



The Impact of Suicide Locally & Prevention From the Youth Voice

Suicide Prevention Week | September 8, 2020



WELLNESS • RECOVERY • RESILIENCE

Overview



Suicide Data: National, State, and Local Impacts of Suicide



Story of Recovery – Angel Cortes



Local Suicide Prevention Efforts



Resources & Support



Q & A – All

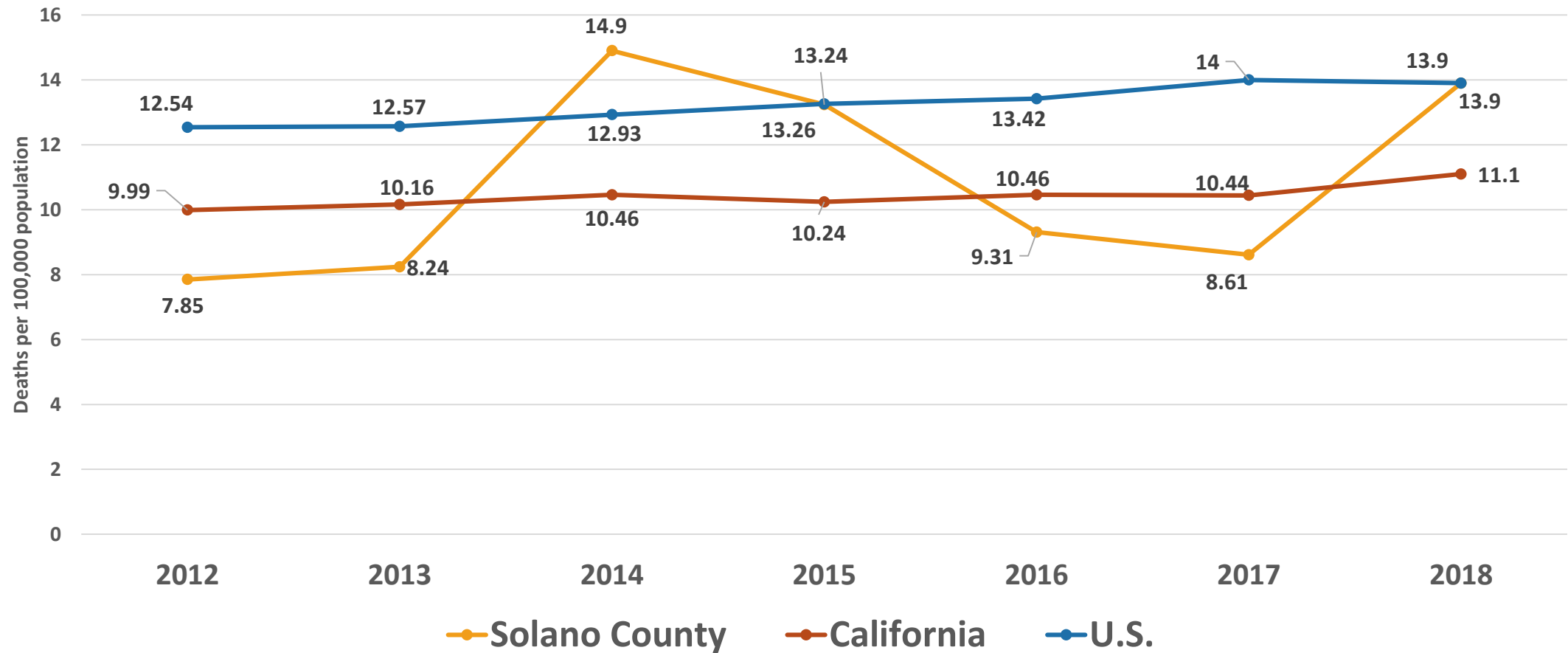
Suicide Statistics

National & State Data

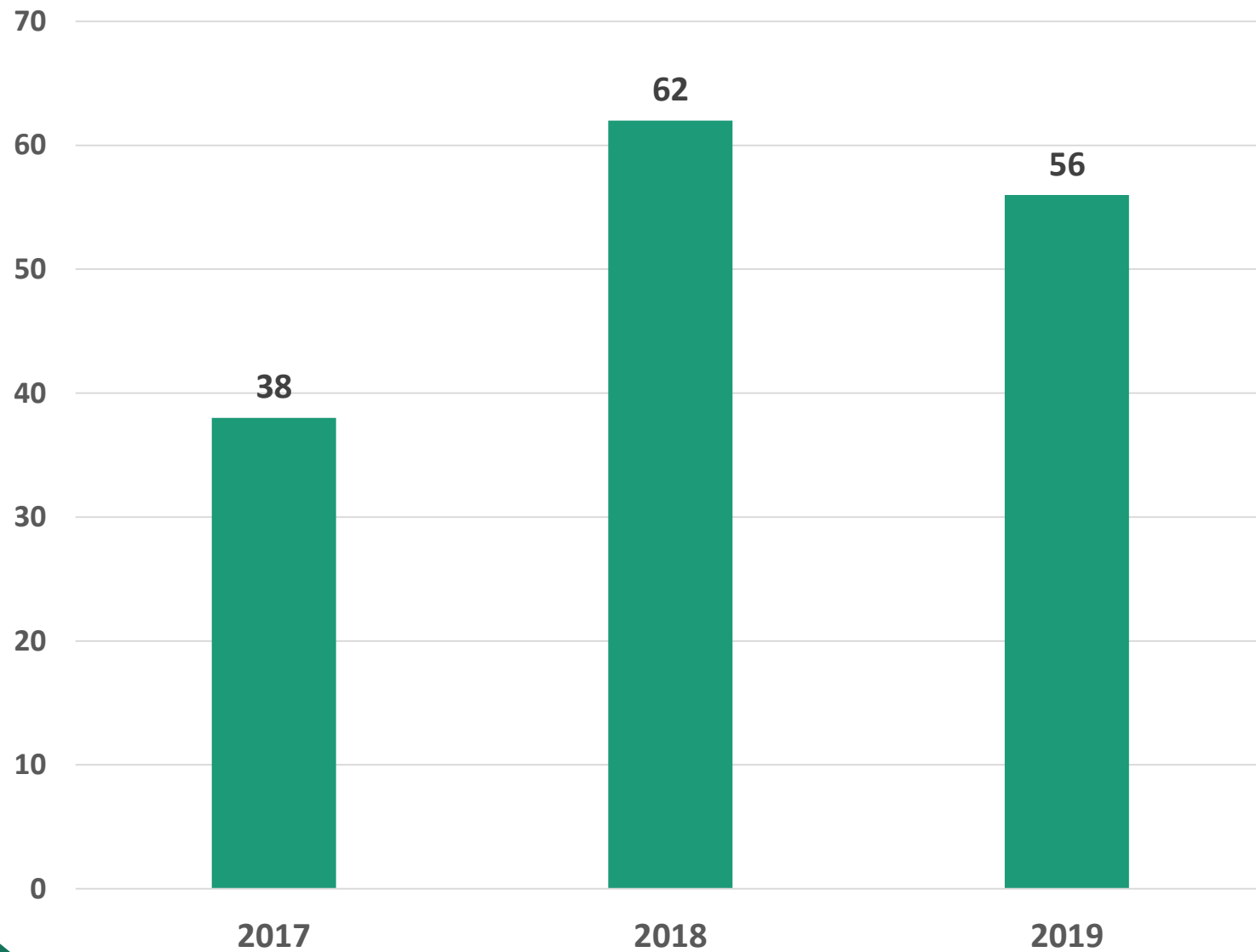
- Suicide is the **10th** leading cause of death in the U.S. and the **2nd** leading cause of death for **individuals ages 10-34**
- 1 out of 6 students nationwide (grades 9–12) seriously considered suicide in the past year
- Each day an estimated 18-22 veterans die by suicide
- The rate of suicide is highest in middle age white men
- On averages there are 129 suicides per day in the U.S.
- Firearms account for 50% of suicide deaths
- LGBTQ youth seriously contemplate suicide at almost three times the rate of heterosexual youth and LGBTQ youth are 4 times more likely to have attempted suicide than straight youth
- In a national study, 40% of transgender adults reported having made a suicide attempt. 92% of these individuals reported having attempted suicide before the age of 25.

