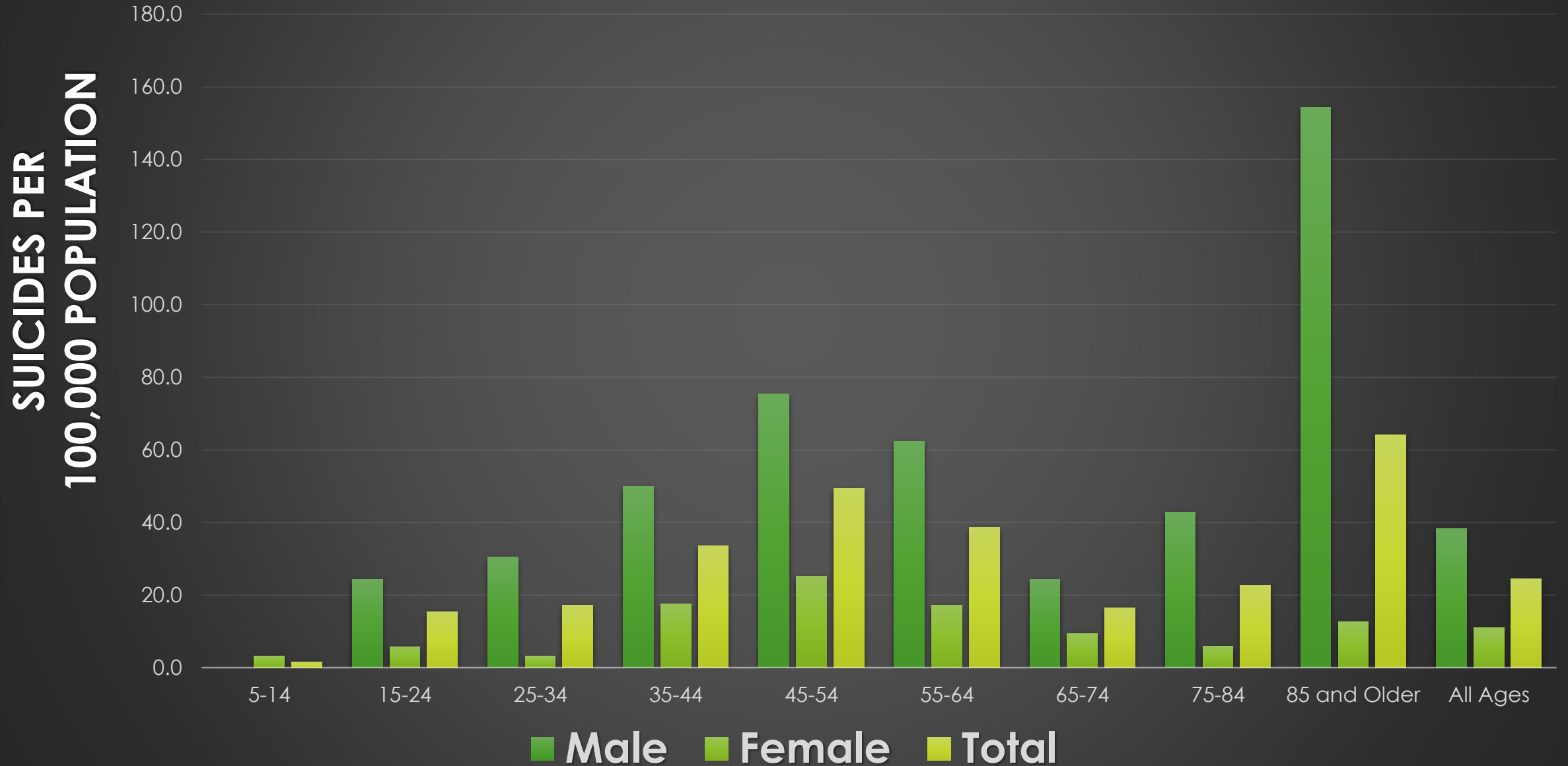


Suicide Prevention in Shasta County

Amy Sturgeon, BS, MPH
Community Education Specialist II
Shasta County HHSA | Public Health Branch
Social Emotional Resiliency | Suicide Prevention

Suicide Rate by Age and Sex, Shasta 2014-2016



Age-Adjusted Suicide Rate, Shasta County vs. California

Age-Adjusted Suicides
(per 100,000 population)

