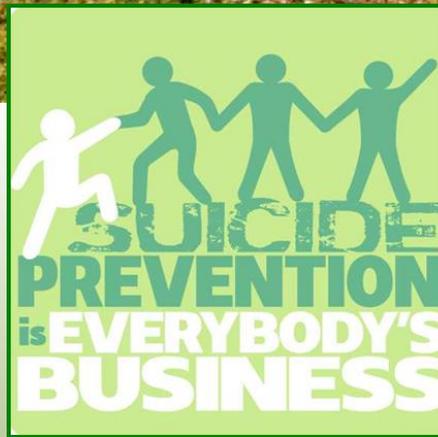


Suicide in Montana

Current Data and HB118 Grants



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Suicide Fact Sheet

Data Source: AAS (12/17), Montana DPHHS (1/18)

- ❖ In 2016 there were **44,965** suicides in the U.S. (**123** suicides per day; 1 suicide every **11** minutes). This translates to an annual suicide rate of **13.9 per 100,000**.
- ❖ Suicide is now the 10th leading cause of death in the United States, 2nd leading cause of death for young people.
- ❖ Firearms remain the most commonly used suicide method, accounting for nearly **51%** of all completed suicides.
- ❖ Up to **45%** of individuals who die by suicide visit their primary care provider within **a month** of their death, with **20%** of those having visited their primary care provider within **24 hours** of their death

