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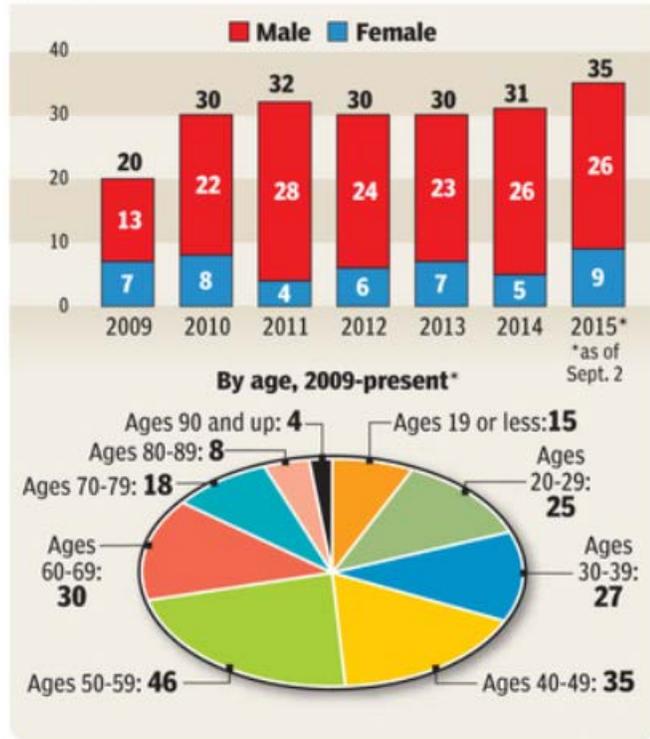
# Suicide Prevention Newsletter

## New Suicide Prevention Coalition in Kitsap County

Kitsap County might reach a tragic milestone by the end of 2015. According to the [Kitsap Sun](#), 35 people have died from suicide in the county as of September 3, 2015, according to Kitsap County coroner data. With a few months remaining in the year, Coroner Greg Sandstrom said Kitsap could see a record number of suicides. The previous high of 44 was recorded in 1999.

### SUICIDE DEATHS IN KITSAP COUNTY

Kitsap County has seen a spike in suicide deaths in 2015. The county coroner's office recorded 35 suicides as of Wednesday, with four months remaining in the year. These numbers reflect suicides that occurred in the county, including suicides by non-residents.



Source: Kitsap County Coroner

JOURNAL MEDIA GROUP



On March 29, 2015, the League of Women Voters – Kitsap held a suicide prevention forum to help the community understand what can be done to prevent suicide. The newly formed [Kitsap Community Suicide Prevention Coalition](#) includes more than a dozen organizations. The coalition's major objective is to "raise the awareness of suicide by designing a message that will reso-

nate with potential victims of suicide, along with their friends, employers, physicians and other members of the community,” according to coalition chair Maurie Louis.

## Veterans

The Substance Abuse and Mental Health Services Administration- Health Resources and Services Administration recently updated a guide for primary and behavioral healthcare professionals, and for serving veterans and their families, *Serving Veterans: A Resource Guide*. This guide and more veterans’ resources are on this [website](#).

## Research Report

Here is a research report from the Healthcare Research Group: [Firearm Deaths in Washington State](#).

### KEY FINDINGS

**Firearm deaths currently exceed motor vehicle crash deaths.**

**Suicides account for nearly 80% of all firearm deaths.**

**Males are at greatest risk for firearm deaths: Older males have the highest suicide rate; younger males, the highest homicide rate.**

**Eastern Washington has higher firearm homicide and suicide rates than Western Washington.**

**High firearm suicide-rate regions and clusters have corresponding measures of high unemployment, low life satisfaction, little emotional support, poor quality of life, and high firearm availability.**

**High firearm homicide-rate regions and clusters have corresponding measures of low income and low educational attainment.**

**Washington’s firearm suicide rate is higher than the U.S. rate; Washington’s firearm homicide rate is lower.**

**Washington’s firearm sales have been markedly increasing.**

## Suicide Prevention Videos

The Suicide Prevention Resource Center hosts a [series of short suicide prevention videos](#).

