

JOIN THE
MOVEMENT

WELCOME

**St. Clair County
Health Care Commission**

+ HEALTH SUMMIT 2019

Thursday, March 28, 2019

Mental Health Work Group

Suicide – Why So Many Men in their Middle Years?

FACILITATORS:

Tom Smith, co-founder of
Karla Smith Behavioral
Health

Darrell M Coons, MDiv,
CCISM, CTSS, Chaplain for
area local fire departments

Nicholas Dodson, AFL-CIO
Labor Liaison

Joe Malone, LCSW MSW,
St. Louis VA Suicide
Prevention Coordinator and
a Suicide Prevention Team
Member at the VA Saint
Louis Health Care System

Session Objectives

- Gain an understanding of Suicide among Men in the Middle Years.
- Learn about mental health and substance use issues and why suicide keeps rising for men in the middle years.
- Gain knowledge of the relationship between suicide and occupations that are a high risk of suicide for men; and, key risk and protective factors.
- Learn effective approaches, strategies, programs and resources and brainstorm possible solutions the community can implement to support men's wellness.

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Suicide – Why So Many Men in their Middle Years?

Goals of our Work Group

- Decrease the number of suicide deaths by 25% by 2025

What we are working on

- Public Awareness
- Suicide Prevention Education (Q.P.R, MHFA YMHFA, AFSP Emergency Departments)
- Suicide Prevention Screening, Treatment & Support Services

Our Connection/Contribution to Healthier Together

- One of two committees committed to addressing behavioral health



**ST. CLAIR COUNTY
SUICIDE
PREVENTION ALLIANCE**

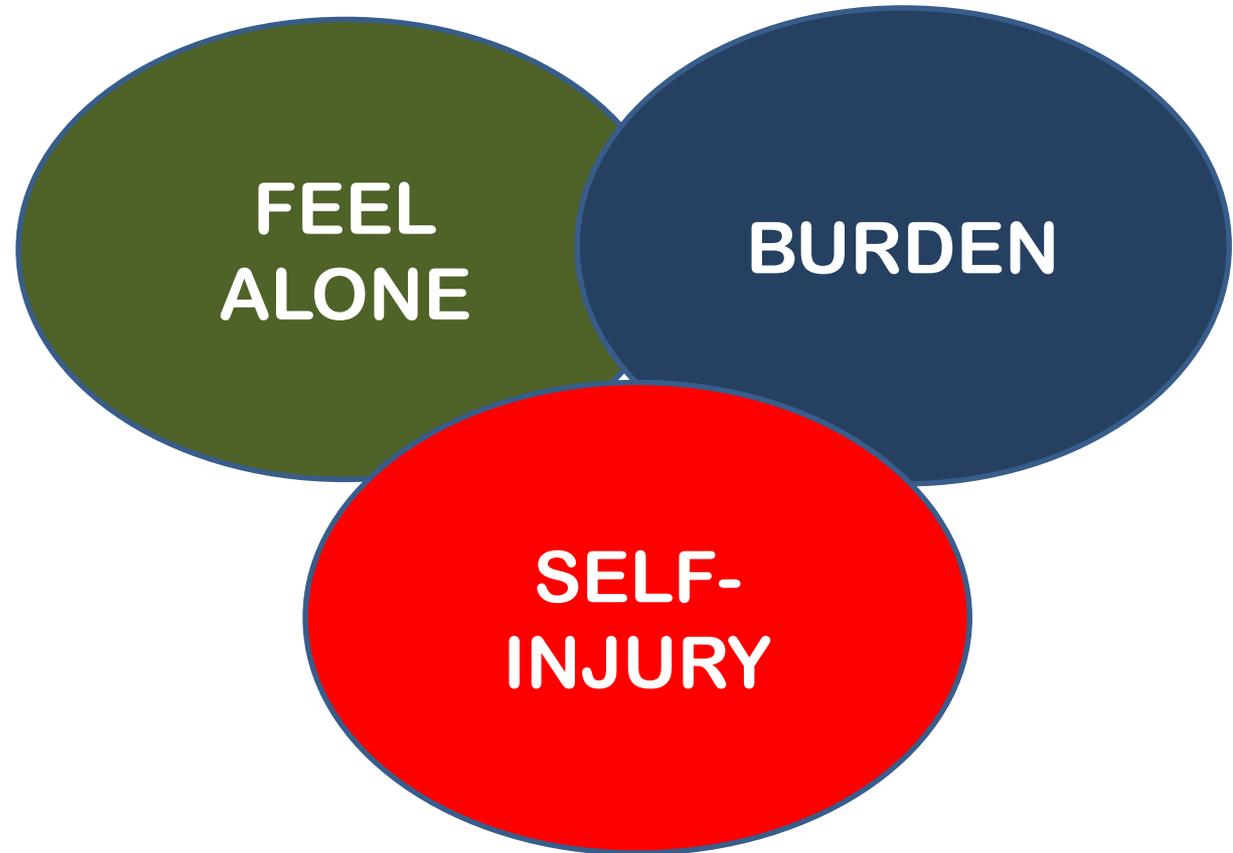
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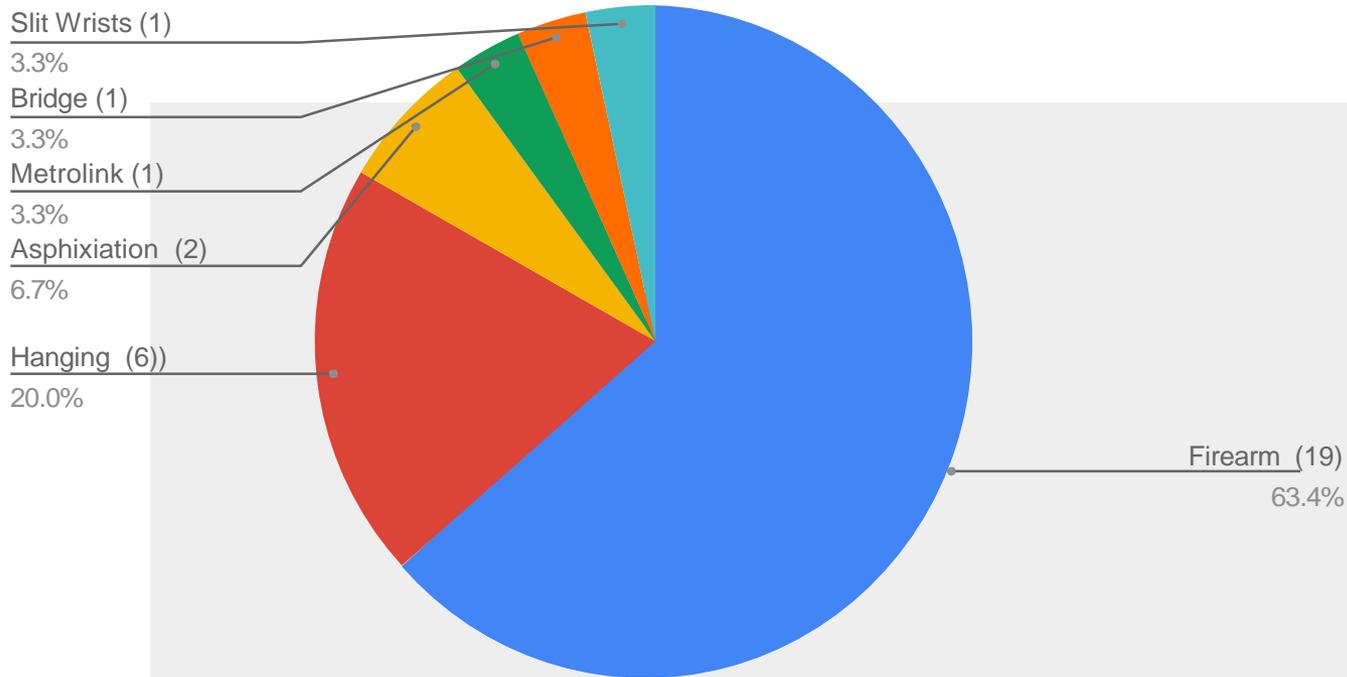


