

# Youth Suicide Prevention in Nebraska: Data Trends

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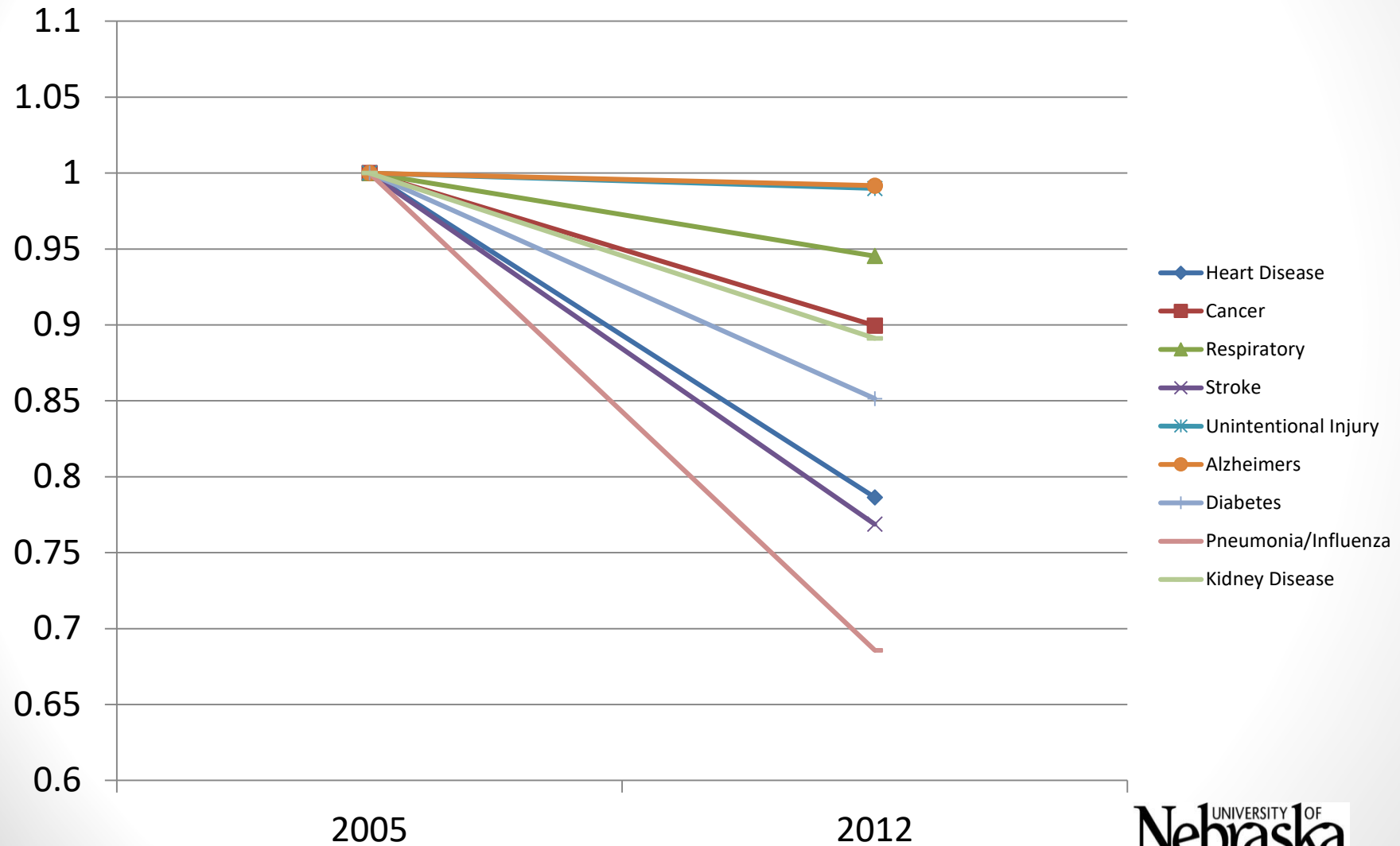
Public Policy Center



