

EVERYONE deserves
to be seen.



WELLSPACE
HEALTH

Suicide Prevention

Liseanne Wick, MS, D.

Director, Suicide Prevention Services



SUICIDE PREVENTION CRISIS LINE

24 HOURS A DAY, 7 DAYS A WEEK



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HEALTH

We see you.

SACRAMENTO
COUNTY

Call: 800-273-8255

Text: 916-668-4226

Chat: SuicidePreventionLifeline.org/chat

This program is funded by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

Suicide Prevention & Crisis Services

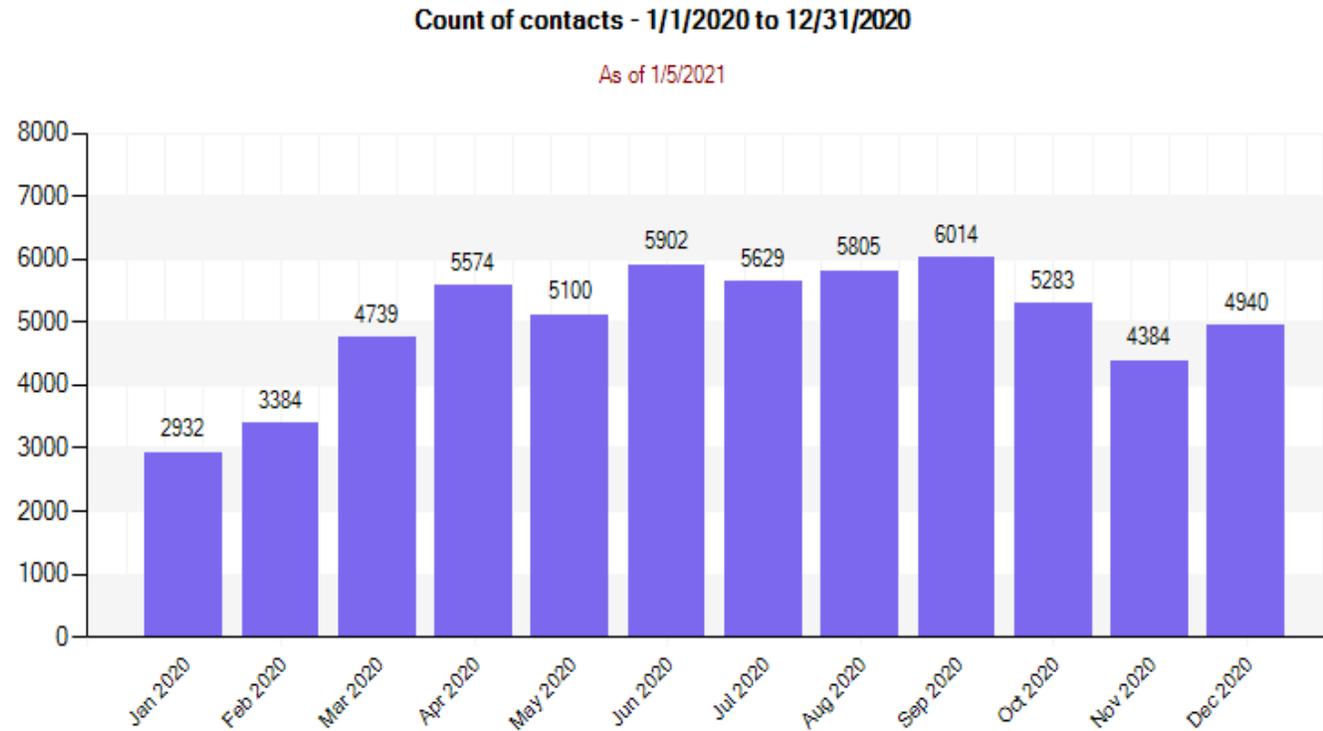
- Celebrating 50+ years of experience providing professional expertise and 24hr Suicide Prevention Crisis Line services in CA
 - Dual-Accreditation Nationally
(American Association of Suicidology, Joint Commission on Behavioral Health)
 - Statewide provider for the National Suicide Prevention Lifelines
(Primary and/or Backup for 50/58 counties in CA)
 - Local & Regional Suicide Prevention Crisis Lines, Foresthill Bridge phones
 - Crisis Chat & Crisis Texting – text HOPE to 916.668.iCAN or go to:
www.suicideprevention.wellspacehealth.org

