



# Suicide Prevention Through Means Reduction

Great Lakes Mini Medical Grand Rounds

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**Celia Spacone, Ph.D.**

Coordinator, Suicide Prevention Coalition of Erie County

[cspacone@crisisservices.org](mailto:cspacone@crisisservices.org)

# 10 Leading Causes of Death by Age Group, United States – 2018

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 4,473	Unintentional Injury 1,226	Unintentional Injury 734	Unintentional Injury 692	Unintentional Injury 12,044	Unintentional Injury 24,614	Unintentional Injury 22,667	Malignant Neoplasms 37,301	Malignant Neoplasms 113,947	Heart Disease 526,509	Heart Disease 655,381
2	Short Gestation 3,679	Congenital Anomalies 384	Malignant Neoplasms 393	Suicide 596	Suicide 6,211	Suicide 8,020	Malignant Neoplasms 10,640	Heart Disease 32,220	Heart Disease 81,042	Malignant Neoplasms 431,102	Malignant Neoplasms 599,274
3	Maternal Pregnancy Comp. 1,358	Homicide 353	Congenital Anomalies 201	Malignant Neoplasms 450	Homicide 4,607	Homicide 5,234	Heart Disease 10,532	Unintentional Injury 23,056	Unintentional Injury 23,693	Chronic Low. Respiratory Disease 135,560	Unintentional Injury 167,127
4	SIDS 1,334	Malignant Neoplasms 326	Homicide 121	Congenital Anomalies 172	Malignant Neoplasms 1,371	Malignant Neoplasms 3,684	Suicide 7,521	Suicide 8,345	Chronic Low. Respiratory Disease 18,804	Cerebro-vascular 127,244	Chronic Low. Respiratory Disease 159,486
5	Unintentional Injury 1,168	Influenza & Pneumonia 122	Influenza & Pneumonia 71	Homicide 168	Heart Disease 905	Heart Disease 3,561	Homicide 3,304	Liver Disease 8,157	Diabetes Mellitus 14,941	Alzheimer's Disease 120,658	Cerebro-vascular 147,810
6	Placenta Cord. Membranes 724	Heart Disease 115	Chronic Low. Respiratory Disease 68	Heart Disease 101	Congenital Anomalies 354	Liver Disease 1,008	Liver Disease 3,108	Diabetes Mellitus 6,414	Liver Disease 13,945	Diabetes Mellitus 60,182	Alzheimer's Disease 122,019
7	Bacterial Sepsis 579	Perinatal Period 62	Heart Disease 68	Chronic Low Respiratory Disease 64	Diabetes Mellitus 246	Diabetes Mellitus 837	Diabetes Mellitus 2,282	Cerebro-vascular 5,128	Cerebro-vascular 12,789	Unintentional Injury 57,213	Diabetes Mellitus 84,946
8	Circulatory System Disease 428	Septicemia 54	Cerebro-vascular 34	Cerebro-vascular 54	Influenza & Pneumonia 200	Cerebro-vascular 567	Cerebro-vascular 1,704	Chronic Low. Respiratory Disease 3,807	Suicide 8,540	Influenza & Pneumonia 48,888	Influenza & Pneumonia 59,120
9	Respiratory Distress 390	Chronic Low. Respiratory Disease 50	Septicemia 34	Influenza & Pneumonia 51	Chronic Low. Respiratory Disease 165	HIV 482	Influenza & Pneumonia 956	Septicemia 2,380	Septicemia 5,956	Nephritis 42,232	Nephritis 51,386
10	Neonatal Hemorrhage 375	Cerebro-vascular 43	Benign Neoplasms 19	Benign Neoplasms 30	Complicated Pregnancy 151	Influenza & Pneumonia 457	Septicemia 829	Influenza & Pneumonia 2,339	Influenza & Pneumonia 5,858	Parkinson's Disease 32,988	Suicide 48,344

Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.  
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.

