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# Suicide Prevention Newsletter June 2016

## Job Opportunity

Forefront in Seattle offers a job opportunity in the suicide prevention field. Forefront is seeking to hire a [director of training and school programs](#).

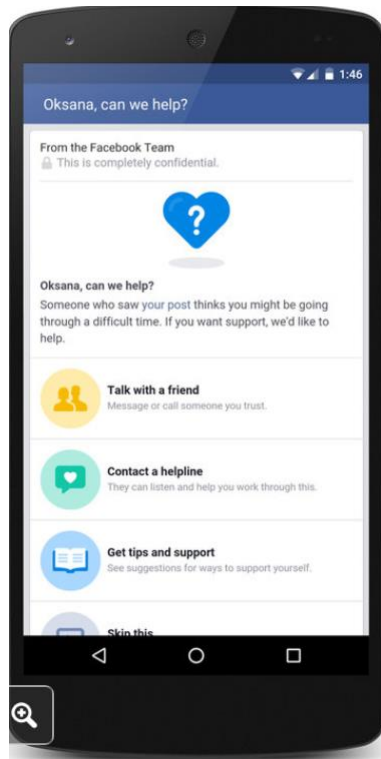
## New Local Resource

The Harborview Injury Prevention and Research Center announced the launch of a digital resource center for suicide prevention. The website is called [#EndSuicideWA The Pacific Northwest Suicide Resource Center](#).

## Pacific Northwest Suicide Resource Center

## In the News

- [Why Are Ski Towns Seeing More Suicides?](#)
- [A Plan to Prevent Gun Suicides](#)
- [States with More Gun Owners Have More Gun-Related Suicides](#)
- [As Suicide Rates Rise, Scientists Find New Warning Signs](#)
- Resiliency is a protective factor in suicide prevention: [Pacific County Resiliency Corps is building stronger communities](#)
- [Why is the Yakima Valley's suicide rate so high?](#) Senator Sharon Brown is intending to hold community forums on this issue.
- [Facebook Offers Tools for Those Who Fear a Friend May Be Suicidal](#) This is a screenshot showing an example of Facebook's suicide prevention efforts:



- **What an interesting concept:** [How One Man's Suicide Inspired Barbers To Join Forces And Help Guys With Depression](#). This article is a reminder of what it says in our state's Suicide Prevention Plan: "Everyone in Washington has a role in suicide prevention."



## New Studies

- A [new study of health and mortality in midlife](#) has found that death rates are rising among middle-aged white American men and women, but not among any other

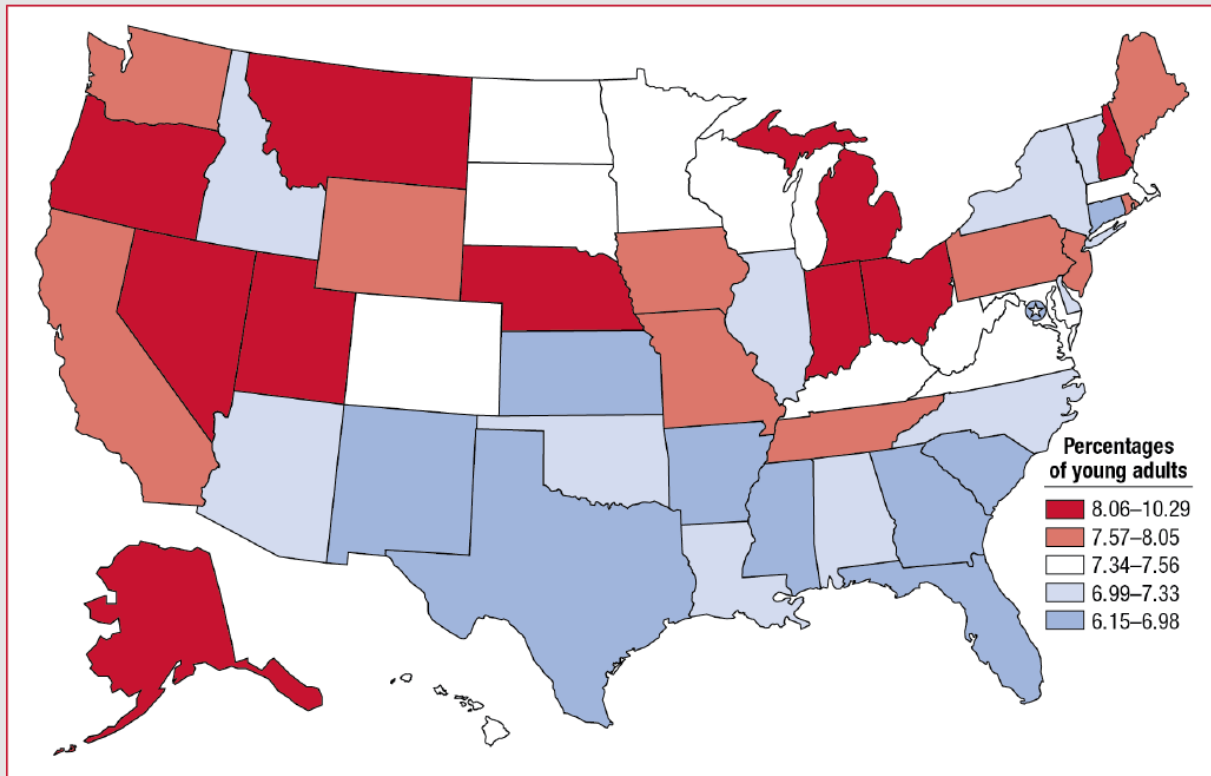
age, racial or ethnic group in the U.S., or among white middle-aged adults in other developed countries. The causes of this increase are suicides and problems from substance abuse (such as liver disease from alcohol abuse, and overdoses of heroin and opioids). The increase in death rates has been occurring mainly among people with a high school education or less. Their rates increased by 22 percent while the rates of those who were college-educated decreased. The study also revealed that the increases in death rates occurred in tandem with reported increases in poor health, physical pain, difficulty socializing and working, and financial and mental distress among middle-aged white Americans compared to other groups, and those with the least education were the most affected.

