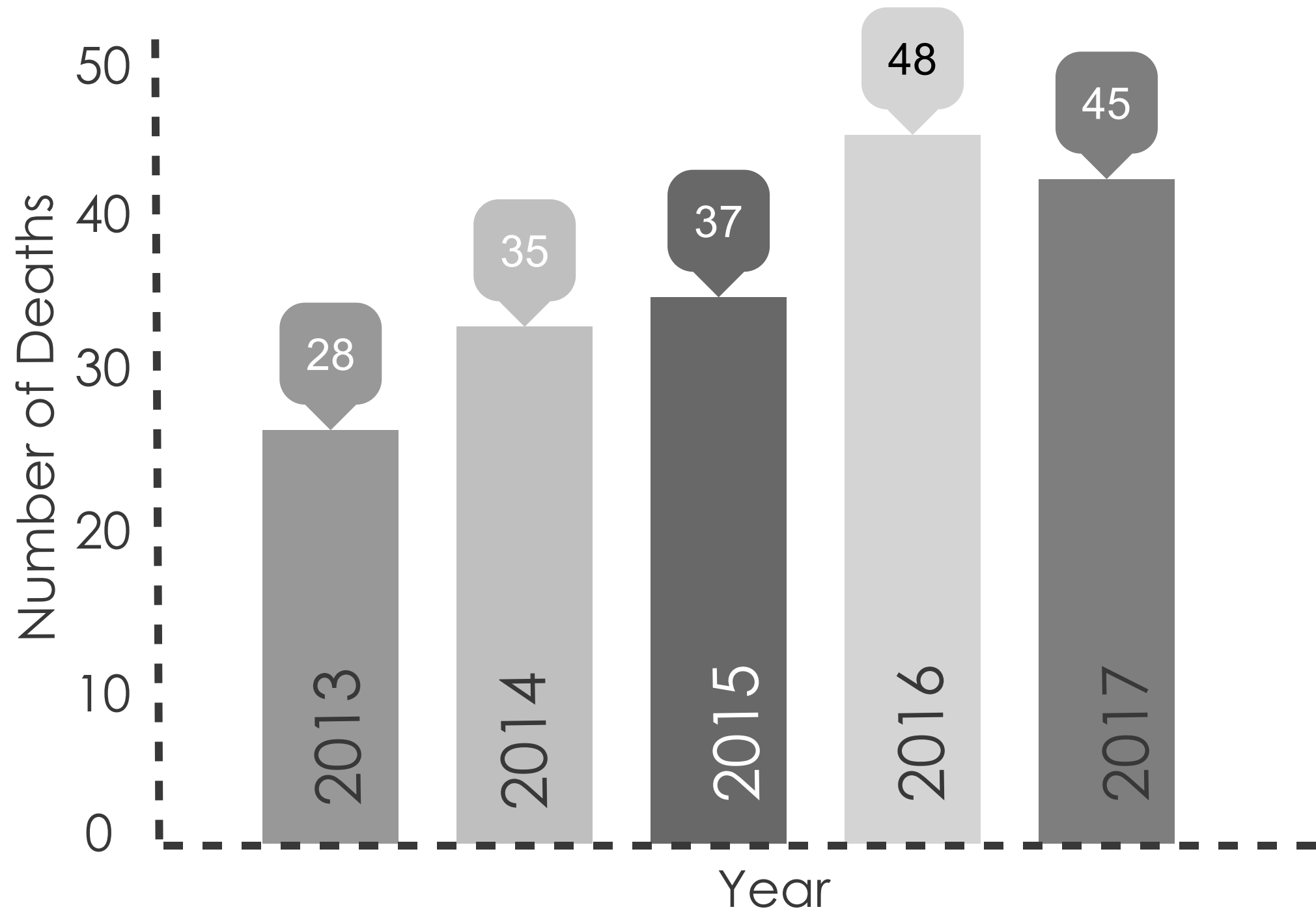


2017 Suicide Report

Suicide Deaths by Year, 2013-2017

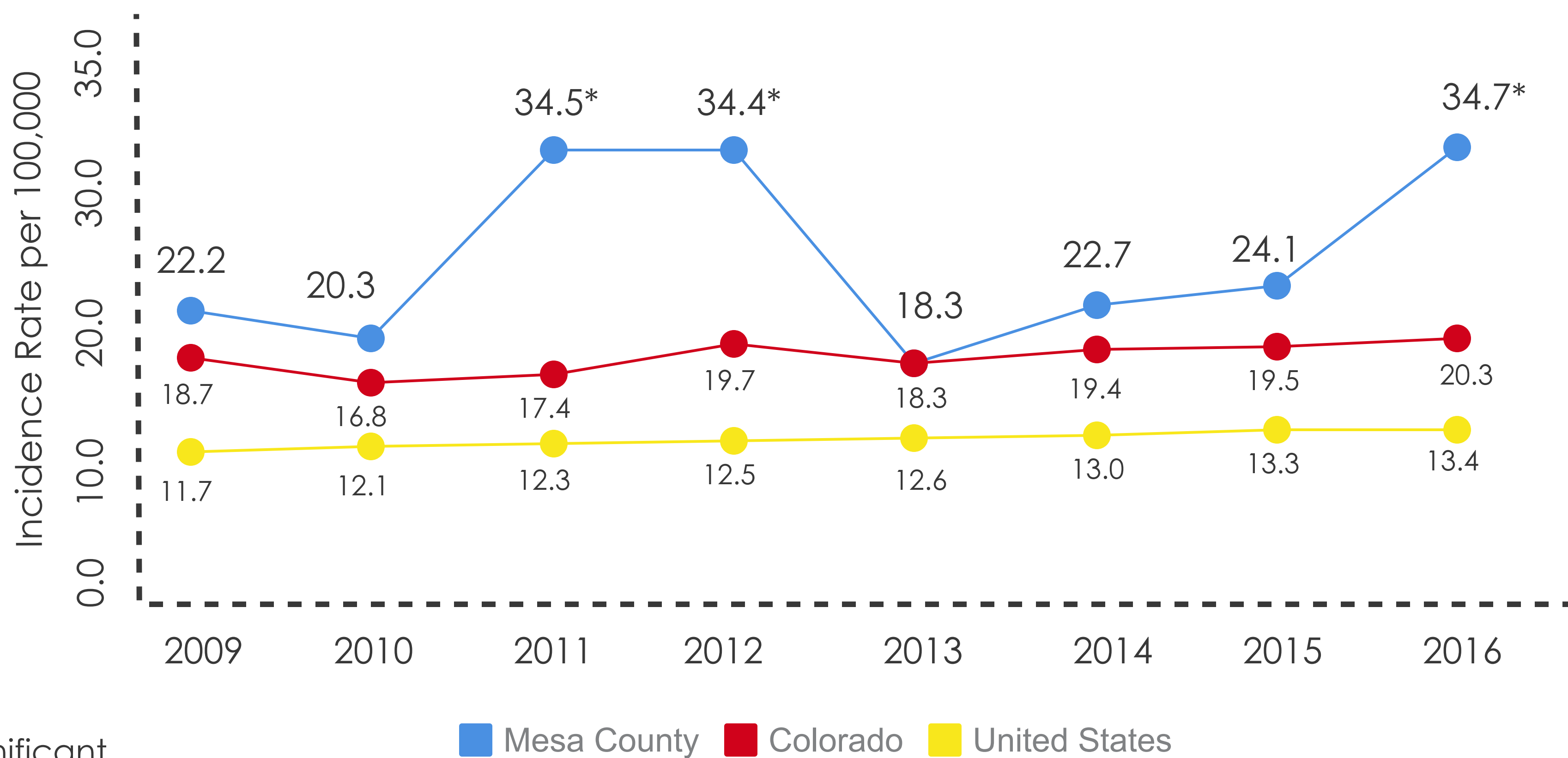


Suicide in Mesa County

Suicide is a health priority in Mesa County. Health priorities are areas in which public health partners and the community can make the greatest impact based on current resources, political will, and community readiness.

Suicide is death caused by self-directed injurious behavior with an intent to die as a result of the behavior. Risk factors include previous suicide attempts, history of mental disorders (e.g. clinical depression), isolation, easy access to lethal methods, and history of alcohol and substance abuse.

