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**Presentation to House Health & Human Services Committee**

**January 23, 2020**

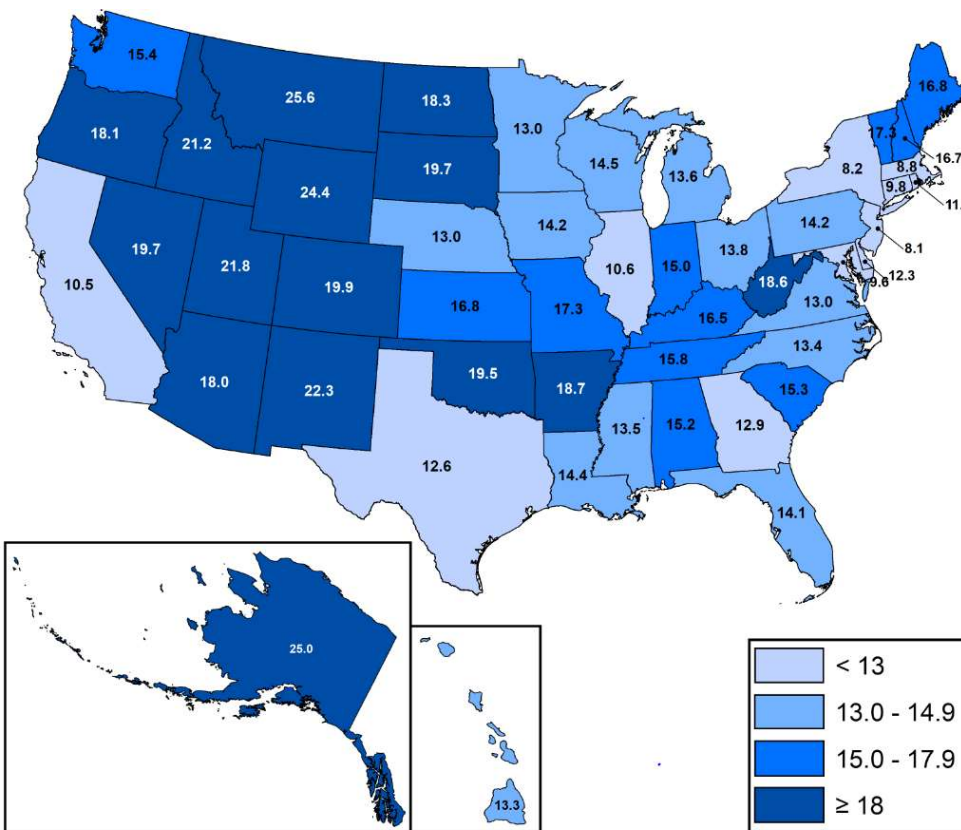


# Suicide in South Dakota

- ❖ Suicide is the 10th leading cause of death in SD, but is the 2nd leading cause among ages 15 to 34
- ❖ With 192 suicides, SD has the 6th highest suicide rate in United States in 2017 (crude rate)
  - SD = 22.0 per 100,000 population
  - US = 14.5 per 100,000 population
- ❖ There were 168 suicides in 2018 in SD
- ❖ 78% of suicides were male and 22% were female (2009 – 2018)
- ❖ The SD Native American suicide rate is 2.5 times higher than the SD White suicide rate for 2009-2018
- ❖ 16.1% of SD high school students considered suicide (2015, YRBS)
- ❖ 8.4% of SD high school students attempted suicide (2015, YRBS)

# Suicide Rates, United States, 2013-2017

New Jersey 8.1  
 New York 8.2  
 Massachusetts 8.8  
 Maryland 9.6  
 Connecticut 9.8  
 California 10.5  
 Illinois 10.6  
 Rhode Island 11.3  
 Delaware 12.3  
 Texas 12.6  
 Georgia 12.9  
 Minnesota 13.0  
 Nebraska 13.0  
 Virginia 13.0  
 Hawaii 13.3  
 North Carolina 13.4  
 Mississippi 13.5  
 Michigan 13.6  
 Ohio 13.8  
 Florida 14.1  
 Iowa 14.2  
 Pennsylvania 14.2  
 Louisiana 14.4  
 Wisconsin 14.5  
 Indiana 15.0

