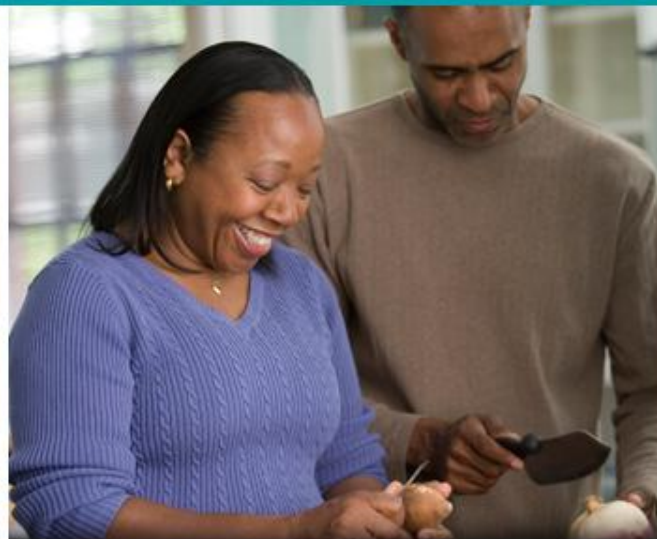


# Youth Suicide in El Paso County



**Presented by:** Meghan Haynes, MPH  
Teen Suicide Prevention Planner

**To:** Not One More Child Coalition

**Date:** September 26, 2016



Prevent • Promote • Protect

# Overview

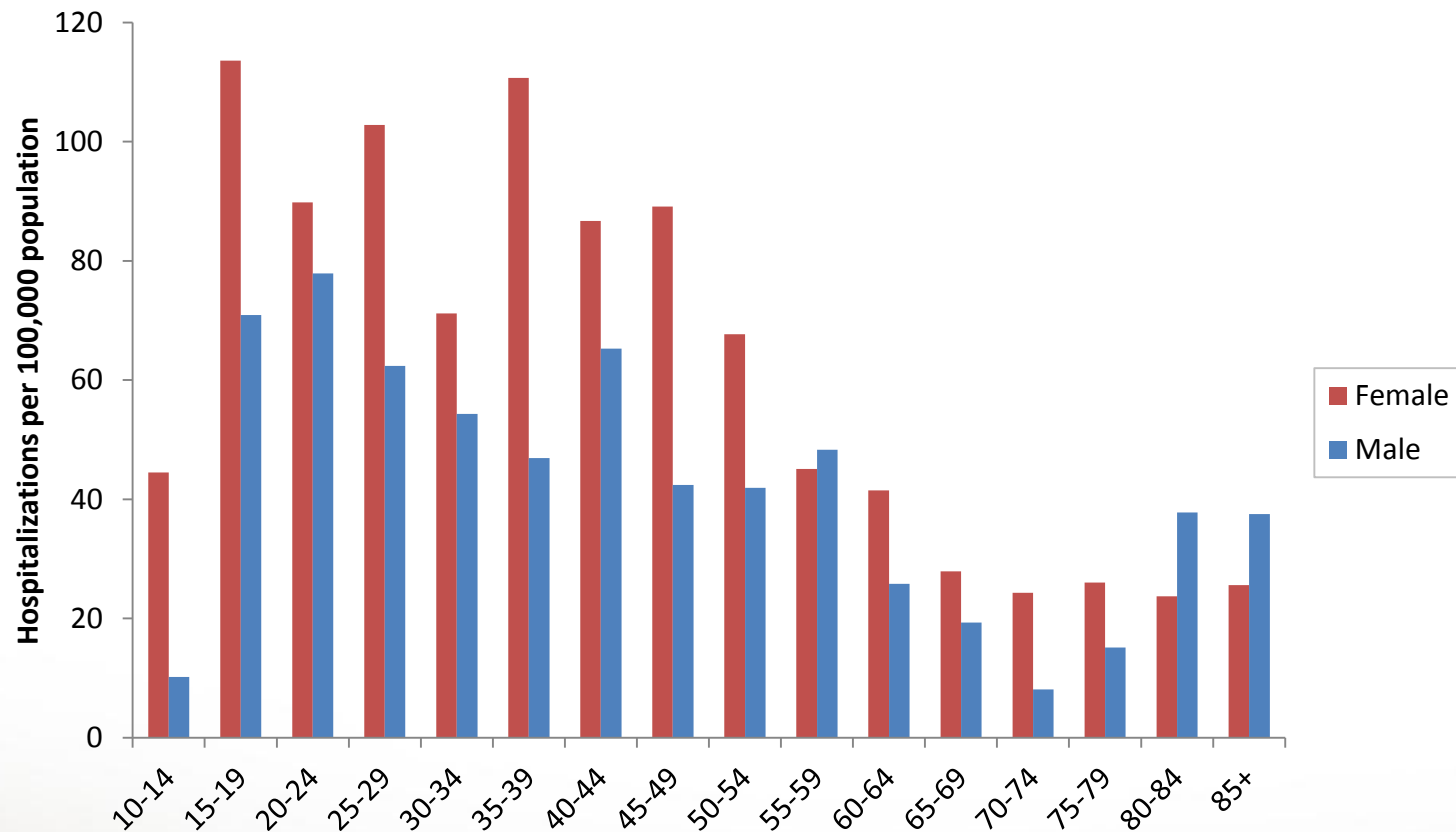
- Review available data on youth suicide in El Paso County, Colorado, and the United States
- Overview of teen suicide prevention activities happening currently
- Discuss ways for community partners to engage in teen suicide prevention work