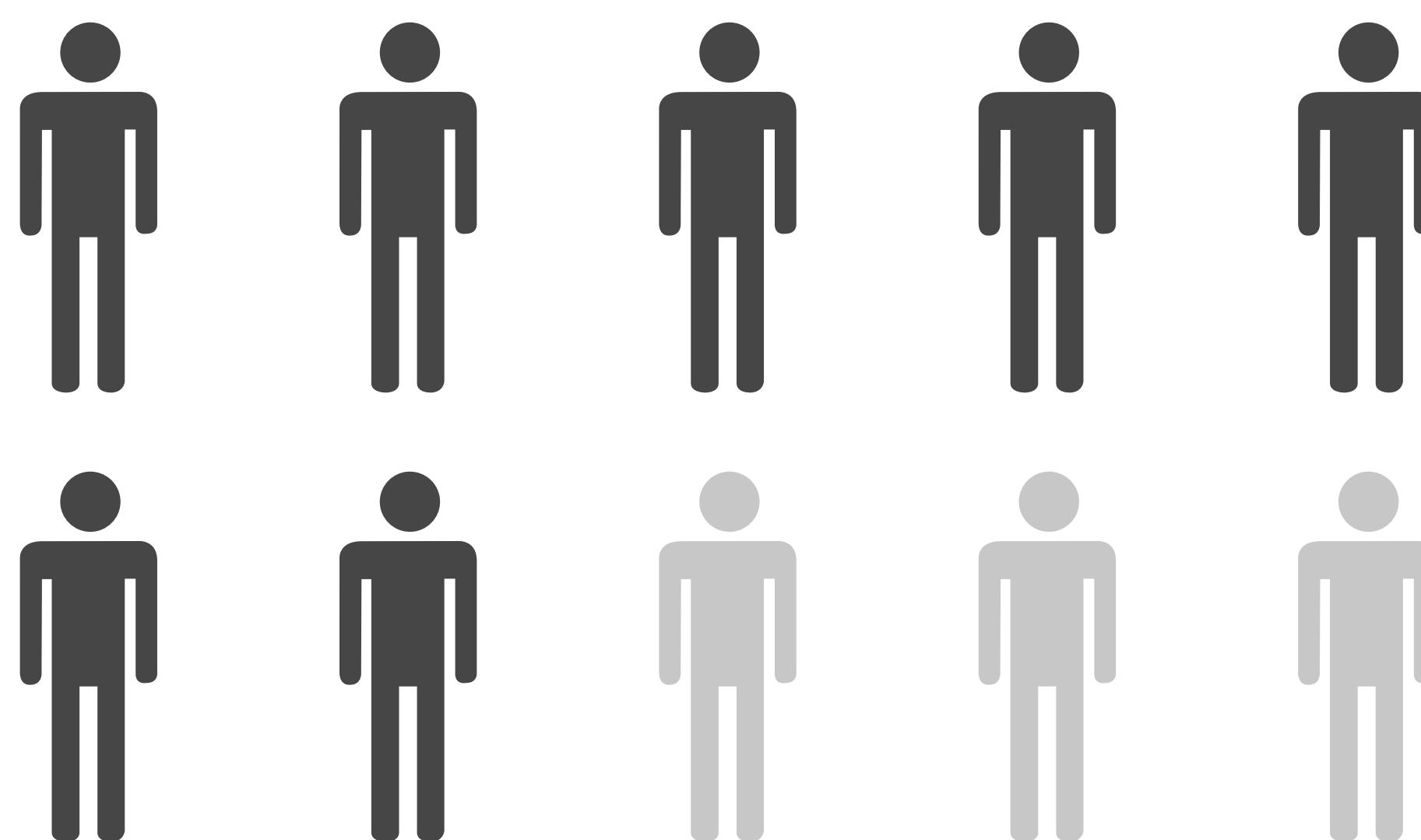
Rate of Suicide Deaths in Mesa County, Colorado and the United States, 2009-2016



Deaths by Suicide - 2017

45

Deaths



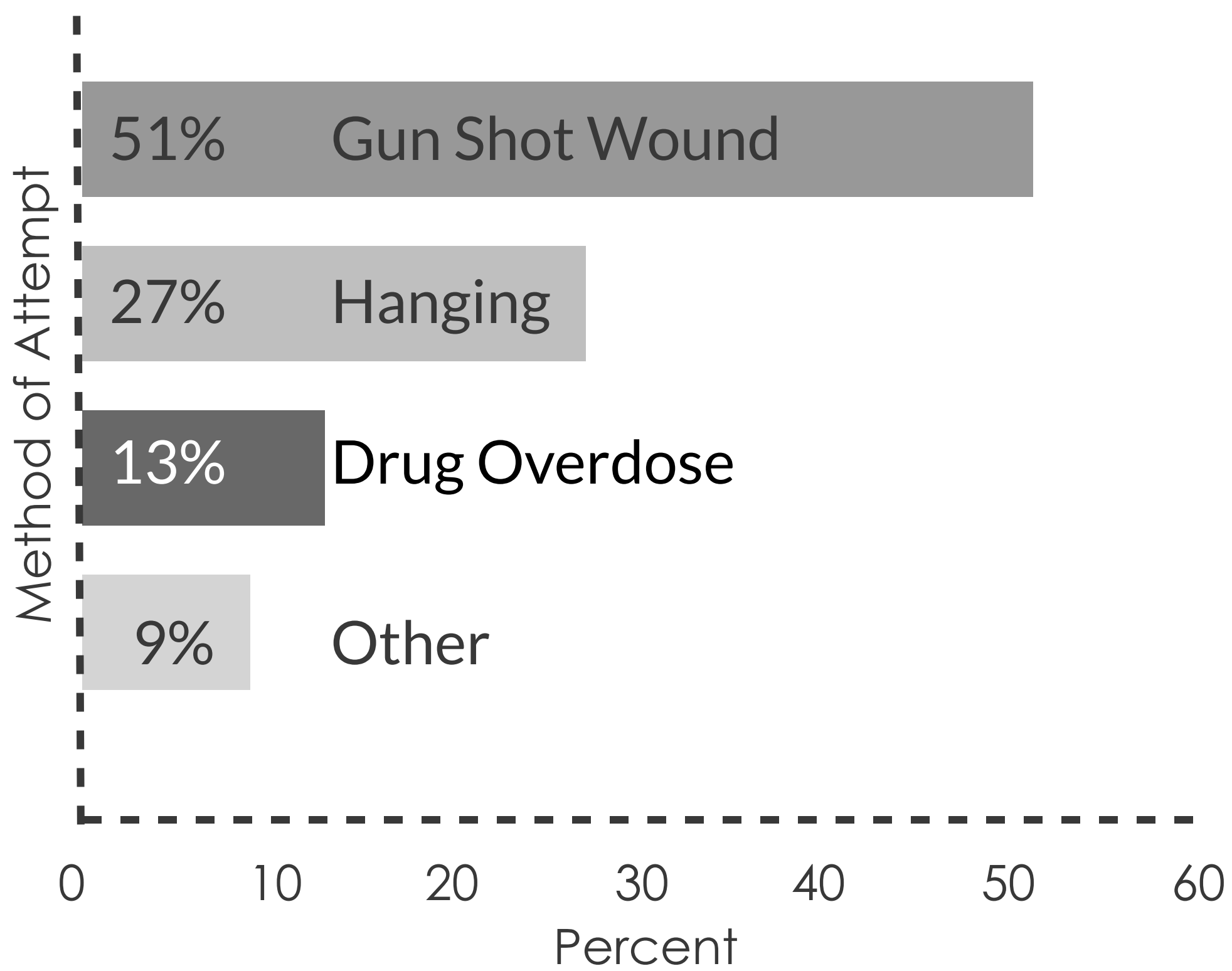
7 in 10 were male.

