

# Addressing a Co- Occurring Epidemic: Substance Misuse and Suicide

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**PTTC**

Prevention Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Funding and Disclaimer



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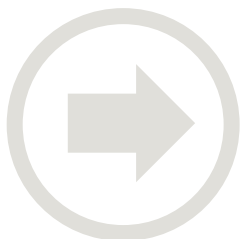
# Land Acknowledgement

We acknowledge that the land that now makes up the United States of America was the traditional home, hunting ground, trade exchange point, and migration route of more than 574 American Indian and Alaska Native federally recognized tribes and many more tribal nations that are not federally recognized or no longer exist.

We recognize the cruel legacy of slavery and colonialism in our nation and acknowledge the people whose labor was exploited for generations to help establish the economy of the United States.

We honor indigenous, enslaved, and immigrant peoples' resilience, labor, and stewardship of the land and commit to creating a future founded on respect, justice, and inclusion for all people as we work to heal the deepest generational wounds.

# Objectives



1. Create a common understanding of substance use and suicide prevention
2. Describe the relationship between substance use and suicide
3. Review the key overlaps of substance use and suicide prevention
4. Identify areas for collaboration



**Creating a Shared Understanding:  
Substance Use and Suicide Prevention**



# Creating a Shared Understanding: Substance Use Prevention

- Substance use prevention refers to the prevention of any substance misuse or preventing the onset of regular substance use
- Activities work to educate and support individuals and communities to prevent the use and misuse of substances and the development of substance use disorders
- Historically substance use prevention funding has focused on youth, but does also include adult misuse prevention



Source: [Centers for Disease Control and Prevention](#), [National Center for Injury Prevention and Control](#)

# Creating a Shared Understanding: Suicide Prevention

- Suicide prevention refers to the prevention of suicide attempts and death
- Activities include upstream prevention efforts, early identification and support for those at risk, and postvention efforts
- Suicide prevention is done across the lifespan, although funding has historically focused on youth and young adults



