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# Connecting Suicide and Substance Use Preventio

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# Headquarters, Inc



- National Suicide Prevention Lifeline Crisis Center
- Open since 1969
- Student Clinic providing therapy sessions
- Online chat service at [www.headquarterscounselingcenter.org](http://www.headquarterscounselingcenter.org)

Kansas  
Suicide  
**Prevention**  
RESOURCE CENTER

- Providing suicide prevention training and technical assistance to communities across the state
- Online resources at [www.kansassuicideprevention.org](http://www.kansassuicideprevention.org)

# Learning Objectives

1. Participants will be able to describe the correlation between stress and suicide.
2. Participants will be able to identify shared risk and protective factors.
3. Participants will learn about evidence based strategies for reducing risk factors and building protective factors.



Nearly 1 in 12 adults in the U.S. has a substance use disorder.

**41,000+**

More than 41,000 deaths a year in the U.S. result from suicide.



Opiates, including heroin and prescription painkillers, are present in 20% of suicide deaths in the U.S.

Rates of suicide in the U.S. are **almost four times higher for men than for women.**



**4x**  
higher

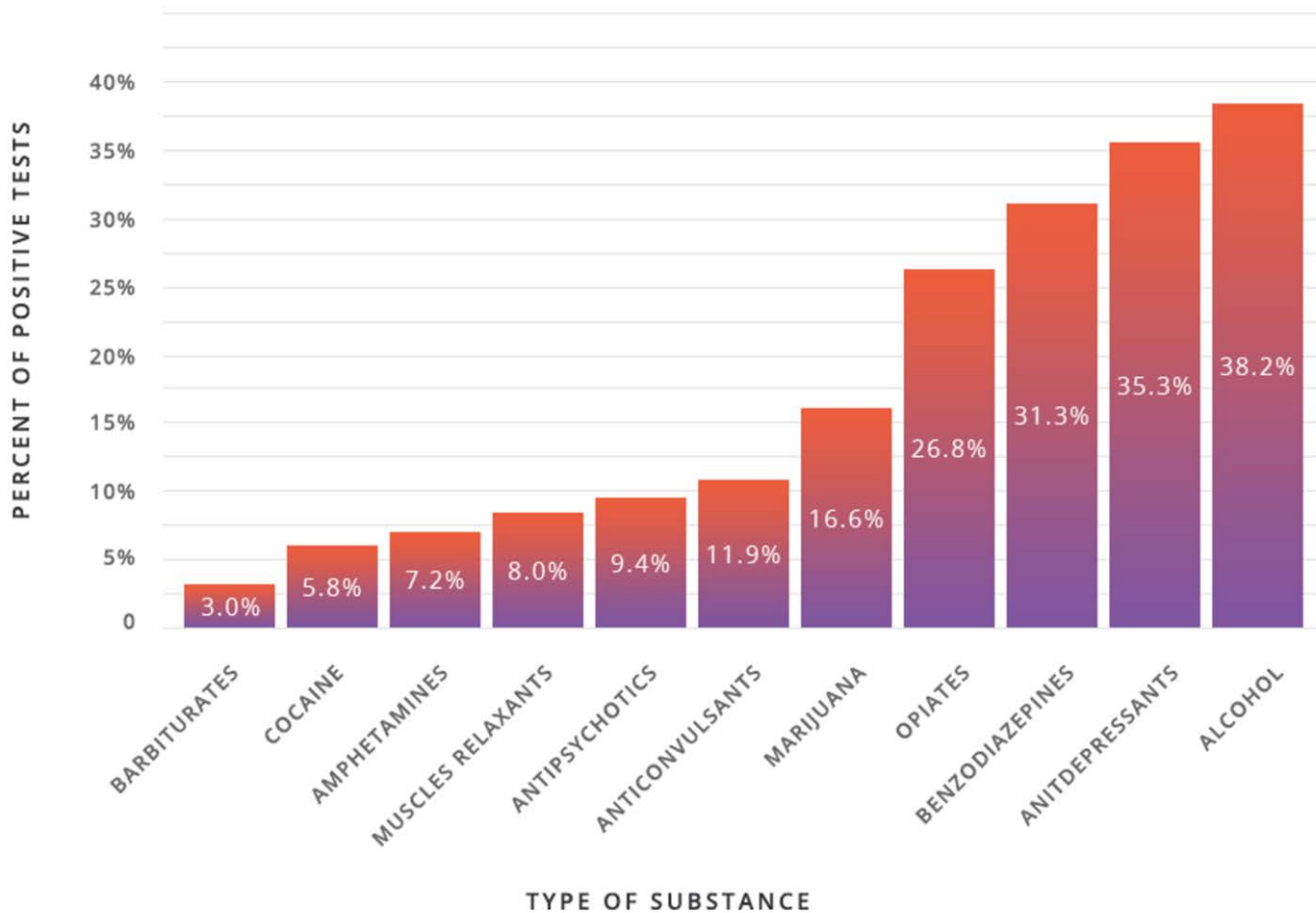


22% of deaths by suicide in the U.S. involve **alcohol intoxication.**