- [What Role does Impulsivity Play in Suicide?](#) There is a longstanding belief that many suicides are impulsive acts. The researchers of this study also found a correlation between impulsivity and suicide risk; however, they also found a pattern of the more impulsive an attempt was, the less lethal it was. Further study led them to the conclusion that impulsive people, over their lifespan, are more likely than non-impulsive people to have to have painful or scary experiences that give them the capacity to take their own lives. A “lifetime of impulsivity has helped them get to the point where suicide does not seem as daunting as it might for someone who has had fewer painful or scary experiences.”
- [Improving Suicide Risk Screening and Detection in the Emergency Department:](#) Researchers examined whether universal suicide risk screening is feasible and effective at improving suicide risk detection in the emergency department (ED). **They found universal screening in the ED to be practicable** and noted that it led to a nearly twofold increase in risk detection.

## SAMHSA Report

The Substance Abuse and Mental Health Services Administration (SAMHSA) released a [new report](#), providing state-by-state data on the level of young adults ages 18 to 25 who have had serious thoughts of suicide in the past year. Based on the 2013–2014 National Survey on Drug Use and Health ([NSDUH](#)), the report shows significant differences in the prevalence of serious suicidal thoughts among young adults in various states—from a high of 10.3 percent annual average in New Hampshire to a low of 6.2 percent annual average in Texas.

**Figure 1. Serious thoughts of suicide in the past year among young adults aged 18 to 25, by state: annual averages, 2013-2014**



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Surveys on Drug Use and Health (NSDUHs), 2013 and 2014.

## Research Report

The Joint Center for Political and Economic Studies, the Joyce Foundation, and the Urban Institute issued a research report called [Engaging Communities in Reducing Gun Violence – A Road Map for Safer Communities](#). Their research looked primarily at communities of color. They came to the following findings:

- “Easy access to guns by a small group of ‘high-risk’ people is a key driver of violence.
- “Law enforcement tactics that diminish police-community relations harm public safety.

- “Social services that can prevent violence are woefully underfunded.
- “Improving community engagement in violence prevention is an immediate reform issue.”

Their recommendations reflect the findings: “We learned that gun violence is a multifaceted challenge that demands a holistic set of solutions. In communities of color, gun violence is interconnected with issues of policing and prosecution, disinvestment, and marginalization of community voices. Limiting access to deadly weapons must be part of the solution, but it’s not the only part. Improving police-community relations and enhancing law enforcement accountability, investing in community-based supports, and creating opportunities for the community to engage in violence prevention are critical in a comprehensive approach to reducing gun violence in communities of color.”

## Zero Suicide

- The governor of Colorado has signed [SB16-147 - Suicide Prevention Through Zero Suicide Model](#) into law. The bill encourages the state's health and behavioral health systems to adopt the seven core tenets of the Action Alliance [Suicide](#) model and to coordinate data collection.
- [Suicide Prevention: An Emerging Priority for Health Care](#): This article states that Zero Suicide is “a model for better identification and treatment of patients at risk for suicide. The approach incorporates new tools for screening, treatment, and support; it has been deployed with promising results in behavioral health programs and primary care settings. Broader adoption of improved suicide prevention care may be an effective strategy for reducing deaths by suicide.” The article also gives a good, concise history of suicide prevention.



[Zero](#)

## Webinar Slides: Applying the Public Health Approach to Suicide Prevention

On June 16, the Association of State and Territorial Health Officials and the Centers for Disease Control and Prevention hosted the webinar [Applying the Public Health Approach to Suicide Prevention](#). The webinar consisted of three presentations, 1. Suicide

Prevention: The National Landscape, 2. Preventing Suicide Among Working Age Men, and 3. Preventing Suicides Among American Indian Youth. Below is a slide from the first presentation.