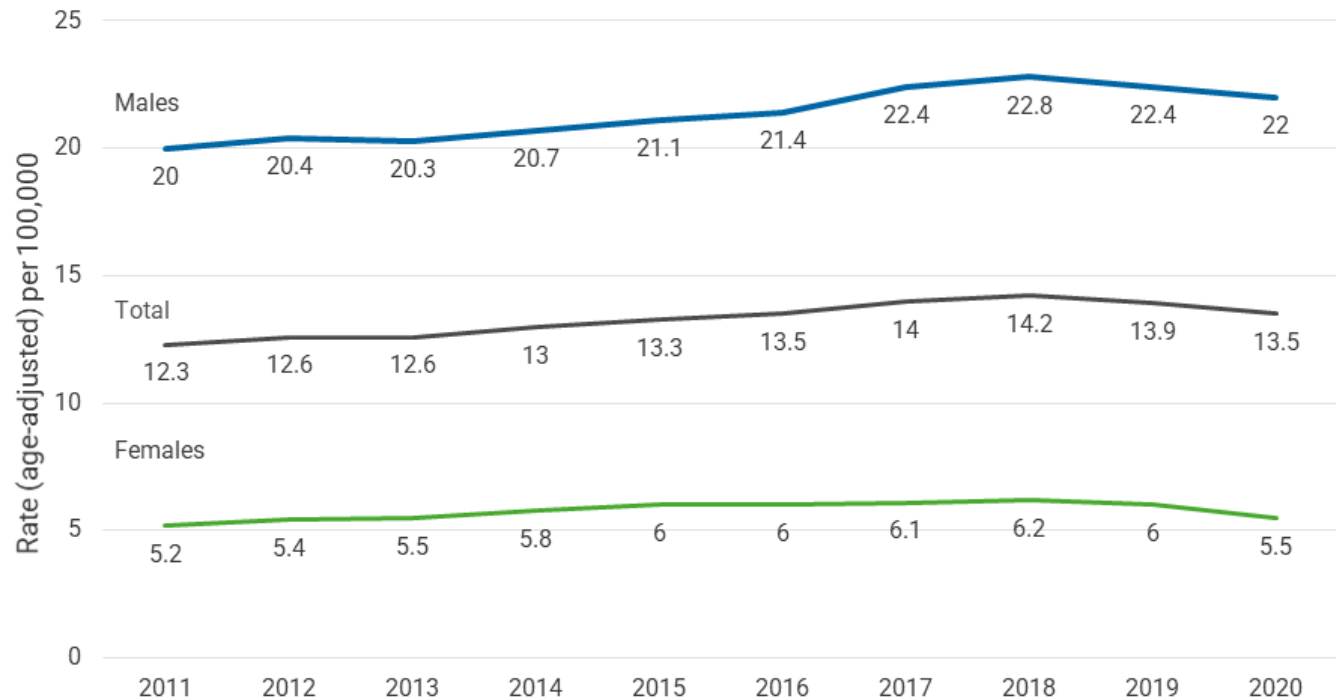


# Creating a Shared Understanding: Substance Use and Suicide are Linked

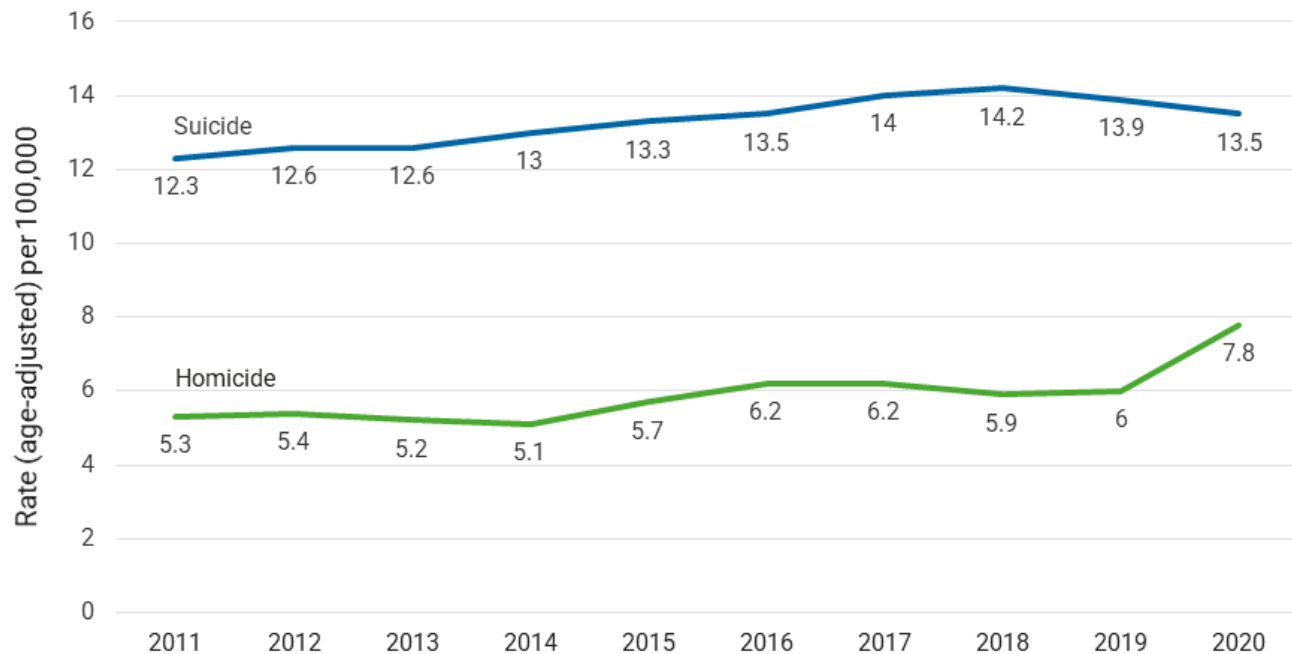


- Substance use increases risk for suicide
- Shared risk and protective factors
- Overlapping clinical populations

