



AHCCCS Suicide Prevention

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Objectives

- Suicide Prevention Approach
- AHCCCS's Strategy
- Evidence-Based Suicide Prevention Training
- Stigma and Social Media
- Identify Resources

Suicide Prevention Approach

“Suicide is a serious public health problem that causes immeasurable pain, suffering, and loss to individuals, families, and communities nationwide.”

SAMHSA

resource: <https://www.samhsa.gov/suicide-prevention>

Suicide Prevention Approach

- Approximately 22% of suicide deaths involve alcohol intoxication, and 20% involve opioids overdose
- Suicide is Preventable by:
 - ✓ Increasing protective factors
 - ✓ Decreasing contributing factors

SAMHSA

Resource: <https://www.samhsa.gov/suicide-prevention>

Relevant National Data

- Nearly 40,000 people in the United States die from suicide annually, or 1 person every 13 minutes
- Suicide exceeds the rate of death from homicide and AIDS combined
- More people die by suicide than from automobile accidents

SAMHSA

Resource: <https://www.samhsa.gov/suicide-prevention>

Suicide Facts & Figures: Arizona 2018*



On average, one person dies by suicide every seven hours in the state.

Almost twice as many people die by suicide in Arizona annually than by homicide.

The total deaths to suicide reflect a total of 23,585 years of potential life lost (YPLL) before age 65.



Suicide cost Arizona a total of **\$1,246,006,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,139,987 per suicide death.**

*Based on most recent 2016 data from CDC. Learn more at afsp.org/statistics.



8th leading cause of death in Arizona

- 2nd leading**
cause of death for ages 15-34
- 3rd leading**
cause of death for ages 35-44
- 5th leading**
cause of death for ages 45-54

- 7th leading**
cause of death for ages 55-64
- 15th leading**
cause of death for ages 65 & older

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Arizona	1,271	17.59	17
Nationally	44,695	13.42	

afsp.org/StateFacts



AHCCCS's Suicide Prevention Strategy

- Established the Suicide Prevention Specialist position supported by the State Legislation
- Developed and published a State Suicide Prevention Plan
- Increase TA opportunities for the ACC Health Plans
- Improve resources for substance use prevention and access to mental health treatment services
- Increased resources related to the opioid epidemic in the State

AHCCCS's Suicide Prevention Strategy – continued

ACC's Capacity Building:

- Development of policies and procedures to train staff who have direct contact with members in identification of suicide risk (e.g. case/care managers, customer/member service staff, etc.)
- Implementation of nationally recognized training materials and curriculums to prevent suicide and identify high risk populations

Evidenced-Based Suicide Prevention Training and Tools

- QPR (Question, Persuade, Refer)
- SafeTALK (Suicide Alertness for Everyone - Tell Ask Listen and Keep Safe)
- ASIST (Applied Suicide Intervention Skills Training)
- Recognizing and Responding to Suicide Risk: Essential Skills for Primary Care Providers
- Recognizing and Responding to Suicide Risk: Essential Skills for Mental Health Clinicians

On Stigma and Social Media

On Twitter, McBride listed a set of guidelines for reporting responsibly on suicide, including providing readers with "resources for people who need help." In the wake of Bourdain's death on Friday, many news outlets -- including CNN, where Bourdain hosted a show -- [directed readers and viewers to the National Suicide Prevention Lifeline.](#)

Dr. John Draper, the executive director of National Suicide Prevention Lifeline, said he noticed an uptick in media outlets' promotion of the lifeline number (1-800-273-8255) following the death of actor Robin Williams in 2014. Williams' death was followed by the largest sustained spike in calls to the number,



Kelly McBride ✓
@kellymcb



When reporting on suicide:

- Include resources for people who need help
- Avoid oversimplifying on the cause
- Don't get hung up in the details of the means of death, the less graphic and specific, the better
- Don't lionize the person
- Don't sensationalize the outpouring of grief

12:56 PM - Jun 5, 2018

14 370 677





5,210 likes

abc7la #BREAKINGNEWS Popular television personality Anthony Bourdain has passed away, CNN reports. He was 61. CNN reports that the cause of death was suicide. Go to the ABC7 Los Angeles app for details. Photo @ap.images.