Suicide Prevention & Crisis Services

- Emergency Department Follow Up program - *(post discharge)*
- Primary Care Follow Up program- *for suicidal patients@ WellSpace Health*
 - Community Outreach Presentations & Materials
- Suicide Prevention Trainings & Evidence Based QPR online
- *POST Academy Law Enforcement & Dispatcher Training for CA*
 - *CIT Training for Sacramento City PD*

SUICIDE PREVENTION CRISIS LINE STATS

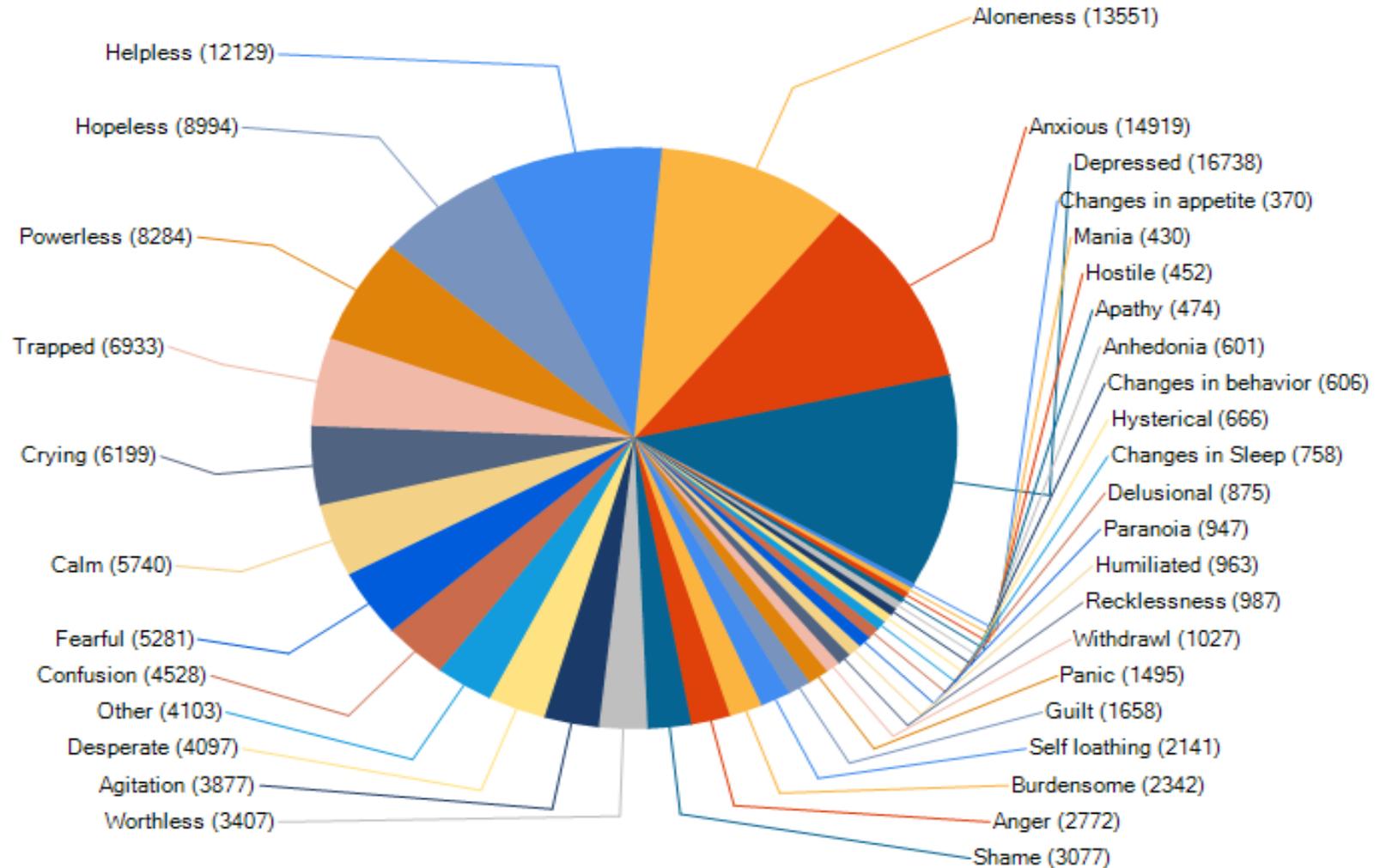
Annual Call Volume: 59,688 (2020)



Feelings about
2020
at a glance
through the lens
of our 24hr
Suicide
Prevention Crisis
Line callers

Feelings stated or implied - 1/1/2020 to 12/31/2020

As of 1/5/2021



SUICIDE PREVENTION CRISIS LINE STATS

CALL VOLUME: 40,195 (2019)
59,688 (2020)

SUICIDAL CONTENT: 18,545 (2019) 46% of call volume
32,278 (2020) 54% of call volume

SUICIDAL DESIRE: 10,764 (2019) 27% of call volume
17,670 (2020) 30% of call volume

ACUTE SUICIDAL INTENT (mod-imminent risk of ending their life that day):
3,516 (2019) 33% of those w/Suicidal Desire; 8% of overall volume
7,035 (2020) 40% of those w/Suicidal Desire; 12% of overall volume

California & the United States

Facts and Figures

Suicide Facts & Figures: California 2020



On average, one person died by suicide every two hours in the state.

