

SPRC SUICIDE PREVENTION RESOURCE CENTER

Substance Use Disorders and Suicide:

Wisconsin Addiction Services
Sept. 27, 2007

Anara Guard
Associate Center Director
Suicide Prevention Resource Center

EDC 1 SAMHSA

SPRC What we'll talk about...

- Suicide as a big problem—nationally and in WI
- Substance use disorders and how they overlap with suicide
- Common themes and barriers
- Some good news: progress, promising approaches
- Whatever else you want!

EDC 2 SAMHSA

SPRC Impact of Suicide

- A major public health problem that affects businesses, families and communities.
- 11th leading cause of death in the U.S. "Every 18 minutes" an American takes his/her own life.
- Each year > 31,000 deaths by suicide – more than half due to firearms
- 650,000 suicide attempts requiring emergency care
- In 2005: 31,769

EDC 3 SAMHSA

SPRC Impact of Suicide

- For every 2 U.S. homicide victims, there are 3 persons who take their own lives.
- Twice as many deaths due to suicide as from HIV/AIDS.

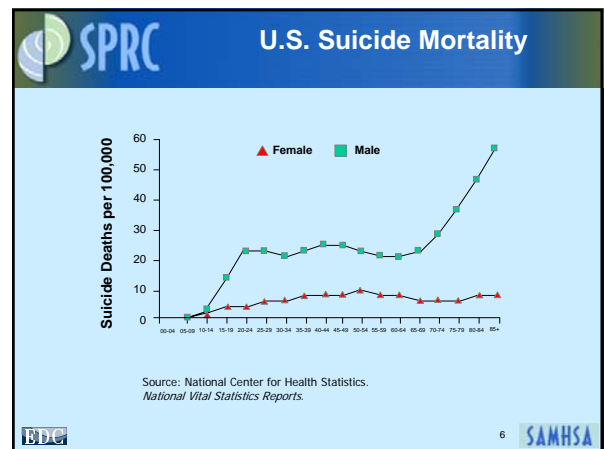
EDC 4 SAMHSA


SPRC Leading Causes of Death

Age Groups

| | 5 - 14 | 15-24 | 25-34 | 35-44 | 45-64 |
|---|-------------------------------------|-------------------------------|----------------------|----------------------|-------------------------------|
| 1 | Unintentional Injuries | Unintentional Injuries | Unintentional Injury | Malignant Neoplasms | Malignant Neoplasms |
| 2 | Malignant Neoplasms | Homicide | Suicide | Unintentional Injury | Heart Disease |
| 3 | Congenital Anomalies | Suicide | Homicide | Heart Disease | Unintentional Injuries |
| 4 | Homicide | Malignant Neoplasms | Malignant Neoplasms | Suicide | Chronic Lower Respiratory Ds. |
| 5 | Suicide | Heart Disease | Heart Disease | HIV | Cerebrovascular |
| 6 | Heart Disease | Congenital Anomalies | HIV | Liver Disease | Diabetes Mellitus |
| 7 | Chronic Lower Respiratory Diseases. | Cerebrovascular | Diabetes Mellitus | Homicide | Liver Disease |
| 8 | Benign Neoplasms | Chronic Lower Respiratory Ds. | Cerebrovascular | Cerebrovascular | |
| 9 | Influenza & Pneumonia | Influenza & Pneumonia | Congenital Anomalies | Diabetes Mellitus | Suicide |

EDC Source: National Center for Health Statistics, 2001 6 SAMHSA






 **Wisconsin Suicide**

<http://dhfs.wisconsin.gov/health/injuryprevention/SuicidePrevention.htm>


The state suicide rate is three times greater than the state homicide rate.


Each year, about 629 suicide deaths occur in Wisconsin, and an average of 4,944 suicide related hospitalizations

 7 



 **Wisconsin data**


- Average 5 suicide deaths every 3 days
- Suicide the 10th leading cause of death
- Males: 81% of suicide deaths, 37% of attempts
- 30-49 year olds: 41% of suicide deaths
- Firearms the leading method
- Average of 62 attempts every 5 days
- Almost 4500 hospitalized self-inflicted injuries in 2003
- <http://www.sprc.org/stateinformation/statepages/showstate.asp?stateID=49>

 8 



 **Wisconsin data**


- Average medical cost per death: \$3,196
- Per attempt: \$9,792
- Average work-loss cost per: \$1,230,611
- Per attempt: \$12,206

 9 

 **NSSP "Substance Abuse" Goals**



- Develop guidelines for assessment of suicide risk among persons receiving care in mental health and substance abuse treatment centers.
- Increase the proportion of mental health and substance abuse treatment centers that have policies, procedures, and programs to assess risk and reduce suicidal behaviors among their patients
- Provide education to family members in mental health and substance abuse treatment centers.
- *National Strategy for Suicide Prevention*


 10 

 **Psychological Autopsy Studies**



"Between 60 and 90 percent of people who die by suicide have a diagnosable mental illness or substance use disorder."

but what does that mean?