# Youth Suicide

- In 2014, Colorado had the 6<sup>th</sup> highest youth suicide rate in the country.
- Suicide is the leading cause of death for youth ages 10-17 years in Colorado.
- The number of youth suicides doubled in El Paso County in recent years, from 7 in 2014 to 14 in 2015.
- Suicide accounted for 45% of all child fatalities among youth under 18 in El Paso County that were reviewed by the El Paso County Child Fatality Review Team (CFRT) in 2015.

Source: CDC, Colorado Child Fatality Prevention System, El Paso County Child Fatality Review Team

# Rate of suicide attempts resulting in hospitalization, by age and sex, El Paso County 2010-2014



Source: Colorado Injury Hospitalization Statistics

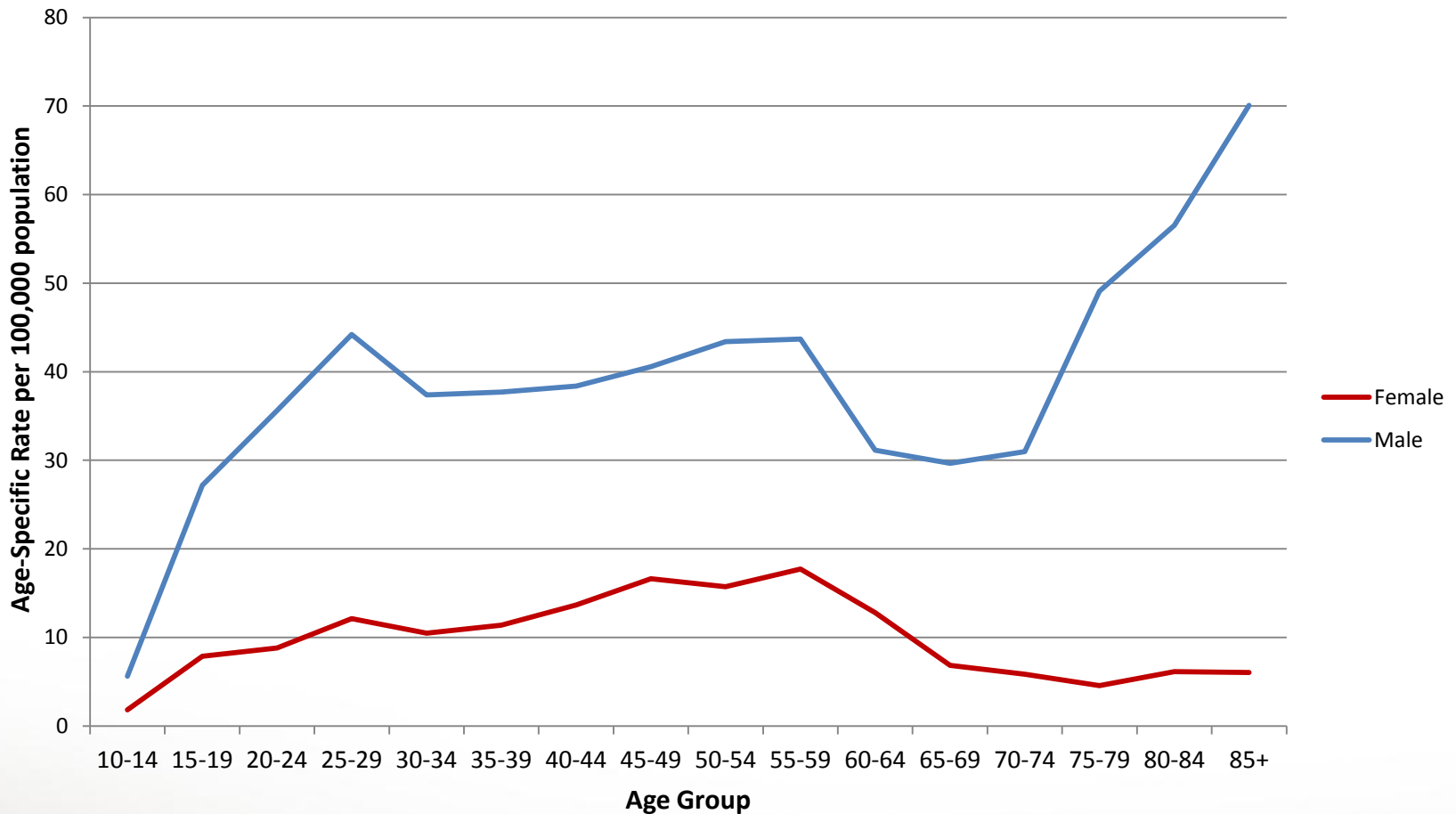
# Suicide Attempts

- Many suicide attempts go unreported or untreated.
- The ratio of suicide attempts to suicide deaths in youth is estimated to be about 25:1, compared to about 4:1 in the elderly.
- Among the suicides reviewed by the El Paso County CFRT for the years 2010-2014, prior suicide attempts were noted for 18.5% of cases.

Source: American Foundation for Suicide Prevention, Colorado Child Fatality Prevention System