Median Age

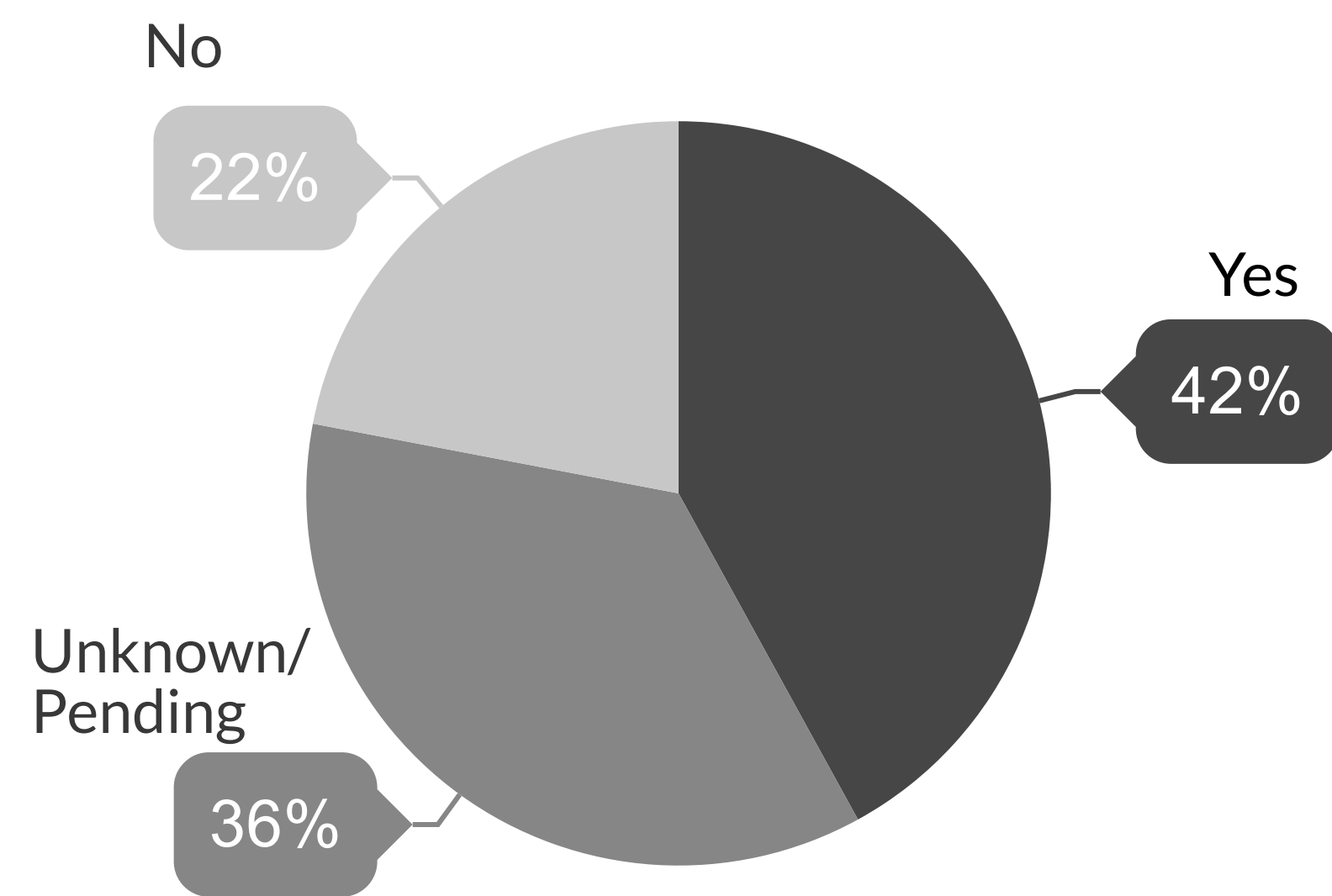
49

Age Range: 13-98 years

Method



Drug and/or Alcohol Involvement



Suicide Attempts - 2017

To better characterize this critical issue in our community, Mesa County Public Health (MCPH) received a grant from the Council of State and Territorial Epidemiologists (CSTE) to pilot an active surveillance system in local emergency departments to track suicide attempts for six months (April - September 2017). Data