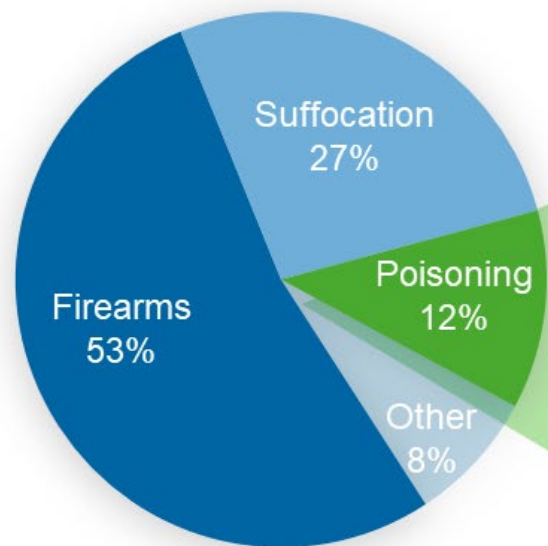
## Suicide Rates by Sex, United States 2011-2020



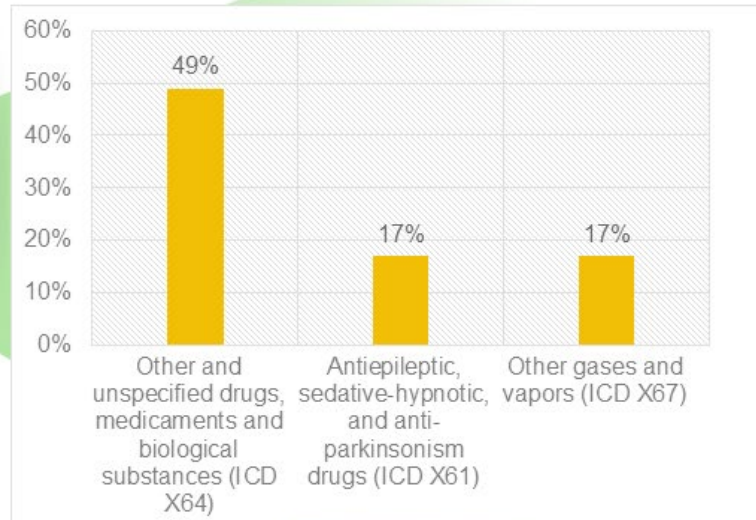
## Suicide and Homicide Rates, United States 2011-2020