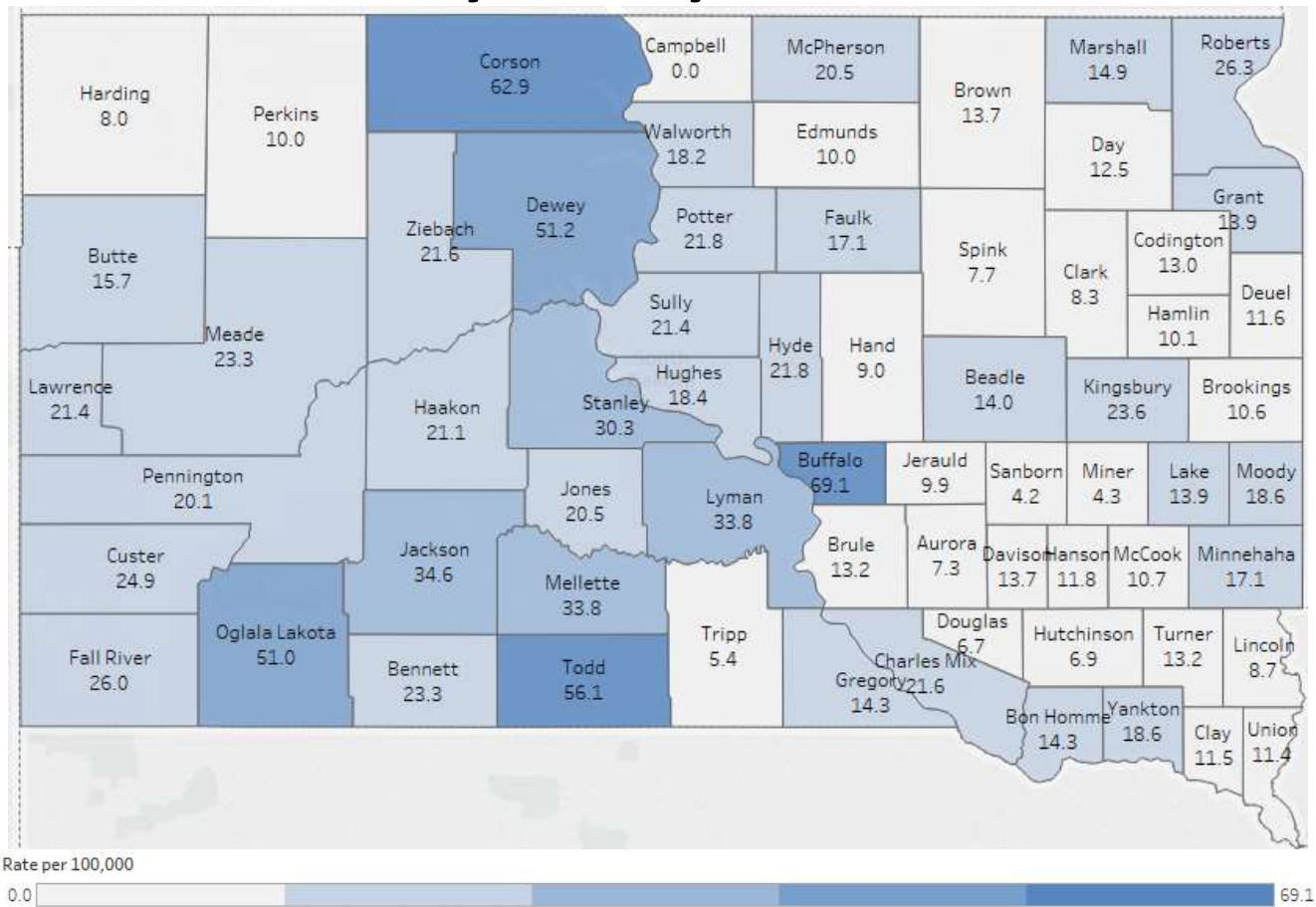


Alabama 15.2  
 South Carolina 15.3  
 Washington 15.4  
 Tennessee 15.8  
 Kentucky 16.5  
 New Hampshire 16.7  
 Kansas 16.8  
 Maine 16.8  
 Missouri 17.3  
 Vermont 17.3  
 Arizona 18.0  
 Oregon 18.1  
 North Dakota 18.3  
 West Virginia 18.6  
 Arkansas 18.7  
 Oklahoma 19.5  
 Nevada 19.7  
**South Dakota 19.7**  
 Colorado 19.9  
 Idaho 21.2  
 Utah 21.8  
 New Mexico 22.3  
 Wyoming 24.4  
 Alaska 25.0  
 Montana 25.6