Adapted from: nami.org, <https://afsp.org/about-suicide/suicide-statistics/> and <https://www.thetrevorproject.org/resources/preventing-suicide/facts-about-suicide/>

How Solano Compares to the State and the Nation CY 2012-2018



Suicide Deaths by CY 2017- 2019



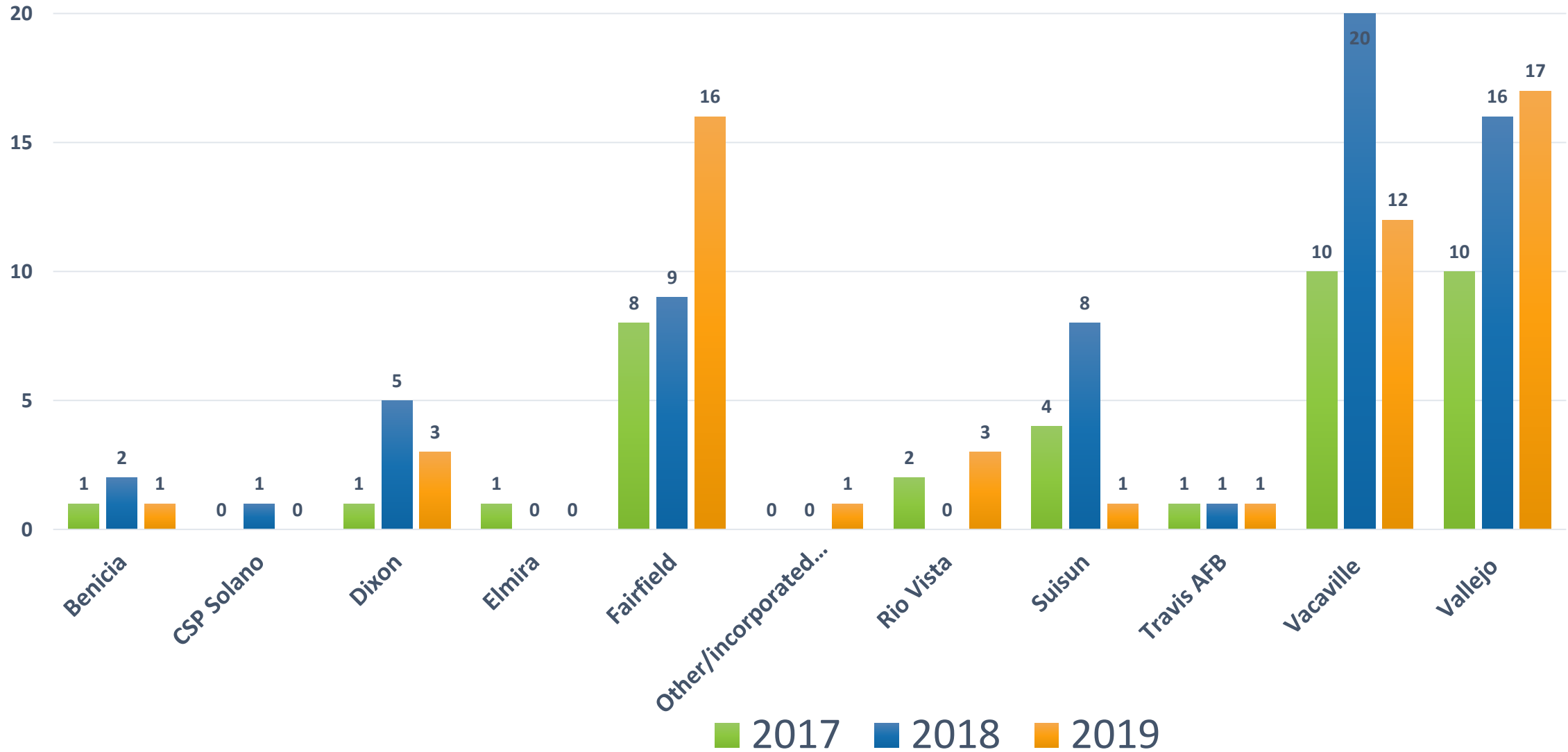
Suicide is a Local Preventable Community Crisis