25
20
15
10
5
0

2004-2006

2005-2007

2006-2008

2007-2009

2008-2010

2009-2011

2010-2012

2011-2013

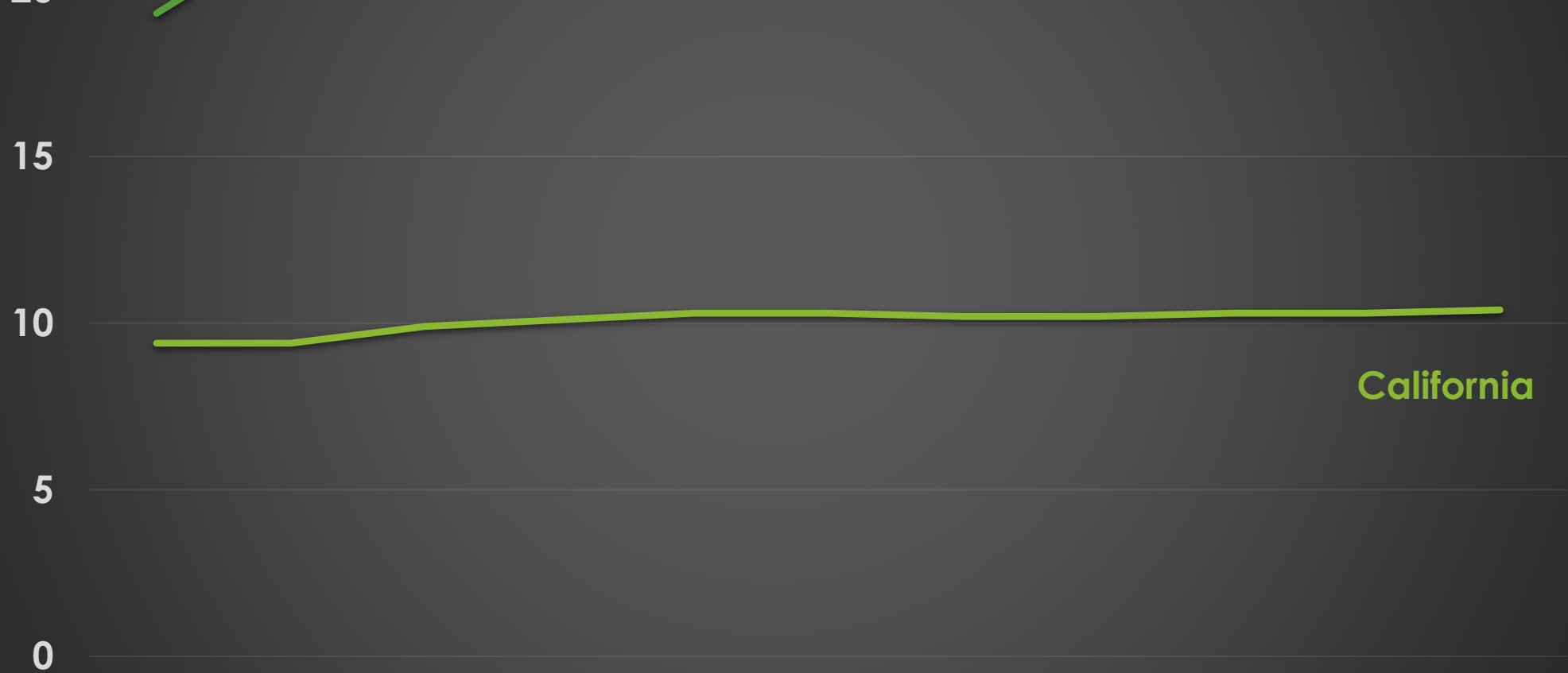
2012-2014

2013-2015

2014-2016

Shasta County

California



The Shasta Suicide Prevention Workgroup

“Our mission is to decrease suicide attempts and deaths in Shasta County through collaboration, advocacy, education, training and evaluation.”

- **Awareness programs and promotional events**
- **Resources and safety practices**
- **Community support**





shastasuicideprevention.com



1-800-273-TALK (8255)
suicidepreventionlifeline.org

SUICIDE PREVENTION is EVERYBODY'S BUSINESS

Suicide Prevention Support & Help Lines ▾ Calendar Training Get Involved Campaigns Specialized Resources ▾
Links ▾ Survivor Messages

Suicide Prevention

If you are experiencing a medical emergency, please call 911 immediately.

Welcome to Shasta County Suicide Prevention!

