate Social Emotional Learning into Schools
  - Postvention as Prevention
  - Promote Safe Environments
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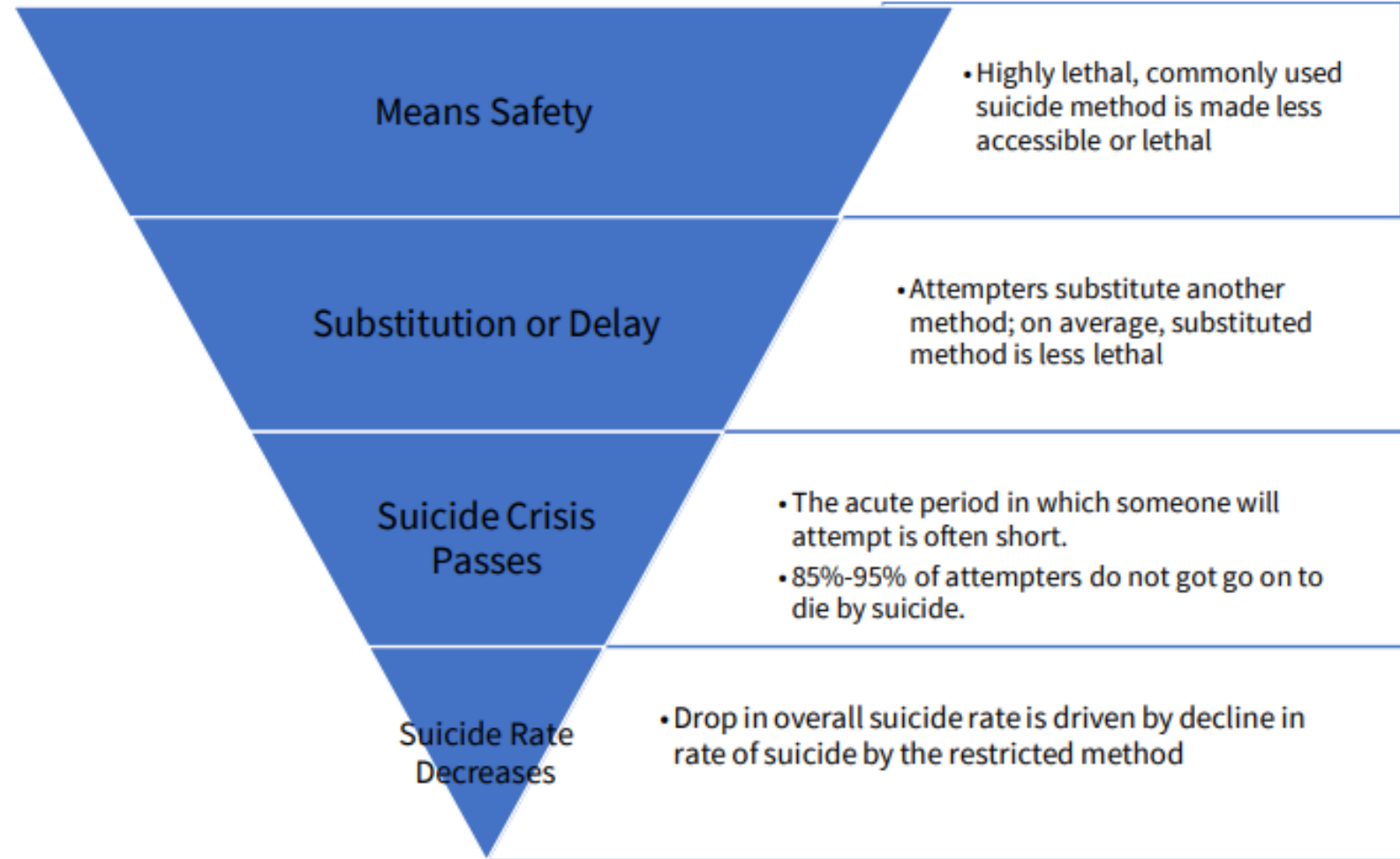
# Minimize Risk

- Limit Access to Lethal means

admissions



■ Sagianw ■ Midland ■ Bay ■ Rural ■ other





# Access to support

- Successful suicide prevention service depends on the people who are at risk seeking the services they need.
- National Action Alliance for Suicide Prevention states there is gaps in healthcare to support suicidal patients
- Care should be easily accessed, appropriate and respectful.
- Workplaces should offer employee assistance programs
- Telehealth Options
- Crisis Hotlines 988
- Peer support groups