U.S. 2013-2017 Suicide Rate: 13.4

CDC WONDER <https://wonder.cdc.gov/ucd-icd10.html>

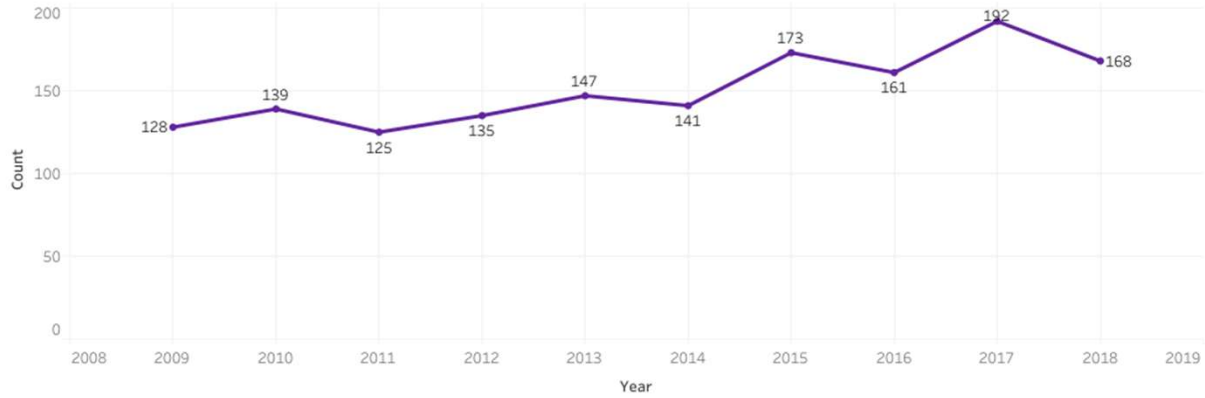
# Suicide Rates by County, 2009-2018



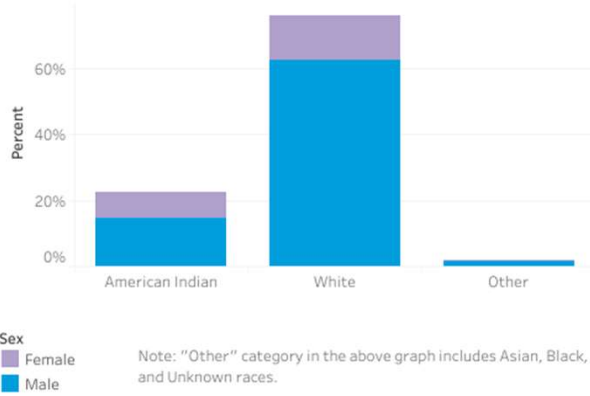
Source: South Dakota Vital Records

South Dakota Suicides	Suicide Rates by County	Suicide Rates by State	Self-Inflicted Injuries
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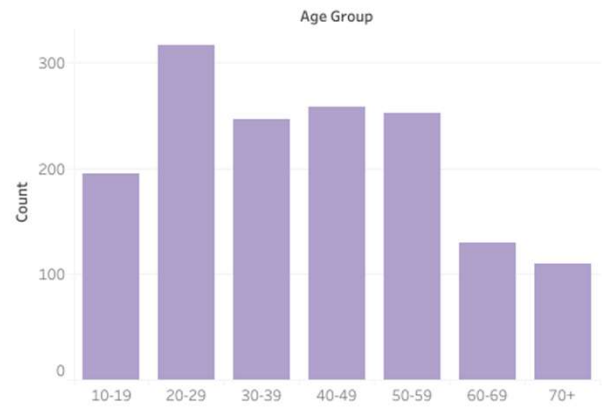
Suicides, South Dakota (2009-2018)



Suicides by Race and Sex (2009-2018)



Suicides by Age (2009-2018)