was collected by St. Mary's Medical Center, Community Hospital, Colorado Canyons Hospital, Grand Junction VA Medical Center, and West Springs Hospital. The project validated the importance of data collection and sharing as a prevention tool. Data were then collected for the rest of 2017.



387
Attempts*

*Estimate based on emergency department data received as of February 2018.



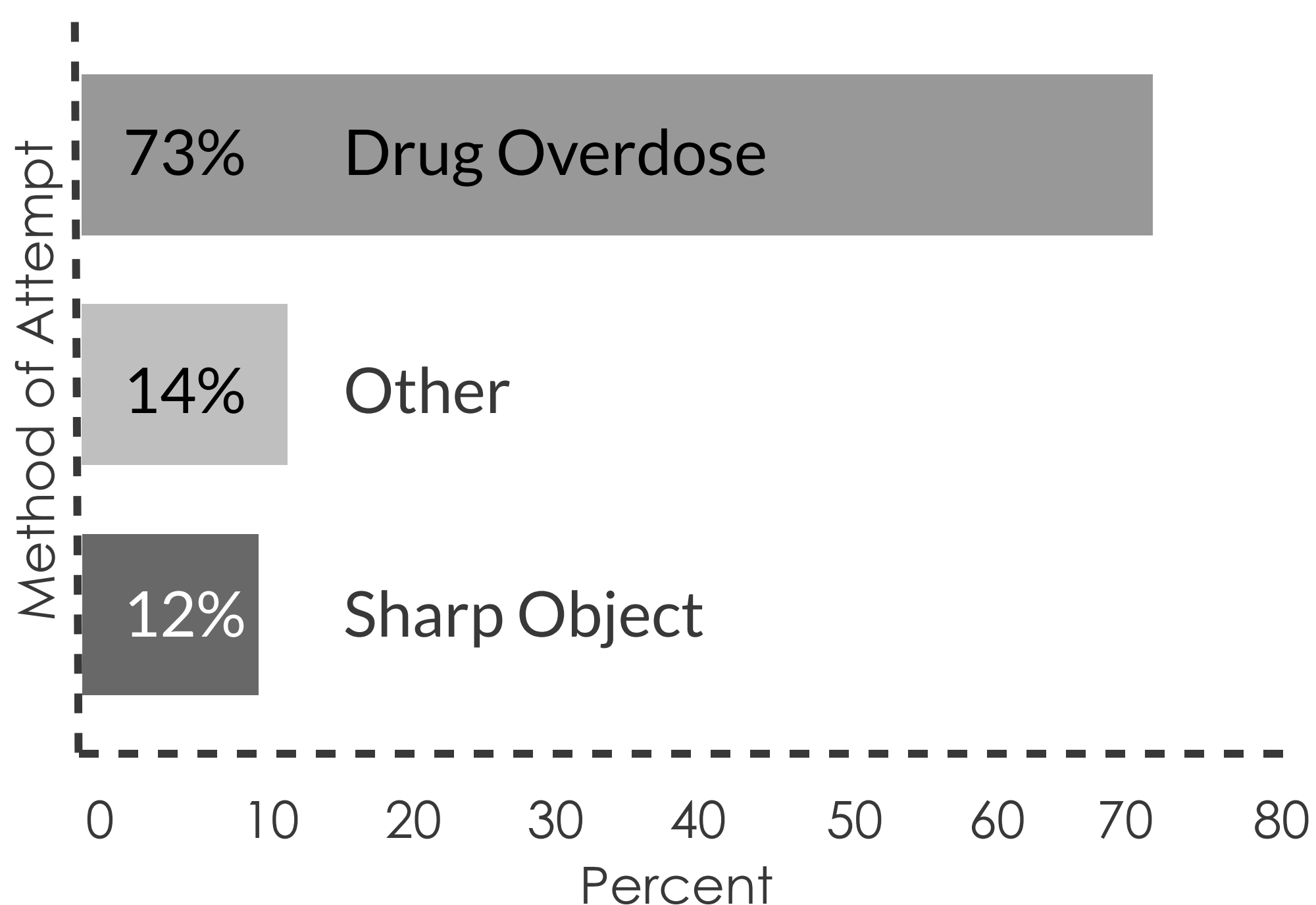
Nearly **6** in **10** were female.