# Suicide Rate by Sex and Age Group

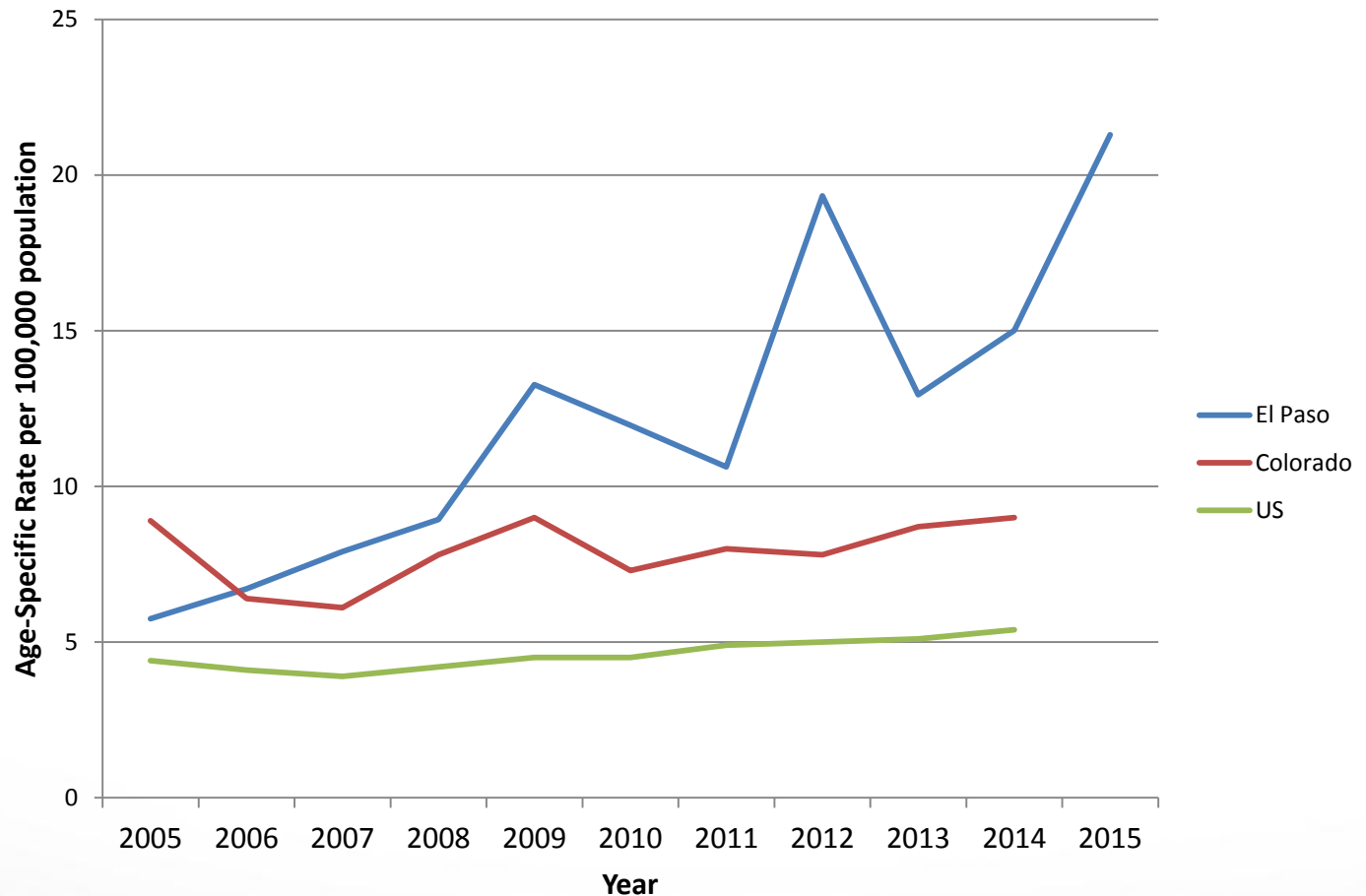
## El Paso County (2006-2015)



Source: El Paso County Mortality Data, 2006-2015

# Suicide Rate by Year, for 10-19 year olds, El Paso County (2005-2015)

Between 2011-2015, 34.9% of all deaths that occurred in 10-19 year olds in El Paso County were due to suicide.