We are glad that you have chosen to visit. Our website is designed to help you find what you need in a way that is informative and easy to navigate. Feel free to explore, as you will always be able to find your way back to this page by clicking [SUICIDE PREVENTION](#) at the top left of each page.

Please remember: if you are experiencing a mental health crisis, it is okay to get help. Read on for more information!

Need to talk to someone now?

The Suicide Prevention Lifeline is available 24 hours a day, 7 days a week for confidential support.

Call 1-800-273-TALK (8255).



ion

Support & Help Lines ▾

Calendar

ivor |

All Persons

First Responders

LGBTQ

Teens and Young Adults

Men

Women

Senior Citizens

Veterans

Support Groups

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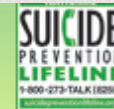
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Campaigns

Specialized Resources ▾

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SUICIDE PREVENTION



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is EVERYBODY'S BUSINESS

Specialized Resources ▾

For Schools

For Medical Providers

Firearm Safety





1-800-273-TALK (8255)
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SUICIDE PREVENTION is EVERYBODY'S BUSINESS

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shastasuicideprevention.com

Captain Awesome

Men's Mental Health

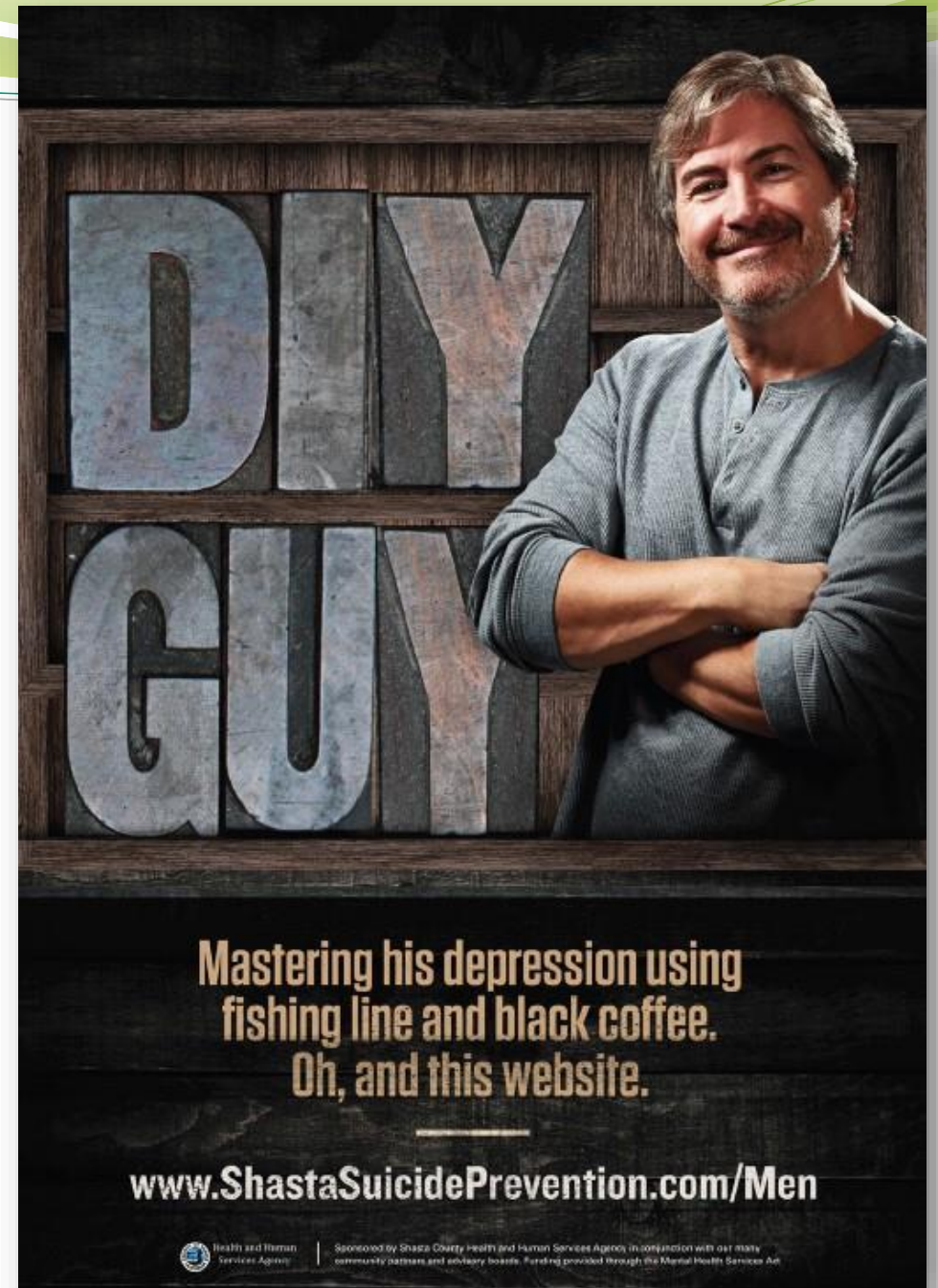
National Rates, 2015

Men died from suicide 3-4 times more frequently than women.