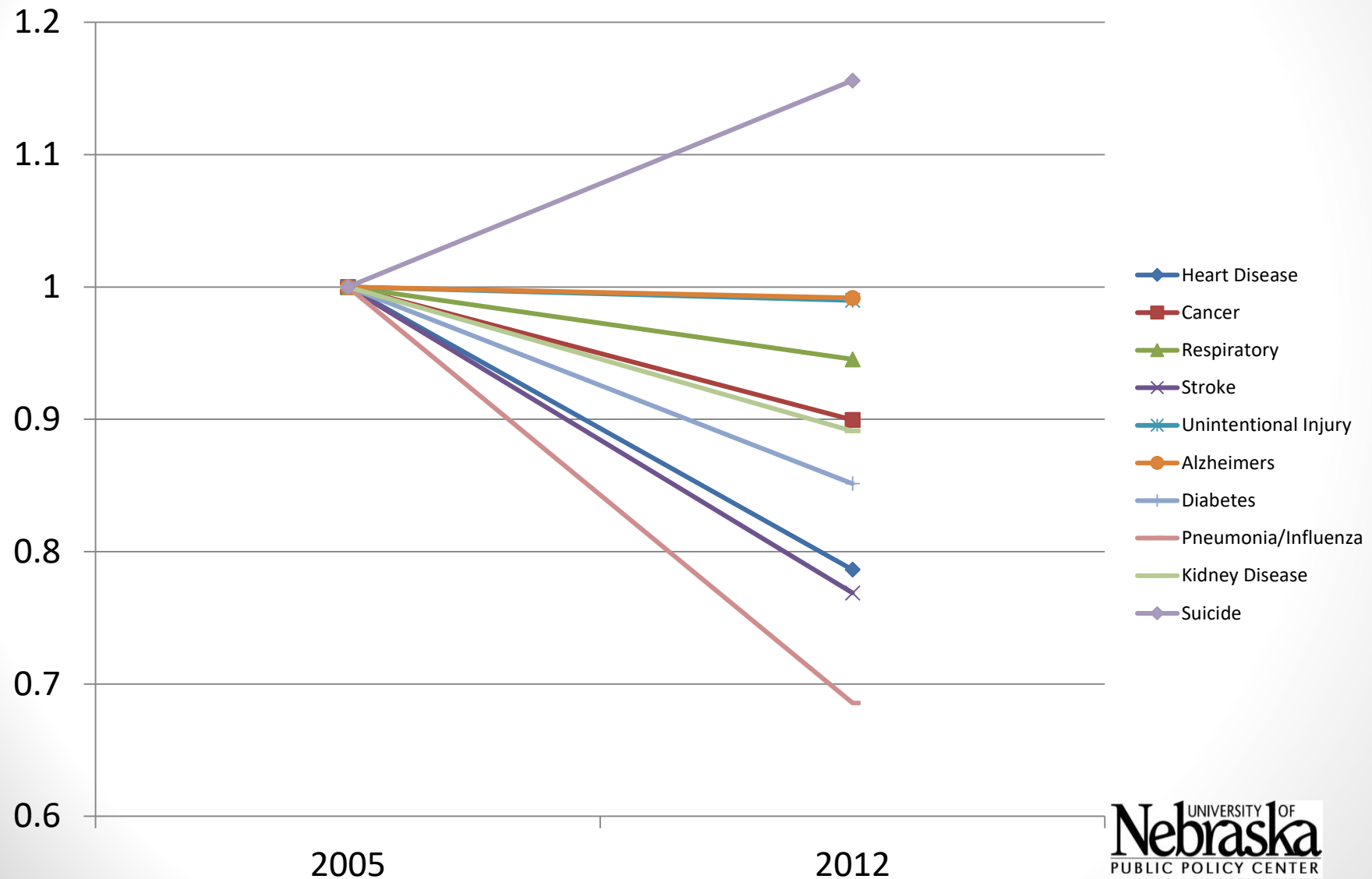
# Overview

- The Value of Prevention
- National Context
- Nebraska's Youth Suicide Prevention Initiative
- What More Can We Do to Prevent Youth Suicide?

# Change in US Death Rates – Top 9 Causes of Death



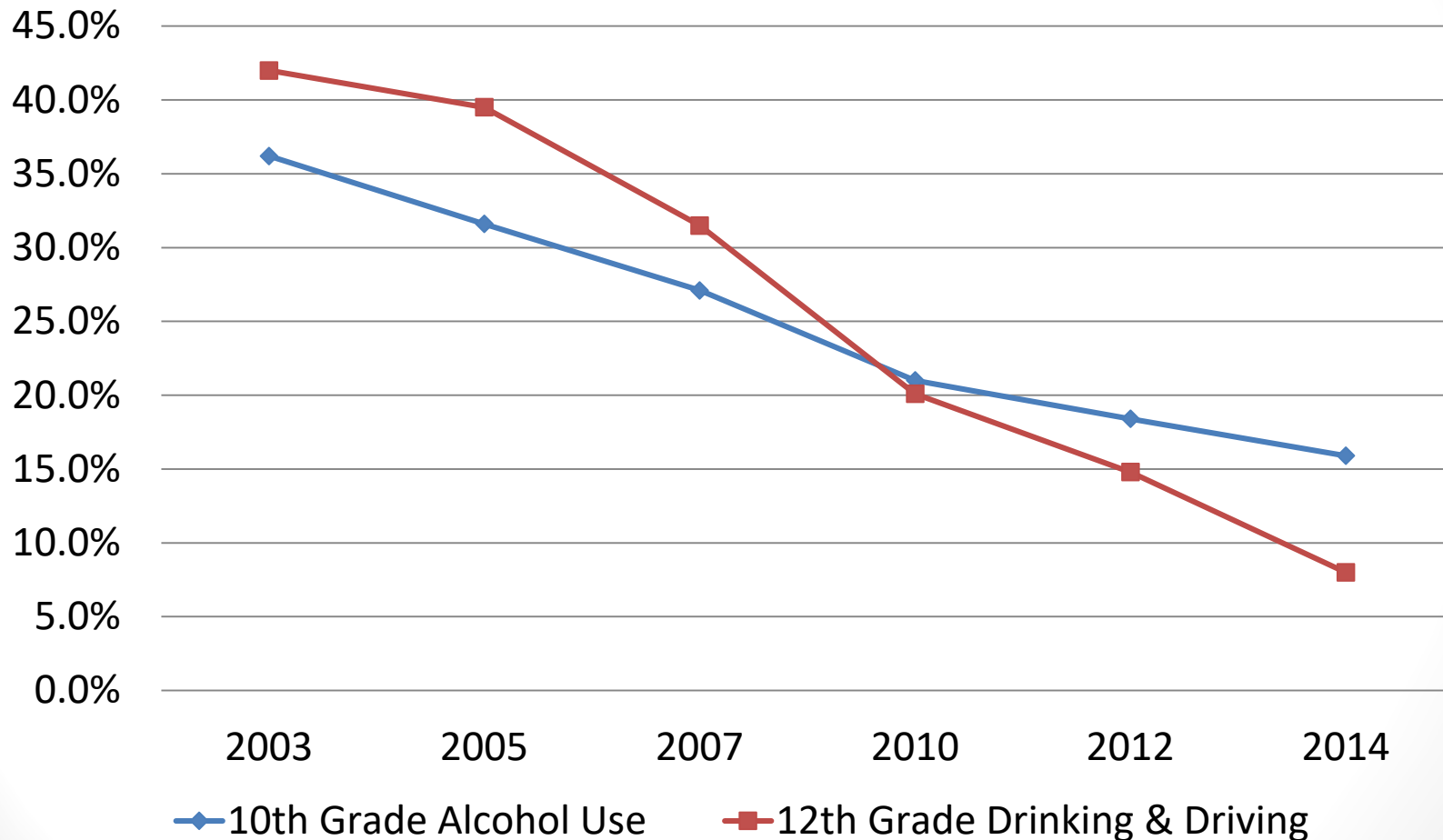
# Change in US Death Rates – Top 10 Causes of Death



