



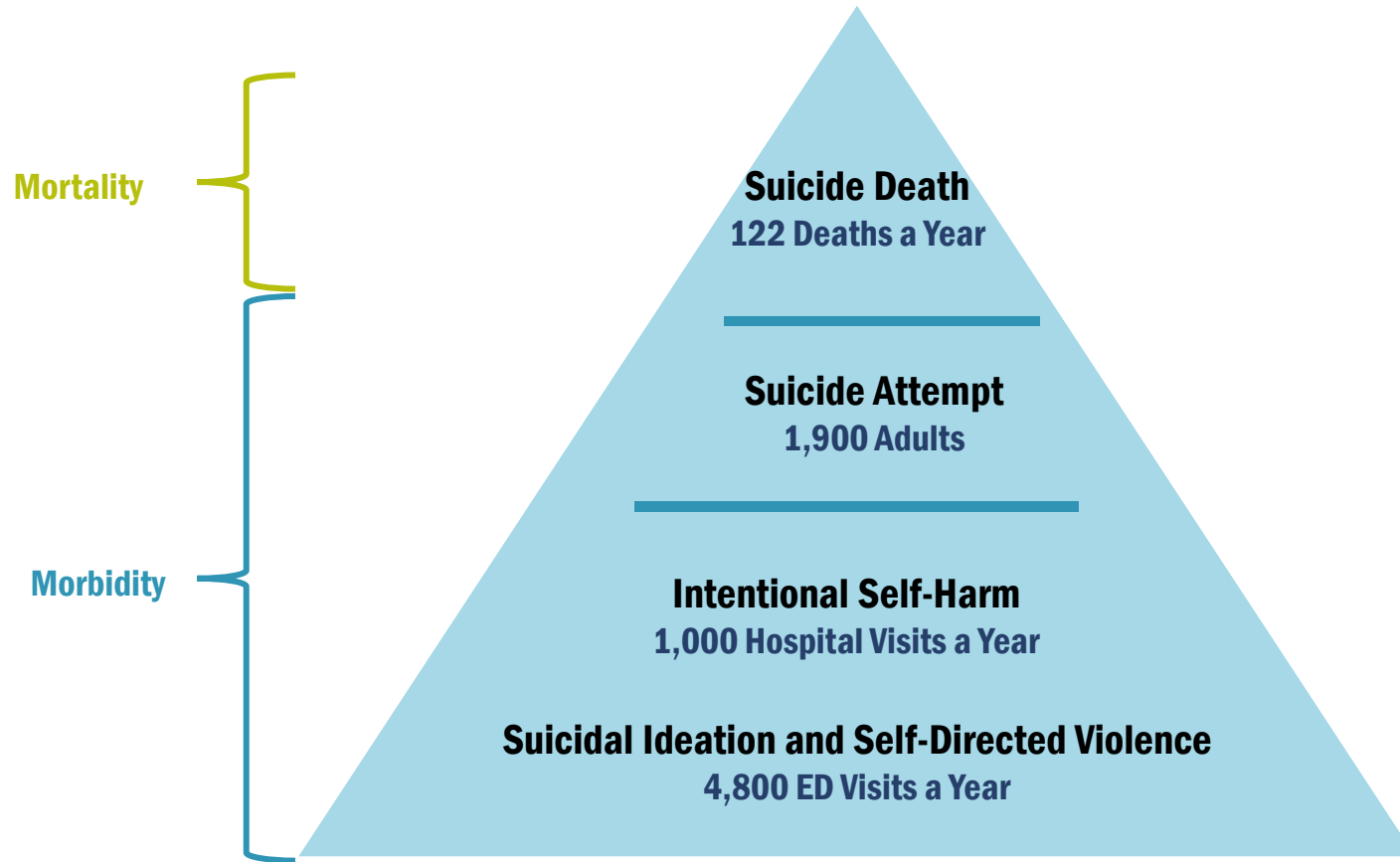
# **Suicide in Vermont Suicide Prevention Programs**