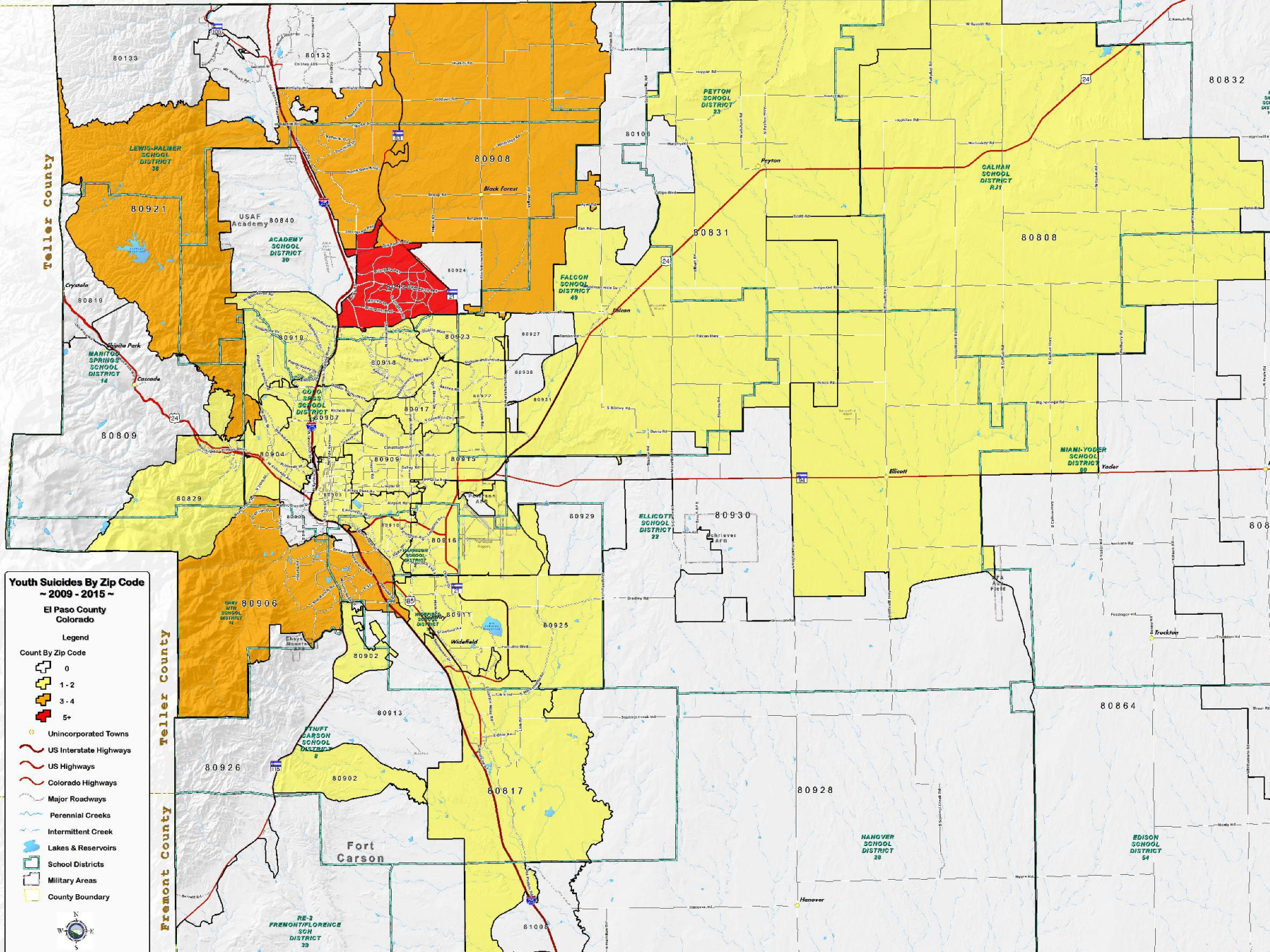
Source: El Paso County Mortality Data, 2005-2015, CO and US from CDC Wonder

# Youth Suicide (Ages 10-19)

## County Comparison (2010-2014)

Rank	County Name. State	Crude Rate	Deaths	Population
1	Wade Hampton Census Area, AK	122.0	10	8200
2	Roosevelt County, MT	116.0	10	8623
3	Shannon County, SD	78.4	11	14031
4	Apache County, AZ	43.0	27	62748
5	Beltrami County, MN	36.7	12	32668
6	Navajo County, AZ	25.7	22	85673
7	McKinley County, NM	24.4	15	61469
8	Porter County, IN	16.2	19	117428
9	San Juan County, NM	15.8	15	95027
10	Randall County, TX	15.7	14	88900
11	Humboldt County, CA	14.6	12	82240
12	Matanuska-Susitna Borough, AK	13.8	10	72380
13	Sandoval County, NM	13.3	13	97909
14	Minnehaha County, SD	13.1	15	114374
15	Tom Green County, TX	12.9	10	77629
16	Kootenai County, ID	12.3	12	97448
17	Medina County, OH	12.0	15	124559
18	Santa Fe County, NM	12.0	10	83613
19	Washington County, UT	11.7	13	111298
20	Mohave County, AZ	11.5	13	112792
21	Yakima County, WA	11.2	22	196278
22	Coconino County, AZ	11.1	12	107661
23	Cache County, UT	11.1	11	98943
24	Sussex County, DE	11.1	12	108031
25	Winnebago County, WI	11.0	12	108742
26	Deschutes County, OR	11.0	11	100163
27	Linn County, IA	10.9	16	146540
28	El Paso County, CO	10.6	49	461395
29	Douglas County, CO	10.5	25	238902





