

SENATE HEALTH & WELFARE COMMITTEE
Wednesday January 20, 2016

ATTACHMENT 6

Suicide Prevention 2016

Follow up to SCR 104
Senate Health and Welfare Committee
January 20, 2016
Health Quality Planning Commission
Suicide Prevention Core Team
J. Robert Polk, MD, MPH

2015 Legislative Session SCR 104

- Charged the HQPC to prepare an **implementation plan for a comprehensive suicide prevention program** such as the Idaho Suicide Prevention Plan (ISPP) as published by the Idaho Council on Suicide Prevention (ICSP).
- This plan and budget were approved by the HQPC December 9, 2015

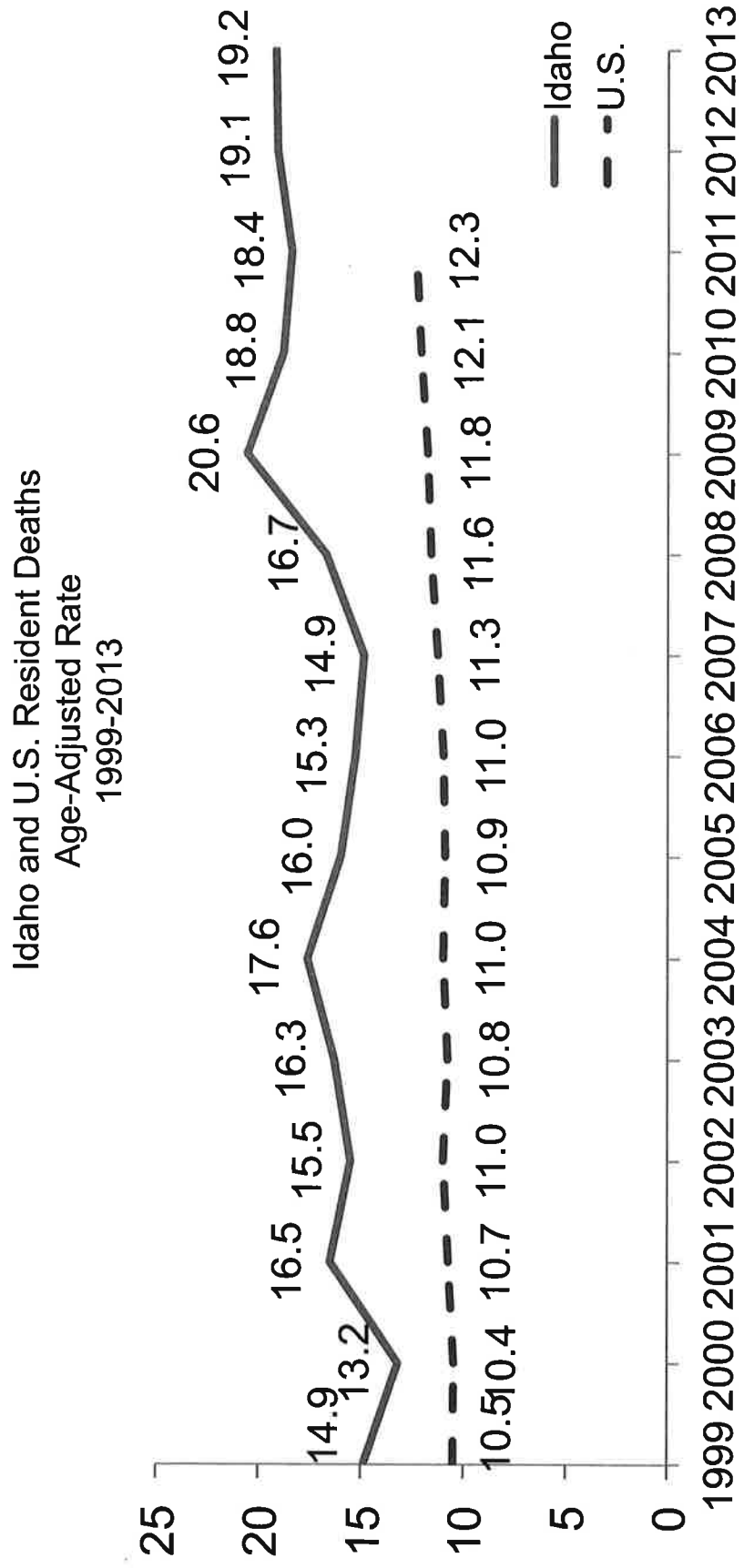
Suicide Prevention Core Team

- Subgroup of ICSP, HQPC, and other leaders in suicide prevention met to **select the prevention methods most likely to succeed and the infrastructure necessary to improve coordinated efforts across the state.**
- Team members: Bob Polk MD (Chair HQPC), Ross Edmunds (DHW), Elke Shaw-Tulloch (DHW), Linda Hatzenbuehler (ISU&ISPC Chair), Kim Kane (ILP&ISPC), Matt McCarter (SDE&ILP), Corey Surber (SAHS), Judy Gabert (SPAN Idaho&ILP), John Reusser (ISPH&ISPC), Dieuwke Spencer (DHW&ISPC), Jennifer Dickey (ILP), Jeni Griffin (SPAN Idaho), Jayne Tabb (DHW Support)

Suicide Data

- Idaho consistently in top 10 states with highest suicide rates; in 2013 Idaho 6th highest
- Consistently higher than US rate 19.2 vs 13.0 (2013)
- In 2014, Idaho at 6.15 deaths by suicide per week (2013 5.92/week)
- Mechanisms (2013): Poisoning, Firearms, Suffocation

Suicide Statistics: Trends



Rate per 100,000. Sources: Idaho data – Bureau of Vital Records and Health Statistics, U.S. NCHS Vital Statistics System