**Caitlin Quinn, Public Health Analyst**

**Nick Nichols, Suicide Prevention Grant Coordinator**

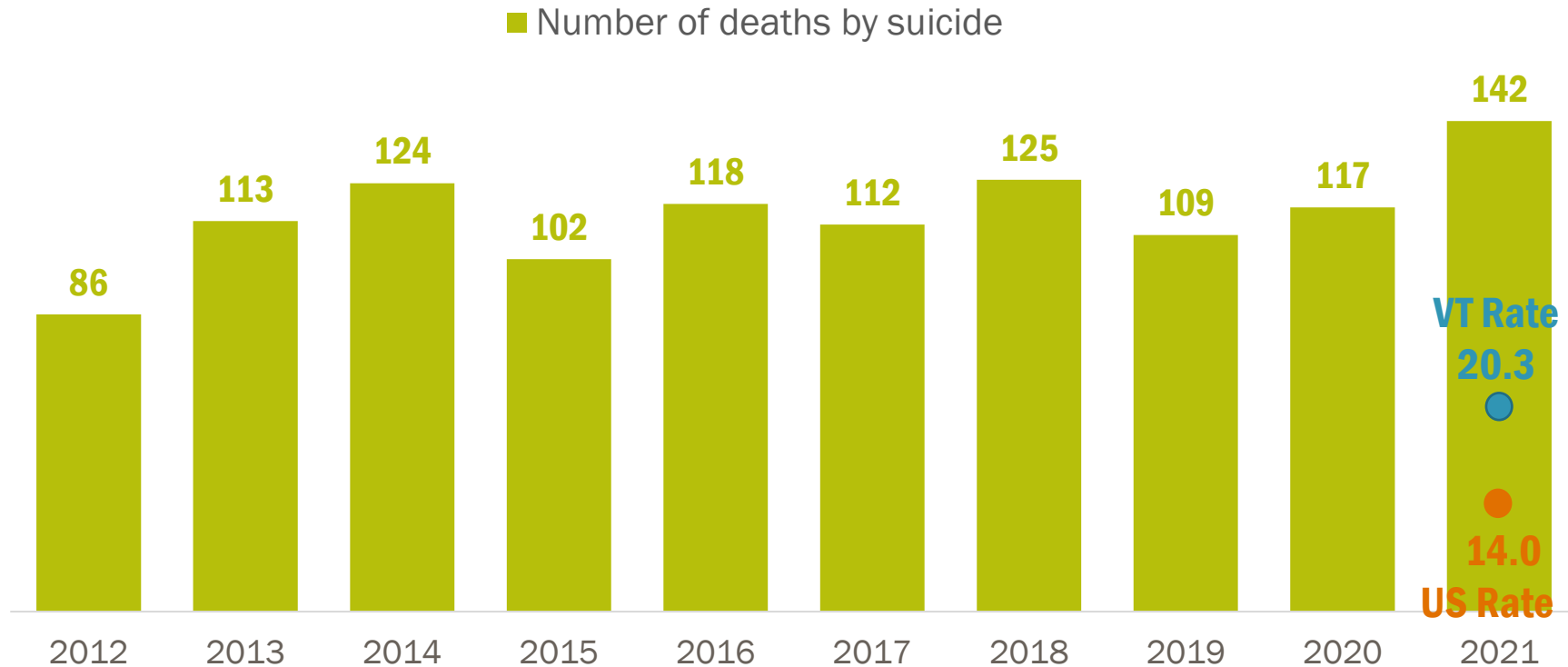
February 9, 2023

# Suicide in Vermont



Source: ESSENCE, 2021; BRFSS 2018; Vermont Vital Statistics 2019-2021, VUHDDS 2019-2020.