Darrell Coons, Fairview Heights-Fire Chaplain-First Responders (QPR Trainer)
Diana Cuddeback, Family Hospice Heartlinks (QPR Trainer)
Peter Dodge, National Alliance for the Mentally Ill (NAMI)-Homefront Veterans Program
Nick Dodson, AFL-CIO Labor Liaison, United Way
Mike Engel, O'Fallon Township School Social Work Department
Sheila Forristal, Armed Forces Reserve Center, Survivor Outreach Services
Chris Fulton, Agesmart, Seniors
Jodi Gardner, SWIC, Seniors, Caregivers (QPR Trainer)
Lisa Thompson-Gibbins, Southern Illinois University Edwardsville-SIUE, College Students
Marilyn Green, Illinois Department of Public Health
Linas Grybinas, PTSD Climb-Veterans-Military
Desarie Holmes, PhD
Debbie Humphrey, Chair, St. Clair County Mental Health Board
Olivia Johnson, Blue Wall Institute-Law Enforcement
James Kellerman-Call for Help
Mike Kretzler, Chestnut Health Systems, Grant Writer
Mary Laidley, BJC Memorial Hospital
Captain Sara McDowell- Scott Air Force Base OIC Mental Health Clinic
Tijuana Macon, St. Clair County ROE-Schools (QPR Trainer)
Mary Nigma, American Foundation for Suicide Prevention -Out of the Darkness Walk
Chris Norton, Chestnut Health Systems
Linda Schuh, ARW Director of Psychological Health-Scott AFB
Tom Smith, Karla Smith Behavioral Health (QPR Trainer)
Katie Wilson, Wolfsberger Funeral Home & Save Our Ship
John Wuest- Call for Help

WHAT CAN BE DONE?