# Suicide Deaths by Method, United States 2020

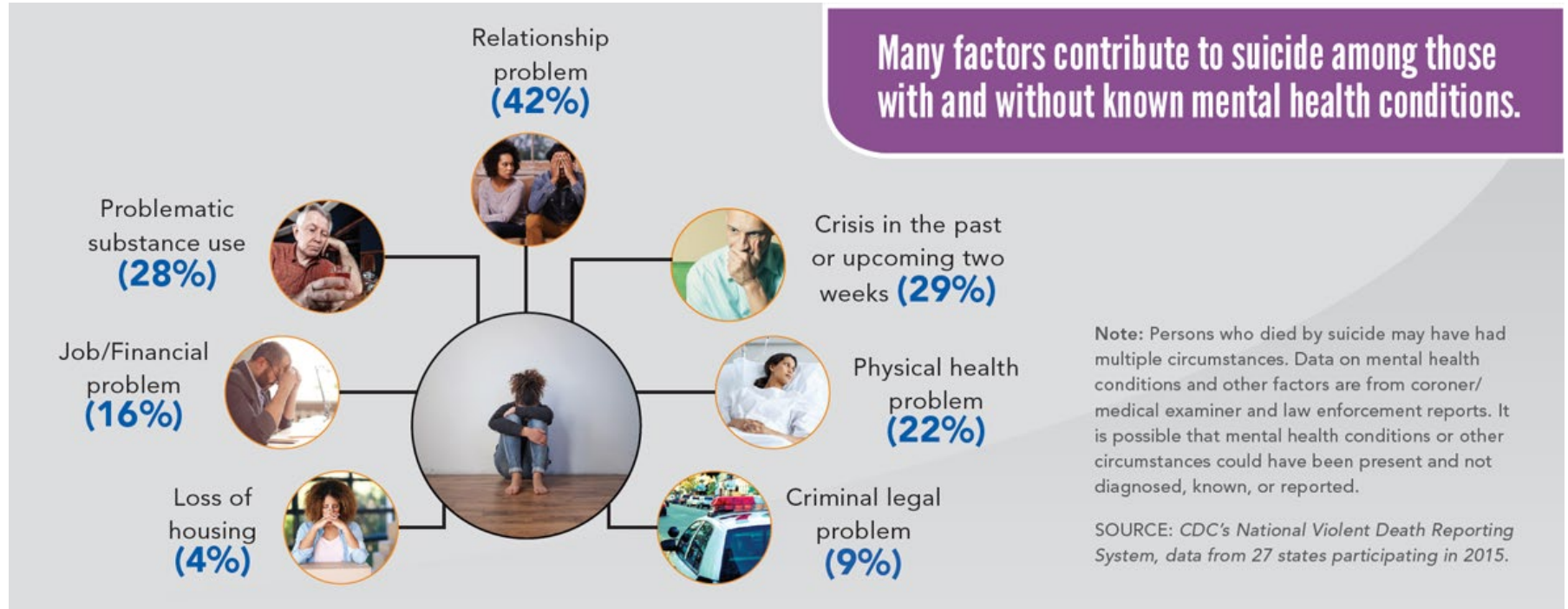


Poisoning Suicides by Substance – 2020



*Suicide and Life-Threatening Behavior*, doi:10.1111/sltb.12422

# Problematic Substance Use and Suicide



# Problematic Substance Use and Suicide

- 1 in 7 adults (15%) have a current substance use disorder
- Nearly 46,000 people died by suicide in 2020
- In 2020, drug poisoning (including opioid and heroin overdose) was present in 9% of suicide deaths
- Rates of suicide in the U.S. were almost four times higher for men than for women
- 22% of deaths by suicide in the U.S. involve alcohol intoxication (SAMHSA)

# Problematic Substance Use and Suicide

- Up to 40% of individuals seeking treatment for a substance use disorder report a history of a suicide attempt(s)
- Adults who have an opioid use disorder are 13 times more likely to die by suicide than the general population