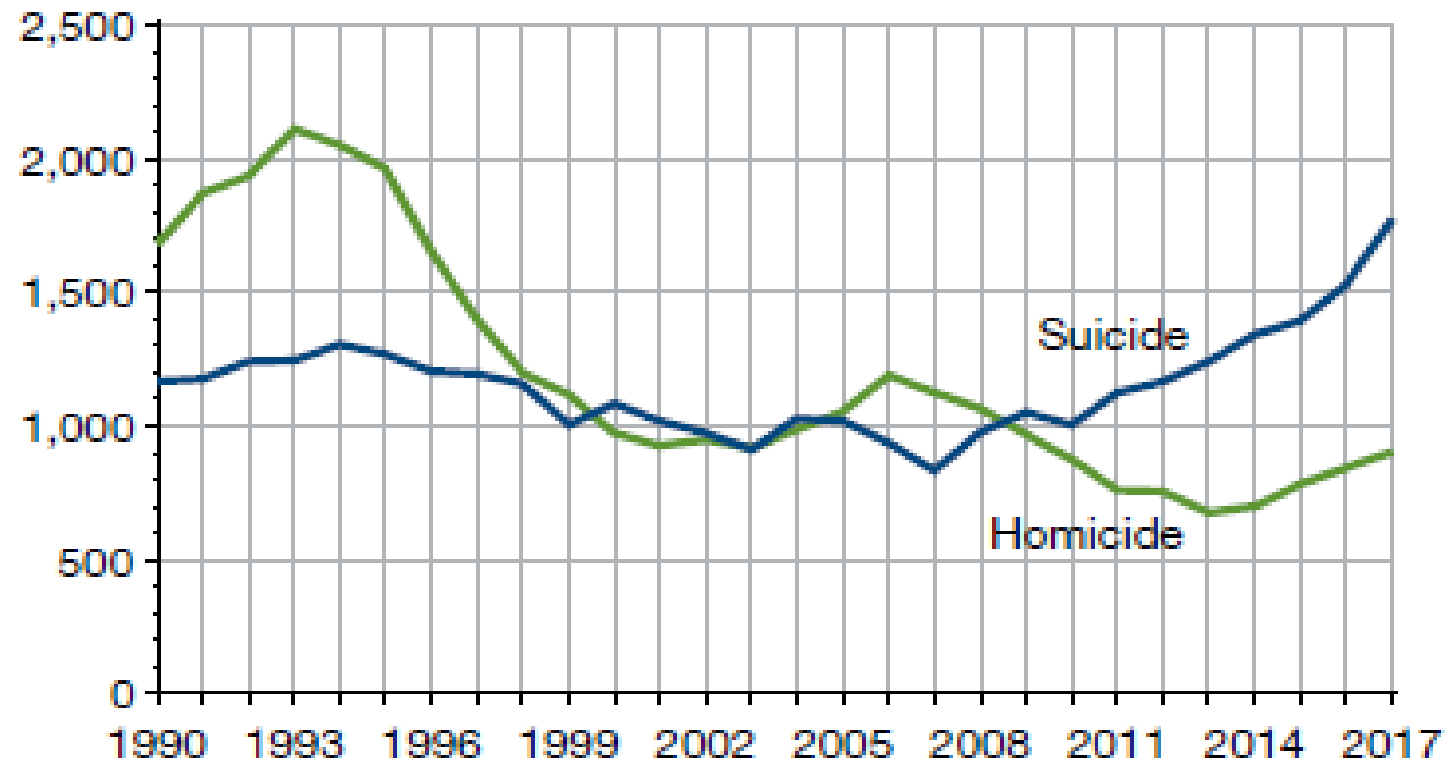


Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

# Number of Youth Suicide Victims, 1990-2017

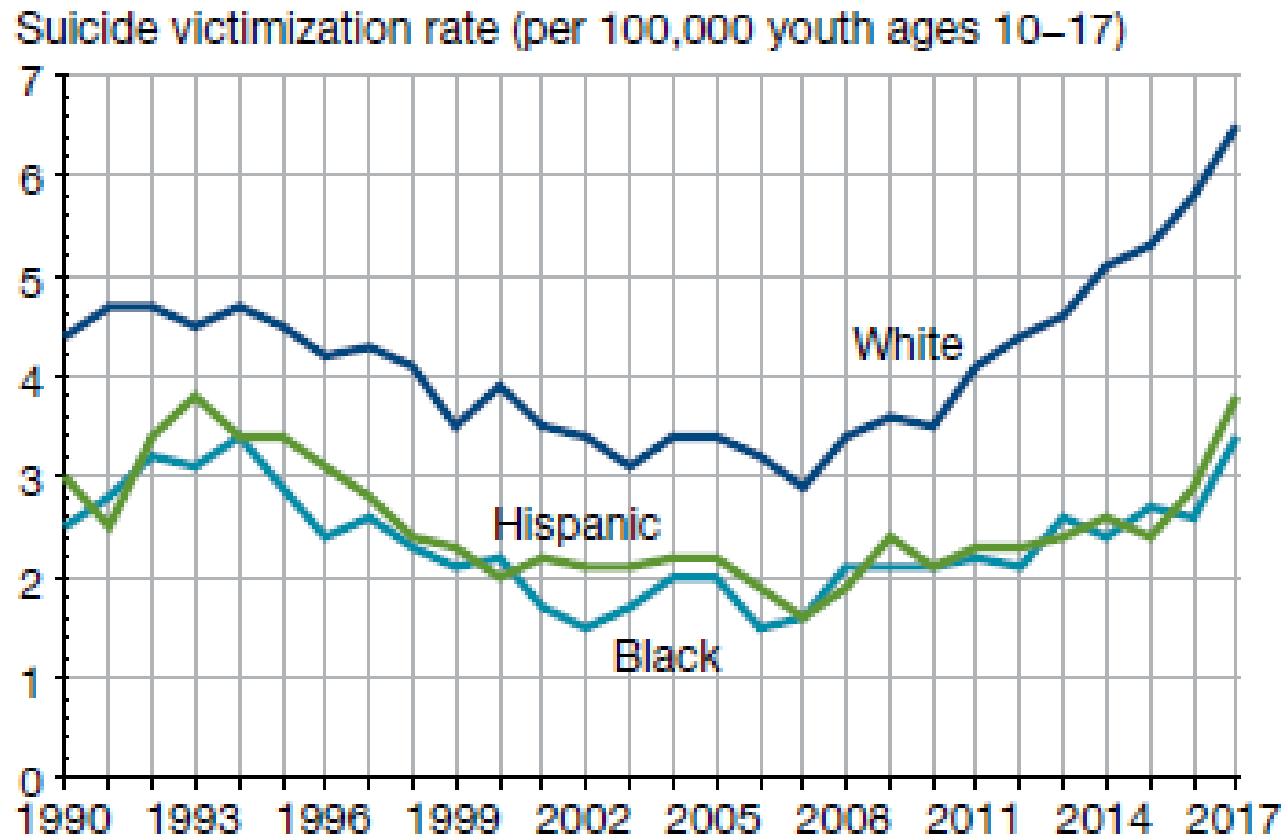
Since 2009, the annual number of youth suicide victims exceeded the number of youth homicide victims

Number of youth victims (ages 10–17)