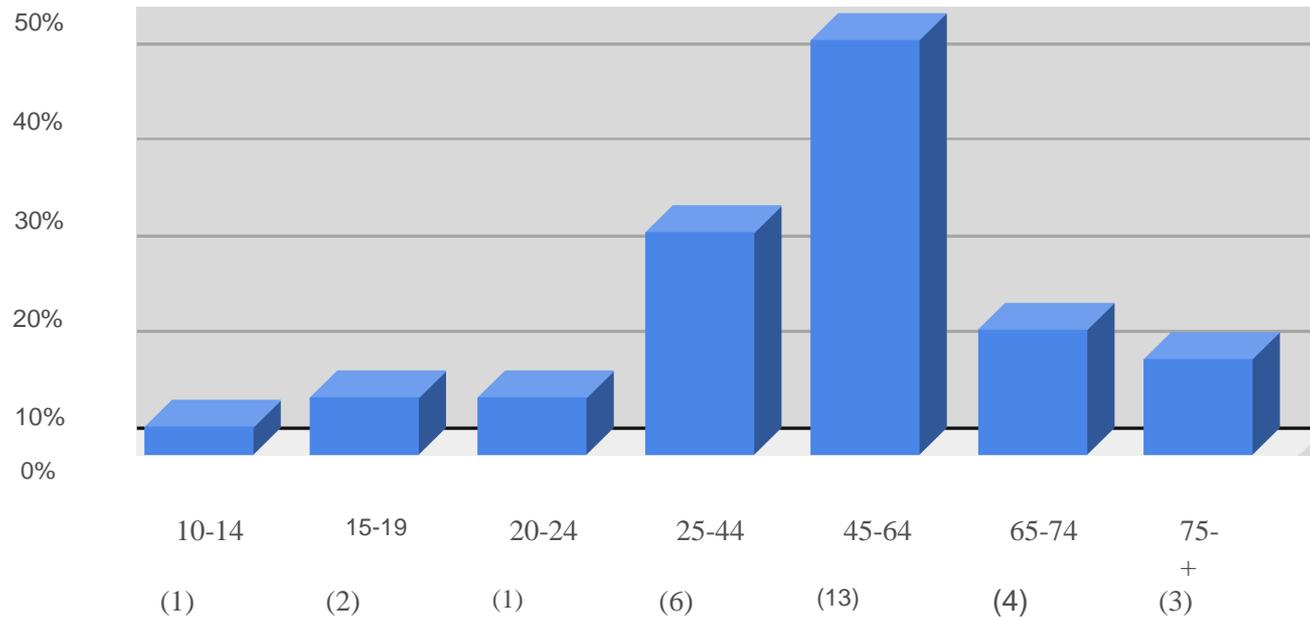


Causes of Suicide Deaths - 2018

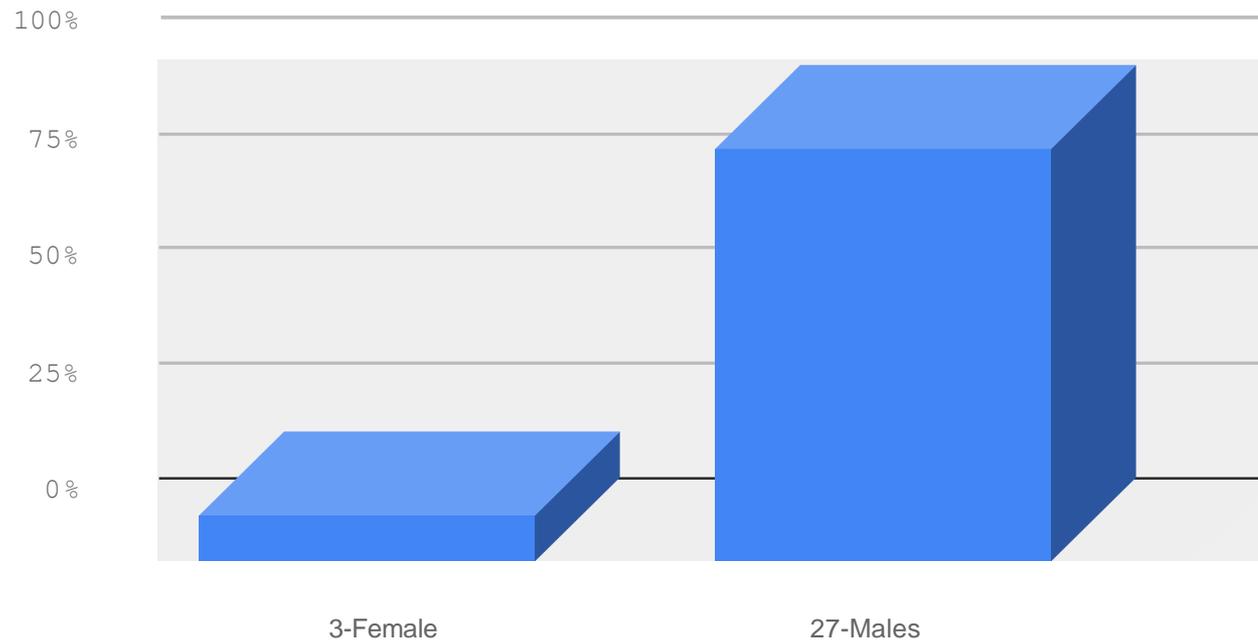


Cause of Suicide Death