# Prevention Works

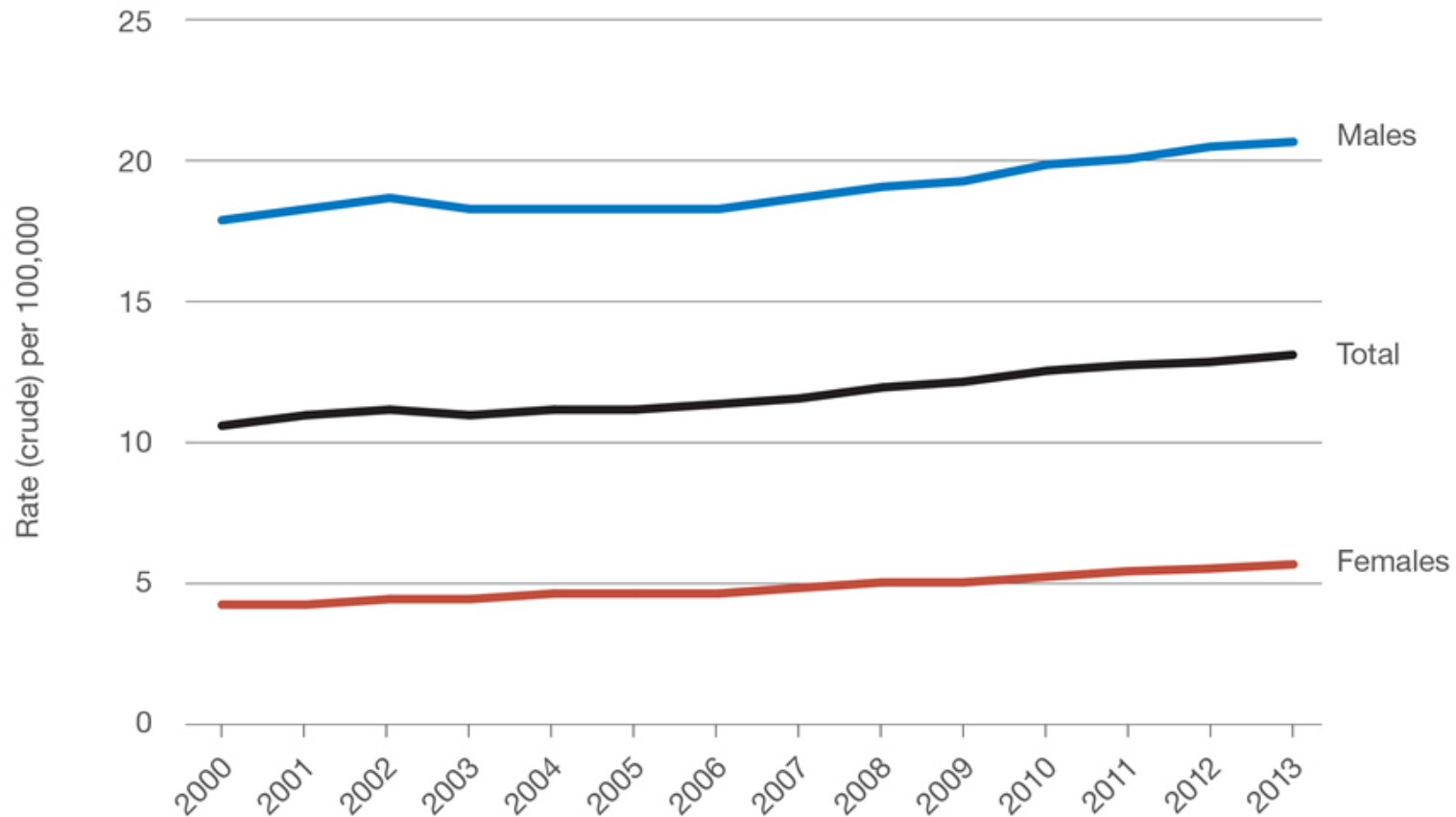


## NRPFSS Trends 2003 - 2014



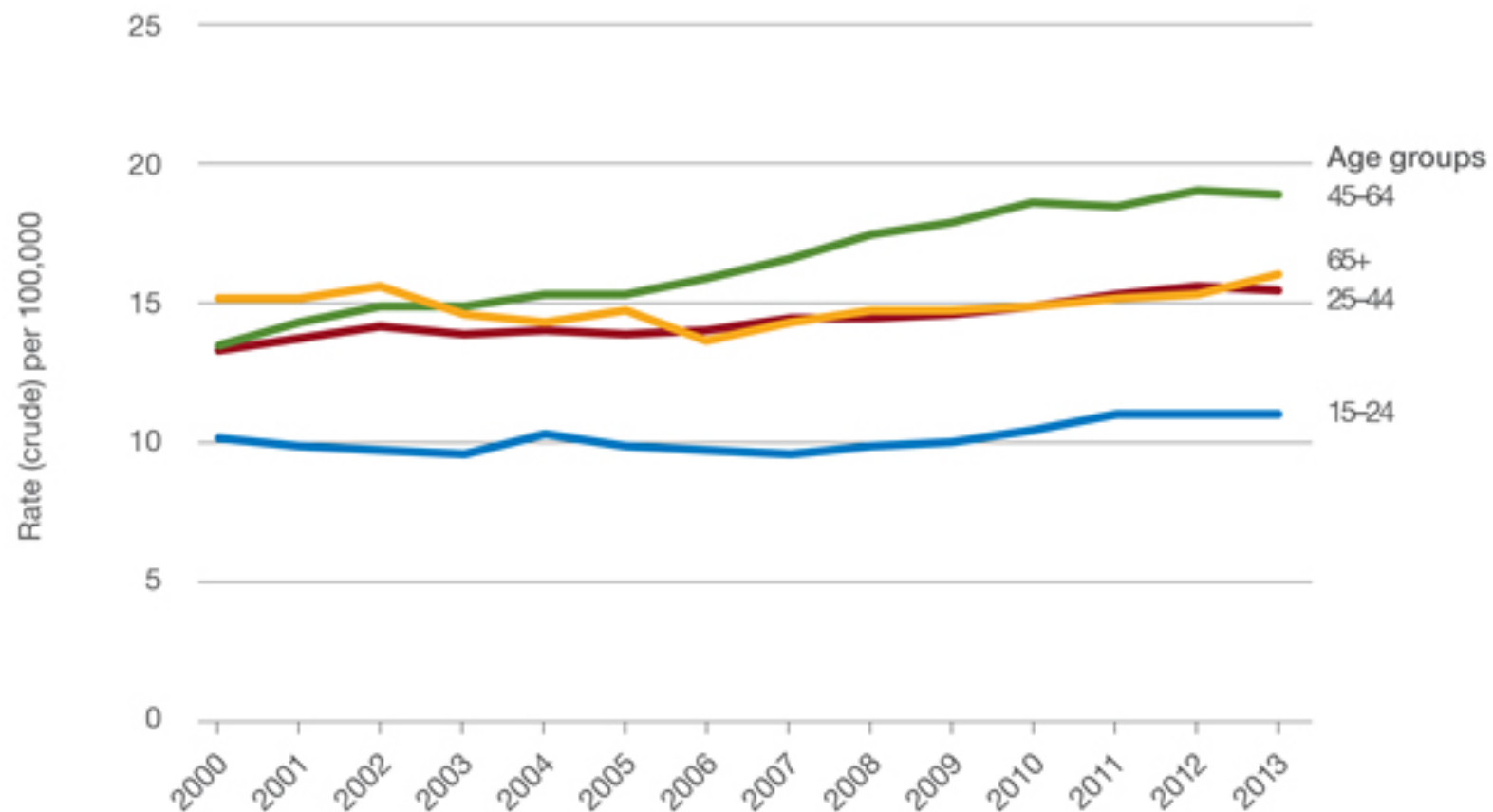
# National Context

# Suicide Deaths in the