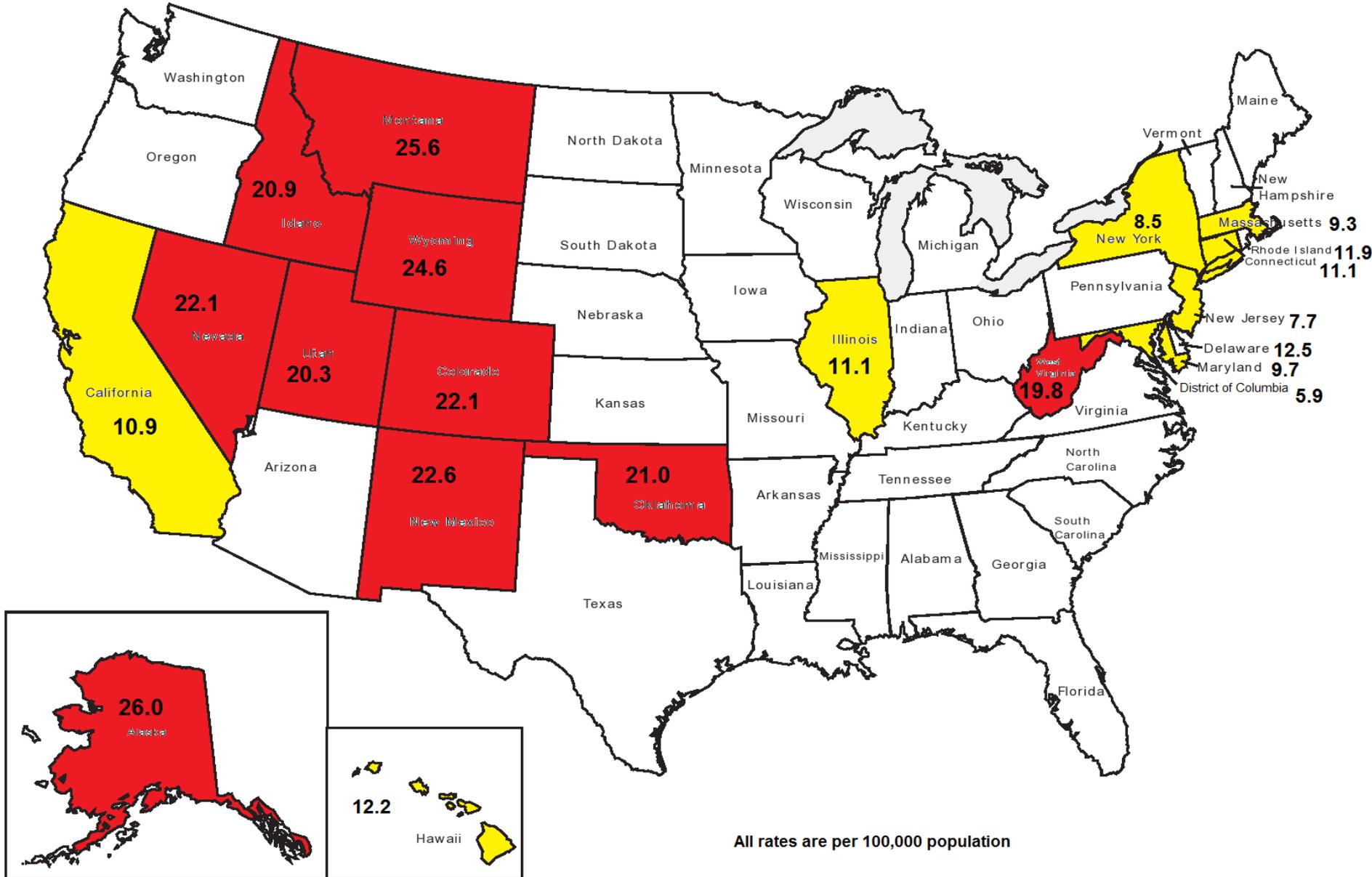
Suicide in Montana

Data Source: AAS (12/17), Montana DPHHS (1/18)

- ❖ For all age groups, Montana has ranked in the **top five** for suicide rates in the nation, for the past forty years.
- ❖ According to the most recent numbers released by the National Vital Statistics Report for **2016**, **Montana has the second highest rate of suicide in the United States (267 suicides for a rate of 25.6).**

2016 Suicide Rates for U.S. States

American Association of Suicidology



All rates are per 100,000 population

Why does Montana have such a high rate of suicide?

It's not one factor, but rather multiple factors all occurring at the same time.
It is a cultural issue.

Vitamin D Deficiency (correlated with increased risk of depression)

High concentration of Veterans, American Indians, and middle age White men

Alcohol as a coping strategy (alcohol in the blood at the time of death is 2x the national average)

Altitude

Metabolic stress caused by long-term oxygen deprivation. Worldwide, above 2,500 feet, you see a spike in suicides. The average suicide in Montana occurs at 3,500 feet

Social Isolation

Montana has 6.7 people per square mile. The national average is 88.7

Access to Lethal Means

Nearly 65% of suicides are by firearm and nearly 90% of all firearm deaths in Montana are suicides

Socioeconomic

1/5 Montana kids live more than 100% below the federal poverty level

Lack of Behavioral Health Services

Lack of psychiatrists and integrated behavioral health into primary care.

STIGMA

We see depression as a weakness, that we are a burden. And if you think you are a burden, how likely are you to ask for help?

2017 HB 118 GRANT AWARDS

BY COUNTY AND RESERVATION

\$250,000 towards implementing the **Native Youth Reduction Plan**

Flathead City-County Health Department received \$63,000 to implement QPR, Mental Health First Aid, and ACEs training.

MSU-CMHR received \$157,000 to implement YAM in Great Falls Schools

Missoula County Public Schools received \$41,000 to implement the PAX Good Behavior Game to kindergarten, 1st and 2nd grade students

Helena to receive \$15,000 to implement the PAX Good Behavior Game.

MSU-CMHR was awarded \$221,000 to offer online cognitive behavior therapy (CBT) statewide

The **District II Alcohol and Drug Prevention Program** received \$63,000 to implement the STEP UP, a school program promotes positive mental health and emotional competence.