*Suicide and Life-Threatening Behavior*, doi:10.1111/sltb.12422

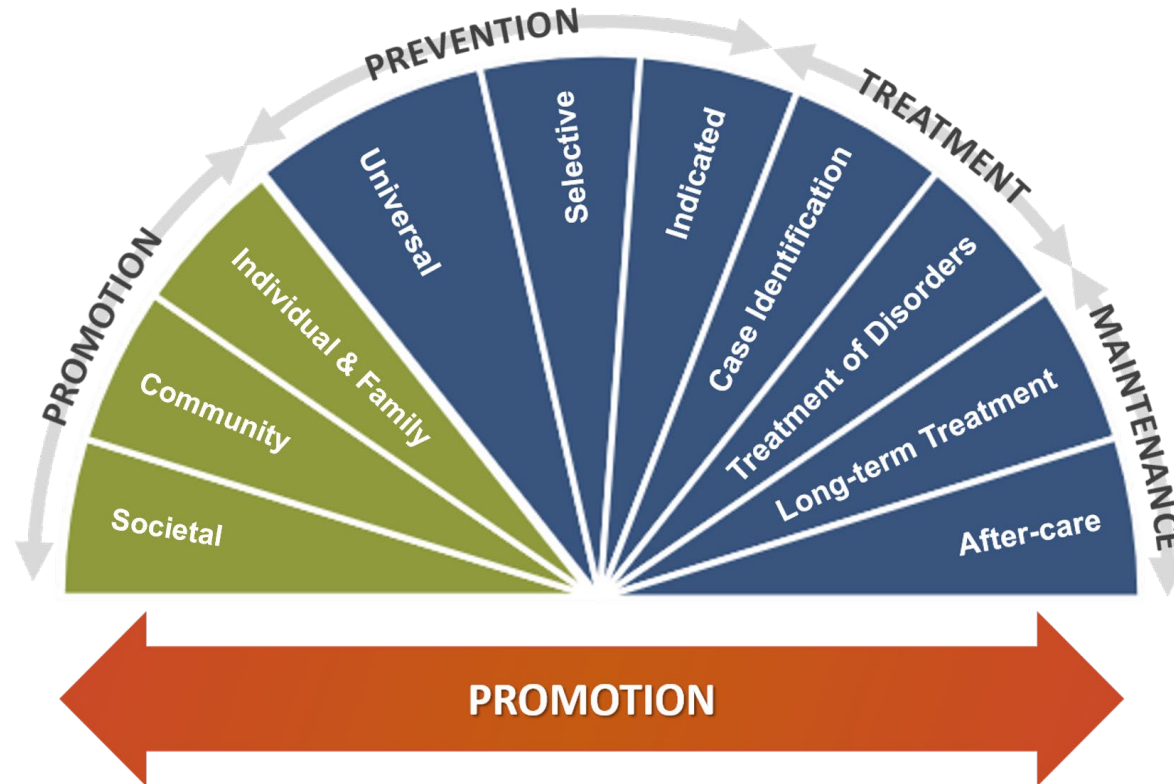


# The Intersection: Substance Use and Suicide Prevention

