



Suicide in South Dakota

Presentation to Interim Study
Committee on Access to Mental
Health Services

SD Department of Health and
SD Department of Social Services

September 11, 2018

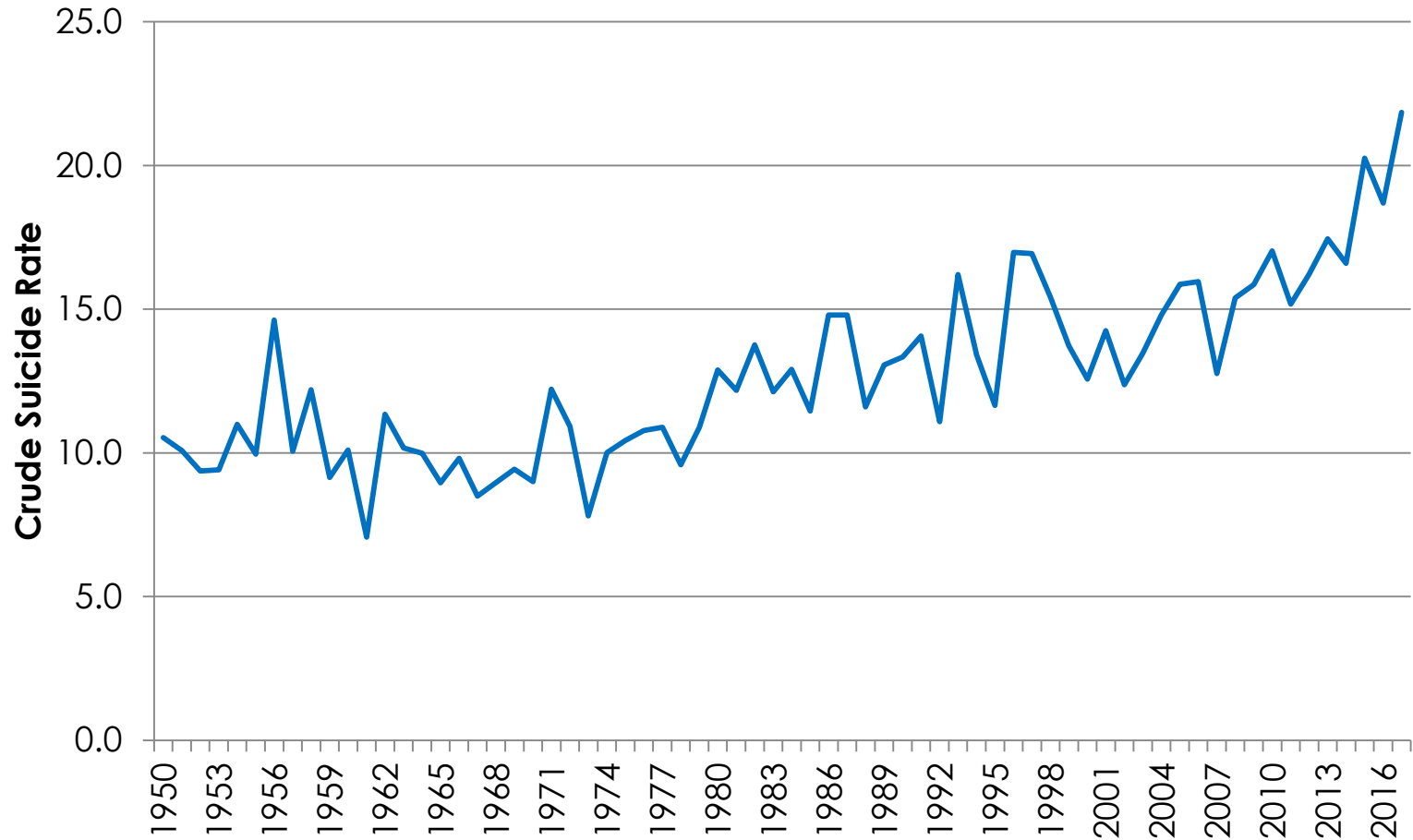
Suicide in South Dakota

- Suicide rates are increasing in South Dakota
- 192 suicide deaths in 2017, the most ever reported in the state
- In 2017, suicide was the
 - 9th leading cause of death among all South Dakotans
 - 2nd leading cause of death among individuals aged 15-34 years
- For comparison, SD had the 13th highest suicide rate in the nation at 18.6 per 100,000 population in 2016 (U.S. rate — 13.9)
- American Indian suicide rates are 2.3-times higher than White race rates in SD, 2008-2017
- Young men 19–21 years of age at highest suicide risk in SD
- Three SD counties rank in the top 1% highest suicide rate in the U.S. from 2008–2014
- Suicide methods: firearms 49%, hanging 35%, poisoning 13%
- 16.1% of SD high school students seriously considered suicide; 11.8% of SD high school students planned suicide; 8.4% attempted suicide (2015 YRBS)