# Substance Use Disorders & Suicide

- Alcohol and drug abuse are second only to mood disorders as a risk factor
  - Those with Alcohol Use Disorders are 10x more likely to die by suicide than general public (14x for IV users)
  - Co-occurring SUD and MH disorders significantly increase risk for suicide
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Percent of People Who Tested Positive for Various Substances After Death by Suicide, 2013



# Alcohol as a Catalyst of Suicide

- Increases psychological distress
- Increases aggressiveness
- Expected results of alcohol can propel suicide ideation to action
- Constricts cognition which can impair use of coping skills

# Shared Risk Factors: Substance Use and S

- Academic Failure
- Aggressive tendencies
- Bullying, victimization
- Family Conflict
- History of trauma or abuse
- Hopelessness, impulsivity, low self-esteem
- Mental illness, substance use
- Peer rejection
- Physical illness/ Chronic Pain
- Previous Suicide Attempts
- Relational, social, work or financial issues
- Social withdrawal

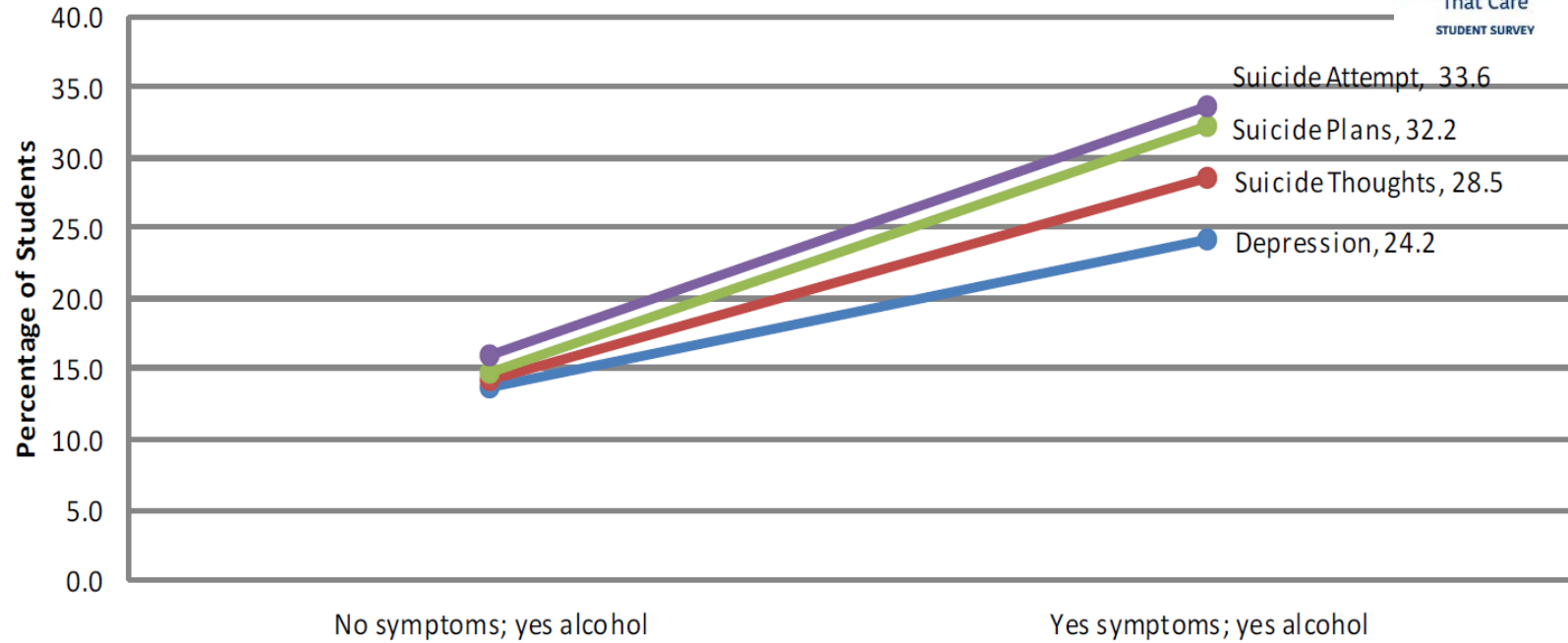


# Shared Protective Factors: Substance Use and Suicide

- Trusting relationship with a service provider
- Optimistic or positive outlook
- Child rearing responsibilities
- Coping or problem -solving skills
- Cultural or religious beliefs discouraging suicide
- Employment
- Involvement with community activities
- Having a clear reason to live
- Access to and effective treatment
- Strong family bonds/ social skills
- Sobriety