Shasta County Rates, 2014-2016

individuals died by suicide.

76.9% of those lost were male.



Mastering his depression using
fishing line and black coffee.
Oh, and this website.

www.ShastaSuicidePrevention.com/Men

Health and Human Services Agency | Sponsored by Shasta County Health and Human Services Agency, in conjunction with our many community partners and advisory boards. Funding provided through the Mental Health Services Act.

Captain Awesome

Men's Mental Health

ShastaSuicidePrevention.com/Men

- Demystifies mental health and depression.
- Mental health tips and resources.
- Confidential support lines
- Health service provider information.



**GET BACK
TO BEING
CAPTAIN
AWESOME**

Don't let depression steal your thunder.
Get tips, tools, and advice for managing your mental health.

www.ShastaSuicidePrevention.com/Men

Health and Human Services Agency | Sponsored by Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding provided through the Mental Health Services Act



**DUCT TAPE
CAN'T FIX
EVERYTHING**

**Your mental health is not
a hose. Get advice, tools,
and tips for getting your
mind back to work.**

**SO YOU'RE
THE STRONG,
SILENT TYPE?**

**That's cool. We have tools for managing your mental health:
no talking required.**

www.ShastaSuicidePrevention.com/Men

Sponsored by Shasta County Health and Human Services Agency in cooperation with our many community partners and advisory boards. Funding provided through the Mental Health Services Act.



Health and Human
Services Agency

WELL + EQUIPPED

Get the tools you need for your best mental health. Take care of your equipment, especially your brain.


www.ShastaSuicidePrevention.com/Men

Sponsored by Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding provided through the Mental Health Services Act



**“I used to think
people with anxiety
were just weak. Until
I got it.”**

~ Junior



**GET BACK
TO BEING
CAPTAIN
AWESOME**

Junior: “I used to think people with anxiety were just weak. Until I got it.”
Get tips and tools for mastering your mental health.

www.ShastaSuicidePrevention.com/Men

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“For me, laughter with friends and relatives is great medicine.”

~ Jack



**Jack: “For me, laughter with friends and relatives is great medicine.”
Get tips, tools, and advice for mastering your mental health.**

www.ShastaSuicidePrevention.com/Men

Health and Human Services Agency | Sponsored by Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding provided through the Mental Health Services Act

“I love being a dad, but it can be hard. I have to be at the top of my mental game to be the best parent possible.”

~ Matt



**GET BACK
TO BEING
CAPTAIN
AWESOME**

Matt: “I love being a dad, but it can be hard. I have to be at the top of my mental game to be the best parent possible.”

Get the tools you need to master your mental health.

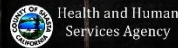
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GET BACK TO BEING CAPTAIN AWESOME

“Guys are like pit bulls. We may have a tough exterior, but we have emotional needs too.” - Matt
Get the tools you need to care for your most important piece of equipment, your brain.

www.ShastaSuicidePrevention.com/Men



Sponsored by Shasta County Health and Human Services Agency in conjunction with
our many community partners and advisory boards. Funding provided through the Mental Health Services Act




“Guys are like pit bulls.
We may have a tough exterior, but we
have emotional needs too.”

- Matt

“Instead of running from problems, I run to deal with stress and process what I’m going through.”

~ Matt



**GET BACK
TO BEING
CAPTAIN
AWESOME**

Matt: “Instead of running from problems, I run to deal with stress and process what I’m going through.”

Get tips, tools, and advice for managing your mental health.

www.ShastaSuicidePrevention.com/Men

Health and Human Services Agency | Sponsored by Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding provided through the Mental Health Services Act

For Youth

- **Directing Change**
- ***Resources for Schools* webpage**
- **Suicide prevention training for faculty and staff**
- **'More Than Sad'**

Teaches teens to recognize the signs of depression in themselves and others, and what to do about it.