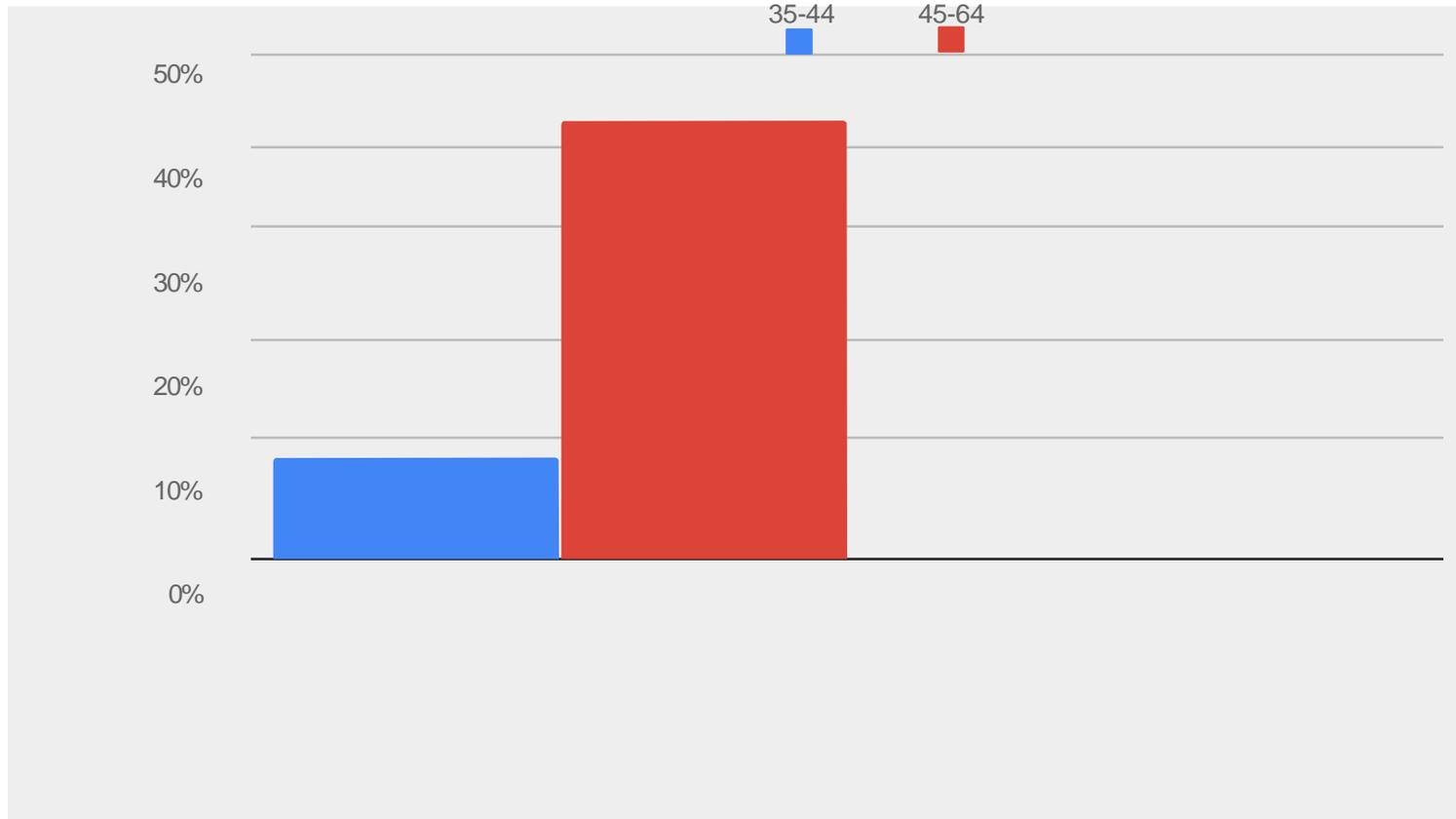
Ages 13-93 - 2018



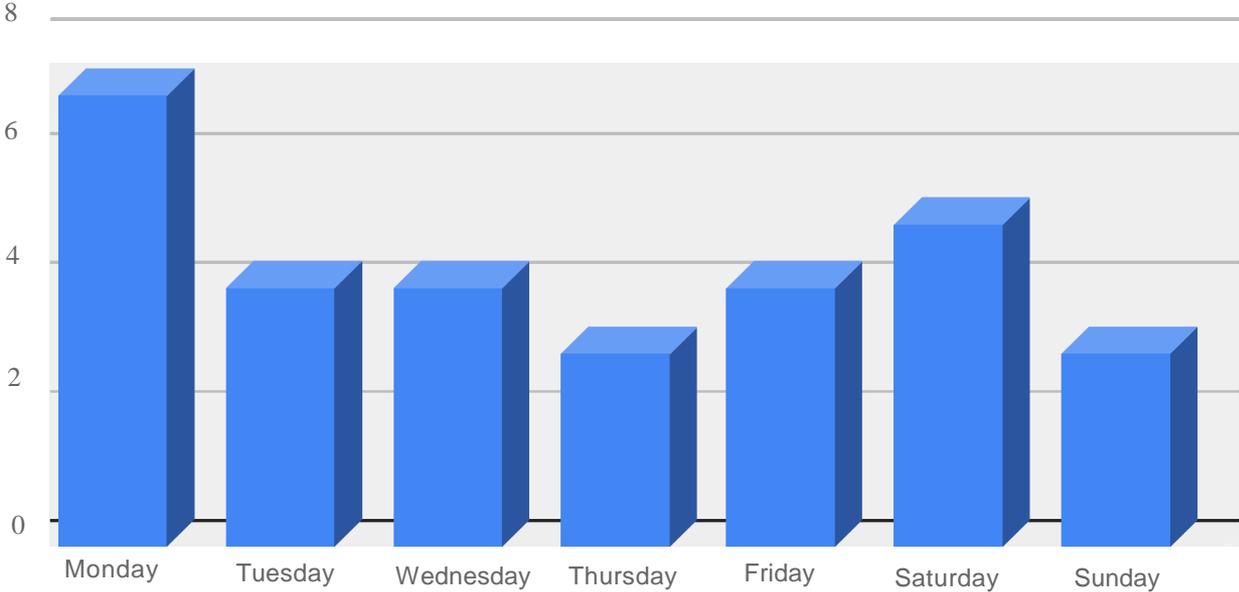
Causes of Suicide Deaths By Gender - 2018