# Suicide in Vermont is Increasing and is Higher Than the U.S.\*

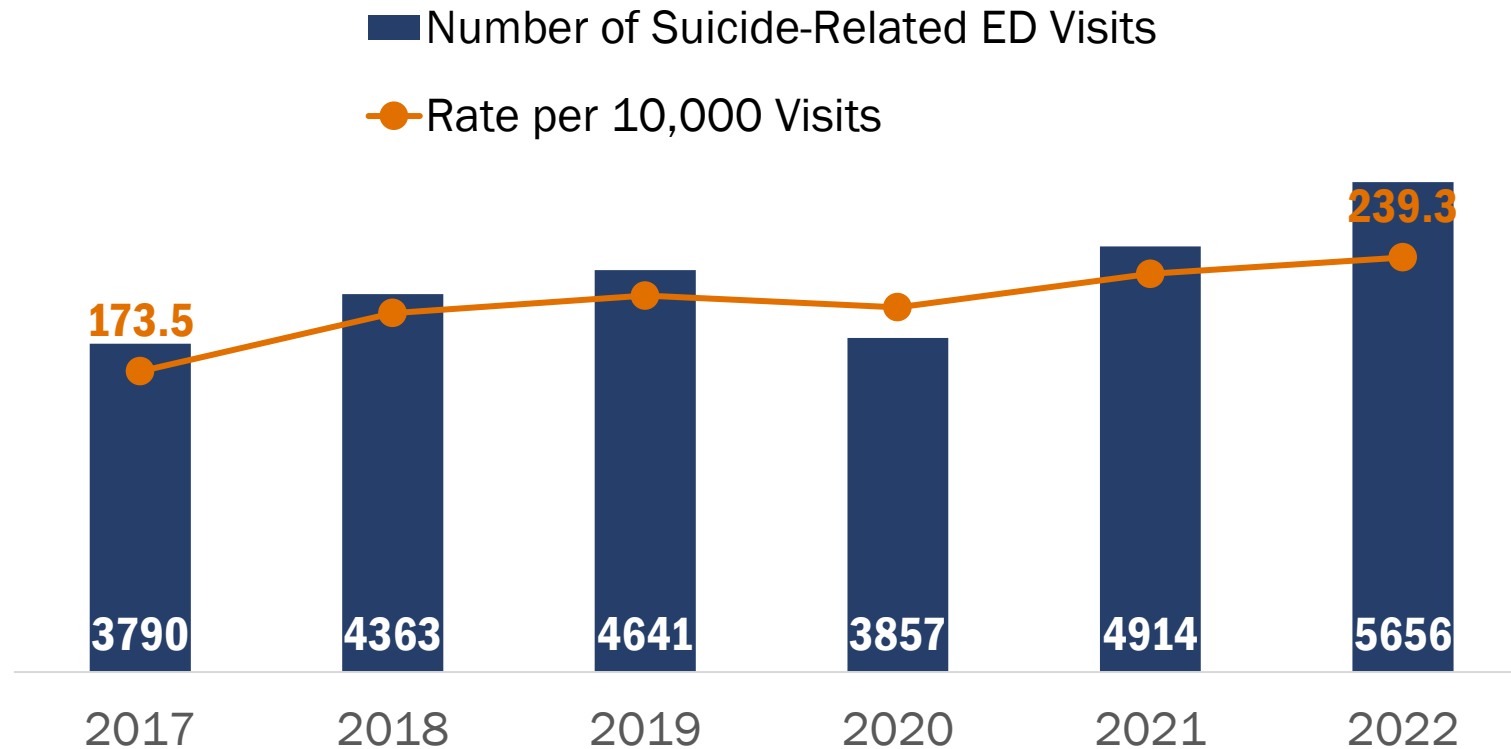


Rates are age adjusted to the 2000 population

\*Vermont's rate in 2021 is significantly higher than the US.

Source: Vermont Vital Statistics, 2005-2021. ^2021 data are preliminary.