Youth Suicides By Zip Code  
~ 2009 - 2015 ~  
El Paso County  
Colorado

- Legend
- Count By Zip Code
- 0
  - 1-2
  - 3-4
  - 5+
- Unincorporated Towns
- US Interstate Highways
- US Highways
- Colorado Highways
- Major Roadways
- Perennial Creeks
- Intermittent Creek
- Lakes & Reservoirs
- School Districts
- Military Areas
- County Boundary



# Descriptive Statistics, for 10-19 year old suicides, El Paso County and Colorado (2005-2014)

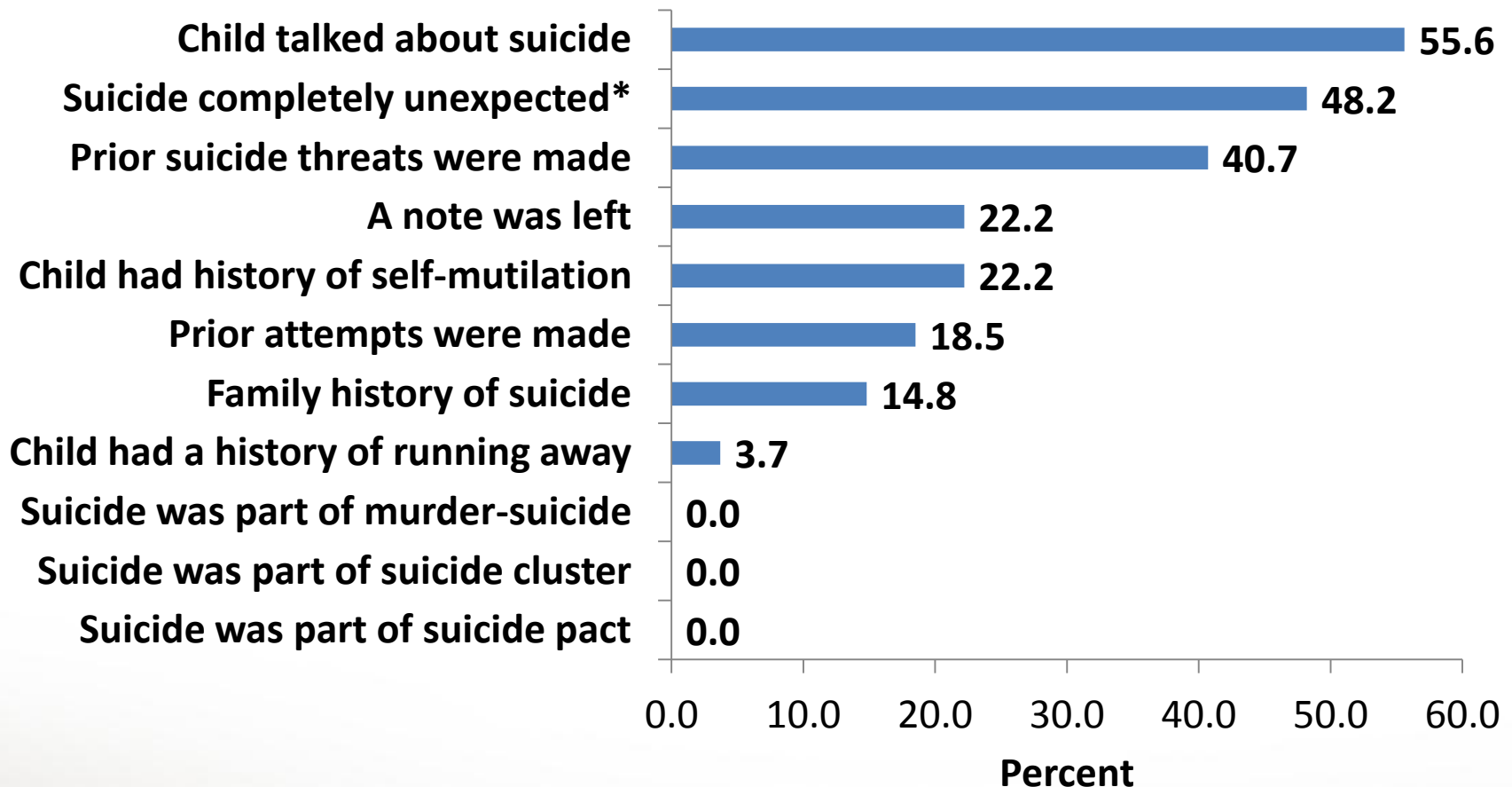
Description	El Paso Percent	Colorado Percent
Female	19.8	24.7
Male	80.2	75.3
White	90.7	93.6
Other	9.3	6.4
Non-Hispanic	79.2	76.5
Hispanic	20.8	23.5
Method		
Firearm	46.5	37.5
Hanging/Strangulation	45.3	50.1
Other (knife, gas poisoning)	8.1	12.4

