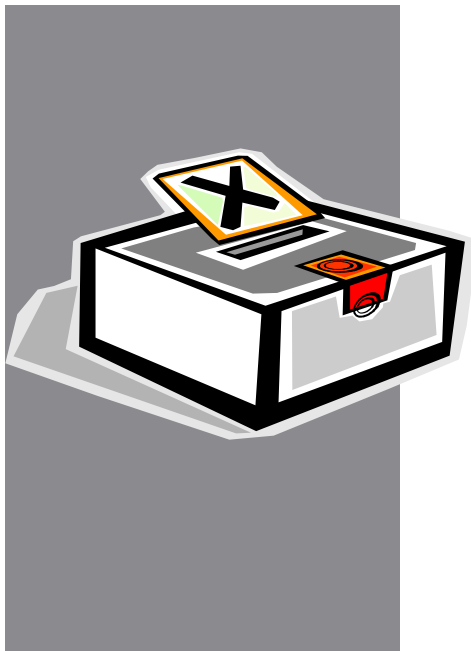


Lobby Poll



Why did you decide to join this webinar today :
(Check all that apply)

- A. Knowledge
- B. Ideas
- C. Inspiration
- D. Networking
- E. My boss made me
- F. Some other reason

Suicide and Substance Misuse



May 26, 2022

Presenters

Alex Karydi

Director of State and Community Initiatives
Suicide Prevention Resource Center
SPRC, EDC

Jana Boocock

Senior Prevention Specialist
Suicide Prevention Resource Center
SPRC, EDC



Nexus of Substance Misuse Prevention and Mental Health Promotion

Anxiety disorders, depression, and other psychiatric disorders frequently coincide with an individual's substance abuse



Nexus of Substance Misuse Prevention and Suicide Prevention

Substance use -- especially alcohol use -- is a significant factor linked to a substantial number of suicides and suicide attempts