United States by Sex, 2000–2013



Source: WISQARS Fatal Injury Reports, 1999–2013

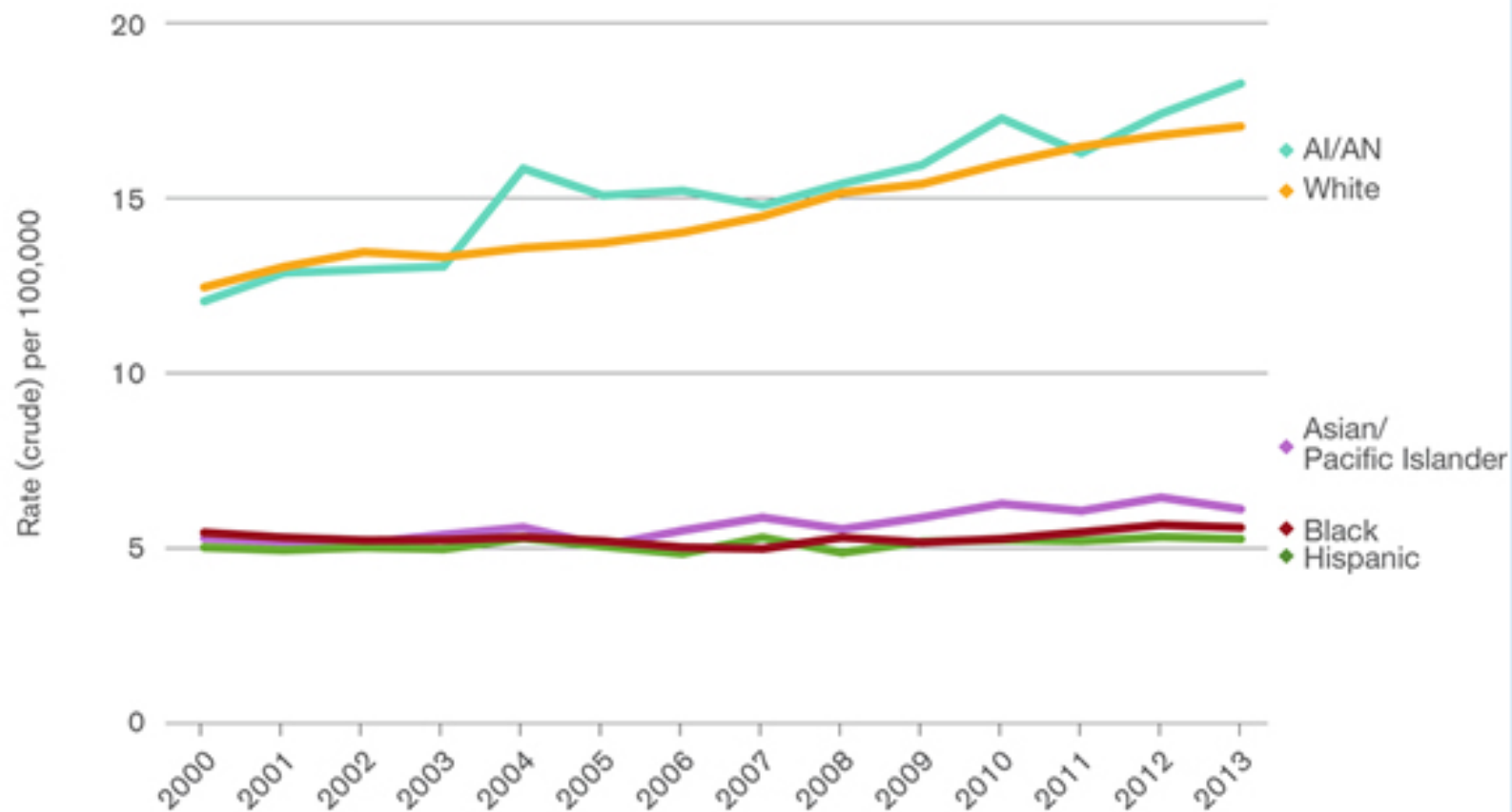
## Suicide Rates by Age, United States, 2000–2013