Median Age



Age Range:
10-98 years

Method



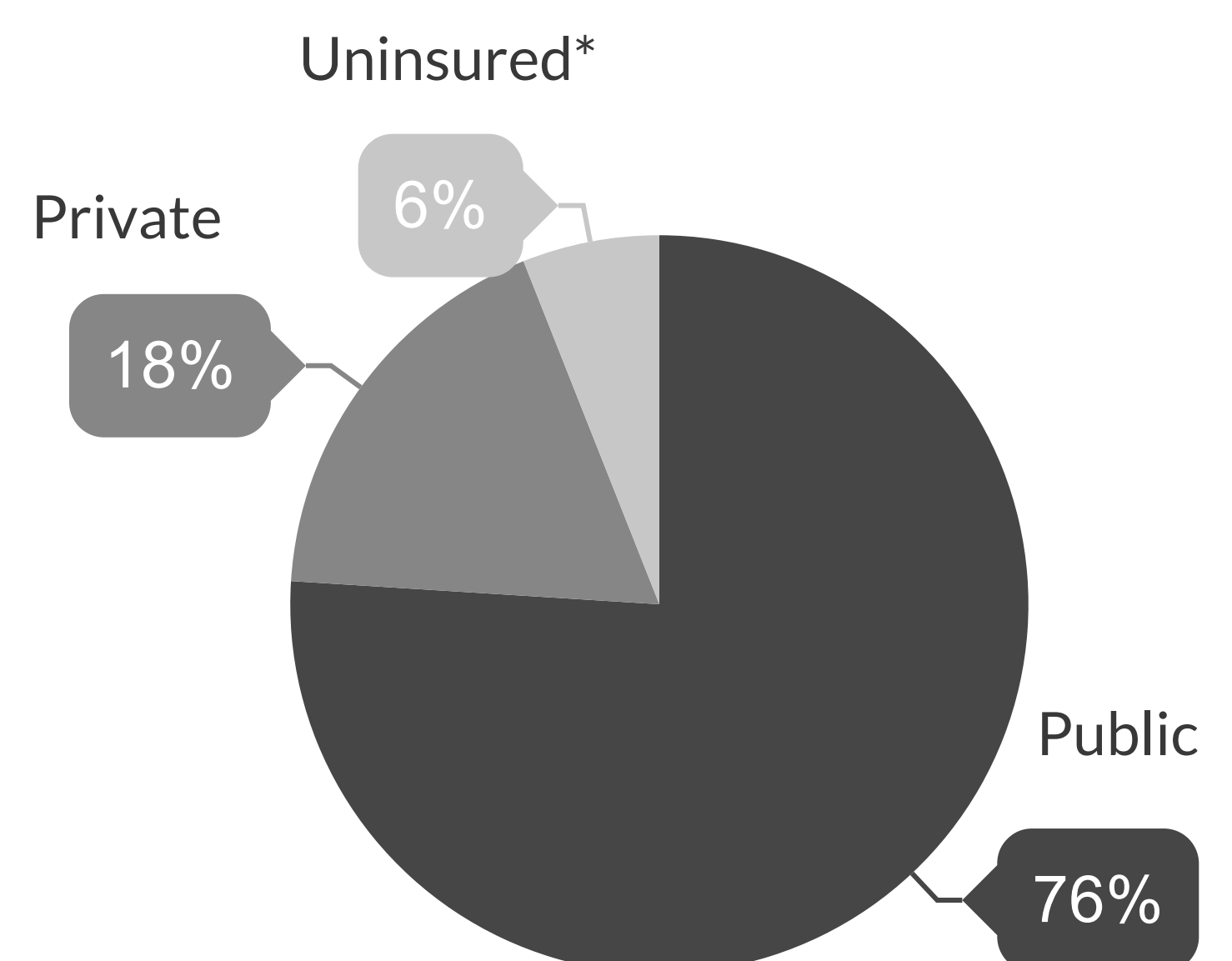
Mental Health Treatment

34%

Hispanic/Latino

13%

Insurance Coverage



*May include self-pay.

Suicide Risk Assessments*

When school personnel are concerned about a student, they make a referral to trained staff to complete a Suicide Risk Assessment (SRA), which assesses the student's risk of suicide. This score determines the level of intervention required and can initiate immediate safety planning. Half of the students assessed were determined to be at low risk of suicide. The number of referrals is related to staff awareness of and concern about behaviors that may be warning signs of suicidal risk.

531

Assessments*

*Data from School District 51 for school year 2016-2017 (August-May).