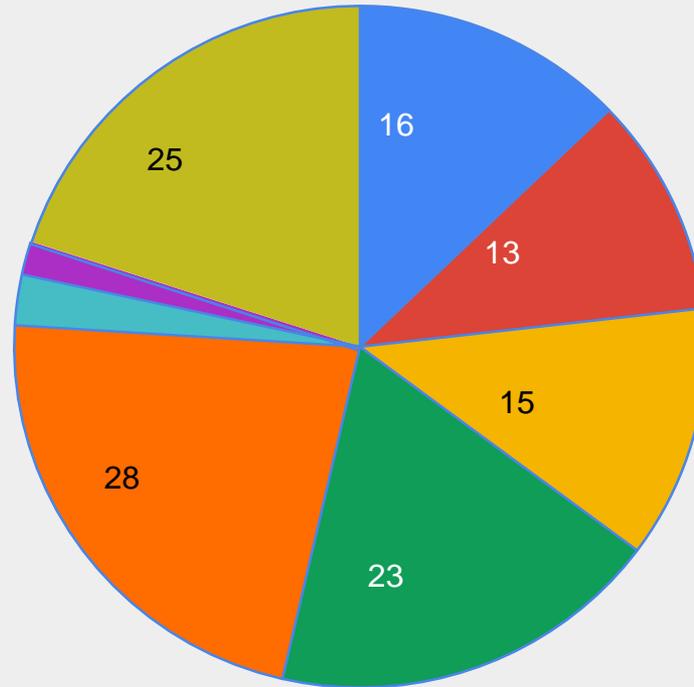
Men In The Middle Years Suicide Deaths - 2018



Cause of Suicide Deaths By Day of the Week - 2018



Community Q.P.R. Trainings - 2018

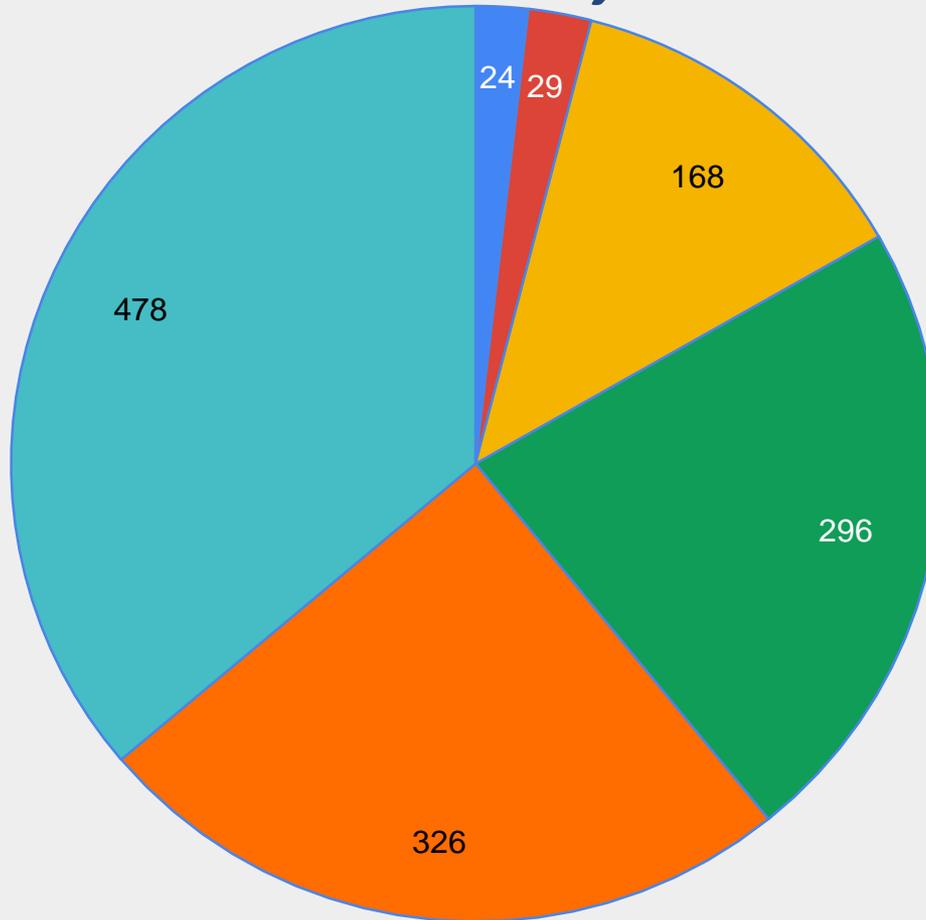


- 911 Dispatchers
- Freeburg Library
- Labor Union International 459
- Suicide Loss Vigil
- Southwestern Illinois Democratic Women
- Lindenwood University*
- Southwestern Illinois YMCA*
- St. Clair County Office on Aging

* Consult Only

QPR Trainings

School Administrators, Teachers & Student



- St. Clair County Regional Office of Education
- O'Fallon Teachers Institute
- Belle Valley School
- Marissa School
- Amelia Carriel Jr High School (6th & 7th grades), O'Fallon
- Cahokia School District, Oliver Parks (6th), Academy (7th & 8th grades)

WHY MEN IN MIDDLE YEARS?