Source: WISQARS Fatal Injury Reports, 1999-2013

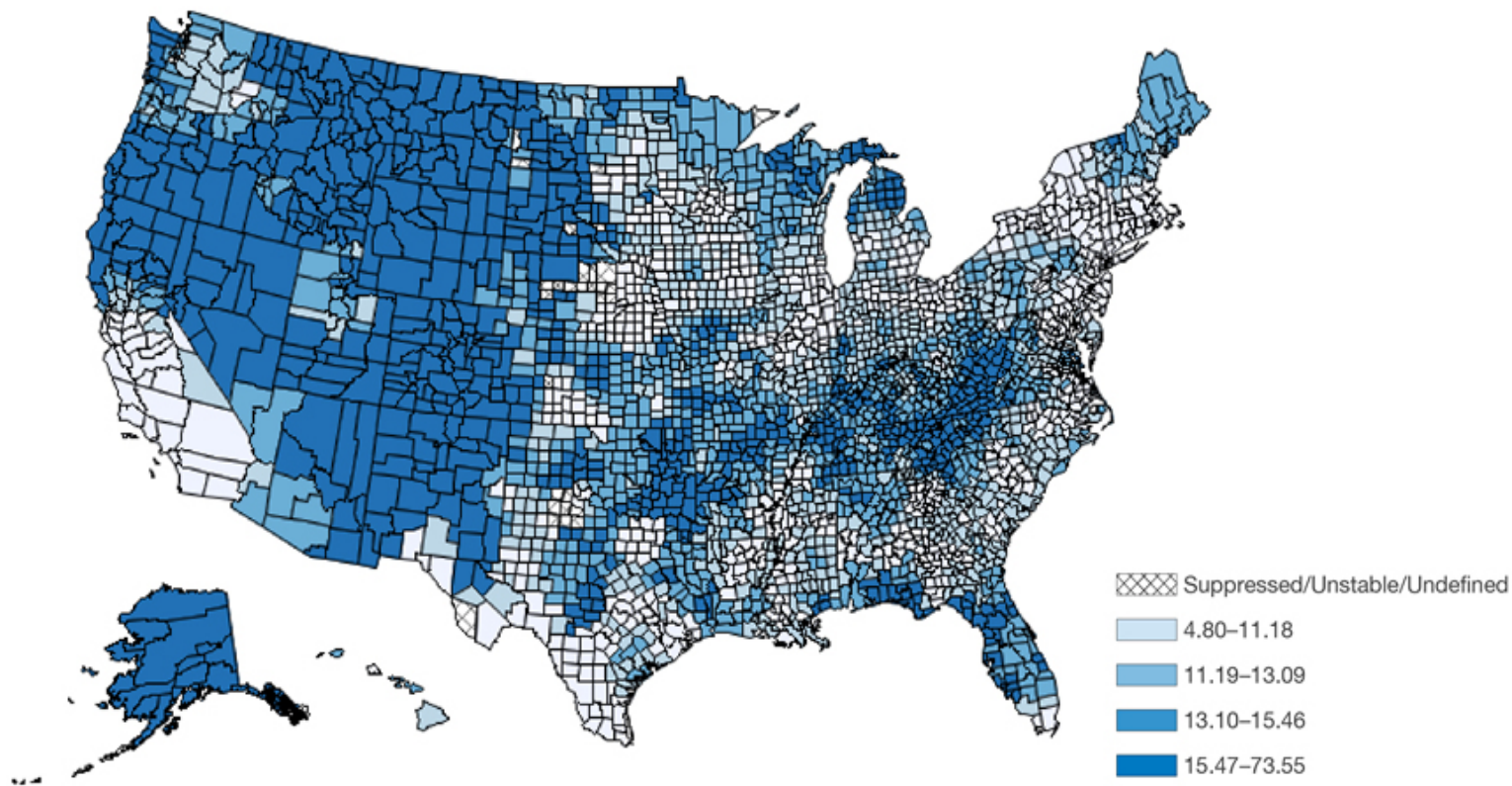


# Rate of Suicide by Race/Ethnicity, United States 2000–2013



Source: WISQARS Fatal Injury Reports, 1999–2013

# United States Suicide Rates— Geographical Distribution (County Level)



Rates per 100,000 population  
Rates appearing in this map have been geospatially smoothed



# Nebraska's Youth Suicide Prevention Initiative



Goal 1: Prevent Youth Suicides in Nebraska

Goal 2: Standardized screening protocols are in place for youth at risk for suicide in child serving systems

Goal 3: Nebraska communities implement culturally appropriate suicide prevention strategies.