Teaches parents how to recognize signs of depression and other mental health problems.

Teaches educators to recognize signs of mental health distress in students and refer them for help.



More Than Sad
has taught over a million
students and educators how
to be smart about
mental health.

<https://afsp.org/our-work/education/more-than-sad/>

Student Response

8th grade classes in
Shasta County,
2016 -2017:



More Than Sad

Teen Depression

“I didn’t realize there was so many people who could possibly help out myself or peers.”

Student Response

8th grade classes in
Shasta County,
2016 -2017:



More Than Sad

Teen Depression

“Should have a part about self harm because that is a big problem at my age.”

Student Response

8th grade classes in
Shasta County,
2016 -2017:




More Than Sad

Teen Depression

“We really needed this.”

Firearm Safety

- Supports “The 10 Commandments of Firearm Safety”.
- Advises safe firearms removal during a mental health crisis.



The ~~10~~ 11 Commandments of Firearm Safety

Sponsored by Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding for this project is provided through the Mental Health Services Act.


#11:
Consider additional safety precautions if a family member may be suicidal

During an emotional crisis, temporarily storing guns outside the home may save a life. Friends, local law enforcement, shooting clubs or gun shops may be able to store them until the situation improves.
KNOW THE RISK FACTORS AS WELL AS THE SIGNS OF SUICIDAL BEHAVIOR:

Emotional crisis due to job loss, break-up, legal trouble, loss of loved one or newly diagnosed illness
Major change in behavior: depression, violence or alcohol or drug use
Recent impulsiveness/risk-taking
Expressing a desire to end their life
Putting affairs in order, giving away prized possessions, impulsive purchase of a firearm

If someone may harm themselves before you can take action, do not hesitate to call 911!

Prevention Lifeline is available 24/7 at 1-800-273-8255



Suicide Prevention Training is offered free to our community.



Question, Persuade, Refer (QPR) is evidence-based training that teaches participants to recognize the signs of suicide risk, and how get someone in crisis the help they need.

- Classes offered businesses, groups and organizations
- Community classes
- Almost 3,500 trained in Shasta County since 2009

The Suicide Prevention & Mental Health Symposium

- Training and special presentations
- Panel-led discussion and community Q&A

SAVE THE DATE

Thursday | September 13 | 2018

THE SHASTA COUNTY SUICIDE PREVENTION WORKGROUP IS PLEASED TO BRING YOU


THE 2016
SUICIDE PREVENTION & MENTAL HEALTH
SYMPOSIUM


THURSDAY, SEPTEMBER 8
FIRST UNITED METHODIST CHURCH, 1825 EAST STREET, REDDING

SUICIDE PREVENTION TRAINING 2PM - 3PM	PANEL DISCUSSION AND Q&A 4PM - 5PM
---	--

CONTINUING EDUCATION CREDIT AVAILABLE THROUGH THE NATIONAL BOARD OF CERTIFIED COUNSELORS.
THIS IS AN OPEN EVENT AND REGISTRATION IS NOT REQUIRED. CONTACT AMY STURGEON AT 530-229-8426 OR
VISIT WWW.SHASTASUICIDEPREVENTION.COM FOR MORE INFORMATION.

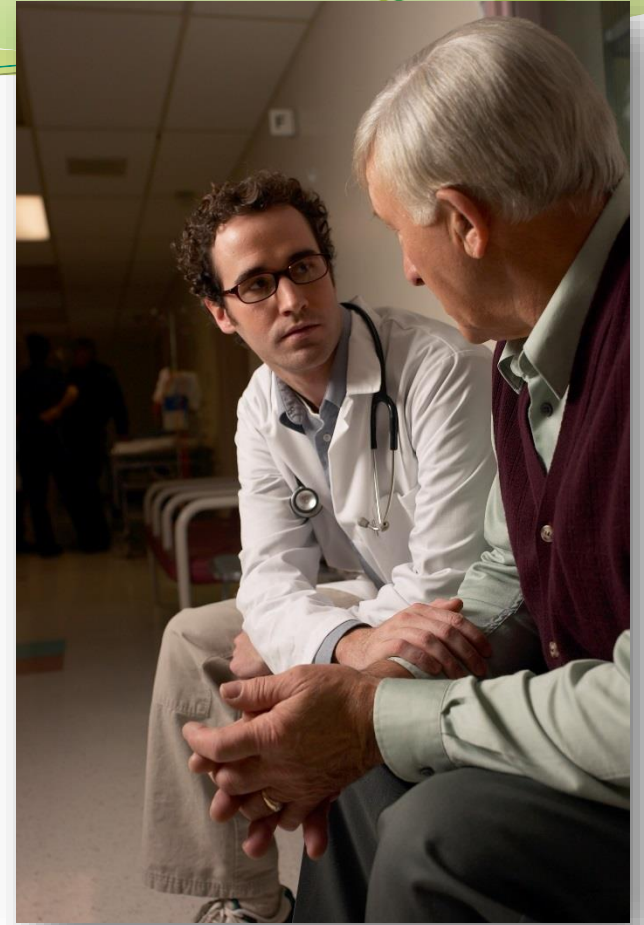
*A taste of
Hope Is Alive!*
5PM - 7PM
A SELECT GROUP OF ARTISTS
FROM THE HOPE IS ALIVE! OPEN
MIC SERIES SHARE THEIR
TALENTS AND STORIES OF
COURAGE, COMPASSION AND
RESILIENCE.