Source: South Dakota Vital Records
CDC WISQARS

SD Suicide Rate, 1950–2017

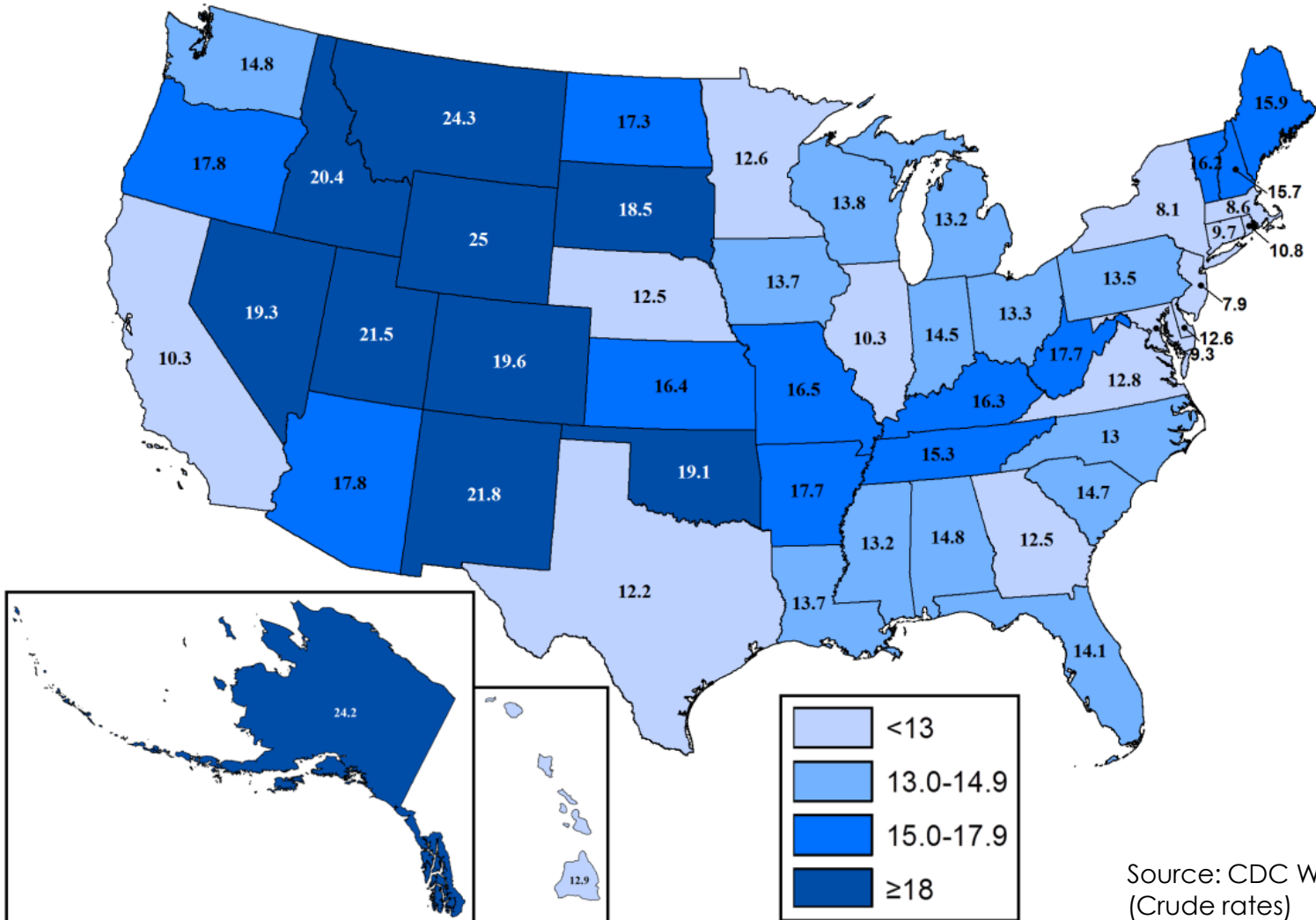
(suicides per 100,000 population)