According to the *Colorado Child Fatality Prevention System 2016 Report* 38.1% of youth (10-17) that completed suicide between 2010-2014 had received prior mental health services. Only 19.6% were receiving mental health services at the time of the fatal attempt.

Source: El Paso County Mortality Data, 2005-2014, CDC Wonder

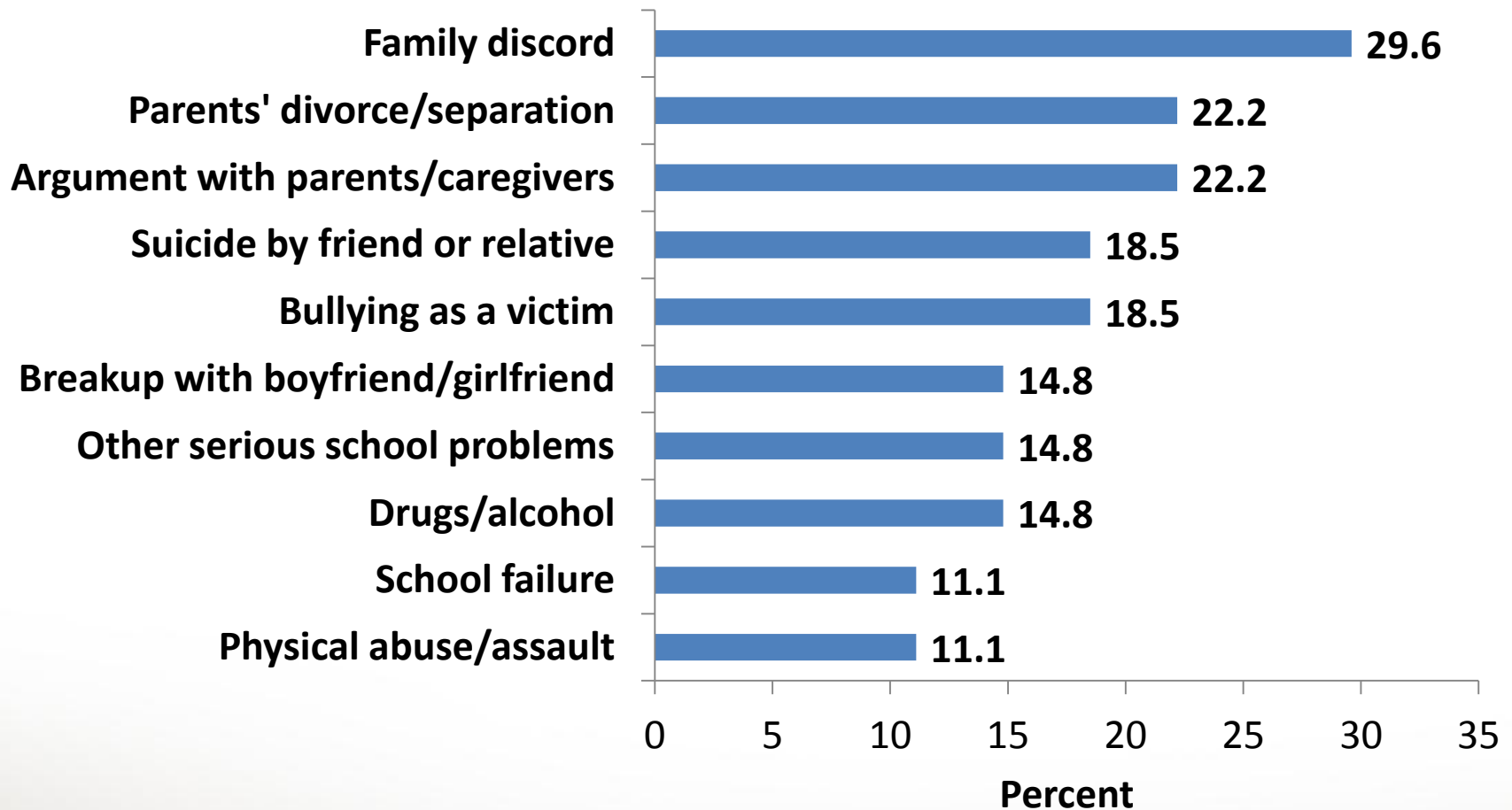


# Selected Circumstances for Suicides Reviewed by El Paso County CFRT, 2010-2014



Source: Colorado Child Fatality Prevention System

# Selected Acute or Cumulative Personal Crises for Suicides Reviewed by El Paso County CFRT, 2010-2014



Source: Colorado Child Fatality Prevention System

# Teen Suicide Prevention Efforts

- El Paso County Public Health (EPCPH) was awarded a 3 year grant from Colorado State Innovative Model (SIM) funding.
- The overall goal of SIM is to increase access to integrated primary care and behavioral health services in coordinated community systems.
- EPCPH has three main objectives for this funding.

# Teen Suicide Prevention Objectives

- #1: Convene partners to create and implement communication and referral protocols to work across systems to coordinate support activities for youth at-risk for suicide.
  - This work began this summer; currently convening a work group to develop these protocols.
  - Wide variety of stakeholders involved in this effort.

# Teen Suicide Prevention Objectives

- #2: Strengthen partnerships with health systems to increase depression screening, referral, and follow up in the primary care setting for youth.