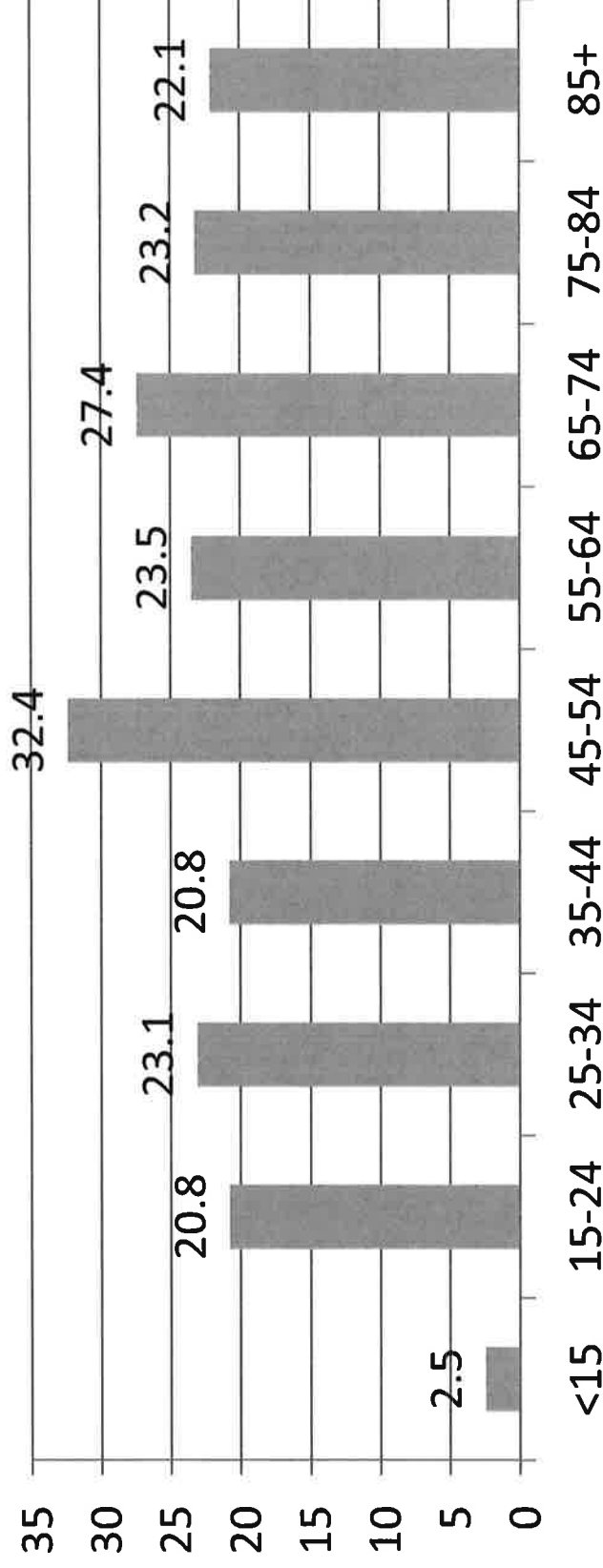
Suicide Facts in Idaho

- 2013 Youth Risk Behavior Survey of Idaho High School students(regular and charter schools)
 - 1 in 6 have seriously considered suicide (15.8%)
 - **1 in 8 have a suicide plan (12.5%)**
 - **1 in 14 have attempted suicide (7%)**
- Idaho lost 96 (85) school age children(18 and younger) to suicide 2010-2014 (2009-2013); 20(15) of those were 14 or younger
- Idaho lost 155(134) college age youth, age 19-24 to suicide 2010-2014(2009-2013)

Survivors of Suicide