# Suicide-Related Emergency Department Visits in Vermont are Increasing.\*



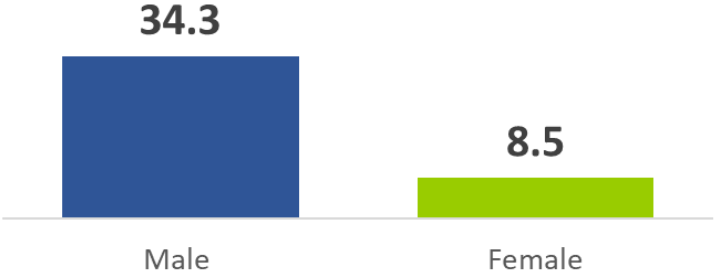
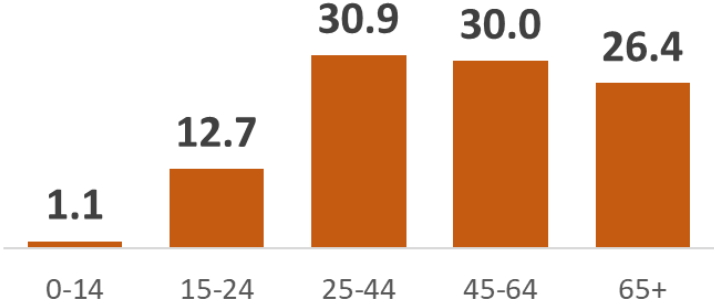
Please note the number of suicide-related ED visits is influenced by the number of hospitals reporting in ESSENCE.

Source: Electronic Surveillance System for the Early Notification of Community-Based Epidemics, 2017-2021.

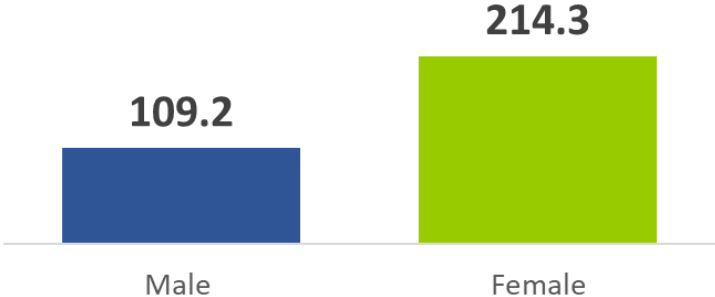
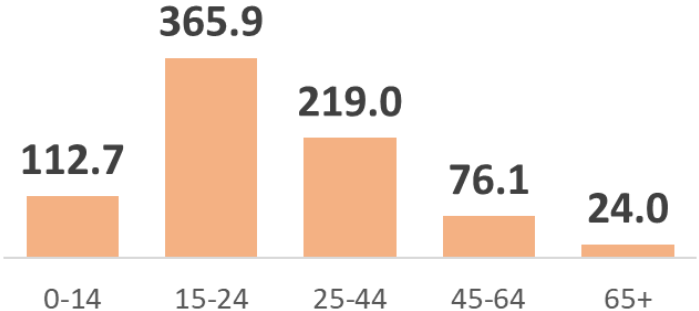
Vermont Department of Health