Department of Health & Human Services

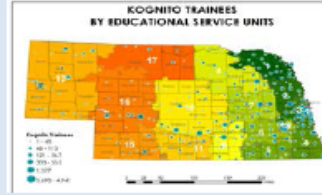


## Gatekeeper Training

**129** youth were screened for suicide risk through the Professional Partner Program

**36,317** school staff

trained in Kognito gatekeeper training



**2,176** gatekeepers trained in QPR



## Clinician Training & LOSS Teams

**3** Behavioral Health Regions have LOSS Postvention Teams

**190** clinicians trained in CAMS

**85** clinicians trained in AMSR



**1,612** mental health & related workforce trained in mental health practices



## Coalition Building

- Coalition Development
- Trainings
- Risk Screening
- Means Restrictions
- Strategic Communications
- Yellow Ribbon Events

## Regional Prevention Strategies

- Youth Leadership Development
- Postvention Development
- Needs Assessment
- Wellness Recovery Action Plan
- Outreach
- Help Line Dissemination

## State Planning



Nebraska Statewide Suicide Prevention Plan 2016-2020



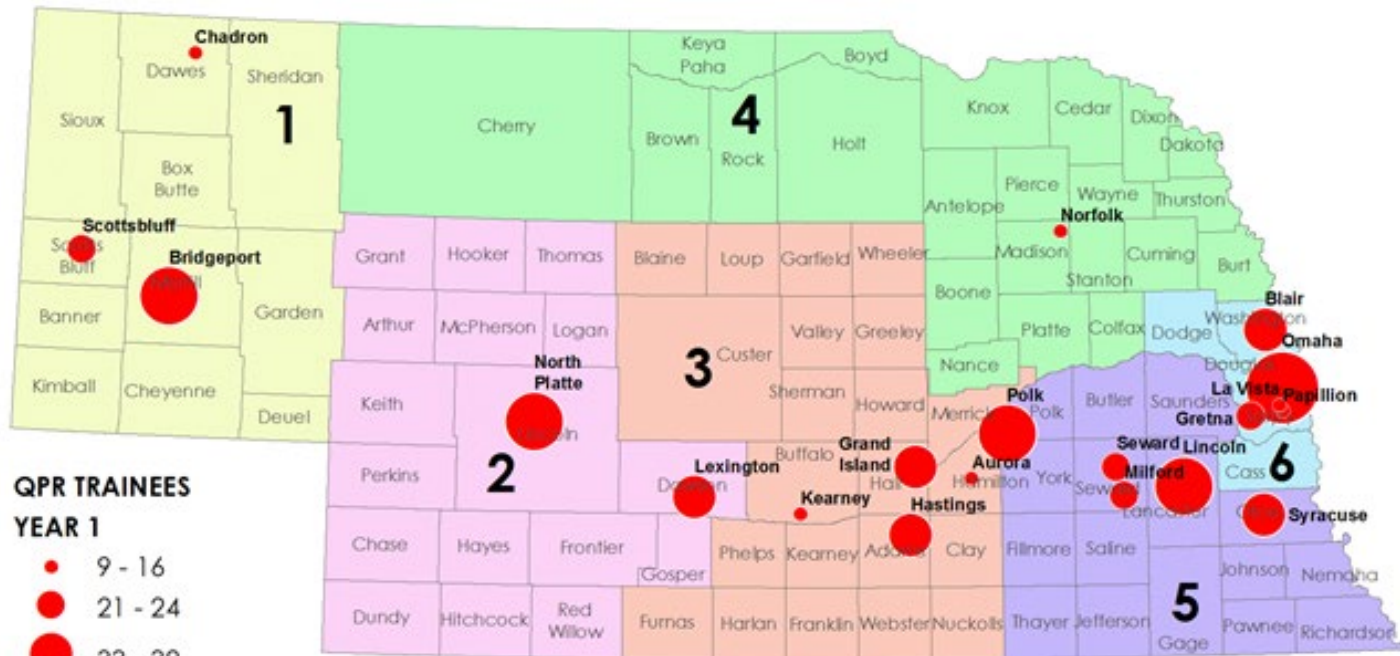
# Suicide Screening in the Professional Partner Program 7/1/15 - 3/30/16

Gender	Number Screened	Number Screened Positive	Number Referred for Mental Health Services
All	496	181	69
Male	263	87	-
Female	193	93	-

# Number Trained by Type of Training 10/1/14 – 3/30/16

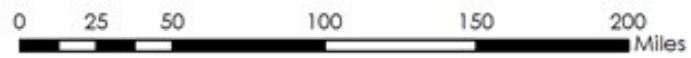
Training	Number Trained
Kognito	38,811
Question Persuade Refer (QPR)	2,841
Yellow Ribbon	600
Assessing & Managing Suicide Risk (AMSR)	190
Collaborative Assessment and Management of Suicidality (CAMS)	97
Connect Postvention	51
Local Outreach to Suicide Survivors (LOSS) Team 101	20
<b>TOTAL</b>	<b>42,600</b>