Nexus of Substance Misuse Prevention and Problem Gambling Prevention

Gambling disorders are highly comorbid with other mental health and substance use disorders



Great Lakes (HHS Region 5)

PTTC

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

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

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

Suicide Prevention

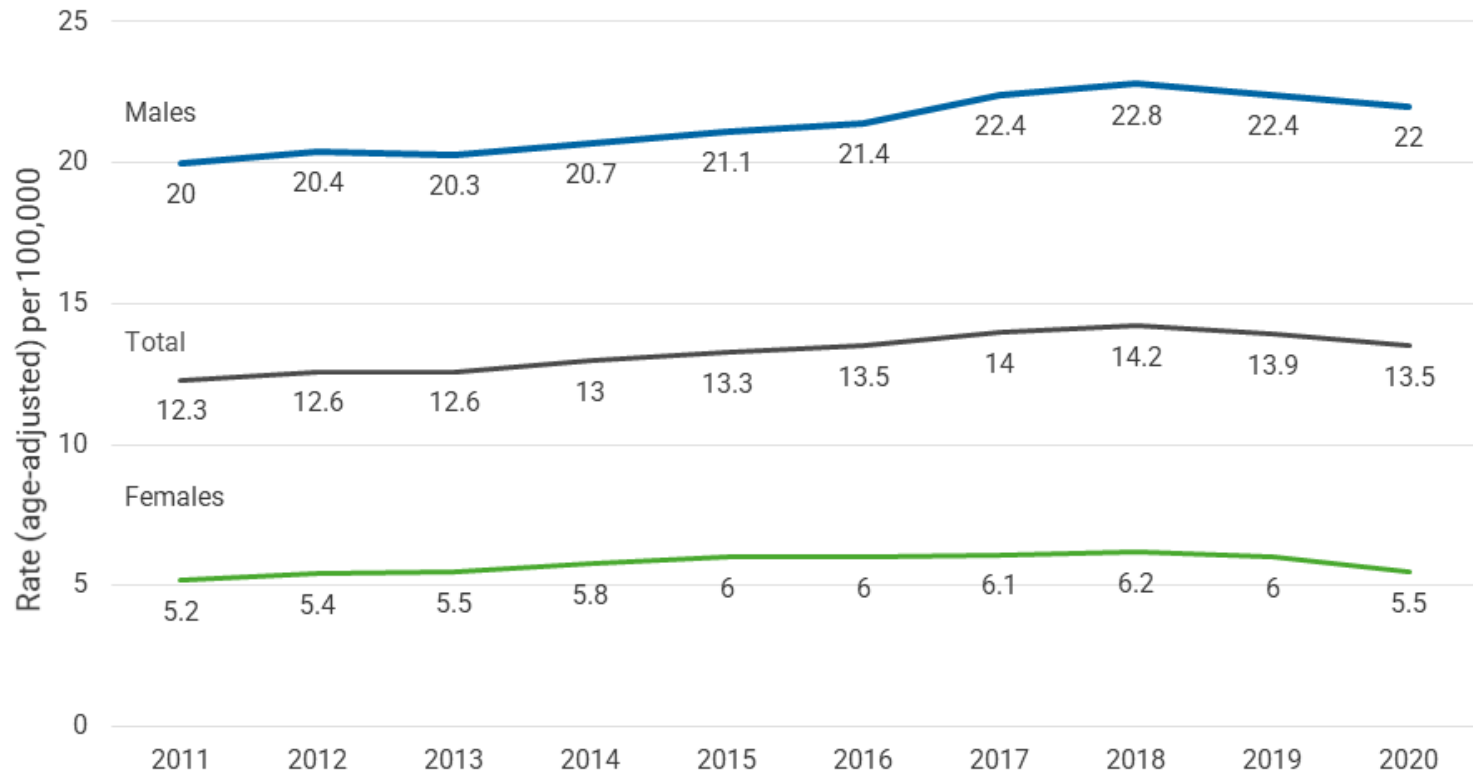
- Suicide prevention refers to the prevention of suicide attempts and death
- Activities include upstream prevention efforts, early identification and support for those at risk, and postvention efforts
- Suicide prevention is done across the lifespan, although funding has historically focused on youth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