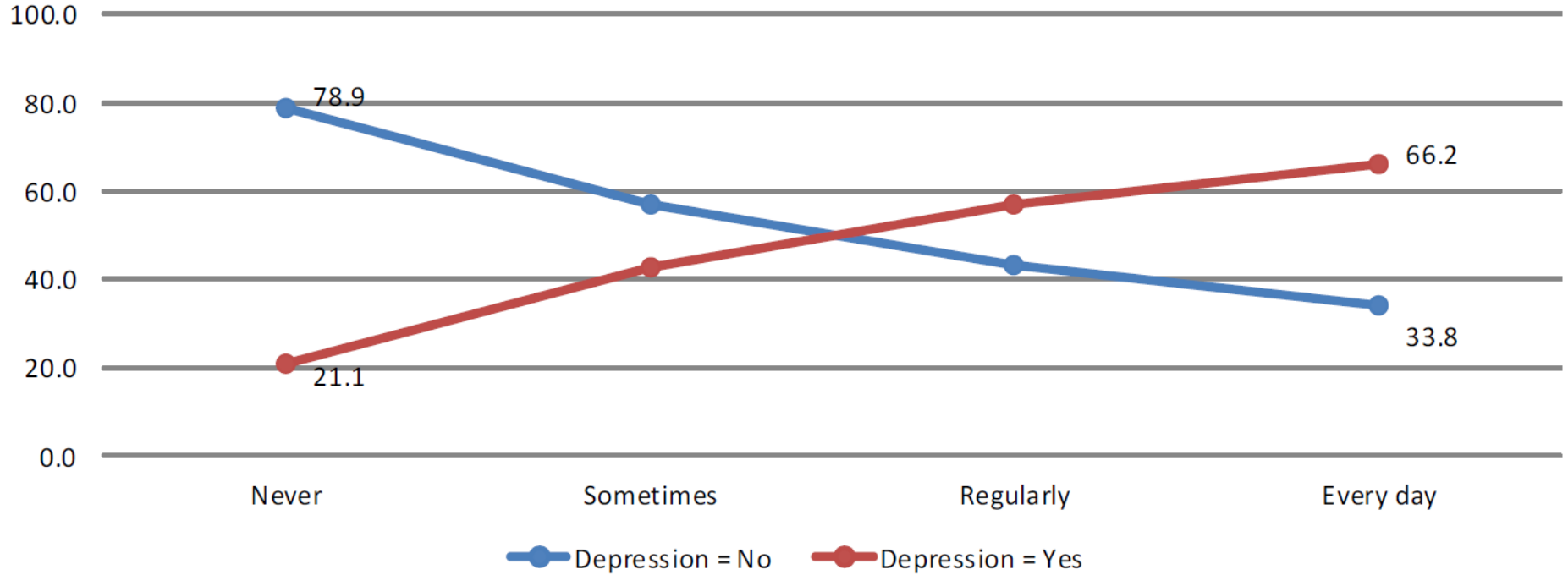
# Kansas Youth Substance Use and Depression/Suicide 2018