Solano County Statistics-2019

- 56 suicide deaths in Solano County which represents a 10% decrease from the year before
- 41% of the suicide deaths were adults ages 30-59, 34% were seniors 60 and over, 16% ages 19-29, and **9% (5) of the suicide deaths were minors ages 14-17**
- 80% of the suicide deaths were males and 20% were females
- 8 veterans died by suicide
- 71% of the suicide deaths were White residents, 12% Latino, 10% Asian/Pacific Islander, and 7% Black
- 43% of the individuals died by hanging, 36% firearm, 12% overdose, 4% train/vehicle, 3% asphyxia, 2% sharps

Data from the Solano County Coroner's Office

Suicide Deaths by City of Residence





From Purple and Blue to
Orange and Yellow,

My Journey from Suicidal to
Recovery

Angel Cortes is a young leader in Solano County who is passionate about preventing suicide and destigmatizing mental health.

He shares his personal story of depression, suicidal thoughts, community impact, and healing. He offers lessons learned for young people, parents and caregivers, and community supports. He hopes his message of hope will be both informative and inspirational.



Stigma Reduction & General Suicide Prevention Efforts

Support for Schools/Districts

Suicide Prevention Toolkits
for Middle and High Schools

35 School Wellness Centers
for K-12 and adult ed sites

Targeted Outreach including
public service
announcements, tabling,
social media, etc.



Partnerships with First Responders

Crisis Intervention Team (CIT)
trainings

-8 hour intro training

-40hr training being developed
with BH, Fairfield PD and NAMI

Firearm Safety Campaign



Suicide Prevention Trainings & Screening Project

County Behavioral Health Funds Community Trainings

-ASIST: 16 hour training

-safeTALK: 3 hour training

-**Mental Health First Aid**
(MHFA): 8 hour training, various
modules including adult, youth,
older adult, first responders,
etc.

-Increase Screenings



Committee & Plan

Suicide Prevention Committee
meets monthly

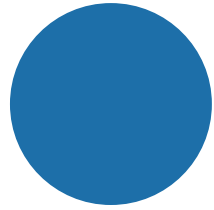
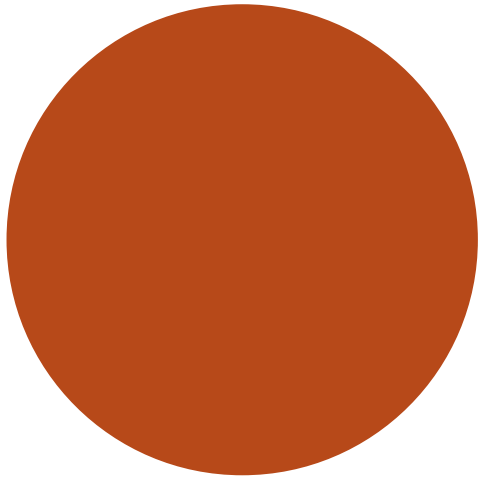
Suicide Prevention Strategic Plan
Solano County is 1 of 7 CA counties
that has a plan!

Suicide Prevention Strategies

Warning Signs for Suicide

- Threats of self-harm
- Self-harm behavior
- Loss of interest in activities
- Talking or writing about death
- Researching or looking for ways to secure means (weapons, pills, poison, etc.)
- Expressing hopelessness
- Increased alcohol or drug use
- Withdrawing from family and friends
- Increased mood swings, rage or seeking revenge
- Giving away belongings
- Engaging in reckless or risky behavior





Help & Crisis

Hotlines & Text Lines

Behavioral Health Access Line

▶ Who should contact the Access Unit?

- Someone who is not in an acute crisis, but likely needs/wants to be connected mental health and/or substance use services

▶ How do you contact the Access Unit?