- 19% OF POPULATION BUT 40% OF SUICIDES. BOTH NUMBERS ARE INCREASING
- MENTAL DISORDERS, ALCOHOL/DRUG USE, ETC.
- CULTURAL EXPECTATIONS: INDEPENDENT, COMPETENT, CONCEALING EMOTIONS, BREADWINNER
- LESS BEHAVIORAL HEALTH TREATMENT
- INTERVENTIONS EFFECTIVE FOR MEN?
- ALCOHOL MORE IMPACT
- FIREARMS MORE PREVALENT
- FINANCIAL ISSUES = GREATER IMPACT
- PART OF CRIMINAL JUSTICE SYSTEM
- VETERANS IN MIDDLE YEARS



WHAT CAN BE DONE?

PRIMARY HEALTH PROVIDERS: HOW MEN MASK, ALCOHOL, SCREEN FOR SUICIDE RISK

ZERO SUICIDE TOOLKIT: PRIMARY CARE, BEHAVIORAL HEALTH, EMERGENCY DPTS.

COLLABORATE WITH CRISES CENTERS, ALCOHOL TREATMENT AGENCIES, ETC TO TRAIN STAFF ON HOW MEN MASK SUICIDE IDEATION

- FIREARM OWNERS AND SELLERS, CRIMINAL JUSTICE, LAW ENFORCEMENT
- HELP AGENCIES WHO WORK WITH MEN IN FINANCIAL, LEGAL, PARTNERSHIP PROBLEMS
- WORKPLACES WITH MEN
- MORE RESEARCH ON MIMY



ST. CLAIR COUNTY
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Nicholas Dodson, AFL-CIO Labor Liaison, United Way

SUICIDE & CONSTRUCTION WORKERS

St Clair County Suicide Death Facts

*Information based on a study of 273 suicide deaths in SCC 2006-2016

Author: Olivia Johnson, PhD

Construction/Trades Employment 20%

55 of 273 cases- **People some of you knew**

(Next closest is Student at 8%)

Of 273 Suicide Deaths
87% White
13% Black
3% Other

40% were single/never married

71% had law contact

Of those 55 people:
33% 20-34
31% 45-64
22% 34-44

64% Had some **substance** in system

76% Died at home

50% Died by Firearm

65% between **12pm and Midnight**

May and April Highest # deaths

Day of Highest rate of suicide for Trades

Friday and Monday



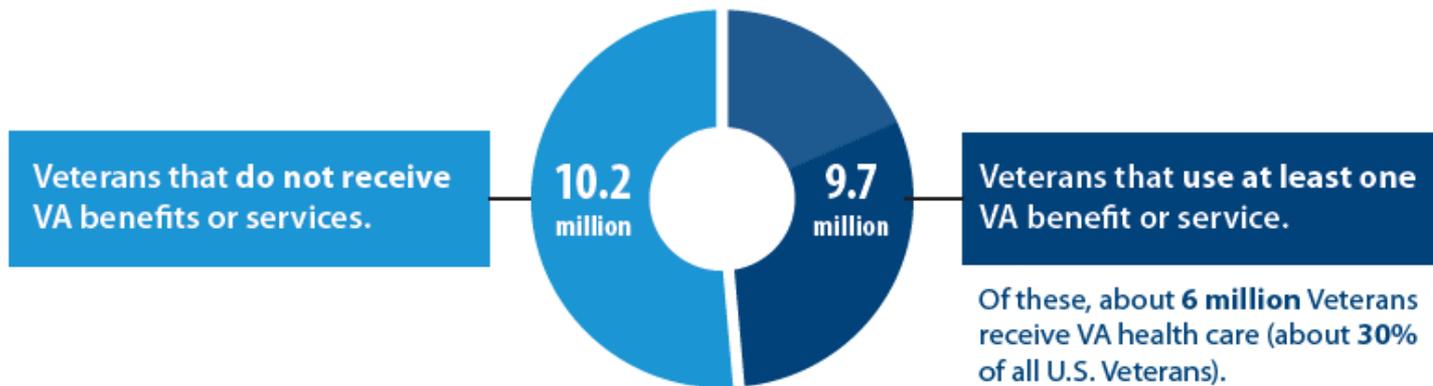
Joe Malone, LCSW MSW, Suicide Prevention Coordinator- Team Member,
VA Saint Louis Health Care System, Jefferson Barracks Division.

SUICIDE & VETERANS

Figure 1: The U.S. Veteran Population



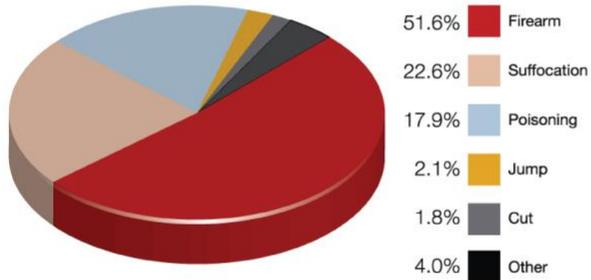
Figure 2: Number of Veterans Who Do and Do Not Receive VA Benefits or Services



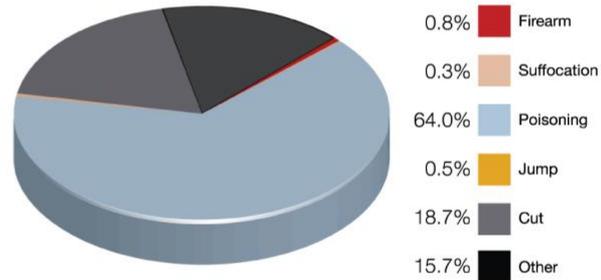
VETERAN SUICIDE STATISTICS

- **18%** of all deaths by suicide among U.S. adults were Veterans⁴
- Veterans are more likely than the general population to use **firearms** as a means for suicide⁴
- On average, **764 suicide attempts** per month among Veterans receiving recent VA health care services⁵
- **25%** of Veteran suicides have a history of previous suicide attempts⁵

How do people most commonly complete suicide?