Source: South Dakota Department of Health

# Suicide Prevention

- ❖ This summer, Governor Noem asked the DOH to lead an interagency workgroup to develop a statewide suicide prevention plan
  - Departments involved included Health, Social Services, Education, Tribal Relations, and Agriculture as well as the Great Plains Tribal Chairmen's Health Board
- ❖ Included review of prior work related to suicide prevention and review of national strategies
- ❖ Developed framework for the plan including guiding principles, goals, objectives and strategies
- ❖ Distributed the draft suicide prevention plan to stakeholders and the public in Fall
  - Received nearly 300 comments
- ❖ Plan revised based on input received

# South Dakota Suicide Prevention Plan 2020-2025

- ❖ Guiding Principles
  - Data driven decisions
  - State and local partnerships
  - Community-led efforts
  - Evidence-based programming
  - Culturally appropriate
  - Focus on the next generation
  - Highlight “Bright Spots” through success stories
- ❖ Goals focus on prevention (*before crisis*), intervention (*during crisis*), and postvention (*after crisis*)
- ❖ Four overarching objectives that impact every goal
  - Data
  - Education and training
  - Communications
  - Community Engagement



# SOUTH DAKOTA SUICIDE PREVENTION

STATE PLAN 2020-2025

**GUIDING PRINCIPLES:** Data driven decisions | State and local partnerships | Community-led efforts | Evidence-based programming  
Culturally appropriate | Focus on the next generation | Highlight "Bright Spots" through success stories



		GOALS		
		PREVENTION "Before Crisis"	INTERVENTION "During Crisis"	POSTVENTION "After Crisis"
		Implement evidence-based interventions throughout multiple sectors to prevent suicides, suicide attempts, and other risky behavior.	Increase awareness and access to services to intervene in time of crisis.	Provide support for recovery services for survivors, their families, and the community to eliminate future suicides.
OBJECTIVES	STRATEGIES			
<b>1. DATA:</b> Share data to inform and evaluate efforts at the state and community level.	1. Implement data dashboards on the SD Suicide Prevention website. 2. Collect and share hospital data (IHS, VA, SDAHO) on suicide attempts to inform prevention efforts. 3. Partner with SDSU Extension and other entities on research related to suicide within farmers and ranchers. 4. Develop and disseminate population specific data infographics.	1. Share data to inform response efforts at the local level. 2. Utilize call data from National Suicide Prevention Lifeline (NSPL) to assess accessibility and promotion of the NSPL. 3. Through Zero Suicide efforts, collect and share data to assist with future crisis.	1. Provide a quarterly report utilizing South Dakota Violent Death Reporting System (SD-VDRS) data to inform prevention efforts. 2. Promote the inclusion of questions on suicidal behaviors, related risk factors, and exposure to suicide in youth and adult data systems (YRBS, BRFSS, etc.).	
<b>2. EDUCATION AND TRAINING:</b> Provide culturally appropriate and evidence-based education and training to the public and various professions.	1. Share evidence-based and culturally appropriate resources with local schools to assist with making program decisions. 2. Encourage the inclusion of mental health education within primary, secondary, and post-secondary institutions. 3. Provide gatekeeper training for stakeholders like Mental Health First Aid. 4. Incorporate mental health/suicide training at various statewide conferences.	1. Provide training to behavioral health providers on suicide prevention modalities. 2. Provide training to employers on referring individuals in crisis to behavioral health specialists. 3. Partner with Department of Criminal Investigation and Department of Health to provide law enforcement and first responder crisis intervention training.	1. Provide guidelines and training on responsible media reporting.	5. Implement Zero Suicide and/or screening and referral within the primary care setting. 6. Host a "Bright Spot" event to highlight success stories.