More than four times as many people died by suicide in California in 2018 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of 84,137 years of potential life lost (YPLL) before age 65.



Suicide cost California a total of **\$4,246,494,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,085,227 per suicide death.**



11th leading cause of death in California

2nd leading
cause of death for ages 10-34

4th leading
cause of death for ages 35-44

5th leading
cause of death for ages 45-54

8th leading
cause of death for ages 55-64

16th leading
cause of death for ages 65+

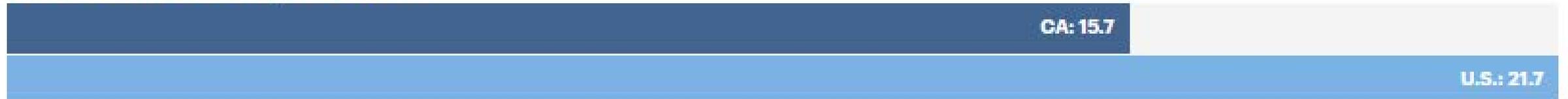
Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
California	4,491	10.81	44
Nationally	48,344	14.21	

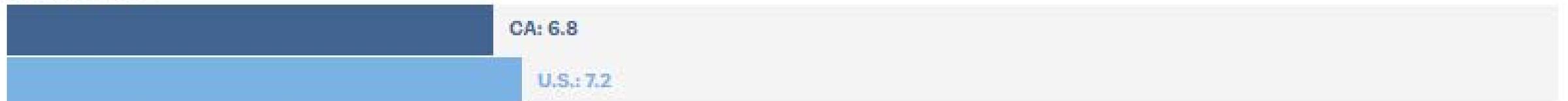
CDC, 2018 Fatal Injury Reports (accessed from www.cdc.gov/injury/wisqars/fatal.html on 3/1/2020).