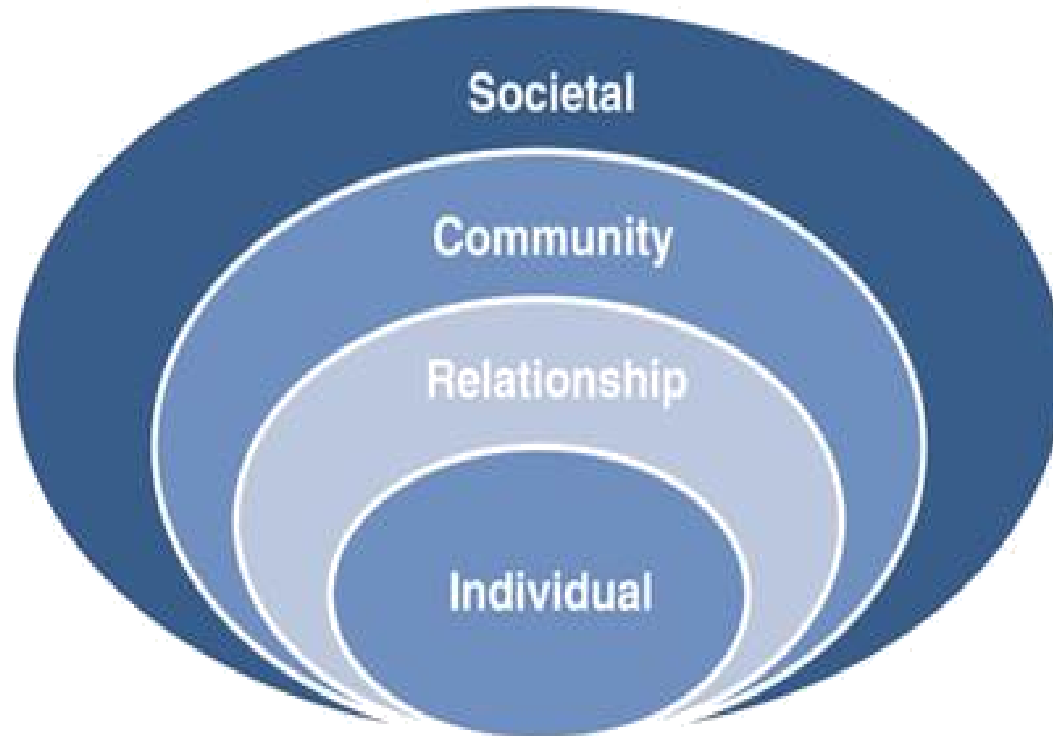




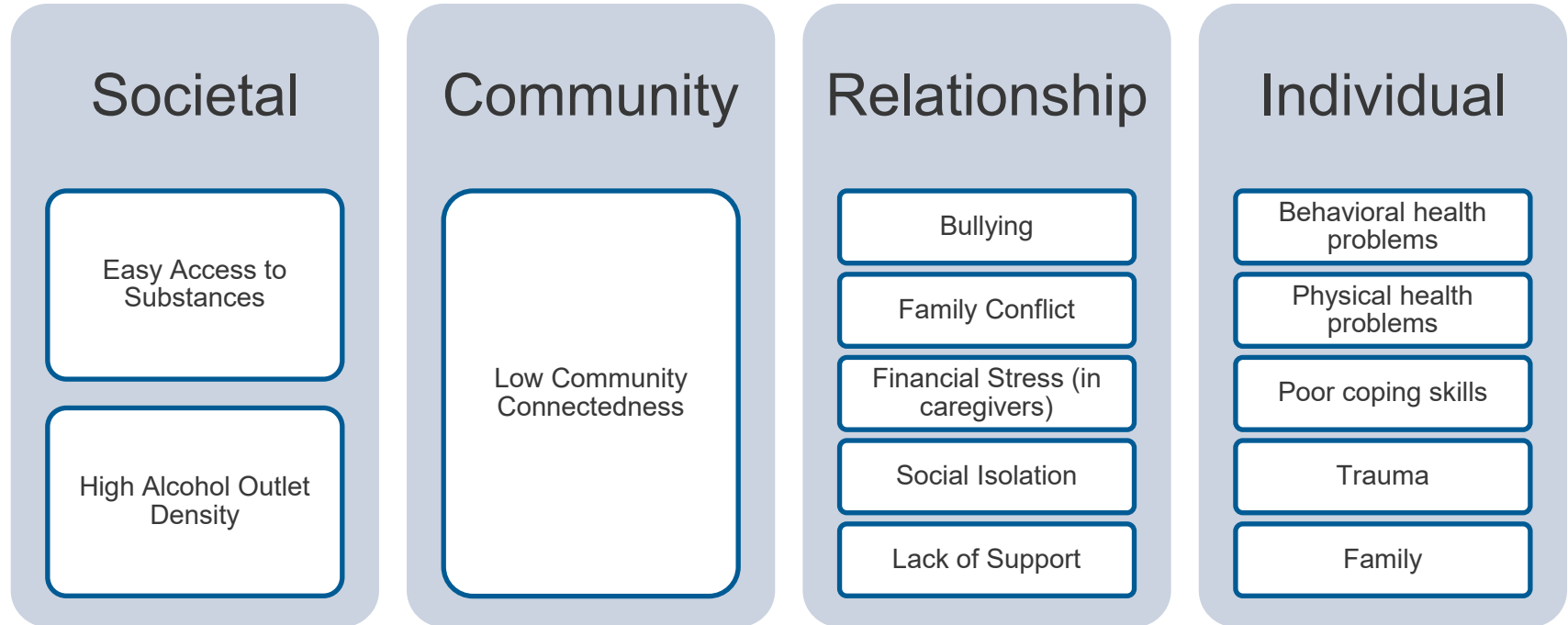
# The Intersection: Spectrum of Mental, Emotional, and Behavioral Interventions