Substance Use and Suicide are Linked

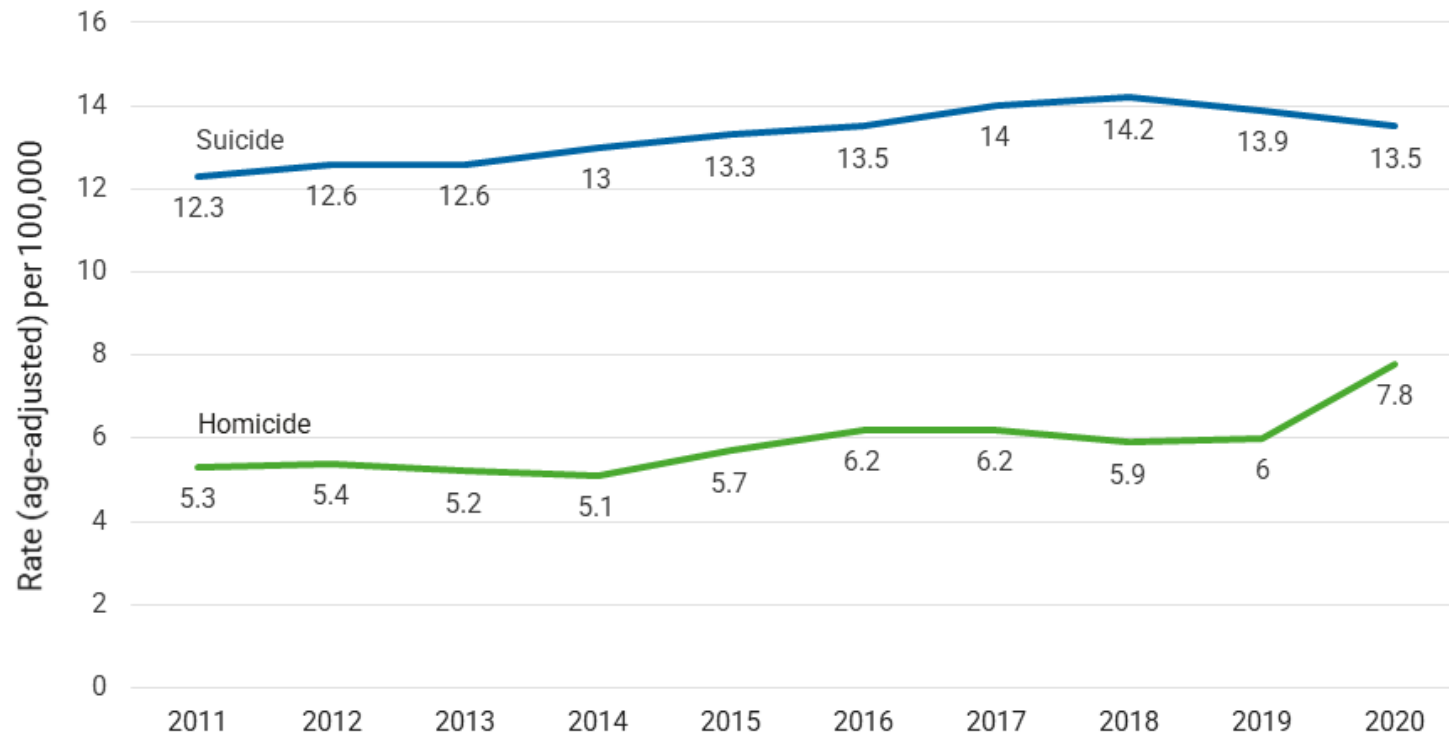
- Substance use increases risk for suicide
- Shared risk and protective factors
- Overlapping clinical populations