 11 

 **Psychological Autopsy Studies**

- Adolescents - depression, conduct disorder, substance use, prior attempt
- Adults - prior attempt, depression, alcohol dependence, schizophrenia
- Older Americans - depression, late onset
- Luoma, Martin & Pearson, 2002

 12 

SPRC Alcohol and Suicide

- 37% of people who die by suicide have measurable blood alcohol concentration at the time of death
- ~7% of people who are alcohol-dependent will die by suicide
- 50-75% of people who are alcohol-dependent and who die by suicide also suffer from depression

EDC 13 SAMHSA

SPRC Alcohol and Suicide

- 4.5% of alcoholics (age 40) attempted suicide within 5 years of diagnosis
- .8% of control group (age 42) attempted
- Alcoholic attempters more likely to be separated/divorced, have panic, have prior attempts [Preuss]
- Older alcoholics more likely to attempt—risk increases with age (untreated)

EDC 14 SAMHSA

SPRC Other Drugs

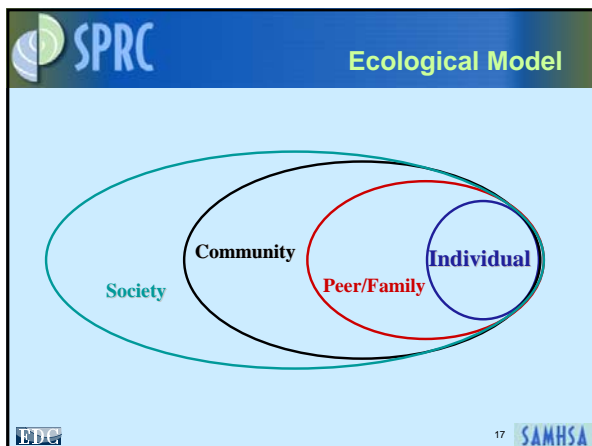
- Relatively little is known about the impact of different drug categories, drug combinations, substance-induced effects, and self-medication on suicidal behavior.
- Recent research shows a lot of association between depression and heavy marijuana use (in both directions)

EDC 15 SAMHSA

SPRC How does this affect treatment?

- Protocols for screening and identifying clients at risk?
- Protocols for responding and referring?
- What do family members need to know?
- Forthcoming TIP from CSAT (Treatment Improvement Protocol) on addressing suicidal thoughts and behaviors with clients in treatment

EDC 16 SAMHSA



SPRC Community Factors

| | |
|---|--|
| <p>Risk</p> <ul style="list-style-type: none"> • Isolation/social withdrawal • Barriers to health care and mental health care • Stigma • Exposure to suicide • Unemployment | <p>Protective</p> <ul style="list-style-type: none"> • Access to health care and mental health care • Social support, close relationships, caring adults, participation and bond with school • Respect for help-seeking behavior • Skills to recognize and respond to signs of risk |
|---|--|

EDC 18 SAMHSA

SPRC Peer/Family Factors

Risk

- History of interpersonal violence/conflict/abuse/bullying
- Exposure to suicide
- No longer married
- Barriers to health care/mental health care
- Access to means (e.g., firearms)

Protective

- Family cohesion (youth)
- Sense of social support
- Interconnectedness
- Married/parent
- Access to comprehensive health care

19 SAMHSA

SPRC Individual Factors

Risk

- Age/Sex
- Mental illness
- "Substance abuse"
- Loss
- Previous suicide attempt #1
- Personality traits or disorders
- Incarceration
- Access to means
- Failure/academic problems
- Unemployment
- Disability or illness

Protective

- Cultural and religious beliefs that discourage suicide and support self-preservation
- Ongoing health and mental health care relationships
- Coping/problem solving skills
- Resiliency, self esteem, direction, mission, determination, perseverance, optimism, empathy
- Intellectual competence (youth)
- Reasons for living

20 SAMHSA

SPRC Relationship Between Substance Use and Suicide

- Current drug use is associated with suicidal ideation and unplanned attempts among ideators.
- *Number* of substances used was more predictive of suicidal behavior than the *types* of substances used.

Analysis of U.S. National Comorbidity Study (1990-2), Borges et al., Am J Epidemiol. 2000

21 SAMHSA

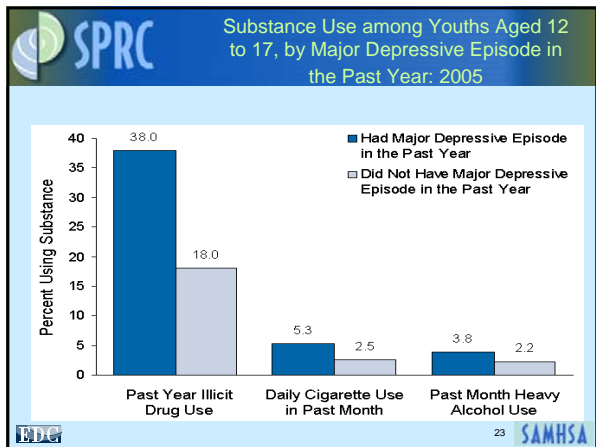
SPRC Major Depressive Episode in 2005

Adults who said *yes* – 19.9% were dependent on or abused AOD

Adults who said *no* - 8.4 % were dependent on or abused AOD.