RACE/ETHNICITY

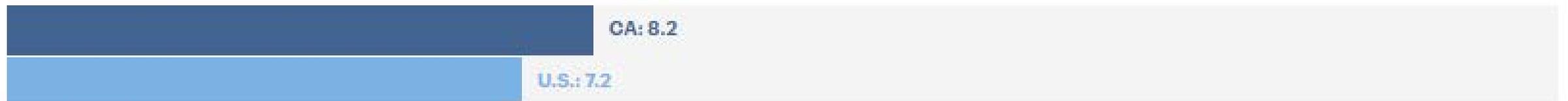
Suicide - American Indian/Alaska Native



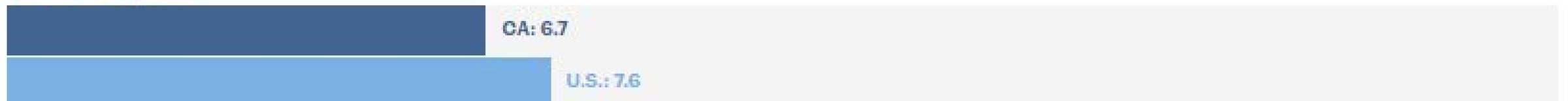
Suicide - Asian



Suicide - Black



Suicide - Hispanic



Suicide - White



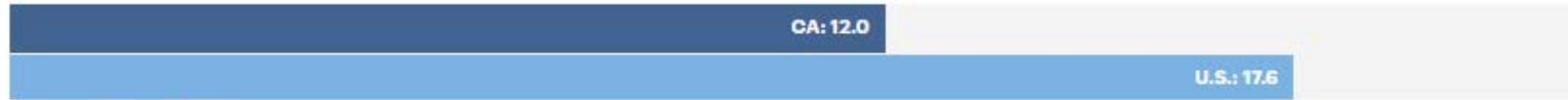
Deaths per 100,000 population

AGE

Suicide - Ages 15-24



Suicide - Ages 25-34



Suicide - Ages 35-44



Suicide - Ages 45-54



Suicide - Ages 55-64



Suicide - Ages 65-74



Suicide - Ages 75-84

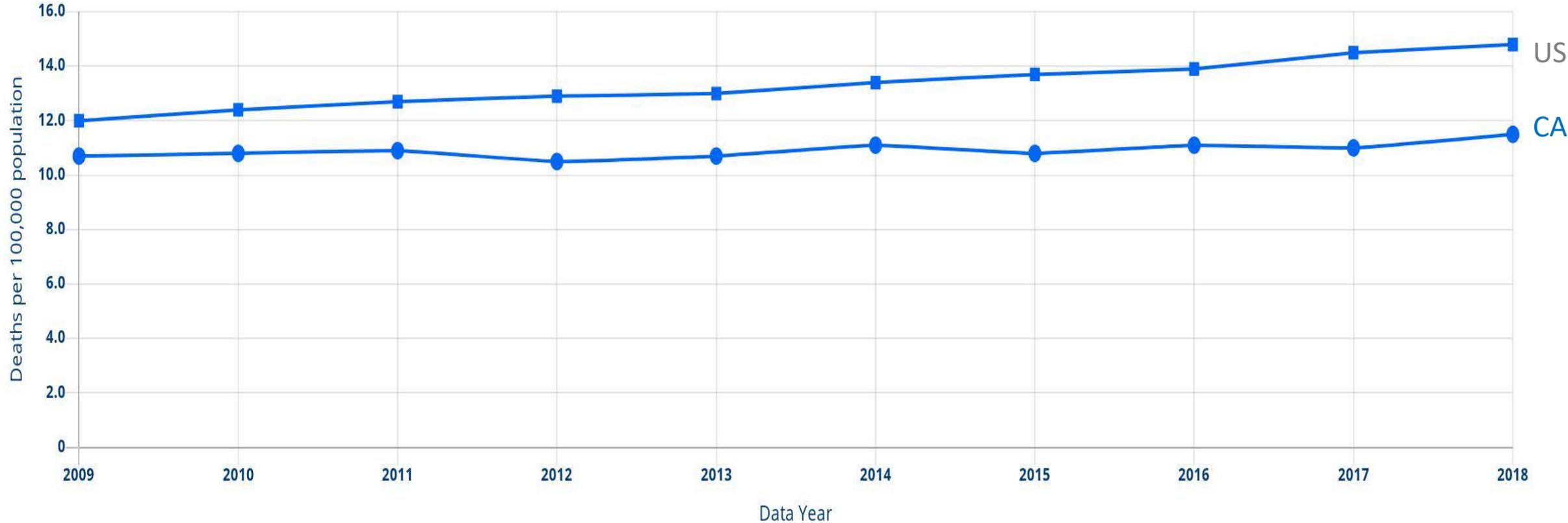


Suicide - Ages 85+



Deaths per 100,000 population

Trend: Suicide, California, United States, 2020 Annual Report



Number of deaths due to intentional self-harm per 100,000 population (age-adjusted to data year)

● California ■ United States

Closing Thoughts

Concerns

- Gun sales have doubled nationally. Over 50% of suicide deaths annually are by firearms. For every 10% increase in gun ownership, youth suicide rate historically increased 25% among youth 10-19. *(Anita Knopov et al, American Journal of Preventative Medicine, March 2019)*
- Rate of gun suicides in youth have increased 214% (10-14 y/o) and 51% (15-24 y/o) (CDC, March – July 2020) *CDC, WISQARS Fatal Injury Reports, Ages 10-24, Percent Change: 2009 to 2018*

Concerns (continued)

- INCREASES IN ANXIETY, DEPRESSION, AND ISOLATION have been observed throughout the pandemic. Over 1/3 of Americans are currently struggling with anxiety and depression. Reports of depression and anxiety among youth 18-24 have doubled. 11% of all respondents (all ages) had suicidal thoughts in the last 30 days.
- USE OF TECHNOLOGY AND SOCIAL MEDIA – double edged sword
- 9-8-8 is rolling out soon with no federal funding attached. State funding is needed for crisis centers to prepare and respond to the expected increases in call volume

Prevention

- Improve funding to increase capacity for established accredited suicide prevention crisis centers now and for incoming 988 calls to follow
- Improve access to mental health services for those struggling with their mental health
- Improve and coordinate care transitions especially between providers for suicidal clients
- Reduce isolation and increase connectedness

Prevention (continued)

- MEANS RESTRICTION- Encourage means restriction to firearms in the home- keep them locked up.
- Promote the use of 24hr Suicide Prevention Crisis Lines, chat, and text services- confidential, free, and available 24/7/365.
- Elevate the dialogue about suicide prevention to reduce stigma around help-seeking

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