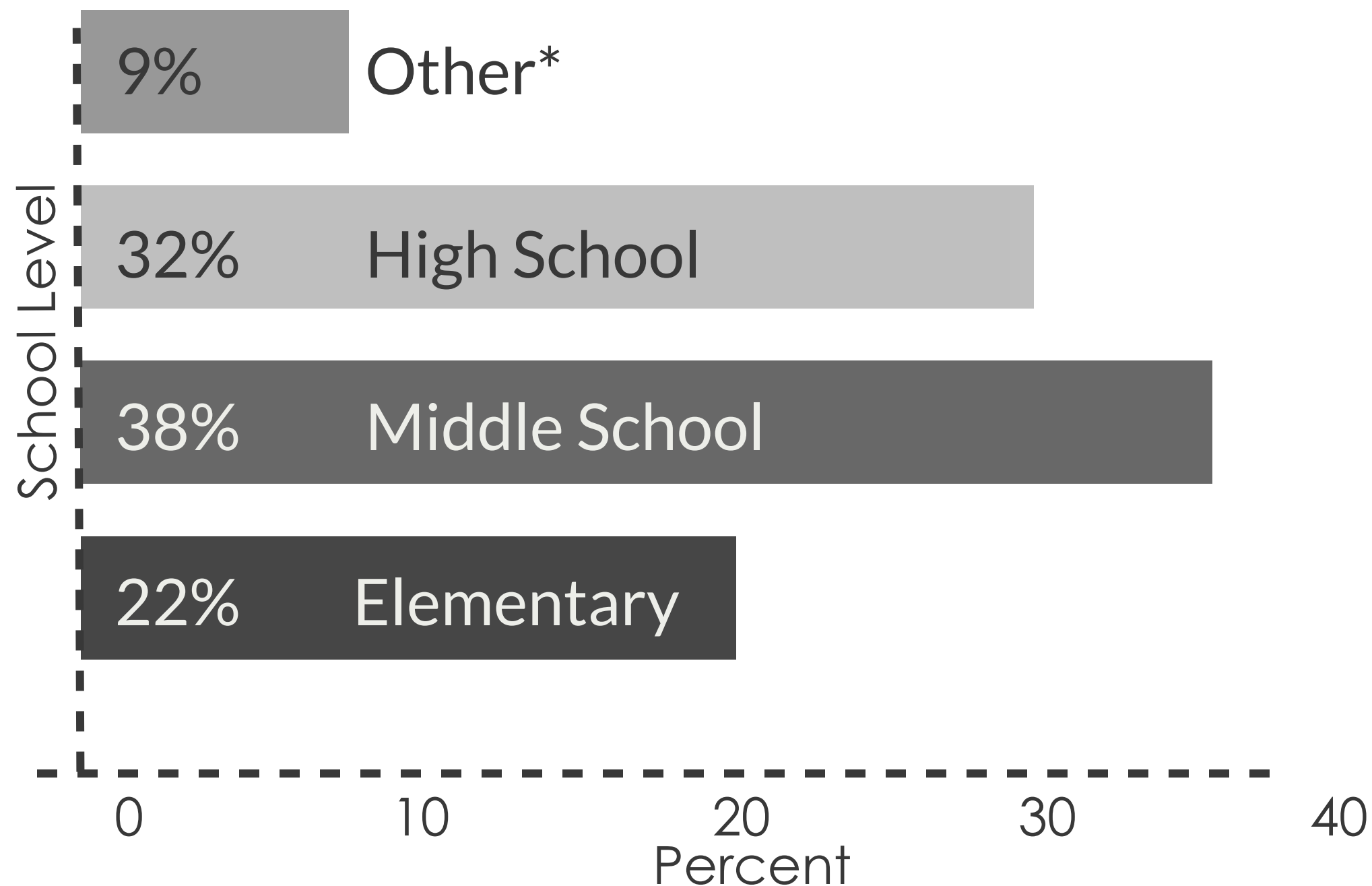
Nearly **half** were female.

Median Grade

8th

Range: K-12

School Level



*Includes schools with combined school types, including Fruita 8/9 and K-12 schools.