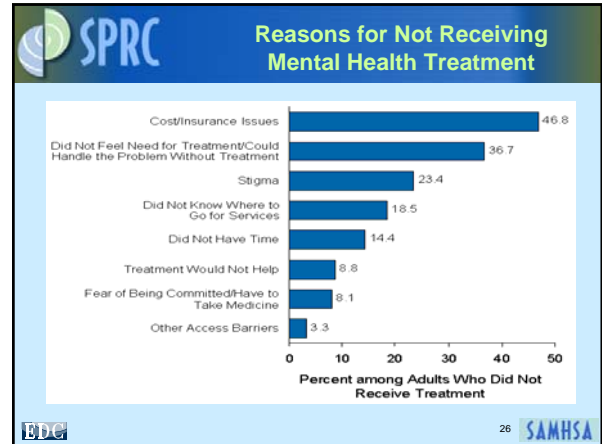
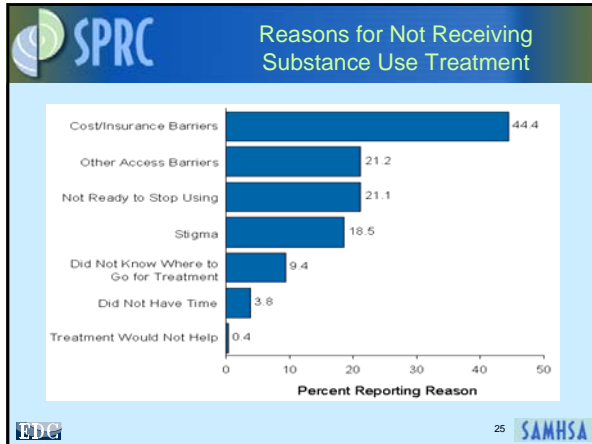
- Youths (12 -17) who said *yes*, 19.8% had dependence or abuse
- Youths who said *no*, 6.9% had dependence or abuse

22 SAMHSA

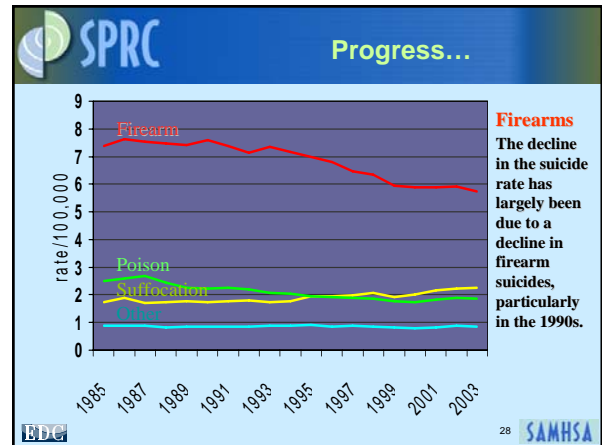


Up to 2/3 of people who die by suicide are not receiving mental health or substance abuse treatment at the time of their death. Half have never seen a mental health professional.

24 SAMHSA




- ### Progress...
- Suicide RATE actually declined by about 10% [1994 – 2003] (a recent increase in youth...)
 - Federal funds for youth suicide prevention (Garrett Lee Smith Memorial Act)
 - Most states have suicide prevention plans, task forces, coalitions
 - More prevention advocates, more noise, less stigma





- ### Common Themes
- Stigma
 - Lack of access to care
 - Insurance barriers
 - Relapse
 - Advocacy networks
 - Advances in medication, screening
 - Treatment vs. prevention

- Recent study from Ontario found that alcohol consumption was related significantly and positively to suicide mortality rates
 - Rates of membership in Alcoholics Anonymous were negatively related to total and female suicide mortality rates
 - Unemployment rates were positively related to male and total suicide rates
- Mann et al., *J Studies on Alcohol* 67; 2006


 **What's not the same?**

- Lots of folks with one problem don't have the other
--don't want to use the "wrong door"
- Getting sober does not = mental health



 31 




 32 



 **Community approaches...**

- A review of minimum-age drinking laws and suicides among youths age 18 to 20 found that lower minimum-age drinking laws was associated with higher youth suicide rates.
- **34** States indicated to SPRC in early 2006 they have representation from the substance abuse prevention field on their planning groups
 - 20 of those were from a state agency
 - But only 7 were treatment providers

 33 

 **So what can be done?**

- Decrease fragmentation
- Improve access to care
- Increase training on suicide prevention and on co-occurring disorders
- Improve continuity of care (Inpatient and Emergency Room Discharges)
- Get advocates to work together on common goals
- Use the National Suicide Prevention Lifeline 1-800-273-TALK (8255)

 34 

 **Contact us**

1-877-GET-SPRC (433-7772)

info@sprc.org

www.sprc.org

See especially our Customized Information Series for drug and alcohol counselors

www.sprc.org/featured_resources/customized/aod_counselors.asp

Katie Wootten
Prevention Specialist for Wisconsin

 35 