# Suicide Death: Adults 25 and Older, Males Self Harm: 15-24 Year Olds, Females

Suicide Death by Age and Gender

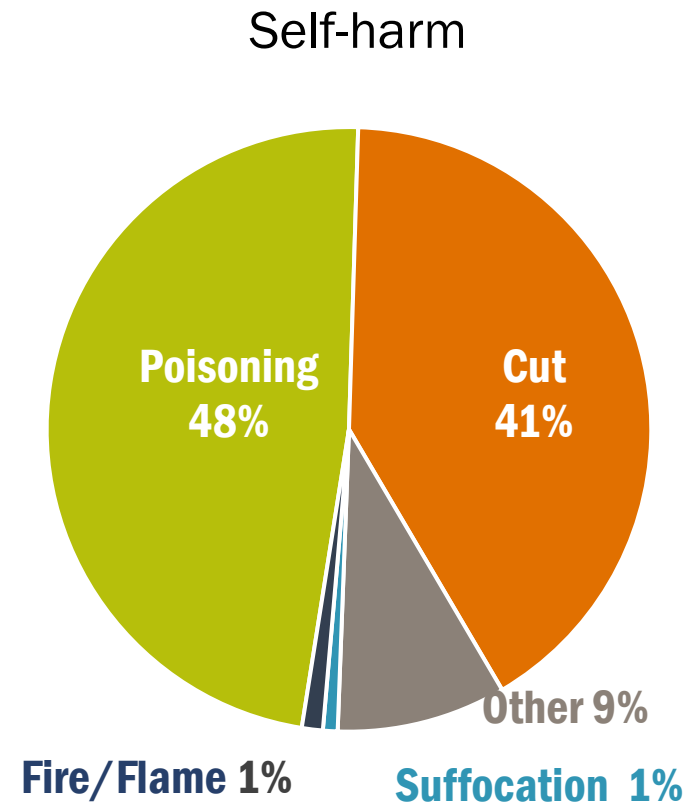
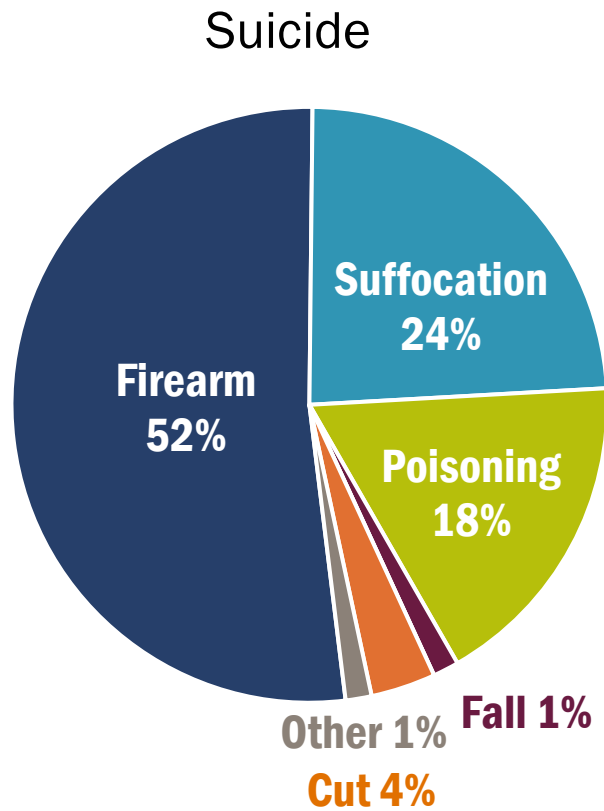


Self-Harm by Age and Gender



Source: Vermont Vital Statistics, 2021 preliminary. VUHDDS, 2020. rates per 100,000 Vermonters.  
Vermont Department of Health