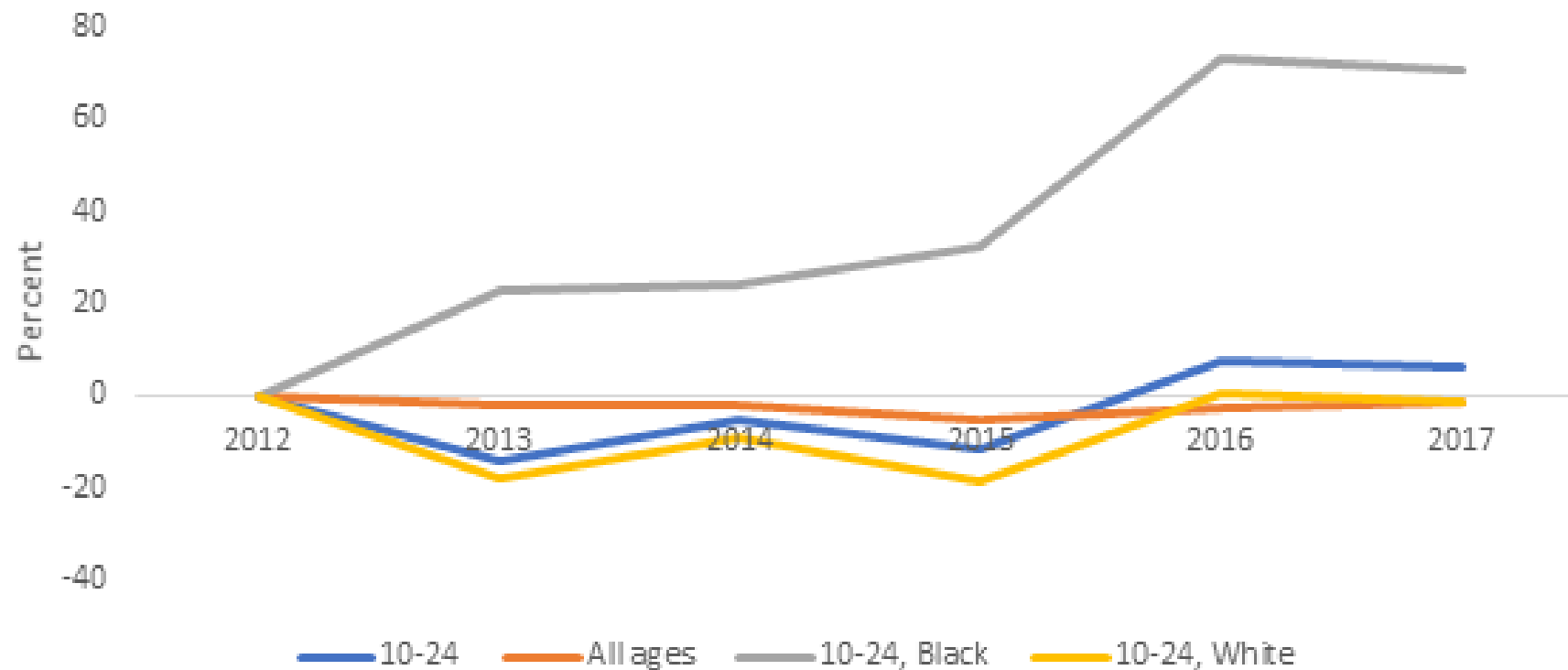
# Youth (ages 10-17) Suicide Rates by Ethnicity

Suicide rates more than doubled for each race/ethnicity group between 2007 and 2017