- Surviving the loss of a loved one to suicide is a risk factor for suicide (Brent, 2010)
- Survivors experience a range of complex grief reactions including guilt, anger, abandonment, denial, helplessness, and shock (Jordan, 2001, and Am Assoc Suicidology factsheet)
- Estimate median of 6-32 survivors per suicide (Berman, 2011)
- Estimate 7% of U.S. population knew someone who died of suicide in the previous 12 months (Crosby, 2002)

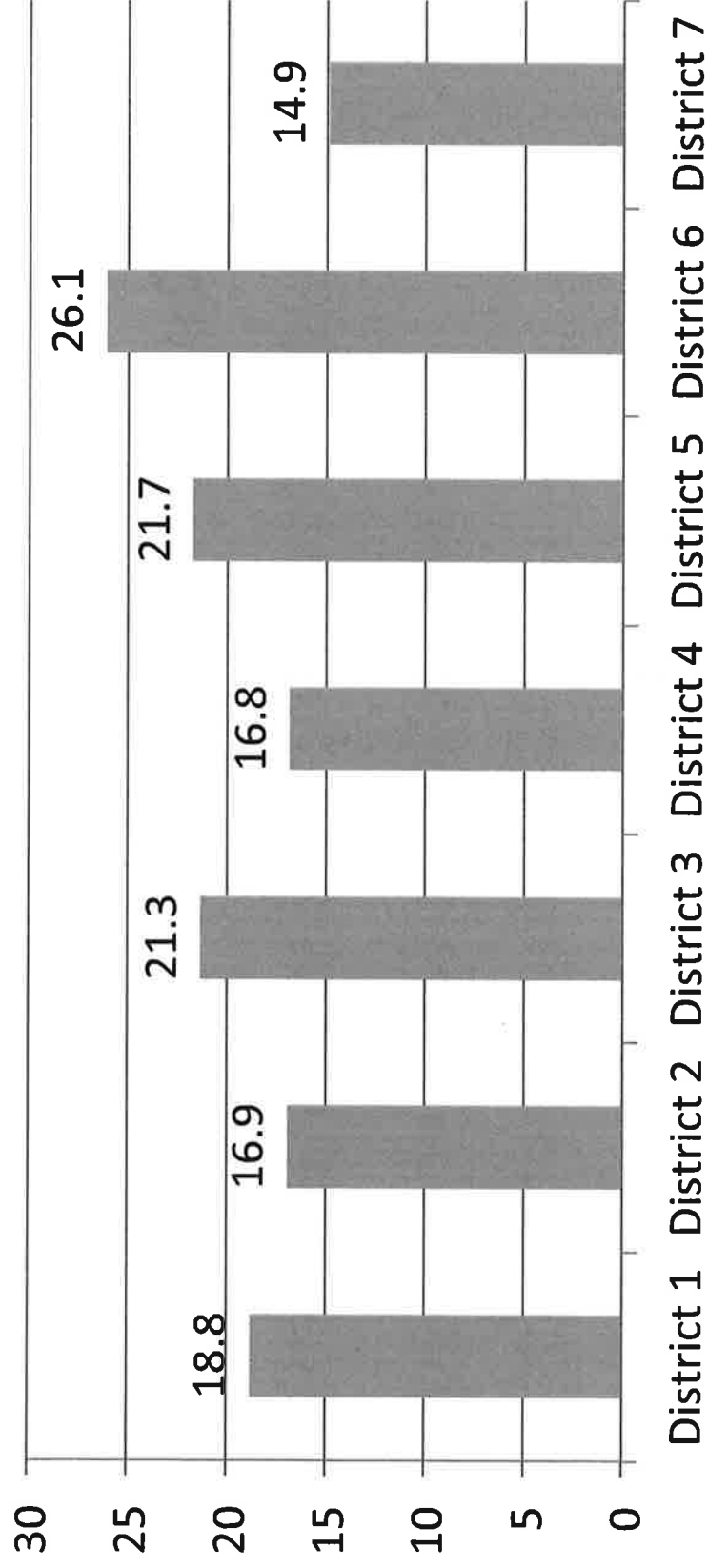
Idaho Suicides Rates by Age (rate per 100,000)