# The means of intentional self-harm are suicide are different.

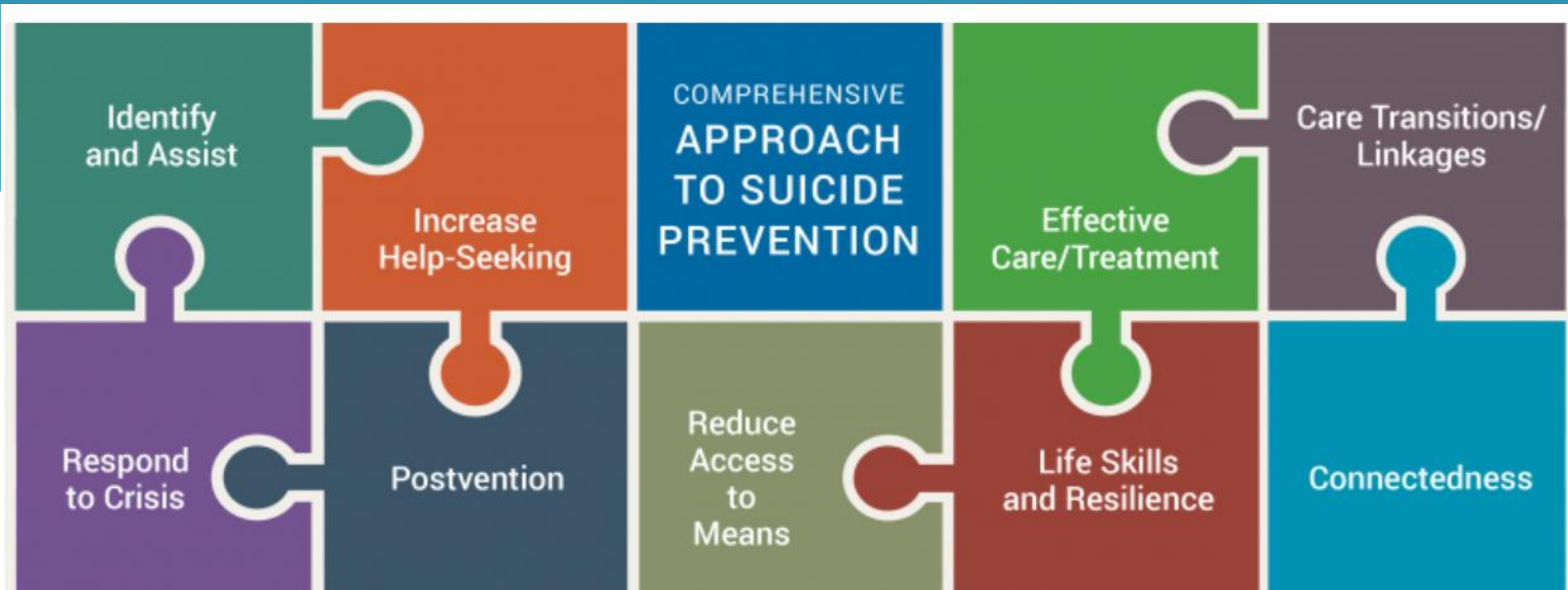


Source: Vermont Vital Statistics, 2021 preliminary; VUHDDS, 2020.  
Vermont Department of Health

# Public Health Approach to Suicide Prevention

- Public Health: The science of protecting and improving the health of entire populations and their communities.
- Population approach and primary prevention are critical to suicide prevention
  - People at risk often do not seek help:
    - **Only 37% of Vermonters who died by suicide were engaged in mental health treatment at the time of their death**
- Suicide Prevention + Public Health = expanding suicide prevention beyond the mental health treatment system into communities, healthcare, and the general public

**“All Vermonters have a role in facing suicide”  
FacingSuicideVT.org**



**Comprehensive Approach to Suicide Prevention**

Suicide Prevention Resource Center:  
<https://www.sprc.org/effective-prevention/comprehensive-approach>



# Department of Health: Suicide Prevention Grants and Programs

## Grants/Funding:

- Centers for Disease Control and Prevention (CDC) Comprehensive Suicide Prevention (CSP) Grant
- Substance Abuse and Mental Health Services Administration (SAMHSA) Garrett Lee Smith Youth (GLS) Suicide Prevention Grant

# Comprehensive Suicide Prevention (CSP) Grant: Overview

- 5-year Grant from Center for Disease Control and Prevention: September 2020 – August 2025
- Support 10% decrease in morbidity and mortality among Vermonters Ages 15 – 64
- Expand prevention to focus populations
  - LGBTQ+, Rural, Men, Living with Disabilities
- Support suicide prevention broadly across community programs, employers, healthcare, and the general public
- Improve public awareness and access to suicide prevention resources
- Co-managed by the Departments of Health and Mental Health

# CSP Grant: Strategies and Activities

- **Enhance Data Surveillance**
  - Monthly Suicide Reports, Population Data Briefs, Suicide Data Linkage Project
- **Expand Suicide Awareness trainings for social services agencies and community partners**
  - Mental Health First Aid, Umatter, Question Persuade Refer (QPR)
- **Reduce Access to Lethal Means**
  - Counseling on Access to Lethal Means and Safe Storage in healthcare settings
  - Public Promotion of Safe Storage
- **Expand Supports for At-Risk Occupations (First Responders, Farmers, Construction)**
  - Farm First
  - Project Secure for First Responders
  - Mental Health and Overdose Prevention Construction Project