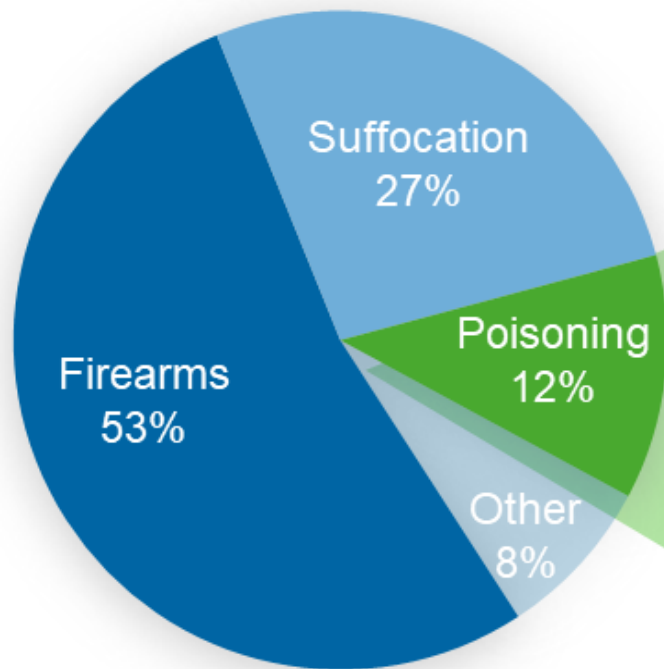
Suicide Rates by Sex, United States 2011-2020



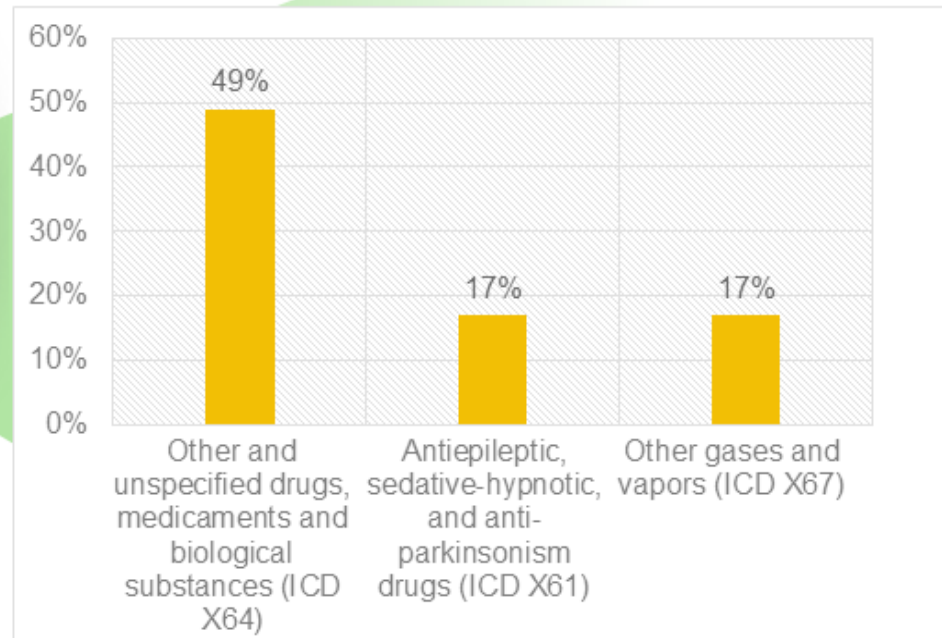
Suicide and Homicide Rates, United States 2011-2020