Jefferson County received \$15,000 to implement the PAX Good Behavior Game

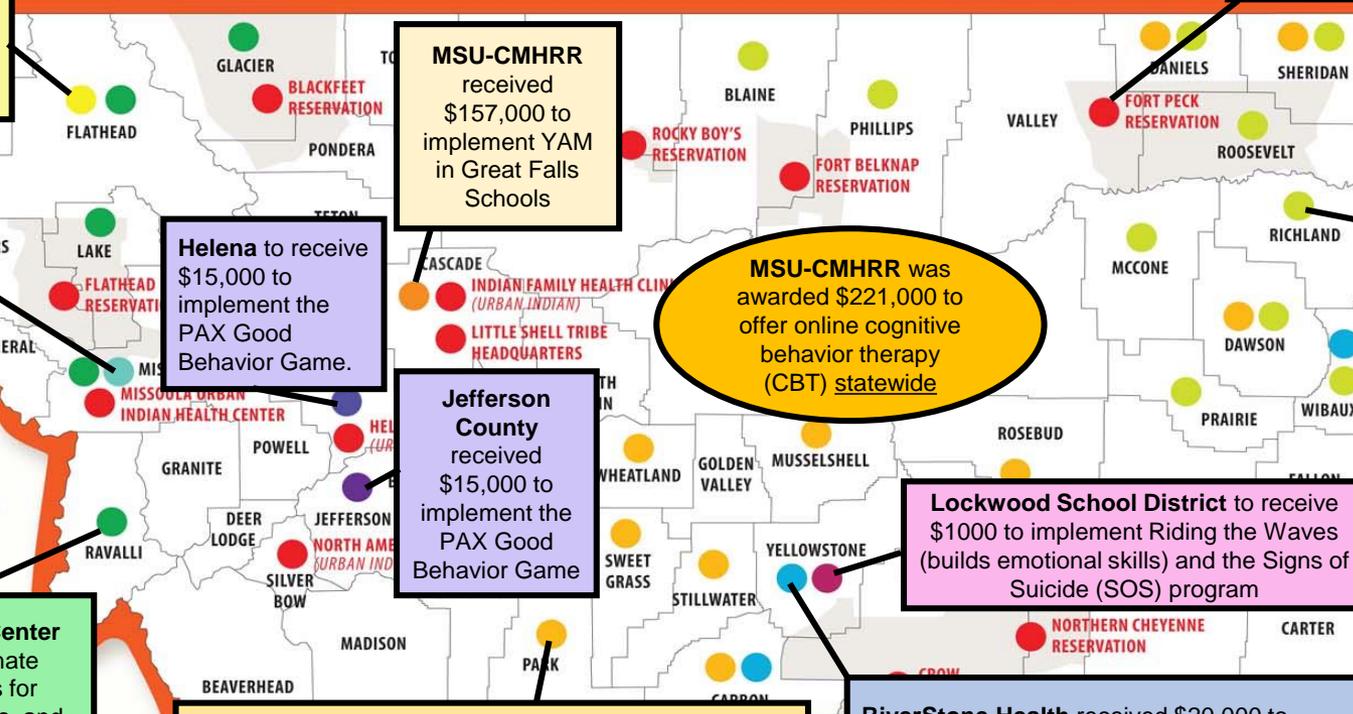
Lockwood School District to receive \$1000 to implement Riding the Waves (builds emotional skills) and the Signs of Suicide (SOS) program

Tamarack Grief Resource Center received \$47,000 to coordinate suicide prevention activities for communities, trauma survivors, and Veterans, integrating prevention training and suicide postvention support

Billings Clinic received \$107,000 to implement a community-based suicide detection and prevention program (SERAS) in 11 eastern Montana Critical Access Hospital emergency departments.

RiverStone Health received \$20,000 to implement the PAX Good Behavior Game in Yellowstone, Wibaux, and Carbon counties.

ALL COUNTIES
MSU Center for Mental Health Research and Recovery (Cognitive Behavior Therapy)



Department of Public Health & Human Services

GRANT RECIPIENT	AWARD	GRANT RECIPIENT	AWARD	GRANT RECIPIENT	AWARD
Montana Native Youth Suicide Reduction Strategic Plan (Tribes/Urbans)	\$250,000	Flathead City County Health Department	\$63,000	Riverstone Health	\$20,000
MSU Center for Mental Health Research and Recovery (Cognitive Behavior Therapy)	\$221,000	District II Alcohol and Drug Treatment Program	\$63,000	Helena School District	\$15,000
MSU Center for Mental Health Research and Recovery (Youth Aware of Mental Health)	\$157,000	Tamarack Grief Resource Center	\$47,000	Clancy School	\$15,000
Billings Clinic	\$107,000	Missoula County Public Schools	\$41,000	Lockwood School District	\$1,000