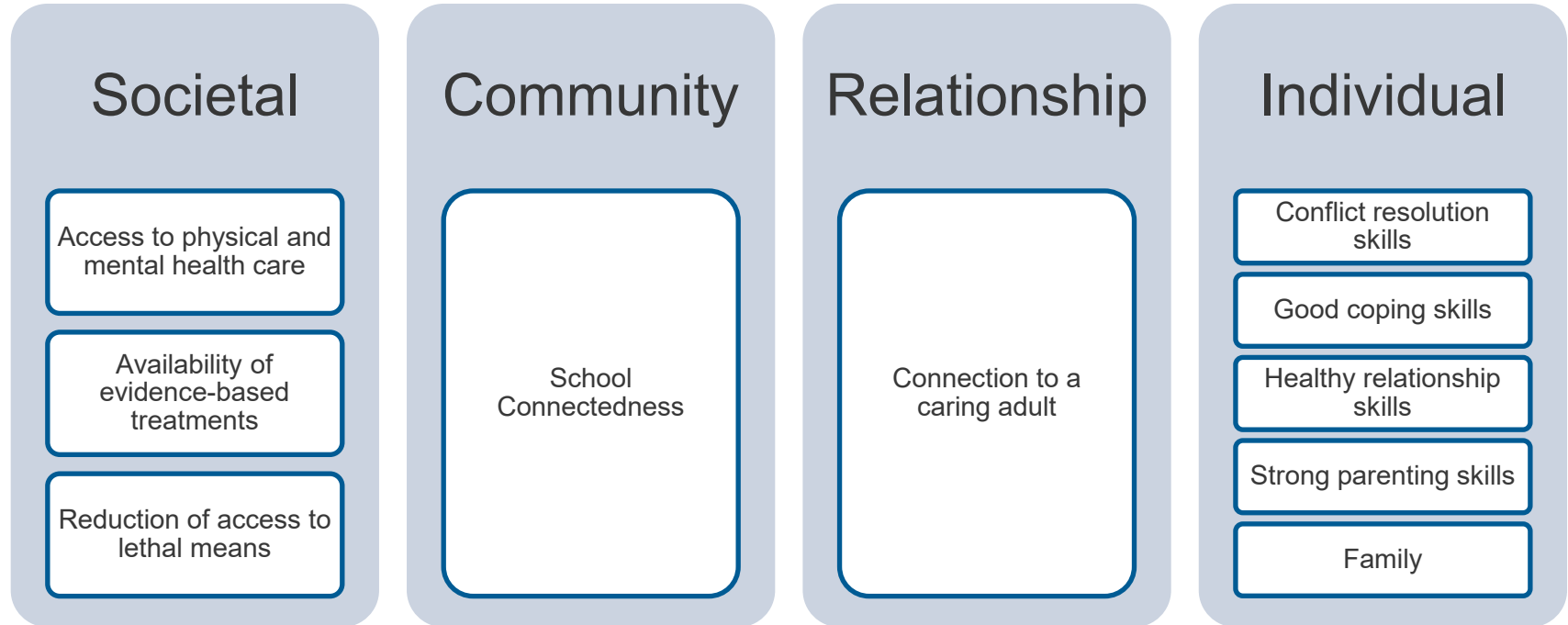
# The Intersection: Socio-Ecological Model



# The Intersection: Shared Risk Factors



# The Intersection: Shared Protective Factors





## **Key Areas of Collaboration:** Substance Use and Suicide Prevention





# Key Areas of Collaboration

- Identifying the problem
- Sector engagement and partnerships
- Planning
- Strategies
- Language and stigma

# Key Areas of Collaboration:

## Identifying the Problem

- Both suicide and substance misuse prevention practitioners often use a needs assessment and strategic planning process to identify prevention priorities and to develop a strategic plan to address those priorities.



**Recommendation:** *Identify local data sources and identify whether there are both substance misuse and suicide prevention data points.*

# Key Areas of Collaboration:

## Sector Engagement and Partnerships

- Suicide prevention and substance misuse prevention are both most effective when they collaborate closely with other sectors in our communities. This means that prevention programs in both areas are likely already collaborating with some of the same partners.