Rate per 100,000. Source: Bureau of Vital Records and Health Statistics, 2013 data

Total Idaho Suicides by Public Health District

(rate per 100,000)



Rate per 100,000. Source: Bureau of Vital Records and Health Statistics, 2013 data

Economic Costs of Suicide in Idaho and Potential Benefits of Prevention

- 2013: 308 suicides, total cost \$467 million
 - \$1.2 mln in medical costs
 - \$465 mln in foregone productivity
- Medical care cost non-fatal attempts \$44 mln
- 10% reduction in suicides and attempts
 - Savings of \$46 mln in foregone productivity
 - Savings of \$4.4 mln in medical care for non-fatal attempts

Overview of the Recommendations

- Vision: Idaho will have the lowest suicide rate in the nation.
- Goal: 10% rate reduction by 2020
- Twelve initiatives, all taken from the Idaho Suicide Prevention Plan
- Total funding request \$971,102.90 (not in SFY17 IDHW budget request to JFAC)
- Program will require continued private/grant funding besides state funding.
- Provides comprehensive implementable program and leadership that are needed across the state of Idaho.

Four Priority Initiatives

1. Office of Suicide Prevention: \$258,000 and four FTE's
 - Within IDHW, Division of Public Health
 - Idaho Council on Suicide Prevention as advisory group
2. Training of 50% of middle and high school students over 5 years in Sources of Strength: \$165,000/year (\$825,000 over 5 years)
3. Sustainability for Idaho Suicide Prevention Hotline : \$273,000 will support 60% of operations
4. Public Awareness Campaign: \$300,000

Initiatives continued

5. Gatekeeper Training
6. Train media on safe and effective reporting
7. Training of behavioral health clinicians in current suicide assessment and management
8. Effective, immediate follow up of suicidal patients post health care facility visit

Initiatives continued

9. Immediate coroner reporting of suicides
10. Train and support professionals who encounter survivors in the immediate aftermath of suicide loss
11. Train and support facilitators of suicide loss support groups and coordinate the groups
12. Overcome barriers to accurate and adequate data reporting of suicide and suicidal behavior and attempts

Questions and Next Steps

Division	Public Health
Program	Suicide Prevention

Personnel

Position	Hrly Wage	Hours/PP	# of PP's	Fringe	Percentage	Total
Health Program Manager	\$ 26.77	80	26	1.4421	100%	\$ 80,298.44
Health Education Specialist, Sr.	\$ 20.96	80	26	1.4421	100%	\$ 62,870.95
Human Services Program Specialist (BH Division)	\$ 24.00	80	26	1.4421	100%	\$ 71,989.63
Administrative Assistant 1	\$ 14.15	80	26	1.4421	100%	\$ 42,443.89
*Four FTE would also be requested						
Personnel	\$	178,630				\$
Fringe	\$	78,973				\$
Total	\$	257,603				\$

