

ELIMINATE DEATH BY SUICIDE

The Vision: Eliminate Suicide in Idaho

“Anything less than a moonshot is a disservice to the people of Idaho...”

—Samuel Pullen, DO, Medical Director, Psychiatric/Behavioral Health, St. Luke's Health System

The Mission: To create an effective, coordinated and integrated approach to support all Idahoans at risk of suicide and those who are bereaved by suicide loss through evidence-based approaches with outcomes that can be measured for impact.

The Goal: Achieve a 20% reduction in Idaho suicide rates by 2025

Suicide in Idaho

Ranked **5th** in the U.S. for suicide per capita in 2017

7th leading cause of death

Middle-aged and older Idaho males die at rates **3 to 5 times higher** than the national rate

2nd leading cause of death for those age 15 to 44

Firearms account for **61%** of all suicides

Suicide: What is True

Asking someone directly if they are thinking of suicide will not “put the idea in their head.”

Instead most will be relieved that someone asked, and asking creates connection which can lower risk and open the door to hope and help.

The vast majority of those who become suicidal recover.

Most who engage in suicidal thinking or behavior get better, in fact, about 90% of those who make suicide attempts engage in life and never go on to die by suicide.

The Cost of Suicide



Each suicide in Idaho results in **\$1.5 million** in lost productivity.

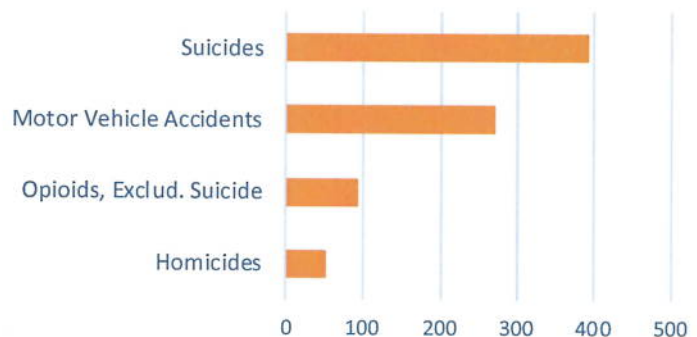
A 10% reduction in 2017 suicide deaths and attempts would result in savings of **\$58 million** in foregone productivity and **\$7.2 million** in medical care costs for non-fatal attempts.

The cost of suicide to surviving family members is **immeasurable**. They not only suffer the trauma of losing a loved one but may be at higher risk of suicide and physical and emotional problems.

*Based on calculation Constructed by Niel Piland, Dr. P.H. while at ISU in 2015

In 2017, Idaho lost 393 people to suicide.

Number of Deaths by Cause: Idaho 2017



Idaho Suicide Prevention Plan

2018 Legislative intent language and efforts by the Idaho Suicide Prevention Coalition, the Idaho Council on Suicide Prevention, the Idaho Department of Health and Welfare and others led to a planning process, facilitated by a professional facilitator to create a new, comprehensive Idaho Suicide Prevention Plan. A team of over 50 state, regional and local stakeholders participated in all or part of this process and represented a wide range of interests, constituents, public and private partners, lived experience and loss survivors of suicide. Collectively, this group invested over \$200,000 in financial and in-kind resources and committed over 3,700 person hours to this task.

The Planning Team included those from:

Idaho Council on Suicide Prevention
Idaho Suicide Prevention Coalition
Panhandle Health District
Idaho Commission on Aging
Adult Corrections
Juvenile Corrections
Legislative Services Office
Boise Police Department
Senate and House
Governor's Office
Saint Alphonsus Health System
St. Luke's Health System
Idaho Suicide Prevention Hotline
Health Quality Planning Commission
Kootenai Health
Tribal Health
Eastern Idaho Regional Behavioral Health
Clinical Representatives
Counseling Professor

Optum Idaho
Shoshone Medical Center
Idaho Department of Health and Welfare
Idaho Department of Education
Suicide Prevention Action Network
American Foundation for Suicide Prevention
National Alliance on Mental Illness
Idaho Rural Health Association
Idaho School Administrators Association
Idaho Education Association
Coroners Association
Jason Foundation
Idaho Voices for Children
The Speedy Foundation
Live Wilder Foundation
Veterans Administration

Contributing Private Partners included:

Blue Cross of Idaho Foundation
for Health

Laura Moore Cunningham
Foundation

Saint Alphonsus Health System

St. Luke's Health System & St.
Luke's Children's

J.A. and Kathryn Albertson
Family Foundation

A Community-Centered Approach

The Suicide Prevention Plan is a community centered approach bringing together multiple partners, agencies and stakeholders to build capacity and implement the plan. While foundational aspects will be supported statewide, communities will drive implementation efforts to ensure the individualized needs of each community.

Priority Initiative Funding Request for SFY2020

\$1,026,100 New Funding Request for SFY20 to support redirected existing appropriation:

- ◆ \$291,400 new funding for a statewide gap analysis to better understand statewide capacity to address suicide; support a statewide collaborative structure at the state and local level; support school-based policy development and implementation and support statewide cohesion of partner and stakeholder activities
- ◆ \$315,000 new funding for a robust training infrastructure statewide including a cadre of trained individuals that serve as master trainers in a variety of methodologies as well as subject matter experts
- ◆ \$302,500 new funding for implementation of the Zero Suicide model in two pilot areas of Idaho in the healthcare system that bridges the clinical and community support for people at risk of suicide
- ◆ \$117,200 new funding for the Idaho Suicide Prevention Hotline to: increase 24/7 capacity for call, text and chat, and; provide crisis service support for county jails, local crisis centers, and hospitals
- ◆ Redirect ongoing \$1,335,200 appropriation for suicide prevention to align with the FY19-20 Action Plan and support new funding requests
- ◆ Redirect, where appropriate, existing initiatives to align with the FY19-20 Action Plan
- ◆ Includes initiatives that encourage private sector support for the Idaho Suicide Prevention statewide plan
- ◆ Funding is focused on building capacity and infrastructure in year one to ensure successful statewide adoption and implementation