38

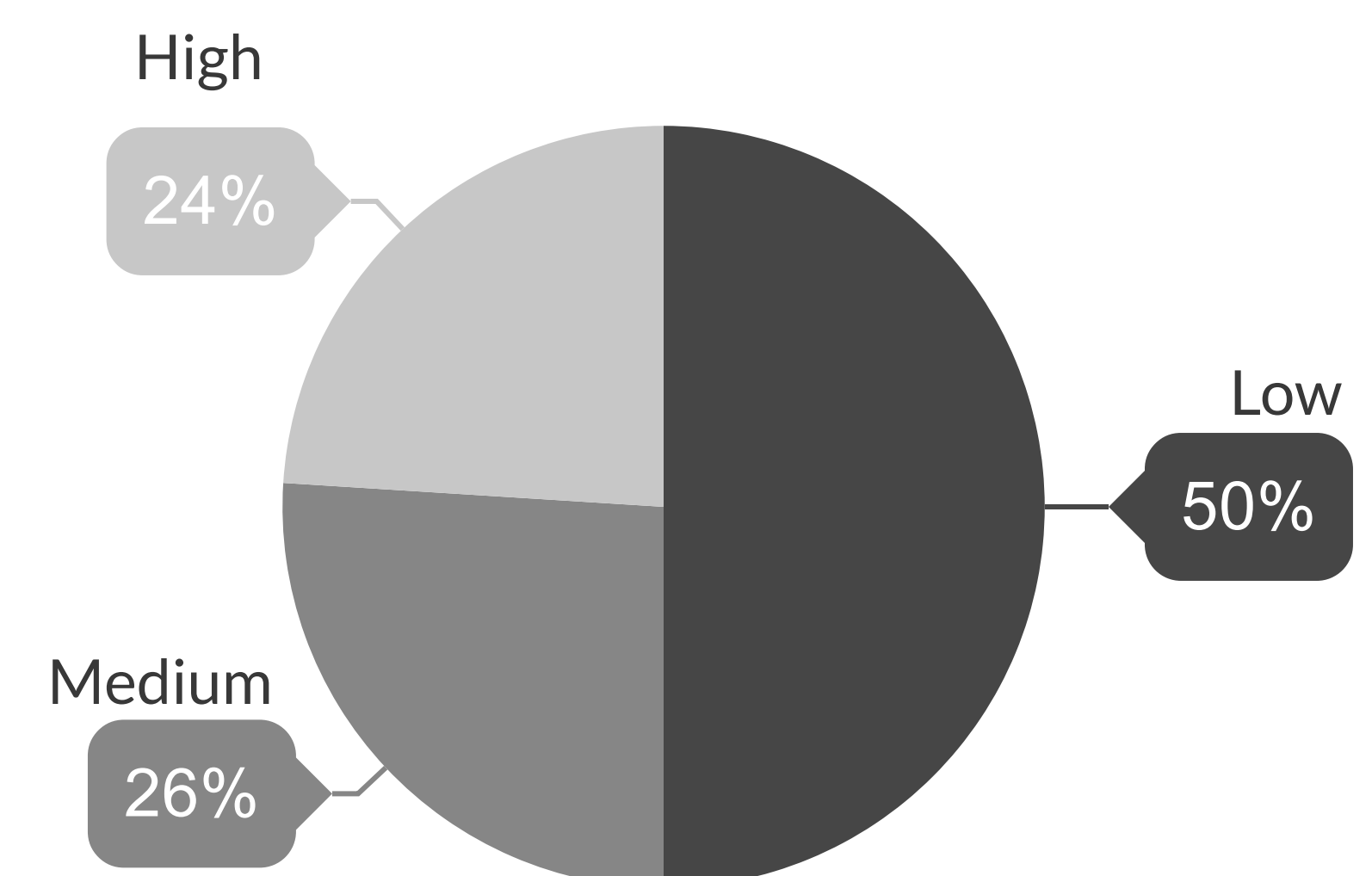
Schools

Median Number of Assessments per School

6

Range: 1-77

Level of Risk



Key Takeaways

For every death by suicide in 2017, there were an approximately nine suicide attempts resulting in an emergency department visit.

Sex

- More **males** die by suicide.
- **Females** are more likely to attempt suicide.

Hispanic/Latino

- The percent of Hispanic/Latinos attempting suicide is **representative** of the percent living in Mesa County.

Age

- Individuals of **all ages** are attempting and dying by suicide.
- **Middle aged** individuals are at greater risk of dying by suicide.
- Half of suicide attempts were among individuals **younger** than 30 years.

Method

- Gunshot wounds were the cause of death for half of the suicide deaths in 2017.
- Among suicide attempts, nearly **3 in 4** were by drug overdose.

Treatment

- **1 in 3** patients who attempted suicide reported receiving behavioral health services in the past 90 days.

Time of Year

- Suicide attempts and suicide risk assessments peaked in **April**.

Community Efforts

Data

Collecting, analyzing, and sharing suicide and risk factor data.

- Deaths
- Attempts
- School Suicide Risk Assessments
- 911 Calls

Education

Training professionals, community members and youth to recognize signs of suicide through the following trainings:

- Applied Suicide Intervention Skills Training (ASIST)
- Youth Mental Health First Aid (YMHFA)
- Brief Suicide Intervention Training (BSIT)
- Brief Suicide Assessment Training (BSAT)
- Question, Persuade and Refer (QPR)

Media

Marketing of local, state, and national resources:

- Crisis Text Line
- National Crisis Line
- Safe2Tell

Community Partners

- School District 51
- Mind Springs
- St. Mary's Medical Center
- Family Health West
- Suicide Prevention Alliance
- Colorado Mesa University
- Grand Junction VA Medical Center
- Community Hospital

Sources

- Suicide Attempt Surveillance, 2017
- Mesa County Coroner's Office, Suicide Death Data
- Colorado Health Information Dataset (CoHID)
- Center for Disease Control and Prevention
- School District 51, 2016-2017



**MESA COUNTY
PUBLIC HEALTH**
Working Together for a Healthy Community