Suicide Deaths by Method, United States 2020



Poisoning Suicides by Substance – 2020



Problematic Substance Use and Suicide

Many factors contribute to suicide among those with and without known mental health conditions.



Note: Persons who died by suicide may have had multiple circumstances. Data on mental health conditions and other factors are from coroner/medical examiner and law enforcement reports. It is possible that mental health conditions or other circumstances could have been present and not diagnosed, known, or reported.

SOURCE: CDC's National Violent Death Reporting System, data from 27 states participating in 2015.

Problematic Substance Use and Suicide (2020)

- 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)



The Intersection



Substance Use and Suicide

- Suicide is a leading cause of death among people who misuse alcohol and drugs
- Based on blood alcohol tests conducted after death, nearly one in four suicide decedents exceeded the legal limit for drinking and operating a motor vehicle, suggesting they were intoxicated at the time of suicide



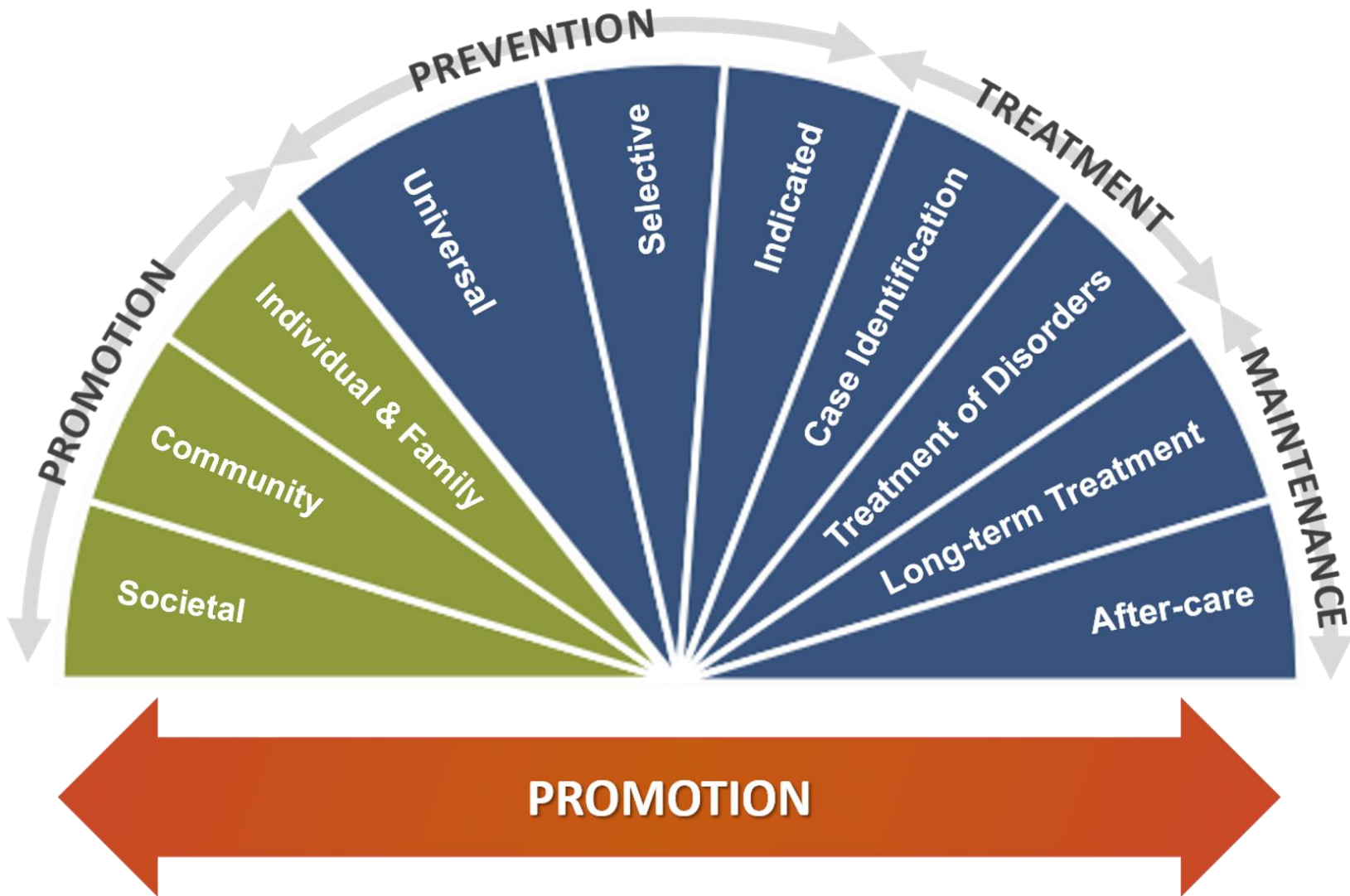
Substance Use and Suicide

(continued)

- 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



Continuum of Care



Socio-Ecological Model

Individual: Personal attributes, characteristics, beliefs, attitudes and behaviors

Interpersonal: Family, friends, co-workers, personal physicians, teachers, neighbors, close associates

Community: Hospitals/health systems, schools, media, community, organizations, employers, faith communities

Societal: Social and cultural norms and governmental policies that affect health behaviors and healthcare



Shared Risk Factors

Societal

- Easy Access to Substances
- High Alcohol Outlet Density

Community

- Low Community Connectedness

Relationship

- Bullying
- Family Conflict
- Financial Stress (in caregivers)
- Social Isolation
- Lack of Support

Individual

- Behavioral Health Problems
- Physical Health Problems/ Special Needs
- Poor Coping Skills
- Trauma
- Family



Shared Protective Factors

Societal

- Access to physical and mental health care
- Availability of evidence-based treatments
- Reduction of access to lethal means