**Recommendation:** *Identify who is working on suicide/substance misuse prevention in your community and find all the sectors with whom they collaborate.*



# Key Areas of Collaboration: Planning

- During the planning phases, substance misuse and suicide prevention efforts can strategically identify ways in which they can work together on one another's strategic plans.



**Recommendation:** *During the planning phase of your prevention initiative, consider reviewing the shared risk and protective factors that are effective in addressing both suicide and substance misuse prevention.*



# Key Areas of Collaboration: Strategies

- Leverage work in key settings such as schools
- Collaborate on community policies such as alcohol outlet density
- Exchange data to identify overlaps in your community's needs (NVDRS, child fatality review)



# Key Areas of Collaboration: Language and Stigma

- Always continue learning as language is frequently evolving
- Use first person language
- Avoid language that references suicide as:
  - Inevitable
  - Normal
  - Glamorous

# Key Areas of Collaboration:

## Substance Use and Suicide Prevention Professionals



Leverage each other's strengths and ask to partner.



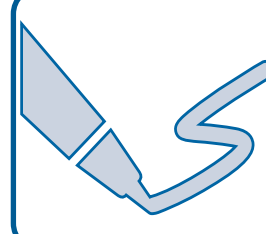
Plan and implement cross-training on the link between substance use and suicide.



Use process and outcome data to evaluate and make the case



Learn who is responsible for suicide prevention.



Familiarize yourself and peers with suicide and substance use prevention plans, strategies, and programs.



Identify public health goals you have in common.



# **Examples from the Field:** Substance Use and Suicide Prevention



# Examples from the Field:

## West Virginia



# Examples from the Field:

## Native Americans for Community Action, Inc (NACA)

### Prevention in Practice

SPRC's Prevention in Practice series highlights stories of innovation in suicide prevention.

- Read more Prevention in Practice stories.
- Learn about SPRC's Effective Suicide Prevention Model.



Have a success story to share?

[Contact Us](#)

## Building Life Skills, Connectedness, and Resilience in Youth

June 08, 2019



**News Type:** From the Field, Prevention in Practice

**Author:** Suicide Prevention Resource Center

**Publisher:** Education Development Center, Inc.

**State:** Arizona



Questions?



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**Discover** how to develop and implement prevention efforts in any setting with SPRC's Effective Suicide Prevention Model.



**Explore** a library of suicide prevention programs with evidence of effectiveness.



**Learn** at your own pace with online courses, learning labs, and brief videos.



**Access** a wealth of resources, including toolkits, fact sheets, success stories, and more!



**Find** information on suicide prevention efforts in your state.



# Additional Resources

- PTTC Prevention Technology Transfer Center Network <https://pttcnetwork.org/>
- The Intersection of Substance Misuse and Suicide Prevention <https://pttcnetwork.org/centers/south-southwest-pttc/event/intersection-substance-misuse-and-suicide-prevention>
- Substance Abuse and Mental Health Services Administration [www.samhsa.gov](http://www.samhsa.gov)
- National Action Alliance for Suicide Prevention [www.actionallianceforsuicideprevention.org](http://www.actionallianceforsuicideprevention.org)



# Suicide Prevention Resource Center

The national **Suicide Prevention Resource Center (SPRC)** is your one-stop source for information to help you develop, deliver, and evaluate evidence-informed suicide prevention programs.

## What we offer

- Toolkits
- Online trainings
- Effective Suicide Prevention Model
- Research summaries...and more!

## Who we serve

- Organizations
- Communities
- Agencies
- Systems

## CONNECT WITH US



[www.sprc.org](http://www.sprc.org)



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# Thank you!

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# References

## Slide 13

Pie Chart Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2017 on CDC WONDER Online Database, released December, 2018. Data are from the Multiple Cause of Death Files, 1999-2017, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10.html> on Feb 6, 2019

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