- Dr. Alex Crosby explains why data is crucial to suicide prevention and where to find data.
- As a Native American, Doreen Bird, MPH, describes how to effectively work with Native populations to prevent suicide.
- Ashby Doge, LCSW, urges to actively listen to people who are lesbian, gay, bisexual, transgender, or questioning so we can provide more culturally competent care.
- Barb Gay, MA, shares how survivors of suicide attempts can help us improve prevention, transform care, and save lives.
- Dr. Jerry Reed encourages the suicide prevention movement to move forward by adopting an approach much broader than just mental health.
- Dr. Draper talks about person-centered care. “We need to bring care to people in the way that they want it.”
- Dr. Michael Hogan describes how the Zero Suicide approach aims to improve care and outcomes for individuals at risk of suicide in health care systems.
- Ken Norton, LICSW, views suicide postvention as suicide prevention, stating that we need to promote healing and reduce risk after a suicide.

## Updates to Suicide Safe App

Recently SAMHSA released [an updated version of its Suicide Safe app](#). Many people who died by suicide visited a primary care provider or a behavioral health provider in the month before death. The app helps health care providers integrate suicide prevention strategies into their programs and address suicide risk among their patients. The update includes new content, a case study, a video for clinicians, and a video for patients with inspiring stories from survivors of suicide attempts.

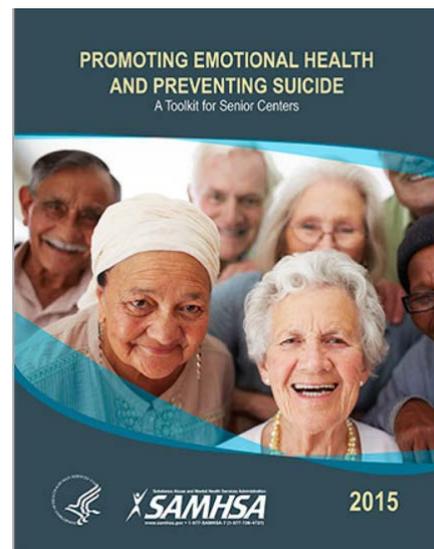


## Archived Webinars

- A resource form the National Council for Behavioral Health is now available for behavioral and physical health providers concerning legal liability in assessing and treating people at risk of suicide. HIPAA and family involvement are discussed. The webinar [\*Changing the Outcome: Suicide Risk Management\*](#) is based on concerns from attorneys about liability lawsuits they've defended on behalf of providers whose risk assessments were limited and whose patients and their families experienced adverse outcomes, including death.
- [\*Financing Care Transitions for Individuals at Risk for Suicide\*](#)

## New SAMHSA Publication

The Substance Abuse and Mental Health Services Administration issued a new publication, [\*Promoting Emotional Health and Preventing Suicide – A Toolkit for Senior Centers\*](#). This publication offers strategies senior centers can use to integrate suicide prevention into activities that promote the emotional well-being of older adults. It also describes activities that increase protective factors and explains how to recognize the warning signs of suicide.



## Suicide and Social Security *A different aspect of suicide*

[\*The Neglected Suicide Epidemic among Social Security Applicants\*](#) and [\*Anecdotal Evidence of the Suicide Epidemic Among Social Security Disability Applicants \(Reports from the Field\)\*](#) are two articles written by David Kornfeld, an attorney practicing Social Security disability law. He wrote the articles “with a working thesis that there is a suicide epidemic which is only getting worse with increased denials and increased waiting times in the Social Security disability process. What triggered my focus on this issue was the suicide of a client last year recounted in the first article. In the aftermath of that article, I called on my colleagues to contact me with their own stories and many attorneys did write or call relating their own stories.”

## In the News

- [Public violence is contagious, doctor says](#)
- [Dr. Sanjay Gupta: The epidemic of gun violence is treatable](#)
- [What Happens If You Try To Prevent Every Single Suicide?](#)
- [Responding to a Cry for Help: Best Practices for Online Technologies](#): This website is for organizations with an online social media presence. It assists them to respond to a cry for help by giving them pertinent resources. The chart on the website offers three levels of response to suicidal ideation.

## Data from Oregon

The Oregon Violent Death Reporting System published a new report, [\*Violent Deaths in Oregon: 2013; Suicide, Homicide, Undetermined, Legal Interventions, and Unintentional Firearm Deaths Investigated by Law Enforcement and Medical Examiners.\*](#)