- #3: Support 7 to 10 youth-serving agencies in adopting stigma reduction and resiliency training activities within their system (Youth Mental Health First Aid, Adverse Childhood Experience trainings, Sources of Strength, etc.)

# Key Takeaways

- No single intervention or prevention program can prevent all suicides.
- Suicide is most effectively prevented by a comprehensive approach through the implementation of programs across the prevention spectrum.
- Everyone has a role to play in suicide prevention.



# How to Engage in Prevention Efforts

- Participate in the Youth Suicide Prevention Work Group
- Participate in one of the sub-groups of the Youth Suicide Prevention Work Group:
  - Data group – working toward real-time suicide surveillance in the community
  - Communications group – working toward media training on how to report on suicide
- Awareness raising/training opportunities

# Resources

- **National Suicide Prevention Lifeline**
  - 1-800-273-TALK (8255)
- **Colorado Crisis Services**
  - 1-844-493-TALK (8255)
  - Text TALK to 38255
- **Pikes Peak Suicide Prevention**
  - 719-573-7447
- **Safe2Tell**
  - 1-877-542-7233 (SAFE)
  - [www.safe2tell.org](http://www.safe2tell.org); mobile app

# Questions?

Meghan Haynes, MPH  
Teen Suicide Prevention Planner  
El Paso County Public Health  
[meghanhaynes@elpasoco.com](mailto:meghanhaynes@elpasoco.com)  
719-578-3130