Fatal (Suicide)



Nonfatal

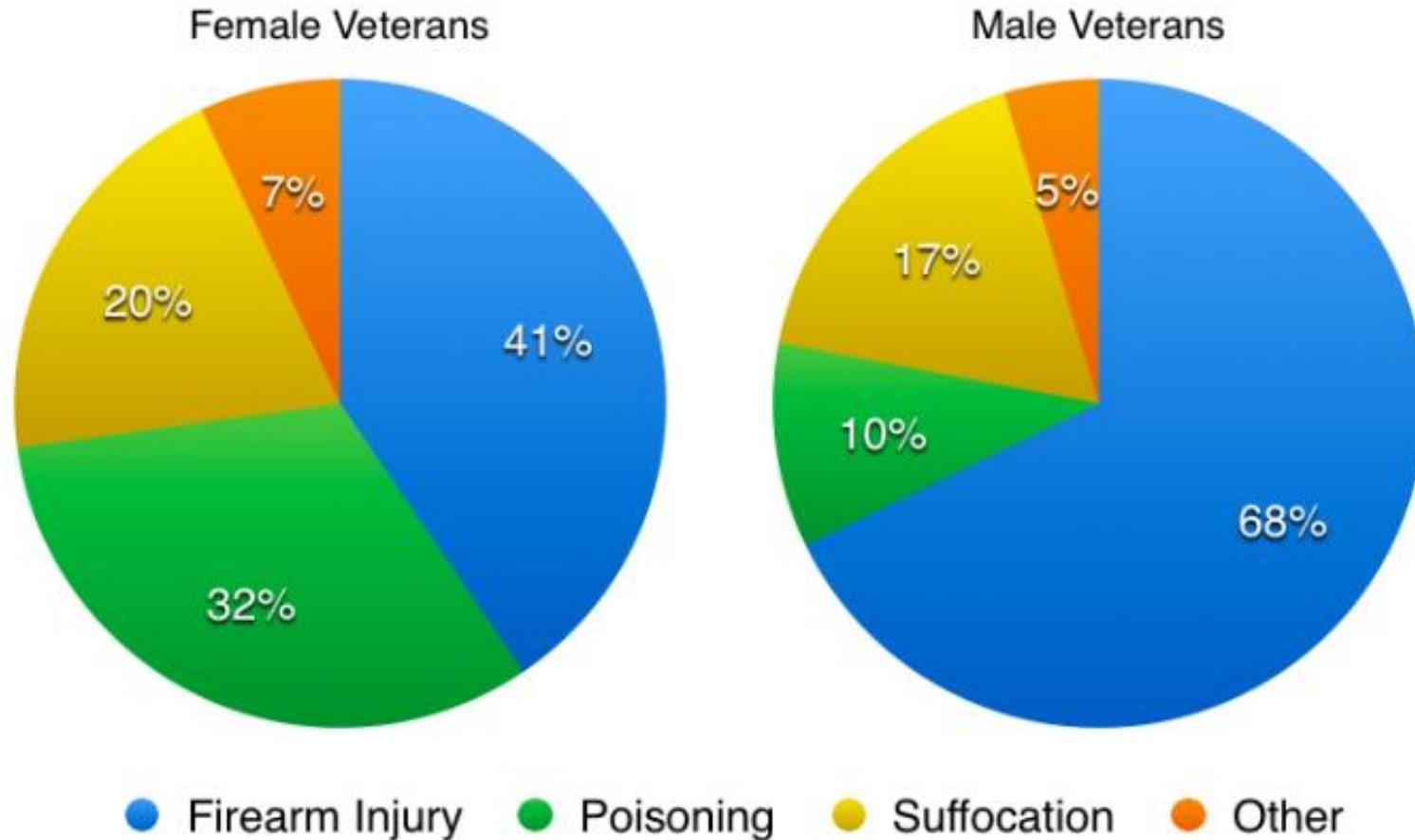
Source: Centers for Disease Control and Prevention, Web-based Injury Statistics Query and Reporting System (WISQARS). Available at: www.cdc.gov/ncipc/wisqars