# QPR TRAINEES YEAR 1 BEHAVIORAL HEALTH REGIONS

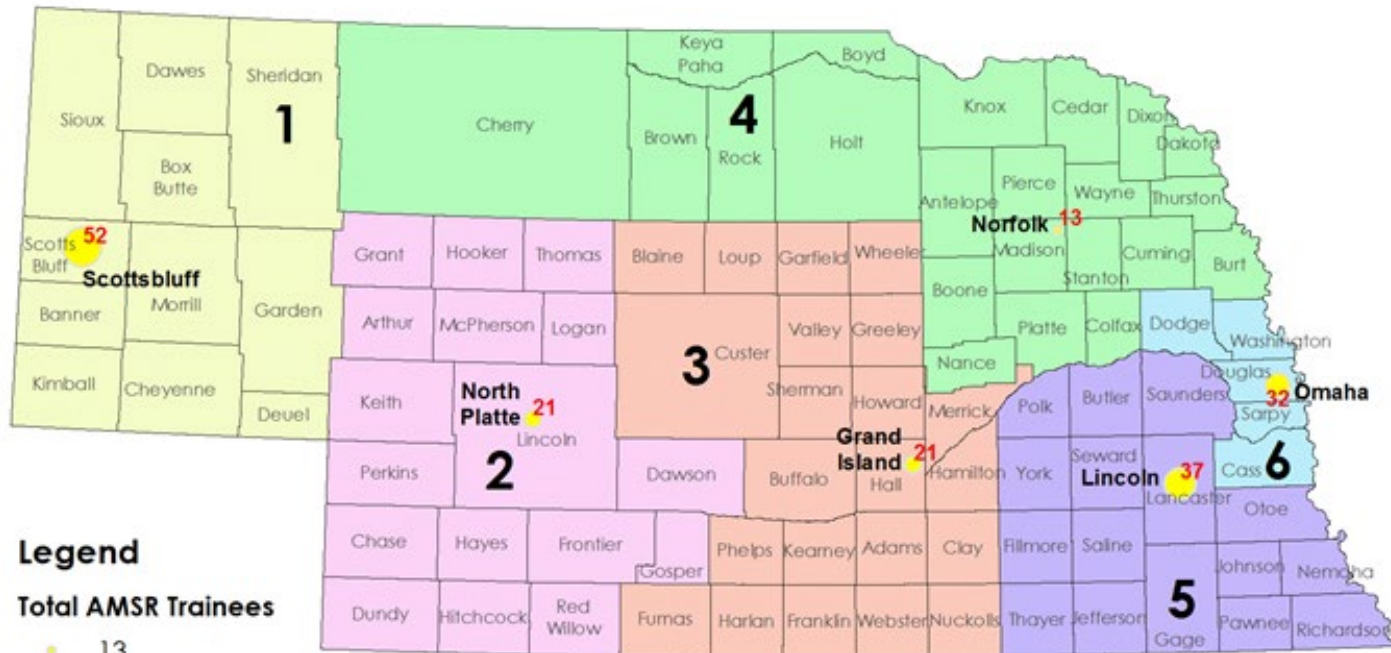


## QPR TRAINEES YEAR 1

- 9 - 16
- 21 - 24
- 33 - 39
- 69 - 105
- 178



# TOTAL AMSR TRAINEES BY BEHAVIORAL HEALTH REGION

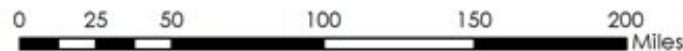


## Legend

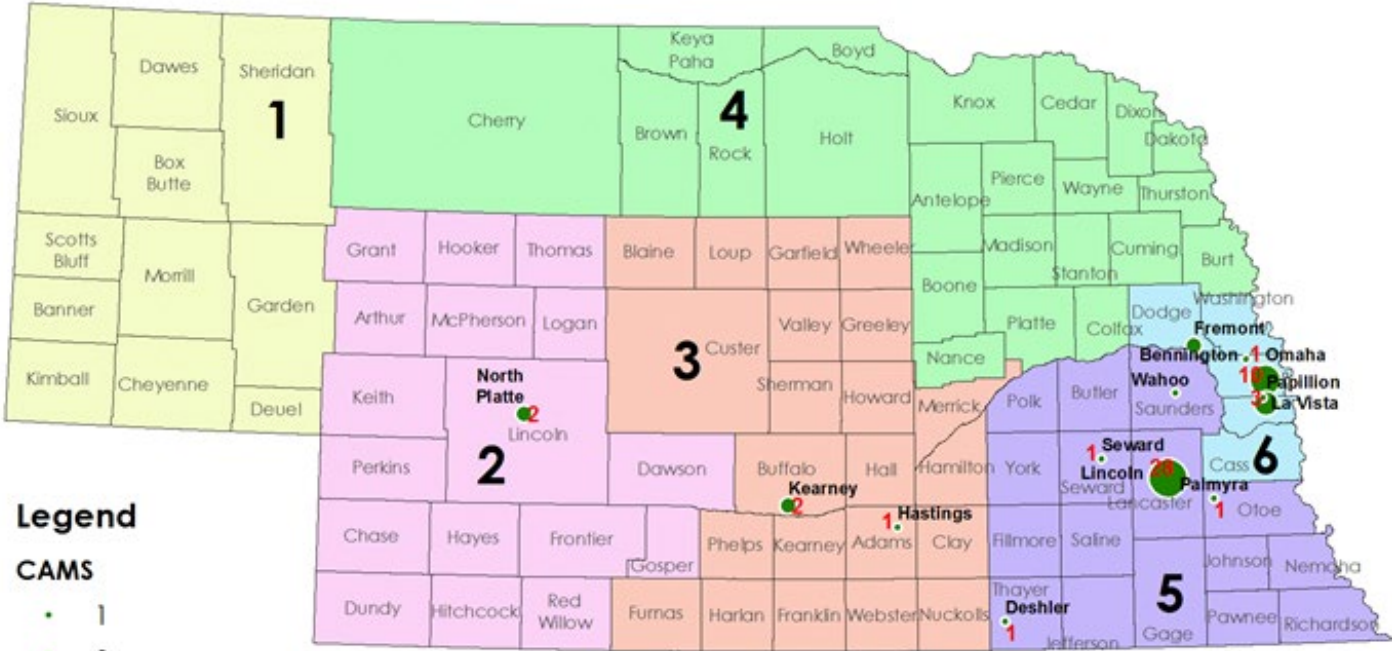
### Total AMSR Trainees

- 13
- 21
- 32
- 37
- 52

□ County



# TOTAL CAMS TRAINEES BY BEHAVIORAL HEALTH REGION

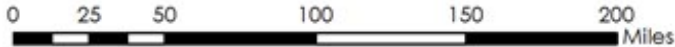


## Legend

### CAMS

- 1
- 2
- 3
- 10
- 28

□ County