Community

- School Connectedness

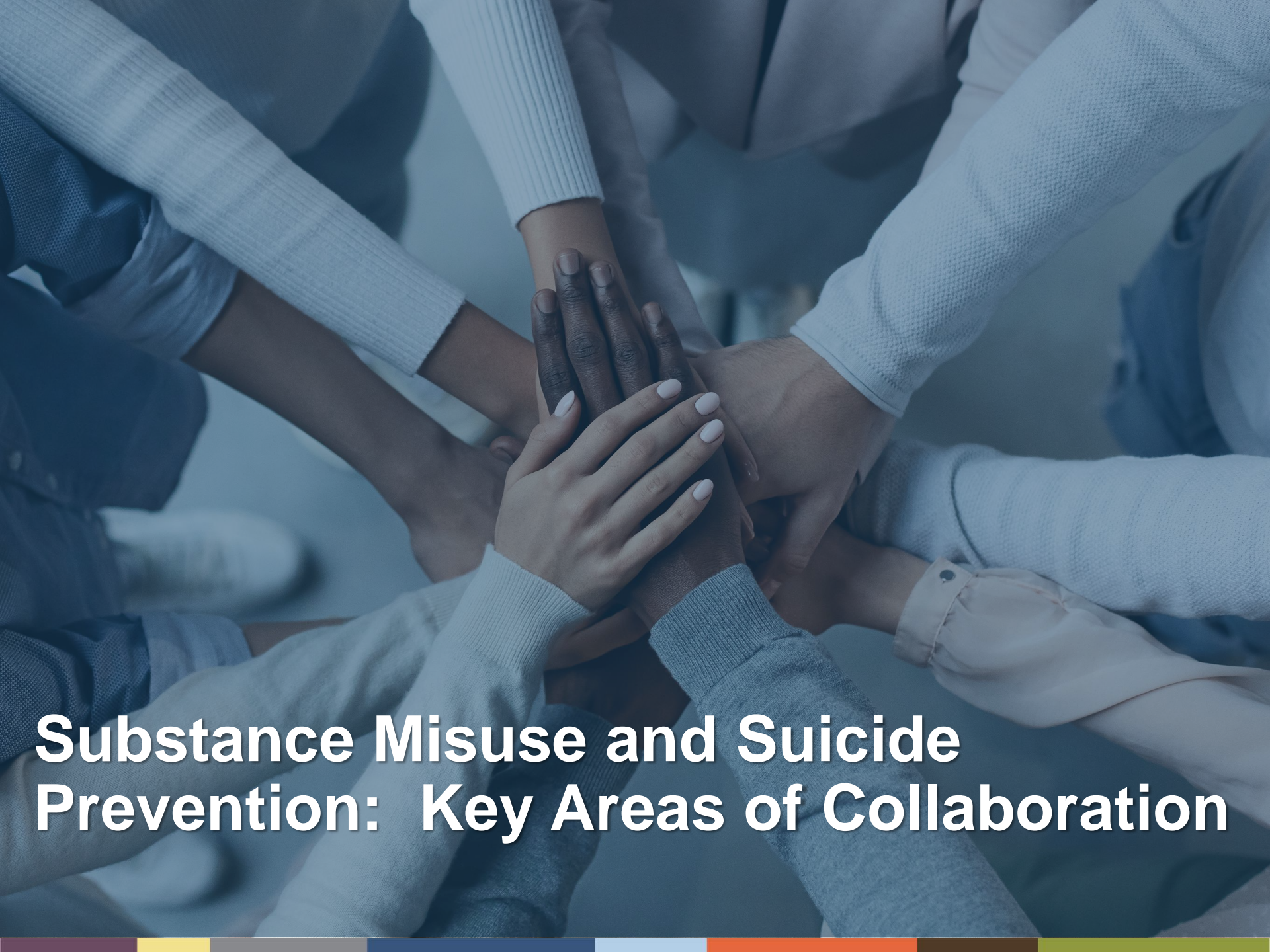
Relationship

- Connection to a caring adult

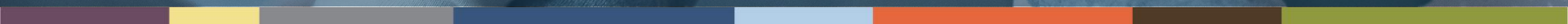
Individual

- Conflict resolution skills
- Good coping skills
- Healthy relationship skills
- Strong Parenting Skills





Substance Misuse and Suicide Prevention: Key Areas of Collaboration



Key Areas of Collaboration

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



Key Area: 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 Area: 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. Have a discussion about how you each work with each partner and identify ways in which you can support one another.*



Key Area: 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 Area: 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: 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 Learning: *Substance Misuse* Prevention Professionals

Leverage/Collaborate

Each others strengths
and ask to partner

Plan/Implement

Plan and implement
cross-training on the link
between the two

Evaluate

Use process and
outcome data to
evaluate and make the case

Learn

Who is responsible for
suicide prevention

Familiarize

Suicide prevention
plans, strategies, and
programs

Identify

Public health goals
you have in common

Learn

Who is responsible for substance use prevention

Familiarize

Prevention plans, strategies, and programs

Identify

Public Health goals you have in common with prevention

Leverage/Collaborate

Each others' strengths and ask to partner with agencies/coalitions

Plan/Implement

Plan and implement cross-training on the links

Evaluate

Use process and outcome data to evaluate and make the case

Key Learning:
Suicide
Prevention
Professionals



Examples From the Field



West Virginia

Integrating
Substance Abuse
and Suicide
Prevention in West
Virginia



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



PREVENTION IN PRACTICE
Success Stories from the Field

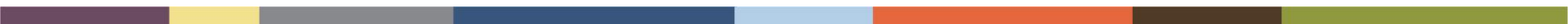
News Type: From the Field, Prevention in Practice

Author: Suicide Prevention Resource Center

Publisher: Education Development Center, Inc.