Source: South Dakota Vital Records

Suicide Rates by State, 2012–2016

(suicides per 100,000 population)



Source: CDC WISQARS
(Crude rates)

Suicide Rate Compared to Neighbor States

(suicides per 100,000 population per year)

State	2014-2016 Age-Adjusted Suicide Rates per 100,000 [Rank]	Percent Change from 1999 to 2016 [Rank]
North Dakota	20.9 [14]	+57.6% [1]
South Dakota	22.6 [10]	+44.5% [6]
Minnesota	15.0 [38]	+40.6% [8]
Wyoming	28.8 [3]	+39.0% [9]
Montana	29.2 [1]	+38% [11]
Iowa	16.0 [31]	+36.2% [18]
Nebraska	14.8 [40]	+16.2% [43]
Nation	15.4	+25.4%

Rank: Rank among all 50 states with 1 being worst and 50 being best.

Source: <https://www.cdc.gov/vitalsigns/suicide/index.html>

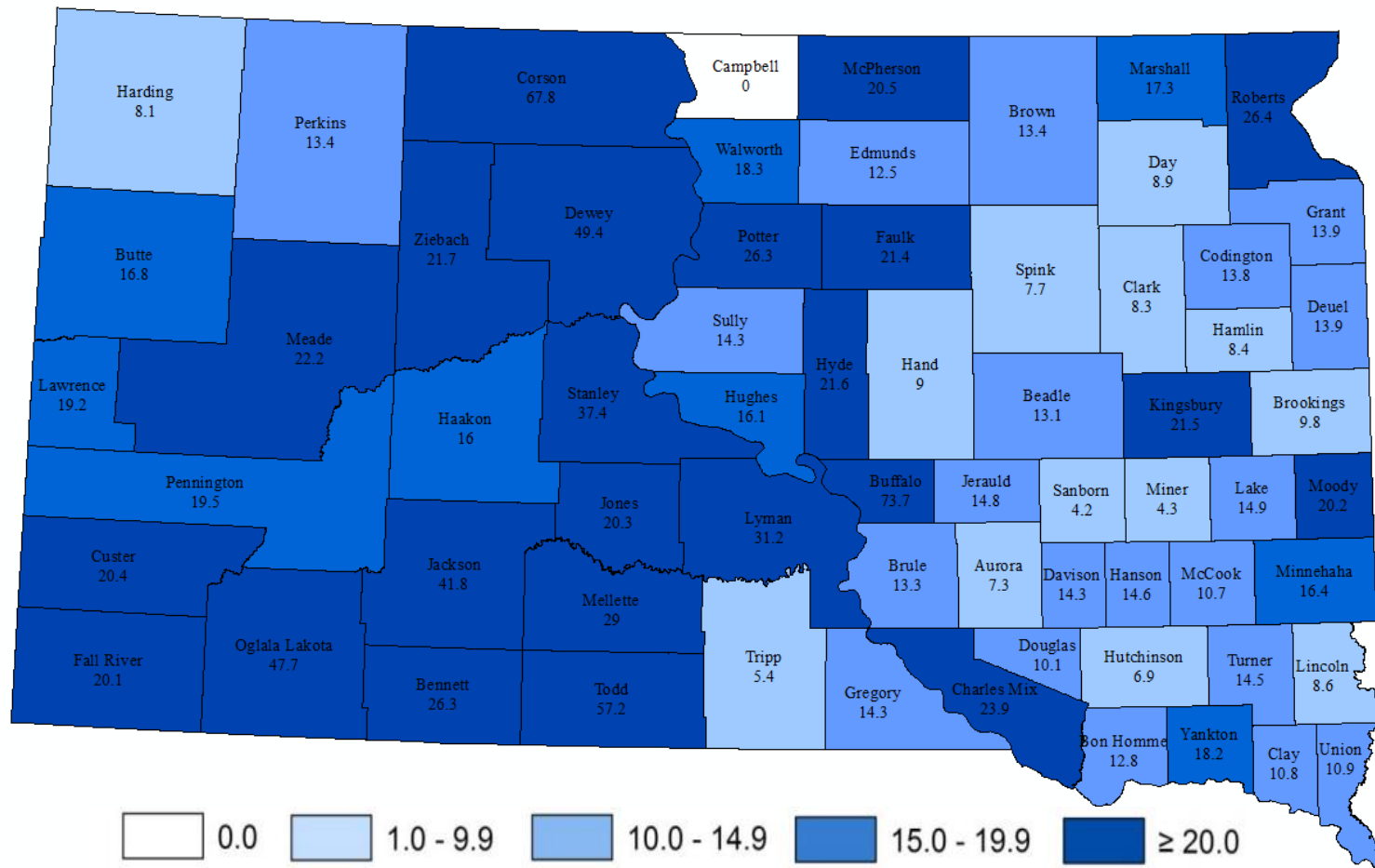
Factors Contributing to Suicide

National Violent Death Reporting System, 2015



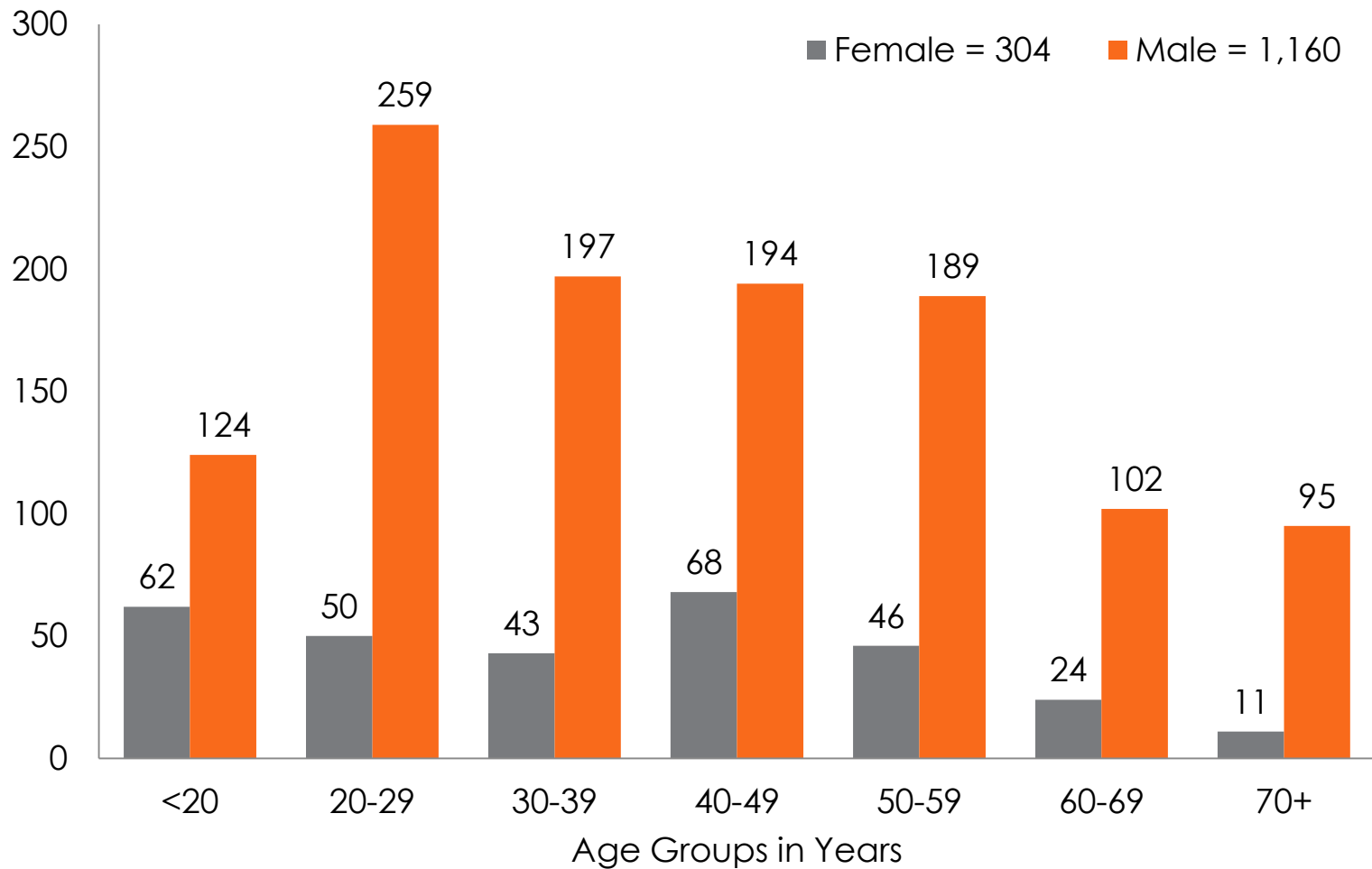
Suicide Rates by County, 2008–2017

(suicides per 100,000 population per year)