Operating

Goal Area 1:	Public Awareness Campaign					\$300,000
Goal Area 2:	Youth Programming	Contract with SDE				\$165,000
Goal Area 5:	Hotline	Current SDE grant ends 9/16				
		Support 60% Annual Budget				\$223,000
Goal Area 3,4:	*Gatekeeper Training	BH currently provides \$50,000 ongoing				
		Travel of BH/PH Staff in state				\$7,500.00
Goal Area 6,7:	*Train Media	Travel of BH/PH Staff in state				
		Travel of BH Staff in state				
Goal Area 8:	*Patient Follow Up	Travel of BH Staff in state				
		Travel of PH Staff in state				
Goal Area 9,10:	*Coroner Reporting	Travel of BH Staff in state				
		Travel of PH Staff in state				
Goal Area 11:	*Survivor Training	Travel of BH Staff in state				
		Travel of PH Staff in state				\$14,000
Goal Area 12:	*Support Group Facilitator Training	National Trainings		\$6,000		
		Resource Materials		\$1,000		
Goal Area 12:	Office of Suicide Prevention	Office Supplies		\$2,000		
		Computers		\$4,000	On-time	
Goal Area 12:	Data	Phones, Misc		\$1,000	On-time	
		BRFSS Questions -2ea suicide attempt				\$4,000
					Total Operating	\$713,500
*Training/meeting travel will be combined to address multiple training/meeting needs and will be conducted two times in each health district/region of the state annually. This is an estimate and does not include meeting room or meals costs for meeting participants.						
GRAND TOTAL						\$ 971,102.90

This budget is not included in IDHW, Public Health Services SFY17 budget request to JFAC.

Addendum

- Acronyms:
 - HQPC, Health Quality Planning Commission
 - DHW, Department of Health and Welfare
 - ISU, Idaho State University
 - SDE, State Department of Education
 - ISPC, Idaho Suicide Prevention Council
 - ILP, Idaho Lives Project
 - SPAN Idaho, Suicide Prevention Action Network Idaho
 - ISPH, Idaho Suicide Prevention Hotline
 - SAHS, Saint Alphonsus Health System

Evidence on Sources of Strength

- <http://www.sprc.org/news-events/the-weekly-spark/weekly-spark-friday-february-27-2015>
- <http://www.sprc.org/news-events/the-weekly-spark/weekly-spark-friday-march-13-2015>
- <http://www.sprc.org/training-institute/r2p-webinars/sources-strength-preventing-suicide-among-high-school-students-thr-0>
- <http://aiph.aphapublications.org/doi/abs/10.2105/AJPH.2009.190025>
- [http://www.sprc.org/sites/sprc.org/files/library/Upstream Youth Suicide Prevention Expert Panel Meeting%20Summary.pdf](http://www.sprc.org/sites/sprc.org/files/library/Upstream_Youth_Suicide_Prevention_Expert_Panel_Meeting%20Summary.pdf)

**Idaho Suicide Prevention Hotline
Cash Receipts
October 1, 2011 to November 15, 2015**

Receipts	Amount
Night at the Flicks Event	1,193
Fees for Service - Link2Health Solutions, Inc.	2,500
Tattoo Event	3,052
Private Donor	3,500
Span Idaho	3,717
Ansy McClain Event	5,037
Donations >\$100 (217)	7,289
Donations \$101 to \$500 (47)	10,551
Donations \$501 to \$1,000 (13)	10,687
Fees for Service - Suicide Prevention Action Network Idaho	11,000
Donations \$1,000 to \$3,000 (7)	13,742
St Alphonsus Regional Medical Center	20,000
Idaho State University - Planning Grant	25,000
The Park City Foundation	26,071
J.A. & Kathryn Albertson Foundation, Inc.	37,500
St. Luke's Foundation	37,500
United Way - Various Contributors	63,566
United Way Community Impact Grants	110,000
Division of Veterans Services	430,000
Dept of Health & Welfare	610,622
Total Receipts	\$ 1,432,527