## Access to Support

Obtain state funding

Educate about hotlines

Explore alternative models

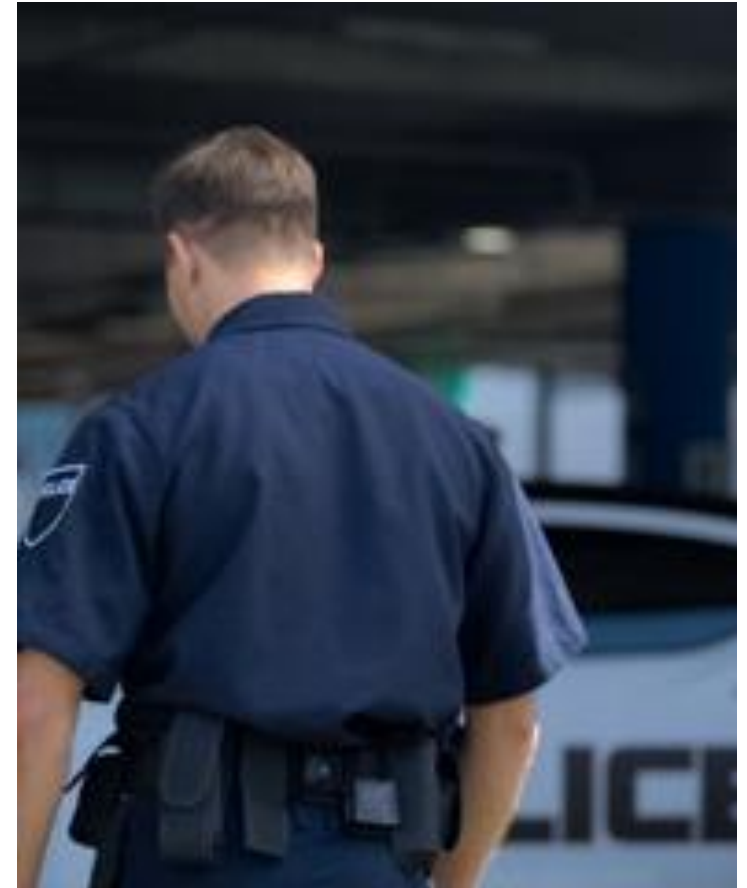
Encourage, educate and collaborate  
with the public

# Access

Sheriffs are elected to protect all the citizens in our Counties including those who may be going through difficult times. In the past month we have transported several people who were looking for help, to be evaluated by our local Mental Health. Do you want to take a guess on how many received treatments? None. When are we going to have a meaningful discussion on the broken Mental Health system in Michigan?


This past weekend Sheriff Deputies came to the aid of a young subject who decided they no longer wanted to live and drove their car into a group of trees at nearly 100 m.p.h. The subject was transported to one of our local hospitals who administered medical care and Mental health was subsequently called in to assess them and decided the subject was not a threat to themselves and was sent home with a “safety plan”. This does not sit well with us!

We are asking that you help us start the discussion locally, contact your state representatives, contact your mental health board and help us figure out how we can fix this problem. These are our brother, sisters, sons, and daughters who are crying out for help. We owe it to ourselves to make a change.



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# Training and Education

- High Quality Suicide Recognition and Referral training for community members
  - Incorporate Suicide Prevention Training in Schools for educators and all school employees.
  - Formally train Healthcare providers in Suicide prevention.
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# Healthcare settings

- Primary care
- Suicide Risk Assessment and Management
- Improve Care Transition
- Zero Suicide



# Data Collection



- Develop a Statewide Suicide Prevention office.
- Develop a centralized data system
- Standardize reporting and investigating suicide deaths
- Review and Evaluate current practices
- Suicide Death Review Teams



# Closing

- Increase awareness related to suicide
- Identify risk factors
- Explore personal beliefs on Suicide
- Review Michigan Suicide Prevention Commission Report
- Review Suicide statistics
- Make a difference

# References

- [https://www.michigan.gov/mdhhs/0,5885,7-339-71551\\_5460\\_99805---,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71551_5460_99805---,00.html) Michigan Suicide Prevention Commission Initial Report March 2021
- [www.suicidology.org](http://www.suicidology.org)
- <https://www.psychiatryadvisor.com/home/topics/suicide-and-self-harm/suicide-prevention-and-intervention-cross-cultural-perspectives/>
- <https://www.sprc.org/>
- <https://saginaw.org/news/diocese-share-original-faithvideo-sunday-derek-journey-faith-hope-and-love-inspiring-story>



Questions

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