Source: South Dakota Vital Records
(Crude Rates)

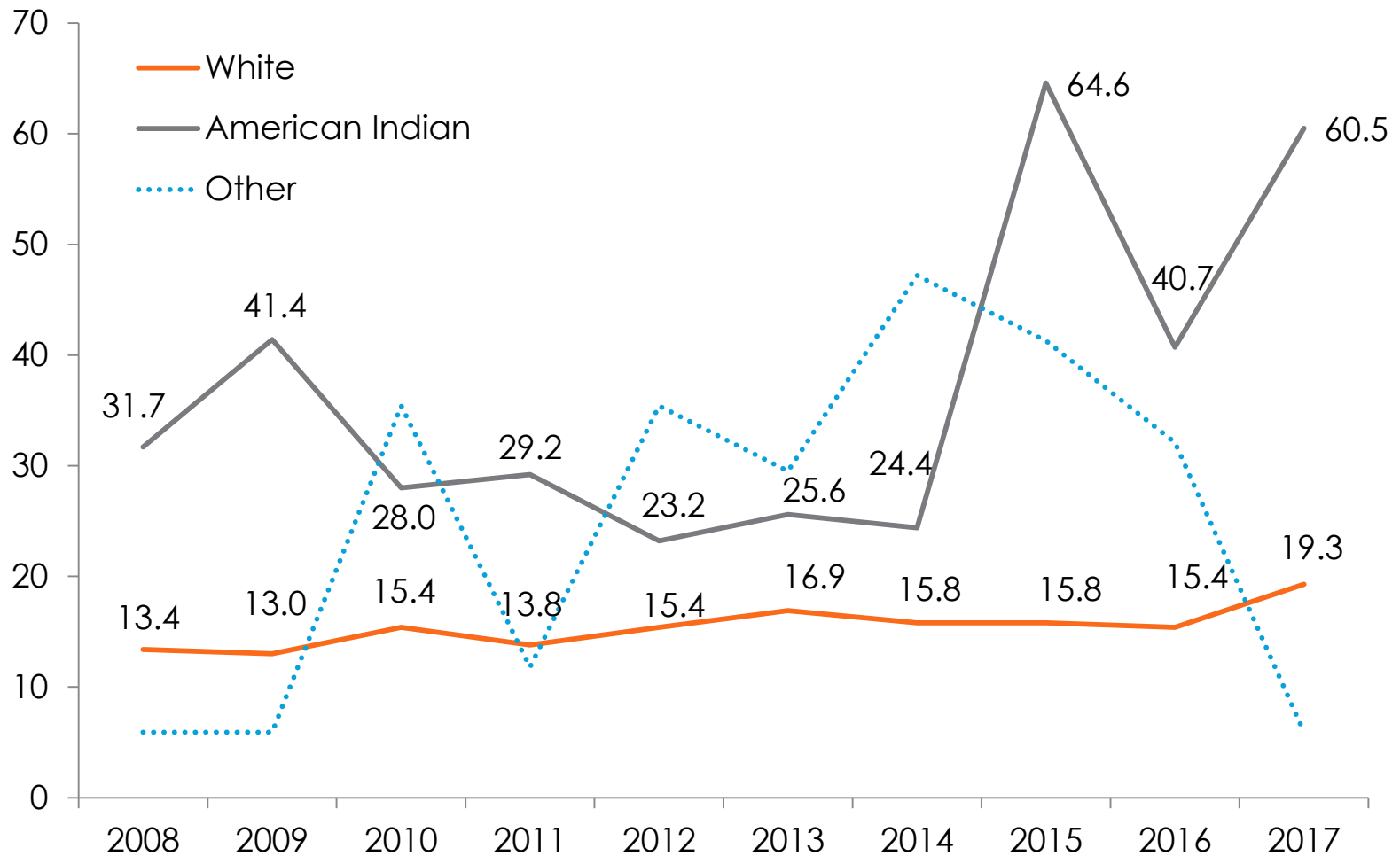
Suicide Deaths By Age and Sex, 2008–2017



Source: South Dakota Vital Records

SD Suicide Death Rates by Race, 2008–2017

(suicides per 100,000 population)