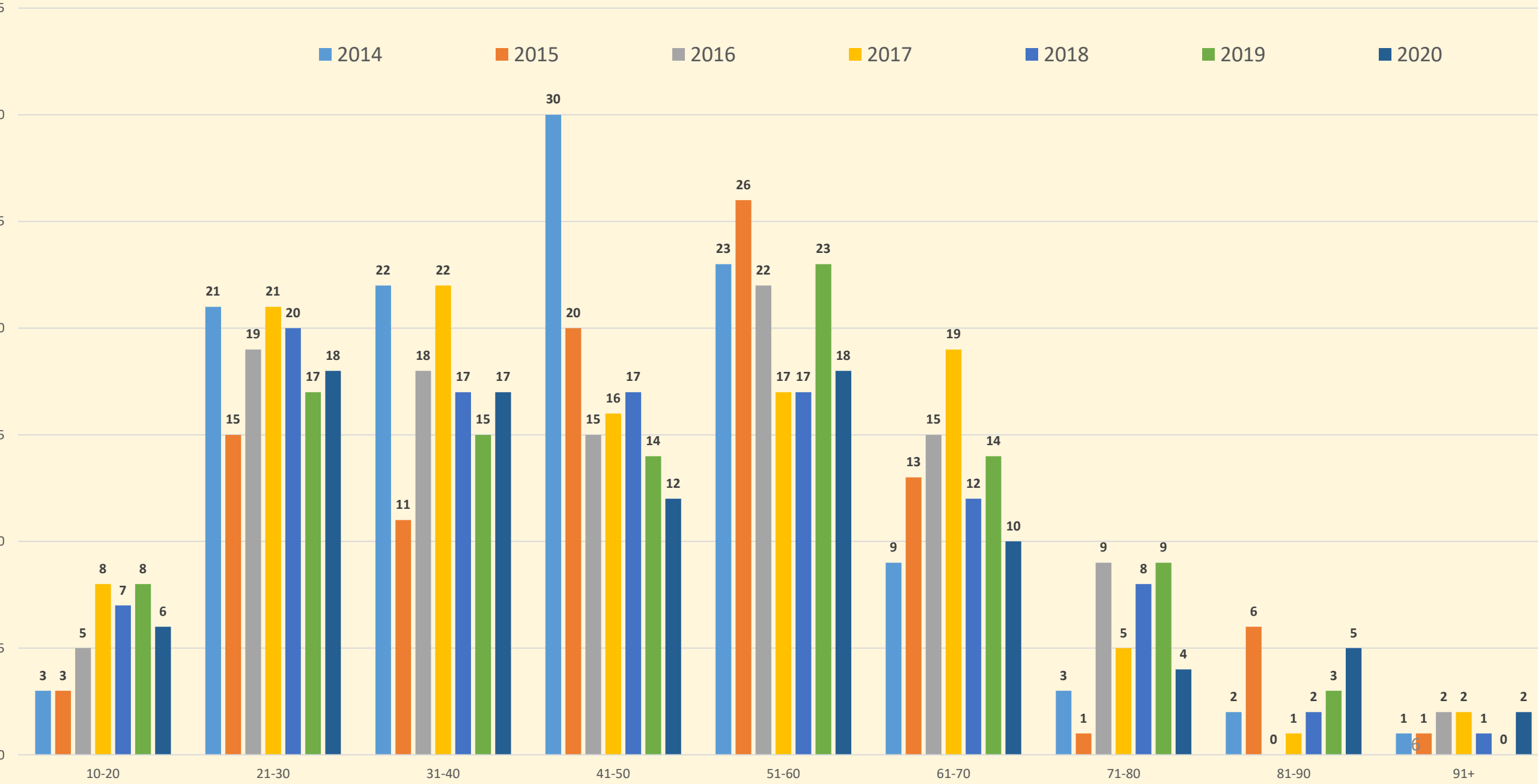


Note: Rates for American Indian/Alaska Natives and Asian/Pacific Islanders are not shown because the number of deaths were too small to calculate reliable rates.

# Percent change in age-adjusted suicide rate among youth 10-24 since 2012, White vs. Black race, NYS, 2012-2017

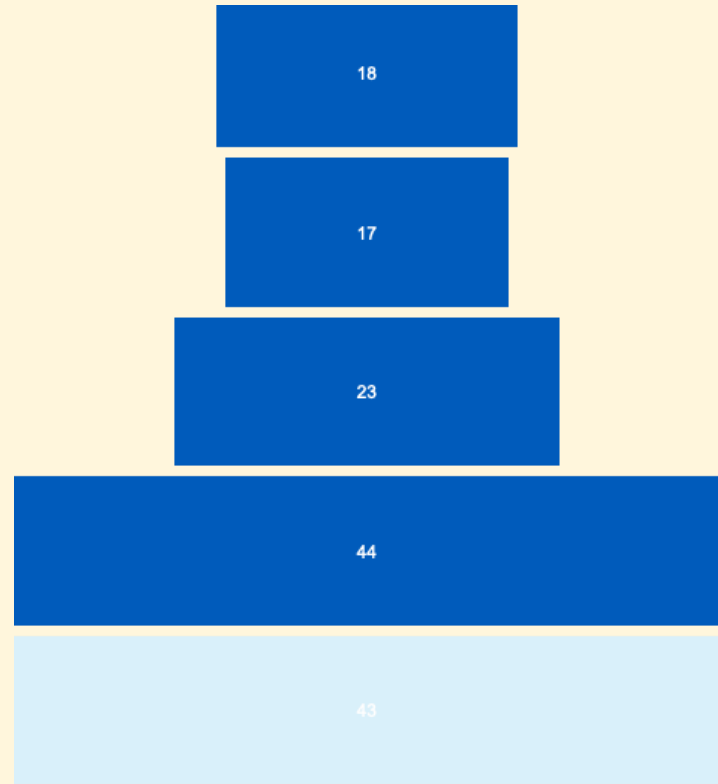


# 2014-2020 Suicides by Age Group: Erie County



## Healthcare Interaction

The majority (58%)  
had healthcare  
interaction within a  
year prior to death



ECME SCRAP DATA

2019=2020

## Part 1

# Why “Means Matter”







*Much of the focus in suicide prevention is on why a person attempts suicide.  
We seek to relieve the mental distress that leads to a suicide attempt.*