# CSP Grant: Strategies and Activities

- **Improve Postvention Response to Suicide Loss**
  - Statewide Assessment and Planning
  - Statewide training and First Responder Postvention Guidelines and Resources
- **Support Suicide Safe Care among Healthcare Providers**
  - Emergency Department Suicide Prevention QI Project
  - Suicide Safer Care Mini-Grant Project for Primary Care
- **Increase Access to Suicide Mental Health Care via Telehealth**
  - Training for Suicide Treatment (CAMS) via Telehealth
- **Public messaging and campaigns to promote suicide prevention awareness**
  - Facing Suicide VT: [FacingSuicideVT.com](http://FacingSuicideVT.com)

# CSP Grant Outcomes: 2022

- Active Partnerships with over **80 private and public organizations**
- **100 % of Hospital ED's** Engaged in Suicide Prevention Quality Improvement
  - **281 Hospital ED staff trained** in Counseling on Access to Lethal Means
- **212 Professionals trained** in Suicide Awareness and Support
  - Farmers, First Responders, Pharmacists, Librarians, Community Action, Attorney General
- **1,878,383 clicks, views and engagements** of Facing Suicide Social Media
- **7,565 new visitors** to Facing Suicide VT Website
- **416 Views** of Facing Suicide “Real Stories” of Vermonters Affected by Suicide
- Completion of **Postvention Statewide Assessment and Plan**
- Establishment of **5 Regional Peer Networks for First Responders**
  - Recruitment and training of **61 First Responder Peers**
- **265 MH Clinicians** trained in suicide treatment via telehealth

# Garrett Lee Smith (GLS) Youth Suicide Prevention Grant

- 5-year Grant from Substance Abuse and Mental Health Services Administration: September 2022 – August 2027
- Reduce suicide deaths and attempts among Vermont youth Ages 10 – 24
- Expand prevention to focus populations
  - LGBTQA Youth, BIPOC Youth, Child welfare and justice-involved youth
- Support suicide prevention broadly across schools, youth programs (afterschool), mental health and healthcare, child welfare and juvenile justice
- Promote youth mental health and wellness
- Improve supports for Families
- Led by Department of Health in coordination with Department of Mental Health

# Garrett Lee Smith Grant: Activities

- Youth and teen Mental Health First Aid
- Umatter Suicide Prevention for Schools
- Improving Youth Suicide Treatment and Care Transitions (Zero Suicide)
- Expanding Family Supports (Finding Hope Support Groups, Bereavement Support)
- Reducing Access to Lethal Means (e.g., Safe Storage)
- Improving Social Connectedness Among Populations of Focus
- Public Health Campaigns to Promote youth mental health and wellness
- Enhanced Data Analysis

# Thank you!

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## Data Briefs

- [Disability and Risk of Suicide, 2022](#)
- [Suicide Mortality in Rural Vermonters, 2022](#)
- [Cannabis Use and Suicide Risk, 2022](#)
- [Male Suicide Morbidity and Mortality, 2022](#)
- [Interpersonal Risk and Protective Factors for LGBT Youth with a Suicide Plan, 2022](#)
- [Intentional Self-Harm and Death by Suicide, 2022](#)
- [Repeat Visitors to the ED for Suicide-Related Reasons, 2022](#)
- [Risk Factors Among LGBT Youth with a Suicide Plan, 2022](#)
- [Protective and Risk Factors for Youth with a Suicide Plan, 2022](#)
- [Firearm Injury and Death, 2022](#)
- [Suicide-Related Emergency Department Visits Infographic, 2022](#)
- [Intentional Self-Harm and Death by Suicide, 2022](#)
- [Industry and Occupation of Vermonters Who Died by Suicide, 2022](#)