MeansMatter
Suicide, Guns & Public Health

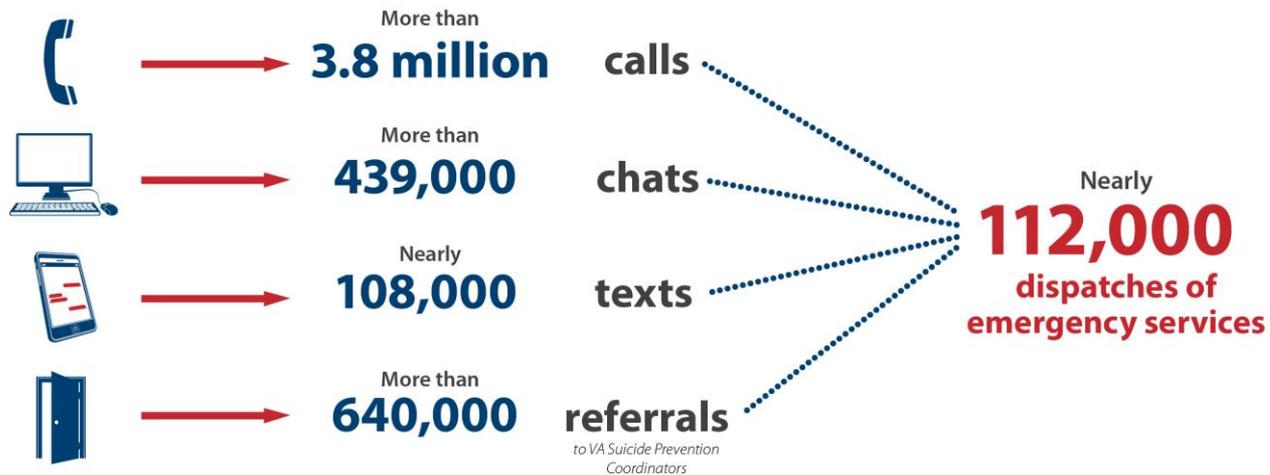
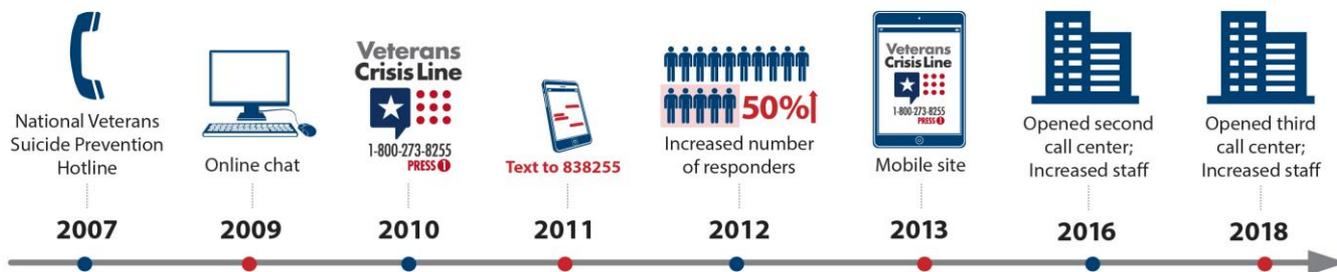
What is Means Reduction?

- One of the most effective actions to help someone in suicidal crisis is to *limit their access to lethal means*, especially firearms.
- Asking about access to weapons and safety planning with a Veteran to temporarily remove those weapons is extremely powerful.
 - Partnering *with* the Veteran, not taking their guns
- Reducing access to ALL types of lethal means saves lives

Slide -
21



"Suicide among veterans and other Americans 2001-2014," VHA Office of Suicide Prevention, August 3 2016, page 16, Fig 8



RESOURCES

- **Mental Health**

- VHA provides specialty inpatient and outpatient mental health services at its medical centers and community-based outpatient clinics. All mental health care provided by VHA supports recovery, striving to enable a person with mental health problems to live a meaningful life in the community and achieve his or her full potential.
- For more information on VA Mental Health Services visit www.mentalhealth.va.gov

- **Vet Centers**

- Vet Centers are VA community-based centers that provide a range of counseling, outreach, and referral services.
- For more information about Vet Centers and to find the Vet Center closest to you visit www.vetcenter.va.gov

RESOURCES

- **Make the Connection**

- MakeTheConnection.net is a one-stop resource where Veterans and their families and friends can privately explore information about physical and mental health symptoms, challenging life events, and mental health conditions. On this site, Veterans and their families and friends can learn about available resources and support. Visit www.MakeTheConnection.net to learn more.

- **Post-Traumatic Stress Disorder (PTSD)**

- Each VA medical center has PTSD specialists who provide treatment for Veterans with PTSD. For more information about PTSD and to locate the VA PTSD program nearest you visit www.ptsd.va.gov
- PTSD Coach App: The PTSD Coach application, allows phone users to manage their symptoms, links them with local sources of support, and provides information on PTSD. Visit www.ptsd.va.gov/public/pages/PTSDCoach.asp

RESOURCES

- **Veterans Crisis Line/Chat/Text**

- 1-800-273-8255, Press 1
- <http://www.veteranscrisisline.net/>
- Text to 838255
- Play Video: https://youtu.be/_jQb9xRvsbY

- **VA Suicide Prevention Coordinators**

- Each VA Medical Center has a Suicide Prevention Coordinator to make sure Veterans receive needed counseling and services
- Resource locator - <http://www.veteranscrisisline.net/>
- Play Video: <https://youtu.be/l8cQHTzZTIs>



Darrell M Coons, MDiv, CCISM, CTSS

SUICIDE & FIRST RESPONDERS

FIRST RESPONDERS



SUICIDE PREVENTION-INTERVENTION

- Stay with the person until you can get help
- Remove objects that can be used in a suicide attempt
- Call the SAMHSA National Suicide Prevention-Veterans Lifeline-Chat 1-800-273-Talk (8255) and follow their guidance
- OR Text message 741741
- Call 911 if the person seems at imminent risk of harming themselves



ST. CLAIR COUNTY SUICIDE PREVENTION ALLIANCE Contact Information

Deborah (Debbie) Humphrey, MBA, BSN, RN
St. Clair County Mental Health Board
Email: debbieh@stc708.org
Phone: 618-277-6022



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THANK YOU

TO OUR PARTNERS



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