- Call the Access phone number: **1-800-547-0495**

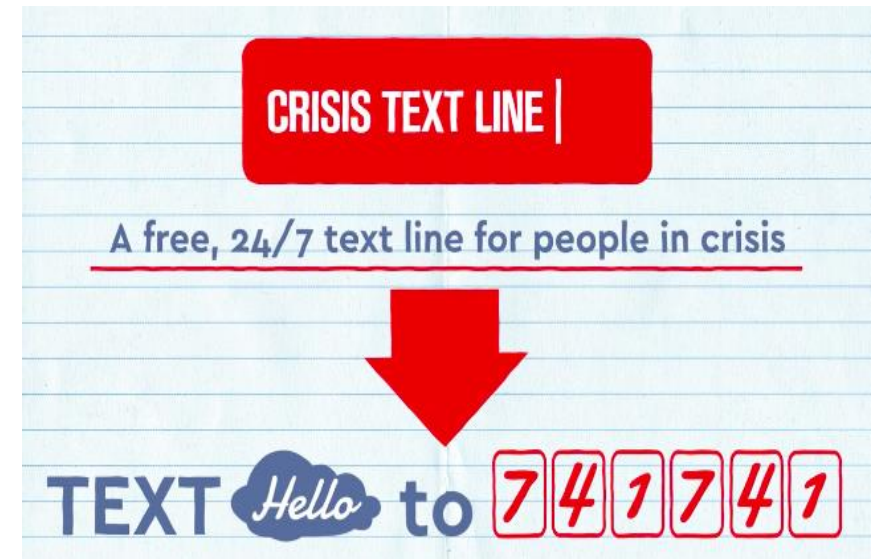
▶ What happens when a call comes into Access?

- A clinician conducts a brief screening covering mental health and substance use needs to determine an individual's behavioral health needs to route them to the most appropriate program.
- For persons requesting mental health services a follow up appointment will be made with county program if the individual meets the criteria for County specialty mental health services.
- For persons requesting substance use services, screening is referred to an SUD staff for authorization and the referral is routed to providers; for persons screened for IOP/Residential placement, an intake appointment with a SUD clinician is scheduled.
- Referred to Beacon if identified as having mild to moderate behavioral health needs and Medi-cal eligible.
- Referred back to private insurance plan if privately insured.



Crisis Hotlines & Suicide Prevention

- **National Suicide Prevention Lifeline:** (800) 273-TALK (8255)
 - 24/7 suicide prevention hotline staffed by crisis specialists
 - (888) 628-9454 Spanish line
 - Callers who are veterans will be routed to a special veteran's line by pressing "1" after calling #
- **Lifeline for Deaf & Hard of Hearing;** (800)-799-4889
- **Friendship Line (seniors 60+):** (800) 971-0016
- **Crisis Text Line:** Text "Hello" or "Home" to 741741
 - 24/7 suicide prevention texting crisis service staffed by crisis specialists



LGBTQ Crisis Hotlines & Suicide Prevention

- **Trans Lifeline:** (877) 565-8860
 - Peer support crisis and suicide prevention hotline for the Trans community available 7am-1am
- **The Trevor Project:** (866) 488-7386
<http://www.thetrevorproject.org>
 - Crisis intervention and suicide prevention for Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) youth ages 25 and under
 - Trevor Text Line: Text “START” to 678678
Mon-Friday 12p-7pm



THE TREVOR PROJECT
Saving Young LGBTQ Lives



Crisis Stabilization Unit (CSU)

The CSU is a locked 12 bed facility opened 24/7 used to stabilize children and adults who are in crisis and/or to transfer them to an inpatient hospital if necessary.

Who should utilize the CSU or when should I refer someone to the CSU?

- A person who presents in acute psychiatric crisis; suicidal, homicidal or presenting as gravely disabled
- No apparent medical complications. If there are clear medical needs, the person needs to be taken to local Emergency Department instead of the CSU

What happens at the CSU?

- Evaluation for maintaining or dropping 5150 hold
- Crisis intervention including initiation of medication
- Referrals for local resources if not detained on 5150; crisis residential services, crisis aftercare services, respite housing, shelter, family, outpatient services, case management services
- Referral to inpatient psychiatric hospital if warranted

2101 Courage Drive, Fairfield—Phone: 707-428-1131

Contacts

To learn more reach out to:

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Suicide Prevention Plan:

[http://www.solanocounty.com/civ
icax/filebank/blobdload.aspx?blob
id=27271](http://www.solanocounty.com/civ
icax/filebank/blobdload.aspx?blob
id=27271)

Thank You!