Depression is Treatable Suicide is Preventable

If you are in crisis
and want help,
call the

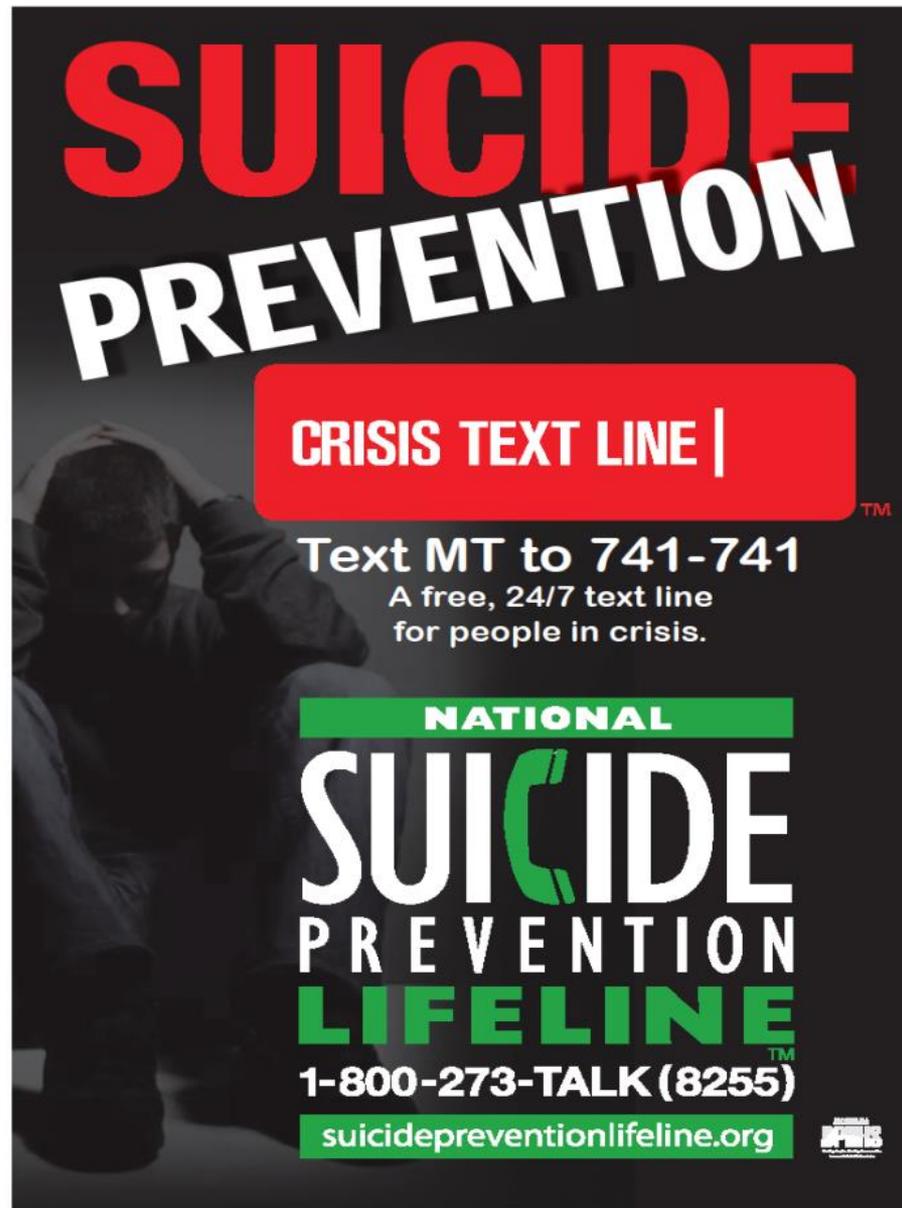
Montana Suicide
Prevention Lifeline,

24/7, at

1-800-273-TALK

(1-800-273-8255)

or text "MT" to 741 741



**SUICIDE
PREVENTION**

CRISIS TEXT LINE |

Text MT to 741-741
A free, 24/7 text line
for people in crisis.

**NATIONAL
SUICIDE
PREVENTION
LIFELINE**

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

DEPRESSION PREVENTION

www.dphhs.mt.gov/suicideprevention