State: Arizona

Questions



Suicide Prevention Resource Center



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

What we offer

- Best practice models
- Toolkits
- Online trainings
- Research summaries and more!

Who we serve

- Organizations
- Communities
- Agencies
- Systems

CONNECT WITH US



www.sprc.org



[@SuicidePreventionResourceCenter](https://www.facebook.com/SuicidePreventionResourceCenter)



[@SPRCTweets](https://twitter.com/SPRCTweets)

Prevention Collaboration in Action

STORIES OF SUCCESS AND TOOLS TO HELP YOU GET THERE

Collaboration Tools

We understand that every collaborative relationship is unique and will grow in its own way. To address the evolving needs of practitioners, the tools and worksheets in this toolkit are organized by essential elements inherent to successful collaborations.

If you are new to collaboration, explore tools included under the first element—Understanding the Basics. If you are already collaborating with partners, browse the elements that correspond with where you are in the collaboration process. This just-in-time approach lets you access the information you need to move your prevention efforts forward.

We have also added a separate section of tools designed to facilitate collaboration with the range of new partners needed to address the current opioid crisis.

Understanding the Basics

Are you interested in collaborating—but still not sure what it's all about? Explore how and why people collaborate, opportunities for collaboration across SAMHSA's Strategic Prevention Framework, and some of the core principles of successful collaboration.

> [Related Collaboration Tools](#)

Identifying Needs and Opportunities for Collaboration

Collaboration sounds exciting, but is the timing right? Before jumping in, make sure your reasons are clear, your team is ready, and you know where to look for partners who can extend and enhance your prevention efforts.

> [Related Collaboration Tools](#)

Engaging the Right Partners

Getting the right partners on board takes careful planning. The tools in this section will help you develop a recruitment plan, make a strong case for involvement, and connect more effectively with specific groups of stakeholders.

> [Related Collaboration Tools](#)

Exploring Ways to Work Together

Your partners are on board—now what? Before the work begins, think through how your group will function, how decisions will be made, and what partners need to know—about the project and one another—to be productive and stay engaged.

> [Related Collaboration Tools](#)

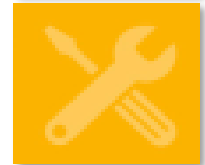
Keeping the Collaboration Healthy

Like all good relationships, healthy collaborations require attention and nurturing. Take time out to assess the satisfaction of members, revisit collaboration activities, and respond to the evolving needs of the group, as a whole.

> [Related Collaboration Tools](#)

Collaborating to Address the Opioid Crisis

To address the nation's growing opioid crisis, practitioners need to collaborate with new partners in new ways. The tools in this section offer tips for establishing and maintaining effective partnerships, recognizing the unique challenges presented by this crisis.



<https://pscollaboration.edc.org/collaboration-tools>




Stay Current on New Resources and Upcoming Events

<https://www.facebook.com/GLPTTC>

Great Lakes PTTC Facebook Page

MILWAUKEE
Janesville Racine
Dubuque Rockford Elgin
CHICAGO
Grand Rapids Battle Creek
Lansing
DETROIT
Windsor
Cleveland
Erie
Warren
Oil City
Williamsport



**Great Lakes Prevention
Technology Transfer Center**
@GLPTTC · Education

Following

Home Reviews Videos More ▾

Liked Message 🔍 ⋮

About See all

1513 University Avenue
Madison, WI

Create post

Photo/video Check in Tag friends

Upcoming Webinars

Risk Factors for Youth Substance Misuse

- June 23, 10-11:30 CT

Substance Misuse Prevention "Nexus" Series

- June 29, 10-11:30 CT - *Problem Gambling Prevention*
- July 28, 11-12:30 CT - *Mental Health Promotion*

To register: <https://tinyurl.com/GLPTTCevents>



Post-Training Feedback

<https://ttc-gpra.org/P?s=895908>



Any Last Questions?





Great Lakes (HHS Region 5)

PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Thank You!

