

ZERO SUICIDE IN TEXAS



May 2016



U.S. Suicide Rate Increased 24 Percent since 1999

According to the Centers for Disease Control & Prevention (CDC), the rates of suicide in America have increased dramatically over the past 15 years.

According to the CDC, the suicide rate rose one percent each year from 1999 to 2006, and then increased by two percent every subsequent year until 2014.

One of the most dramatic increases was men ages 45 to 64, who rose 43 percent.

Additionally, girls ages 10 to 14 rose 200 percent, from 50 suicides in 1999 to 150 in 2014.

Furthermore, men committed suicide at a rate three times higher than women and suicide rates remained highest among men 75 and older.

In terms of race and ethnicity, suicides rates increased the most in American Indians, followed by whites, while rates for black males actually decreased by eight percent.

According to Deborah Stone, a behavioral scientist at the CDC, they have not attributed the increased rates to a single cause. However, she suspects the 2008 economic recession, increases in the rates of mental health problems, drug abuse, and gun availability may be contributing factors. Stone further expanded, calling suicide an important public health problem that “takes a community-wide effort to prevent,” explaining we need multiple efforts to solve this public health concern.

Find more information [here](#).

Mental Disorders & Long-term Suicide Risk

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A Swedish study recently examined the connection between mental disorders and long-term suicide risk. The long-term risk of suicide for the general population is 0.3%, while individuals with one mental health diagnosis had a long-term risk of 3.4%. Those with two or more mental health disorders had a risk of 6.2%.

The authors followed the study’s subjects for 50 years and found that the disorders with the highest long-term risk of suicide were depression (6.0%), alcohol use disorder (4.7%), and psychosis (3.1%).

Additionally, the researchers reported that a combined diagnosis of depression and alcohol use disorder in men resulted in a long-term suicide risk of 16.2%. The study had a small female sample, therefore examining rates specific to women was not possible.

The results underscore the need for robust screening and intervention in these populations. Read the full study [here](#).

ZEST Recognized by Healthy People 2020

The CDC’s Healthy People 2020 aims to reduce the U.S. suicide rate by X% by the year 2020. In the May release, the CDC has highlighted the work of Texas to create a suicide safer care state. This is a recognition of the hard work of the 22 community mental health centers striving together to achieve a goal of zero suicides.

Reach the report [here](#).

Upcoming Events



Recovery Oriented Crisis Response

First Fridays with BRSS TACS
June 3, 2016 at 11: 00 am

This technical assistance event will feature a presentation from Dr. Oryx Cohen (National Empowerment Center) and Phillip Valentine (Connecticut Community for Addiction Recovery). Participants can submit questions to the presenters in an informal discussion.

Register [here](#).

Identifying and Treating Suicide Risk among At-Risk Adolescents Involved in Juvenile Justice

Injury Control Prevention Center for Suicide Prevention
June 1, 2016 at 1:00 pm

Register [here](#).

What the data tells us



396 Texas providers have completed the online training in Collaborative Assessment and Management of Suicidality (CAMS). Here is a snapshot of CAMS providers:

- 74% of providers were female; 26% were male.
- 6% of the participants were less than 25, 46% were between 25 and 34; 28% were between 35 and 44, and 20% were over age 45.
- 53% report highest degree is Bachelor's; 44.5% have Master's degree; and 2.5% have doctorate degree.
- 28% report seeing 1 to 2 suicidal individuals in a typical month, 29% report seeing 3 to 5; 43% report seeing more than 5 suicidal individuals.
- 69% of respondents report using no-harm contracts, which is not considered best practice.

How often during a typical month have you used no-suicide/no-harm contracts with patients at risk for suicide?