Source: South Dakota Vital Records



Suicide Prevention Working Group

- Interagency group including Lt. Governor, DOH, DSS, and Tribal Relations
- Guiding Principles
 - **Data** – use data for resource allocation and develop processes to share data in timely way
 - **Community Engagement** – Recognize need for effective community leadership on prevention and intervention efforts
 - **Prevention/Intervention** – Focus on evidence-based prevention and intervention, including efforts such as reducing lethal means

Data

- Ensure data informs suicide prevention efforts
 - Monitor suicide data on monthly basis
 - Make data more accessible at county and community level
- Increase timeliness of death certificate reporting
 - Include information on timely reporting during coroner trainings
 - Offer assistance to county coroners to increase timeliness
- More timely ER and discharge data regarding self-injury
- Participate in national reporting system to determine factors that contribute to suicide in South Dakota

Community Engagement

- Development of suicide prevention toolkit for communities
 - Includes statewide and community data, information on evidence-based prevention strategies, and steps communities can take to develop a community-wide effort
- Development of Suicide Prevention website
 - Information for professionals (counselors, clergy, ER personnel, 1st responders, schools, primary care providers, etc.)
 - Population-specific information (American Indian, college students, parents, seniors, teens, veterans, workplace, etc.)
 - <http://sdsuicideprevention.org/>
- Availability of technical assistance to communities
 - Helpline Center

Prevention/Intervention

- South Dakota Youth Suicide Prevention Grant
 - Targets prevention efforts on youth/young adults 10-24
 - Crisis texting program for college-age youth (Text 4 Help)
 - Follow-up program for those hospitalized for suicidality: 70% of participants reported improvement in their depression severity
 - Awareness campaigns
 - Suicide Prevention Community Coalitions
- Project Aware Grant
 - Youth Mental Health First Aid trainings: 1,305 trained (60% school staff)
 - 827 referrals made by individuals that attended the training
- Screening, Brief Intervention and Referral for Treatment Grant
 - Primary Care Clinic Screening
 - Screening for risky behavior and potential mental health or substance use disorders
 - 1,150 individuals screened in first year (2 clinics)

Prevention/Intervention

- Raise public awareness about suicide and suicide prevention
- “Bethe1SD”
 - Informs about actions to:
 - Prevent suicide
 - Reduce the stigma surrounding mental health
 - Promote the National Suicide Prevention Lifeline (1-800-273-TALK)
 - www.bethe1sd.com
- Engage Youth Councils and Youth Groups
 - Provide prevention resources for youth led activities
- Gun trigger lock programs

Zero Suicide

- Zero Suicide is a commitment to suicide prevention in health and behavioral health care systems, and also a specific set of tools and strategies. It is both a concept and a practice.
- May 2017 Workshop: 54 people participated from 13 organizations including 7 community mental health centers, Avera, Sanford, Regional Health, Our Home & Human Service Center, and Indian Health Services
- June 2018 Workshops: 59 people participated from 17 organizations including 5 community mental health center, Avera, Regional Health, Our Home, Human Services Center, Correctional Behavioral Health, Department of Health, Lutheran Social Services, Catholic Social Services, Helpline Center, Veterans Affairs, and Indian Health Services



Suicide Prevention Month

- September is National Suicide Prevention Month
 - Governor's Call To Action
 - Outreach letter to community organizations
 - South Dakota Suicide Prevention Webpage- list of community activities
 - Bethe1SD campaign
 - Re-launch of Bethe1SD digital advertisements
 - Promotion of Bethe1SD materials across state agencies



Suicide Prevention Month

- Earned Media Outreach
 - Press release series, interviews with various media
- Community Coalition Involvement
 - Trainings, local events to raise awareness
 - Toolkit available for communities



Suicide Prevention Community Coalitions

- There are currently 9 community coalitions across the state:
 - Alive Roberts County – Sisseton
 - Mitchell Area Suicide Prevention – Mitchell
 - EMPOWER – Hot Springs
 - Front Porch – Rapid City
 - Michael Glynn Memorial Coalition – White River
 - Watertown Healthy Youth – Watertown
 - Sioux Falls Suicide Prevention Task Force – Sioux Falls
 - Northern State University – Aberdeen
 - Wellness Coalition/USD – Vermillion

For More Information...

South Dakota Suicide Prevention website

<http://sdsuicideprevention.org/>



THANK YOU!