Revised 01/03/2020





GOALS			
	<p><b>PREVENTION "Before Crisis"</b></p> <p>Implement evidence-based interventions throughout multiple sectors to prevent suicides, suicide attempts, and other risky behavior.</p>	<p><b>INTERVENTION "During Crisis"</b></p> <p>Increase awareness and access to services to intervene in time of crisis.</p>	<p><b>POSTVENTION "After Crisis"</b></p> <p>Provide support for recovery services for survivors, their families, and the community to eliminate future suicides.</p>
OBJECTIVES	STRATEGIES		
<p><b>3. COMMUNICATIONS:</b></p> <p>Utilize multiple effective methods to raise awareness about how to prevent crisis and help individuals access services.</p>	<ol style="list-style-type: none"> <li>1. Create a suicide prevention list serv and/or newsletter to share updates with partnering organizations.</li> <li>2. Utilize the calendar on the SD Suicide Prevention website to promote trainings, events, conferences, etc.</li> <li>3. Develop and implement population specific campaigns within traditional media (radio, print, TV) and social media to increase awareness.</li> </ol>	<ol style="list-style-type: none"> <li>1. Promotion of state, local and tribal resources, such as behavioral health programs on the SD Suicide Prevention website.</li> <li>2. Develop and disseminate county specific resource guides.</li> <li>3. Develop and disseminate culturally appropriate resources (brochures, business cards, posters, etc.).</li> </ol>	<ol style="list-style-type: none"> <li>1. Develop a resource packet to assist with response efforts.</li> <li>2. Promote the survivor grief book within funeral homes, faith-based organizations and other entities.</li> </ol>
<p><b>4. COMMUNITY ENGAGEMENT:</b></p> <p>Support community leaders and engage community organizations to provide support to individuals before, during, and after a crisis.</p>	<ol style="list-style-type: none"> <li>1. Promote the Communities that Care model or another model within communities to develop a structure to support prevention efforts to address multiple issues (suicide, drug abuse, tobacco use, etc.).</li> <li>2. Partner with existing coalitions to help develop coalitions in new communities.</li> <li>3. Participate in community events to bring awareness of the issue and resources available (walks, parades, fairs, etc.).</li> <li>4. Provide local resources to various community organizations that work with specific populations like farmers, ranchers, veterans, elderly, etc.</li> </ol>	<ol style="list-style-type: none"> <li>1. Provide crisis model policies that may be adopted by local schools, worksites, and other entities.</li> <li>2. Implement a community response plan and provide training to various professionals.</li> <li>3. Partner with economic-related programs within the community (unemployment, housing, etc.) to provide suicide resources within their programming.</li> <li>4. Provide self-care training like the Employee Assistance Program to high trauma professions (EMS, veterans, health professionals, law enforcement, National Guard, etc.).</li> </ol>	<ol style="list-style-type: none"> <li>1. Provide assistance to survivor support groups within communities.</li> <li>2. Support and expand local response teams.</li> <li>3. Provide postvention model policies that may be adopted by local schools, worksites and other entities.</li> </ol>



[sdsuicideprevention.org](http://sdsuicideprevention.org)

# South Dakota Suicide Prevention Plan 2020-2025

- ❖ Identified 2020 priority strategies to focus on over the next year
  
- ❖ Take Action Now – what people across the state can do in the following areas:
  - Data
  
  - Education and Training
  
  - Communications
  
  - Community Engagement

# SOUTH DAKOTA SUICIDE PREVENTION PLAN

## 2020 PRIORITY STRATEGIES

1 DATA	2 EDUCATION & TRAINING	3 COMMUNICATIONS	4 COMMUNITY ENGAGEMENT
<ul style="list-style-type: none"> <li>+ Implement data dashboards on the SD Suicide Prevention website.</li> <li>+ Collect and share hospital data (IHS, VA, SDAHO) on suicide attempts to inform prevention efforts.</li> <li>+ Develop and disseminate population specific data infographics.</li> <li>+ Share data to inform response efforts at the local level.</li> <li>+ Provide a quarterly report utilizing South Dakota Violent Death Reporting System (SD-VDRS) data to inform prevention efforts.</li> <li>+ Promote the inclusion of questions on suicidal behaviors, related risk factors, and exposure to suicide in youth and adult data systems (YRBS, BRFS, etc.).</li> </ul>	<ul style="list-style-type: none"> <li>+ Share evidence-based and culturally appropriate resources with local schools to assist with making program decisions.</li> <li>+ Provide gate keeper (anyone) trainings within various sectors like Mental Health First Aid.</li> <li>+ Host a "Bright Spot" event to highlight success stories.</li> <li>+ Provide training to employers on referring individuals in crisis to behavioral health specialists.</li> <li>+ Provide guidelines and training on responsible media reporting.</li> </ul>	<ul style="list-style-type: none"> <li>+ Create a suicide prevention list serv and/or newsletter to share updates with partnering organizations.</li> <li>+ Utilize the calendar on the SD Suicide Prevention website to promote trainings, events, conferences, etc.</li> <li>+ Develop and disseminate population specific campaigns to utilize within traditional media (radio, print, TV) and social media to increase awareness.</li> <li>+ Promotion of state, local, and tribal resources, such as behavioral health programs on the SD Suicide Prevention website.</li> <li>+ Develop and disseminate culturally appropriate resources (brochures, business cards, posters, etc.).</li> <li>+ Promote the survivor grief book within funeral homes, faith-based organizations, and other entities.</li> </ul>	<ul style="list-style-type: none"> <li>+ Promote the Communities that Care model or another model within communities to develop a structure to support prevention efforts to address multiple issues (suicide, drug abuse, tobacco use, etc.).</li> <li>+ Participate in community events to bring awareness of the issue and resources available (walks, parades, fairs, etc.).</li> <li>+ Provide crisis model policies that may be adopted by local schools, worksites, and other entities.</li> <li>+ Provide self-care training like Employee Assistance Program to high trauma professions (EMS, veterans, health professionals, law enforcement, National Guard, etc.).</li> <li>+ Provide Postvention model policies that may be adopted by local schools, worksites and other entities.</li> </ul>