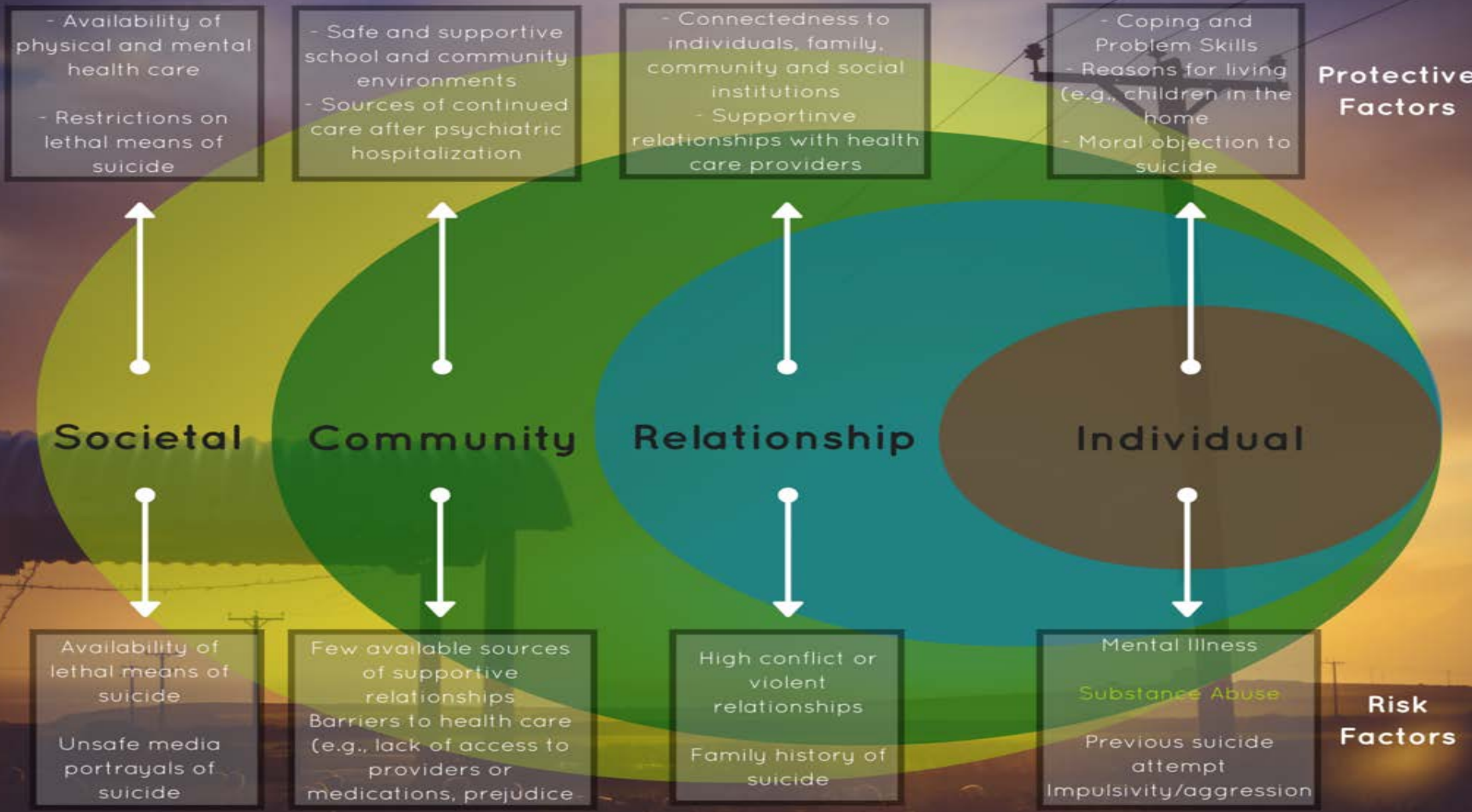
## Past 30-Day Alcohol Use



# Kansas Youth Bullying & Depression 2018

During this school year, how often have you been bullied at school?





# Substance Use Prevention is Suicide Preve

- Minimum legal drinking age of 21 may prevent up to 600 suicide annually
- Binge drinking, underage drinking, and adult alcohol misuse are all tied to suicide
- Problem -gambling greatly increases the risk of suicide
- Prevention needs to be integrated because ties between risky behaviors is so strong

# MASPP

Model Adolescent Suicide  
Prevention Program

A Comprehensive Community  
Approach

- Implemented on small reservation in New Mexico
  - Started with data analysis of community suicides and focus groups
  - Behavioral Health Outreach
  - Natural Helpers trained in school setting
  - Community Trained at gatekeeper level
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# Cross Training for Substance Use and Suic

- Times of seeking treatment for substance use have an increased risk for suicide
- Discharge from inpatient substance use or mental health treatment is a time of increased risk
- SAMHSA's TIP 50 provides guidance on managing suicide risk in substance use treatment settings

# Peer Helpers

- Adolescents are more likely to seek help and support from peers than adults
- Teens can be leaders in helping to change help seeking norms for suicide and substance use
- Several programs:
  - Natural Helpers
  - Sources of Strength
  - New KSPRC project



# Gatekeeper Level Training for Community

- Increases alertness of members of the community at multiple levels to help identify those at risk of suicide
- Several evidence-based programs
  - QPR
  - Livingworks
  - KSPRC
- Groups from different sectors in the community should be identified for wide-spread training

# Social Emotional Learning

- Strategies that work on building protective factors shared by substance use and suicide
- Increase problem -solving skills
- Build trusting relationships with school personnel or families
- Teach coping skills
- Talking Together is one option