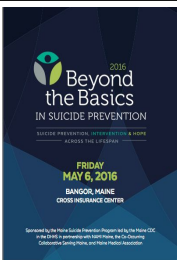


Suicide PREVENTION:
It's all about CONNECTION

Connecting the dots
Creating partnerships
Strengthening community

Presented by
Susan Wehry, MD
Adjunct Clinical Professor of Psychiatry
UNECOM

Nothing to disclose



Thanks
for being here

Objectives

Describe risk factors

Discuss public health approach

List three strategies

Hope Action

Every

40

Seconds

20th in nation

2nd highest in Northeast

2nd leading cause of death
ages 15-34

Suicide is a public health problem

| | |
|--|---|
| <p>Risk factors</p> <p>Age Male LGBT Veterans Caucasian</p> | <p>Prior attempt Family history Depression Substance abuse Firearms in home</p> |
|--|---|

| | |
|--|--|
| <p>Risk factors</p> <p>Systemic</p> | <p>Access to health care Availability of means Inappropriate media</p> |
|--|--|

| | |
|--|--|
| <p>Risk factors</p> <p>Cultural Community</p> | <p>Stigma Acculturation Discrimination Isolation</p> |
|--|--|

Why?
No single cause

Suicide is preventable



RISK factors



PROTECTIVE factors

*



Enhance Life Skills



Promote Social Networks



Restrict Access to Lethal Means

A Comprehensive Approach to Suicide Prevention



Provide Access to Mental Health Services



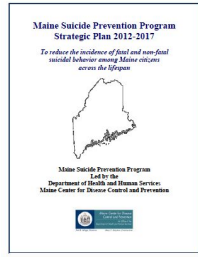
Identify People at Risk



Increase Help-seeking

Planning is crucial

- Statewide leadership and coordination
- Access services
- Integration
- Public and private partnerships
- Knowledgeable professionals
 - Prevention, intervention and postvention
- Help-seeking culture



20%
2025

Risk Reduction Strategies

- Universal
- Selective
- Indicated

Universal Strategies

- Improve access to health care
- Restrict access to means
- Encourage responsible media
- Enforce alcohol policies

53
%

Due to firearms
MEANS MATTER

Means Education

Selective Strategies

- Gatekeepers education
- Early identification
- Helplines

Indicated Strategies

- Train healthcare workers
- Improve care mental and substance use disorders
- Treatment
- Follow-up
- Continuity of care
- Community support

Enhance Protective Factors

Resilience

- Confident
- Competent
- Optimistic

Nurture Resilience

- Look after your (physical) health
- Ask for and offer help
- Develop a sense of connectedness



Living in Connection

- Individuals
- Individuals/Families Community
- Community Organizations
- Social Institutions



The way forward

Research

Safe, empowered
communities

Health reform
integration

Voices of lived
experience

*"Our best route to understanding suicide is...
directly through the study of human emotions described
in plain English, in the words of the suicidal person."*

Edwin Schneidman *The Suicidal Mind*, 1996

Everyone
has a key role to play
in Maine's success

Thanks again

Keep the conversation alive

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The Public-Private Partnership Advancing the National Strategy for Suicide Prevention