# SOUTH DAKOTA SUICIDE PREVENTION PLAN 2020-2025

Updated 12/05/2019



## DATA

- › **Utilize the data dashboards** on [SDSuicidePrevention.org/data](https://SDSuicidePrevention.org/data) to inform community members.

## EDUCATION AND TRAINING

- › **Make a request** on [SDSuicidePrevention.org/get-help/request-training](https://SDSuicidePrevention.org/get-help/request-training) to provide a Mental Health First Aid or other training within your community/organization.
- › Complete the minimum requirement of one clock hour of **suicide awareness and prevention training** for educator certification at [doe.sd.gov/SuicidePrevention](https://doe.sd.gov/SuicidePrevention).
- › **Encourage healthcare providers** and behavioral health providers to participate in training. Visit [SDSuicidePrevention.org/about-suicide/trainings/](https://SDSuicidePrevention.org/about-suicide/trainings/).

## COMMUNICATIONS

- › **Sign up for the SD Suicide Prevention list serv** to receive updates on the SD Suicide Prevention Plan on [SDSuicidePrevention.org](https://SDSuicidePrevention.org).
- › **Visit the training and event calendar** on [SDSuicidePrevention.org/events](https://SDSuicidePrevention.org/events) to see what trainings and events are available or post an upcoming training or event.
- › **Order various suicide prevention campaign materials** on [SDSuicidePrevention.org/get-help/order-materials](https://SDSuicidePrevention.org/get-help/order-materials) to utilize at your school, worksite, or community.
- › **Utilize the [Bethe1SD.com](https://Bethe1SD.com) press kit** to educate others.
- › **Educate tribal communities** on the Great Plains Native Connections program. Visit [bhr.gpctcb.org/great-plains-native-connections-program](https://bhr.gpctcb.org/great-plains-native-connections-program).
- › **Promote the Farm and Rural Stress Hotline** within your community. It's free, confidential and available 24/7. Call 1-800-691-4336.

## COMMUNITY ENGAGEMENT

- › **Implement or modify your school district's policy on suicide prevention**, intervention and response by utilizing the *Model School District Policy* available at [SDSuicidePrevention.org/professionals/school-staff/](https://SDSuicidePrevention.org/professionals/school-staff/).
- › **Share the toolkits** available for Communities, High Schools, and College Campuses located on [SDSuicidePrevention.org/toolkits](https://SDSuicidePrevention.org/toolkits).
- › **Share information about survivor support groups**. Visit [SDSuicidePrevention.org/survivors](https://SDSuicidePrevention.org/survivors).





# SD Suicide Prevention Website

- ❖ SDSuicidePrevention.org (<http://sdsuicideprevention.org>)
  - Information about suicide, how to get help, and resources for survivors
  - Toolkits for communities, schools and colleges
  - Population-specific information (American Indian, college students, parents, seniors, teens, veterans, workplace, etc.)
  - Information for professionals (counselors, clergy, ER personnel, 1<sup>st</sup> responders, schools, primary care providers, etc.)
  - Interactive data dashboards to provide most up-to-date suicide data

# Governor's FY 20 General Bill Amendment (SB 38)

- ❖ Department of Social Services – \$135,000

- Gatekeeper training
- Public Awareness – *Be The 1*

- ❖ Department of Health – \$75,000

- Community prevention
- Training for high risk professions



QUESTIONS???