*But how a person attempts plays a crucial role in whether they live or die.  
CALM covers “how to address the how” through lethal means counseling*

## Firearms and Israeli Defense Force (IDF)

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- In the early 2000s, IDF focused on preventing suicides—most of which were by firearm, many on weekends while soldiers were on leave.
- In 2006, IDF required soldiers to leave weapons on base during weekend leaves.
- The suicide rate decreased by 40%.
- Weekend suicides dropped significantly.
- Weekday suicides did not.



Lubin, SLTB 2010

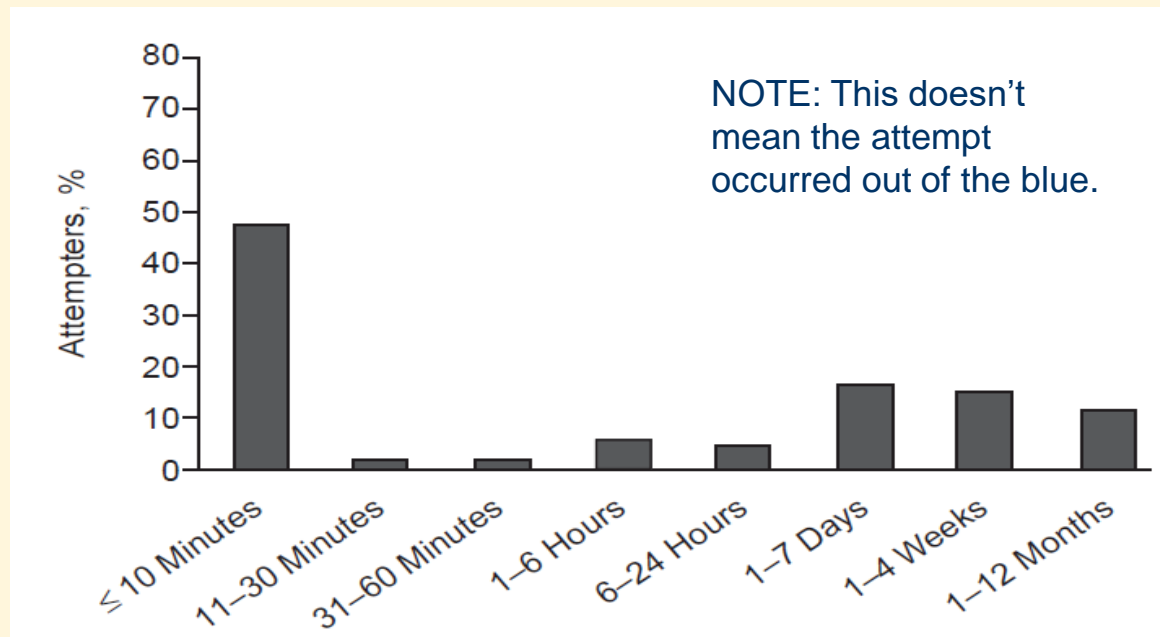
## Suicidal Crises

People seen in the hospital following a suicide attempt were asked when they had *first* started thinking about making **that** attempt.

What percent do you think said within **10 minutes prior** to attempting?

## Suicidal Crises

48% said within 10 minutes of the attempt.



# Relative Lethality of Suicide Methods

**HIGH  
Lethality**

Firearm  
Jump from very great height

Carbon monoxide  
Hanging/suffocation

**LOW  
Lethality**

Overdose/poisoning  
Cutting

## Lethality Matters

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- Lethality of the method used is one of the biggest factors determining whether the person lives or dies.
- Intent matters; but **means also matter**.
- **Ready access** to a lethal method is particularly important when attempts occur rapidly with little or no planning, as was the case for Steve .