 SPONSORED BY SHASTA COUNTY HEALTH AND HUMAN SERVICES AGENCY IN CONJUNCTION WITH OUR MANY COMMUNITY PARTNERS AND ADVISORY BOARDS. FUNDING PROVIDED THROUGH THE MENTAL HEALTH SERVICES ACT.

Primary Care Outreach

- **Approximately 75% of individuals who complete suicide are in contact with their provider in the year before their death.**
- **45% percent see their provider within one month of their death.**



Provider Outreach

- Provider Resources webpage
- Annual site visits

Provider News

A Newsletter for Shasta County Clinicians

Fall 2017

Shasta County Health and Human Services Agency - Public Health Branch

Diabetes Prevention Program will soon be covered by Medi-Cal

Beginning July 2018, the Diabetes Prevention Program (DPP) will be a covered service for Medi-Cal patients in addition to private insurance patients. DPP is a Center for Disease Control and Prevention (CDC)-approved program that has proven effective in preventing or delaying Type 2 diabetes.

Led by trained peer coaches, the DPP provides an important opportunity to provide culturally and linguistically appropriate health education and support to prevent people with pre-diabetes from getting diabetes.

More than 114 million people in the United States have diabetes (30 million) or pre-diabetes (84 million). 11% of Shasta County adults have diabetes (nationally 1 in 4 don't know it).

Some experts expect a 30% increase in diabetes patient visits to medical offices by 2020. This is a huge burden for health care systems already overburdened. We can do something about it!

A simple blood test can detect pre-diabetes (fasting blood sugar 100 to 125 mg/dl or Hg A1c 5.7% to 6.4%).

Some health care providers are not screening all patients for pre-diabetes who should be screened per current guidelines.

Pre-diabetes screenings should be done for the following every 3 years:

- + overweight or obese (BMI \geq 25);
- + people of color;
- + history of diabetes in family or during pregnancy; and
- + 40-70 years old

Also, you can advocate for a healthy built environment to make physical activity an easier choice as well as accessibility to healthier food.

The CDC's Evidence-Based DPP (lifestyle course) can cut the chance of progression of pre-diabetes to diabetes by 58%. Trainings are led by a trained lifestyle coach once a week for the first 6 months, followed by once a month for the last 6 months.

The DPP includes physical activity at least 30 minutes a day, healthy eating,

Continued on page 2

Suicide prevention strategies for health care providers

Suicide is the 10th leading cause of death in the United States, responsible for more than 44,000 lives lost per year. Though disproportionately experienced by elderly adults (past century trends), suicide touches nearly every age group. It is the second leading cause of death among youth aged 10-34 years, where 1 in 25 have attempted suicide.

Suicide is particularly problematic in Shasta County, where age-adjusted rates significantly exceed that of the state and the nation. Increased risk of isolation, financial hardship, high rates of adverse childhood experiences and easy access to lethal means are a few risk factors that make residents in rural areas like Shasta County uniquely vulnerable.

As suicide continues to rise nationally, it is imperative to adopt prevention strategies in key environments such as schools, workplaces and clinical settings. A recent study published in the American Journal of Psychiatry found that electronic health records reviewed for specific risk factors can serve as an "early warning system," identifying patients in need of further screening and providing suicidal

Continued on page 2

Also in this issue

- Talk earlier when prescribing opiates, benzodiazepines.....Page 2
- Considering the effects of ACEs, fight STDs, improving community health.....Page 3
- Highlight your awareness for Hepatitis A.....Page 4

