

Public Health Strategies for Suicide Prevention in New York State



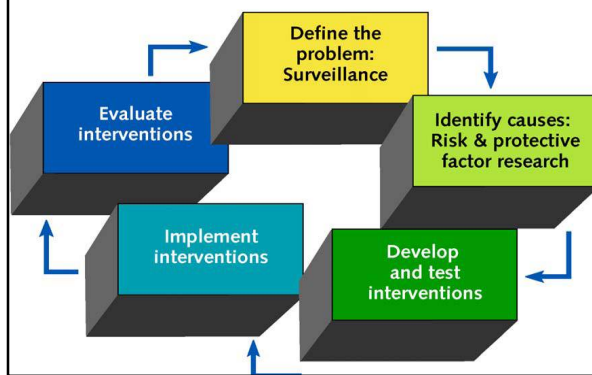
Melanie Puorto
Director of Suicide Prevention Initiatives, NYSOMH

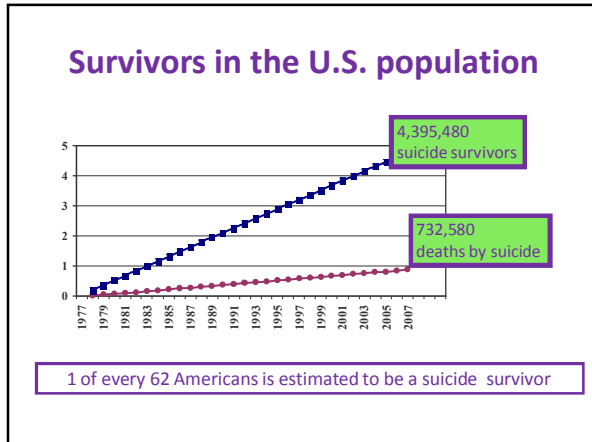
Pat Breux
Youth Prevention Specialist, SPCNY

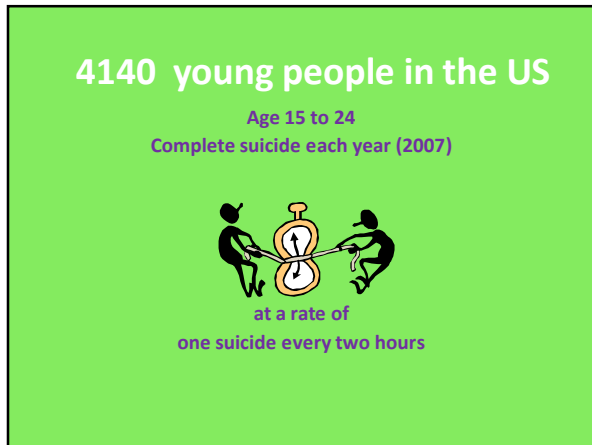
“Only recently have the knowledge and tools become available to approach suicide as a preventable problem with realistic opportunities to save lives.”

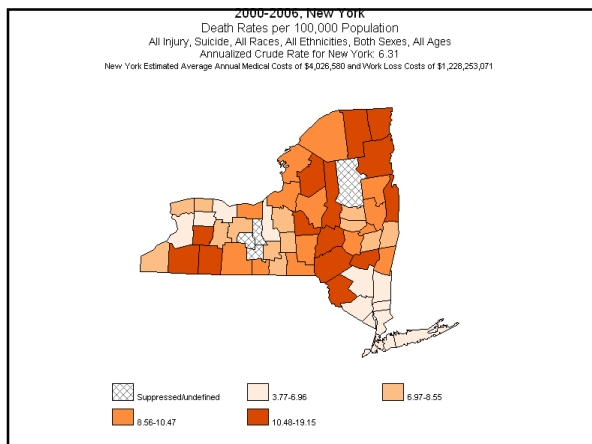
National Strategy for Suicide Prevention, 2001

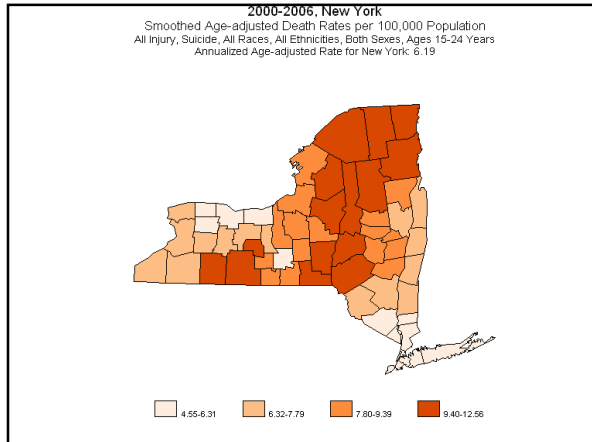
The Public Health Approach to Prevention

















**Identify causes:
Risk & protective
factor research**

Air Force Study 1990-2002*

- 5 million personnel studied
- Comprehensive Project - 11 strategies
- Gatekeeper training for 90% of all staff

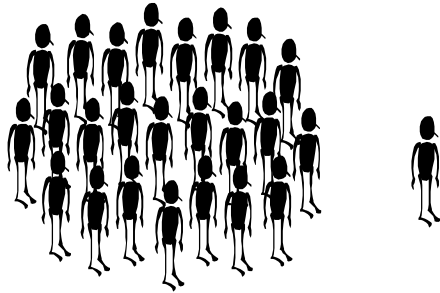
Results:

- 33% reduction in suicide risk
- Significant reduction in homicide, domestic violence, accidental death

* The Canadian Journal of Psychiatry, Vol. 54 No 4, April, 2009, p. 244

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Estimates on attempted suicide



25 attempts for each documented death

(Note: 34,000 suicides translates into 850,000 attempts annually)

**Develop
and test
interventions**

Surveillance and Research





Implement interventions

- Implement interventions**
- Correct public misperceptions
 - Gatekeepers
 - Primary care
 - First aid/intervention skills
 - Common language for risk & safety – seamless care
 - Skills of Clinicians
 - Postvention is prevention

Correct public misperceptions

- Suicide is preventable
- Most don't want to die, just can't find a way to live
- Direct and open communication about suicide is needed. Talking doesn't make it worse.
- Most of the times there are signs



Gatekeeper Training





Primary Care

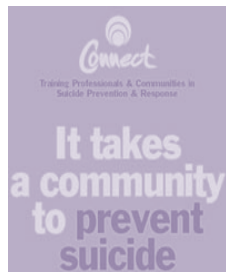
- October, 2006 meta analysis
 - International review by 26 doctors
 - 40 years, over 1000 studies considered
 - Over 60% of suicides saw PCP within 30 days
- Conwell & Caine, 2004
 - Frail elderly should be screened at primary care appointments





Postvention = Prevention

- NAMI New Hampshire
- Community teams in all counties
- Protocols for response
- Surveillance for clusters



Evaluate interventions

Office of Mental Health
www.omh.state.ny.us/omhweb/suicide_prevention

Together We Can Save Lives!

Suicide Prevention Center of New York
www.PreventSuicideNY.org
