

Improving Mental Health and Reducing Suicide

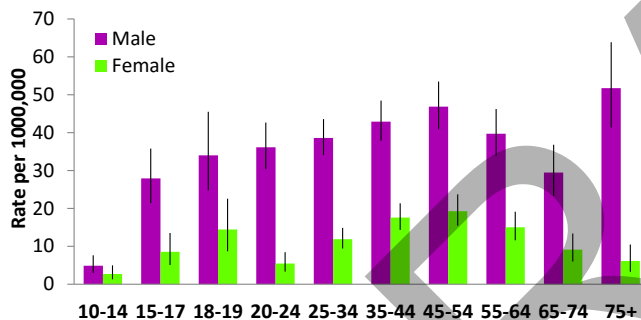
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Data Updates

Suicide is a major preventable public health problem in Utah and the 8th leading cause of death (2010-2016 inclusive). Every suicide death causes a ripple effect of immeasurable pain to individuals, families, and communities throughout the state. From 2009 to 2016, Utah's age-adjusted suicide rate was 21.2 per 100,000 persons. This is an average of 592 suicide deaths per year. Suicide was the leading cause of death for Utahns ages 10 to 17 years old in 2016 and the second leading cause of death for ages 18-24 and 25-44. Many more people attempt suicide than die by suicide. One in eighteen Utah adults (5.6%) report having had serious

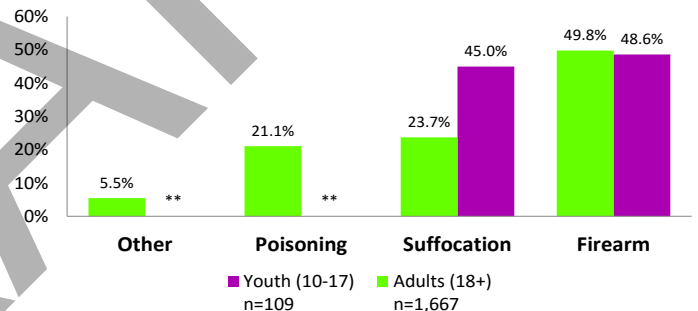
thoughts of suicide in the past year (SAMHSA National Survey on Drug Use and Health, 2015-2016). According to the 2017 Youth Risk Behavior Survey, 21.6% of youth grades 9-12 report seriously considering suicide, 17.1% made a plan about how they would attempt suicide, and 9.6% attempted suicide one or more times in the prior year.

Suicide by Age and Gender, Utah 2014-2016



Source: Utah Death Certificate Database, Utah Department of Health

Percentage of Suicide by Age Group and Method of Injury, Utah, 2014-2016



Source: Utah Death Certificate Database, Utah Department of Health

The plan below focuses on three main goals. There is a broader suicide prevention plan of the Utah Suicide Prevention Coalition available here: <https://www.health.utah.gov/vipp/pdf/Suicide/SuicidePreventionCoalitionPlan2017-2021.pdf> This plan

also outlines targeting high risk populations. The goals below are those pieces of the larger plan that were targeted for further expansion through the Utah Health Improvement Plan efforts.

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 as of January 2017

Goals, Objectives, and Measures (continued)

Target: Ten health systems/organizations will adopt the Zero Suicide framework by December 2020

Current: 15 organizations have adopted the Zero Suicide framework as of March 2018

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

Accomplishments:

- All 13 local mental health authorities completed organizational assessments (July 2017)
- All 13 local mental health authorities and the Utah Navajo Health System have a zero suicide plan in place.
- There is a Zero Suicide workplan template available to agencies to Guide Planning efforts. (<http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/Zero%20Suicide%20Workplan%20Template.pdf>)
- 12 additional agencies are currently participating in the Utah Zero Suicide Collaborative
- Utah Zero Suicide Summit is scheduled for July 2018

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

Baseline: 25,000 (estimated) as of January 2017

Target: A minimum of 299,592 Utahns trained by December 2020

Current: 33,000 (estimated) as of March 2018

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.

Accomplishments:

- Utah Suicide Prevention Coalition training calendar posted online (<https://utahsuicideprevention.org/education-training/calendar>)

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 as of January 2017

Target: Ten firearm retailers, instructors, enthusiasts in Utah will have incorporated suicide education, prevention, and awareness efforts into their businesses by December 2020

Current: Four firearm retailers, instructors, enthusiasts in Utah will have incorporated suicide education, prevention, and awareness efforts into their businesses as of March 2018

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.

Accomplishments:

- Online training video on suicide prevention for concealed carry instructors completed (July 2017 -<https://vimeo.com/176189702>)
- Training and education on safe storage of firearms and suicide prevention available (July 2017 -<https://utahsuicideprevention.org/firearmsafety>)
- Suicide prevention brochures and gun locks are available to anyone for no cost through the Utah Department of Public Safety.
- One gun shop partner is currently actively engaged in training in suicide prevention and will be releasing mini grants in December to provide funds to others