## Understanding Risk:

### INDIVIDUAL RISK

- *Prior Suicide Attempt*
- *Mental Health Concerns*

### RELATIONSHIP RISK

- *Family History of Suicide*
- *History of Sexual or Physical Abuse*
- *Loss of Someone/Something Meaningful*

### ENVIRONMENTAL RISK

- *Access to Lethal Means*
- *Social Rejection*
- *Barriers to Accessing Help*
- *Exposure to Toxic Social Media*
- *Harmful Online Communications*

## Identifying Warning Signs:

Must Be Responded to Immediately:

**FEELINGS:** *Hopelessness, Worthlessness, Despair about the Future, Excessive Worry*

**ACTIONS:** *Reckless Behavior, Trying to Gain Access to Lethal Means, Online Searches for Ways to Die*

**CHANGES:** *Observed Differences in Previous Attitude, Affect, Mood, or Behavior*

**THREATS:** *Statements that Hint at Intent to Self-Harm*

**SITUATIONS:** *Circumstances that May Serve as Triggers, Periods of Uncertainty*

## Looking for More Information?

Visit The Suicide Prevention Coalition Online:

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

To Learn More about Suicide Prevention Efforts in New York State and Nationally, Visit:

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

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

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

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

Seeking Resources for Kids and Teens?

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

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

Experiencing Crisis Now?

**Crisis Services Can Help**

**24-Hour Hotline:**

**(716) 834-3131**

# Making Your Home Suicide-Safer:

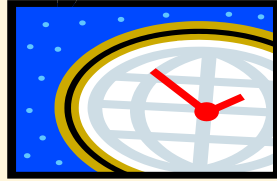
## *A Guide to Reducing Risk in Your Home*

brought to you by

**The Suicide Prevention Coalition of Erie County**







# CALM

## Counseling on Access to Lethal Means

**Developed by Cathy Barber and Elaine Frank**

With thanks to Mark Ciocca, Harvard Injury Control Research Center,  
JP Jameson, Bridget Matarazzo, Kurt Michael,  
Missouri Safer Homes Collaborative, SF VA Lethal Means Project,  
Joe Simonetti, the Utah Suicide Prevention Coalition

3 hour program for MH Clinicians and medical professionals  
Includes content, video and role plays

# CALM

## Resources

- [https://www.google.com/maps/d/edit?mid=1DkKyEPQS5Kpkun6cy4aiUzaCK\\_mE9Qd6&usp=sharing](https://www.google.com/maps/d/edit?mid=1DkKyEPQS5Kpkun6cy4aiUzaCK_mE9Qd6&usp=sharing)
- <https://www.hsph.harvard.edu/means-matter/>
- <https://www.nssf.org/infographic-a-range-of-gun-storage-options-for-your-lifestyle/>
- <https://projectchildsafe.org/> free gun storage kits, quiz on safe storage.
- [http://suicidesafetyplan.com/Home\\_Page.html](http://suicidesafetyplan.com/Home_Page.html)
- <https://www.sprc.org/resources-programs/safety-planning-guide-quick-guide-clinicians>
- <https://safeact.ny.gov/>
- <https://www.ny.gov/programs/red-flag-gun-protection-law>
- <https://nyagv.org/nys-legislature-passes-child-access-prevention-bill/>
- If you have questions about CALM, you can contact Elaine Frank at [elaine.frank603@gmail.com](mailto:elaine.frank603@gmail.com)
- [cspacone@crisisservices.org](mailto:cspacone@crisisservices.org)



SpectrumHealth  
& Human Services

C.A.R.E.S.

716.882.4357

[www.shswny.org/services/CARES](http://www.shswny.org/services/CARES)



**24-Hour Hotline:**

**716-834-3131**

**Text Line: 716-300-2338**

**Chat Online: [www.crisisservices.org](http://www.crisisservices.org)**

- **24-Hour Mobile Outreach Program-** mobile crisis response services for emergency mental health crisis for ages 18 plus.
- **Trauma Response Program-Postvention Support**

# Time and Distance Map