...

If you or someone you know might be at risk of suicide, call 1-800-273-8255 to reach the National Suicide Prevention Lifeline.

View all 507 comments

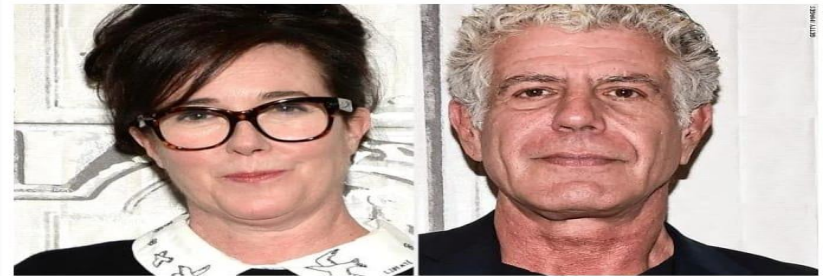
hakkiakdenizz 🙏🙏🙏🙏🙏🙏 all my prayers to his family

abc7lori Depression an apparent current theme. Very tragic.

Kate Spade and Anthony Bourdain: How the press can cover suicide without creating a 'contagion'

By Tom Kludt

Updated 10:06 AM EDT, Sat June 09, 2018



ainttooproudtomeg Just yesterday, I was asked by my therapist if I wanted to consider medication again. I share because It's clearly time to talk more about Mental Health. The more we share, the more people know they're not alone...the more people will hopefully recognize a person's struggle. I'm lucky I have a father that recognized the signs of anxiety and suggested therapy when I was 18. I'm grateful for wonderful therapists that have educated, advised and given me the tools to deal with my anxiety since then. I rely on these tools each and every day to check myself, to

Resources

- **American Foundation for Suicide Prevention (AFSP):** Call at (202) 449-3600 or visit <https://afsp.org/about-suicide/state-fact-sheets/>
- **The National Suicide Prevention Lifeline:** (Crisis Center 24/7) Call at [1-800-273-TALK \(8255\)](tel:1-800-273-TALK) or visit <https://suicidepreventionlifeline.org/>
- **SAMHSA:** Call at 877-SAMHSA-7 (877-726-4727)/800-487-4889 (TTY) or visit <https://www.samhsa.gov/suicide-prevention>
- **The Suicide Prevention Resource Center (SPRC):** Visit <https://www.sprc.org/>

Resources-continued

- **Suicide Prevention Toolkit for Primary Care Providers:** Call at (202)684-7457 or visit <https://www.integration.samhsa.gov/about-us/esolutions-newsletter/suicide-prevention-in-primary-care>
- **Suicide Assessment Five-Step Evaluation and Triage (SAFE-T) (Pocket Card):** Laminated SAFE-T cards available for free at <http://stopasuicide.org/>
- **Arizona Suicide Prevention Coalition (AzSPC):** Call at 602-248-8337 or visit <https://www.azspc.org/>
- **La Frontera/Empact Suicide Prevention Center:** Call at (480) 784-1500 or 1-866-205-5229 or visit <http://lafrontera-empact.org/>

Resources-continued

- **Preventing Opioid Abuse, Overdose, and Suicide: Select Resources:** visit https://www.sprc.org/system/files/private/event-training/handout-2_preventing-opioid-abuse-overdose-and-suicide-select-resources.pdf
- **Risk Factors and Warning Signs:** visit <https://afsp.org/about-suicide/risk-factors-and-warning-signs/>
- **Teen Lifeline:** Call at (602) 248-TEEN (8336) or 1-800-248-TEEN or visit <https://teenlifeline.org/our-story/contact/>

References

- Centers for Disease Control and Prevention (CDC)
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- National Center for Health Statistics
- Suicide Prevention Resource Center (SPRC)
- Arizona Department of Health Services, Bureau of Vital Statistics
- Instagram/Twitter
- National Institute of Mental Health (NIMH)
- The American Association of Suicidology (AAS)
- American Foundation for Suicide Prevention (AFSP)

Thank You!

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Started Nov 5th

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