# CAMS Evaluation

**How useful was the CAMS training to your work?**

Very Useful	Useful	Somewhat Useful	Neutral	Somewhat Useless	Useless	Very Useless
19 (35%)	27 (50%)	6 (11%)	1 (2%)	1 (2%)	0	0

**How likely are you to recommend the CAMS training to a colleague?**

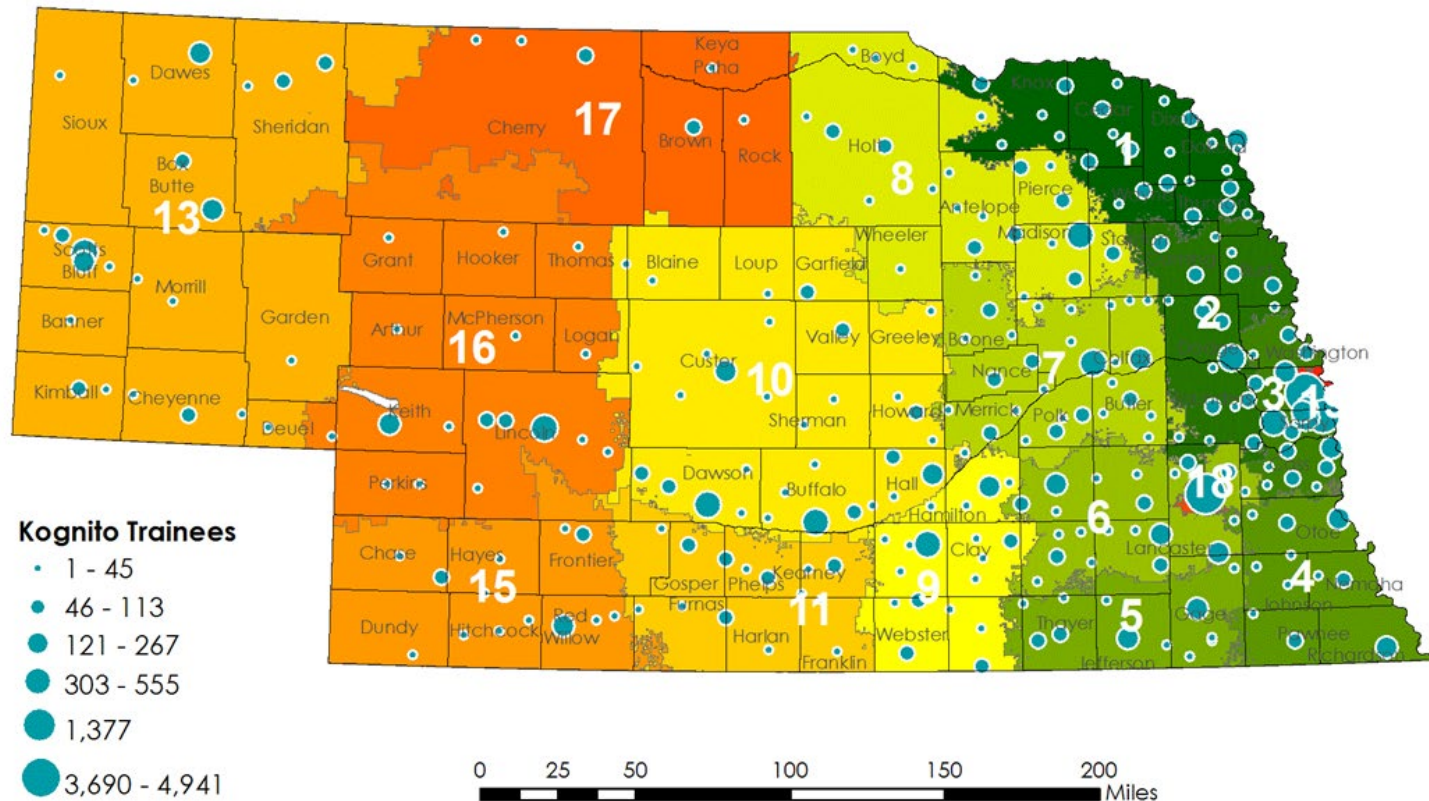
Very Likely	Likely	Somewhat Likely	Neutral	Somewhat Unlikely	Unlikely	Very Unlikely
18 (33%)	22 (41%)	10 (19%)	0	2 (4%)	1 (2%)	0

**Please rate the ease of your experience with the CAMS online training environment.**

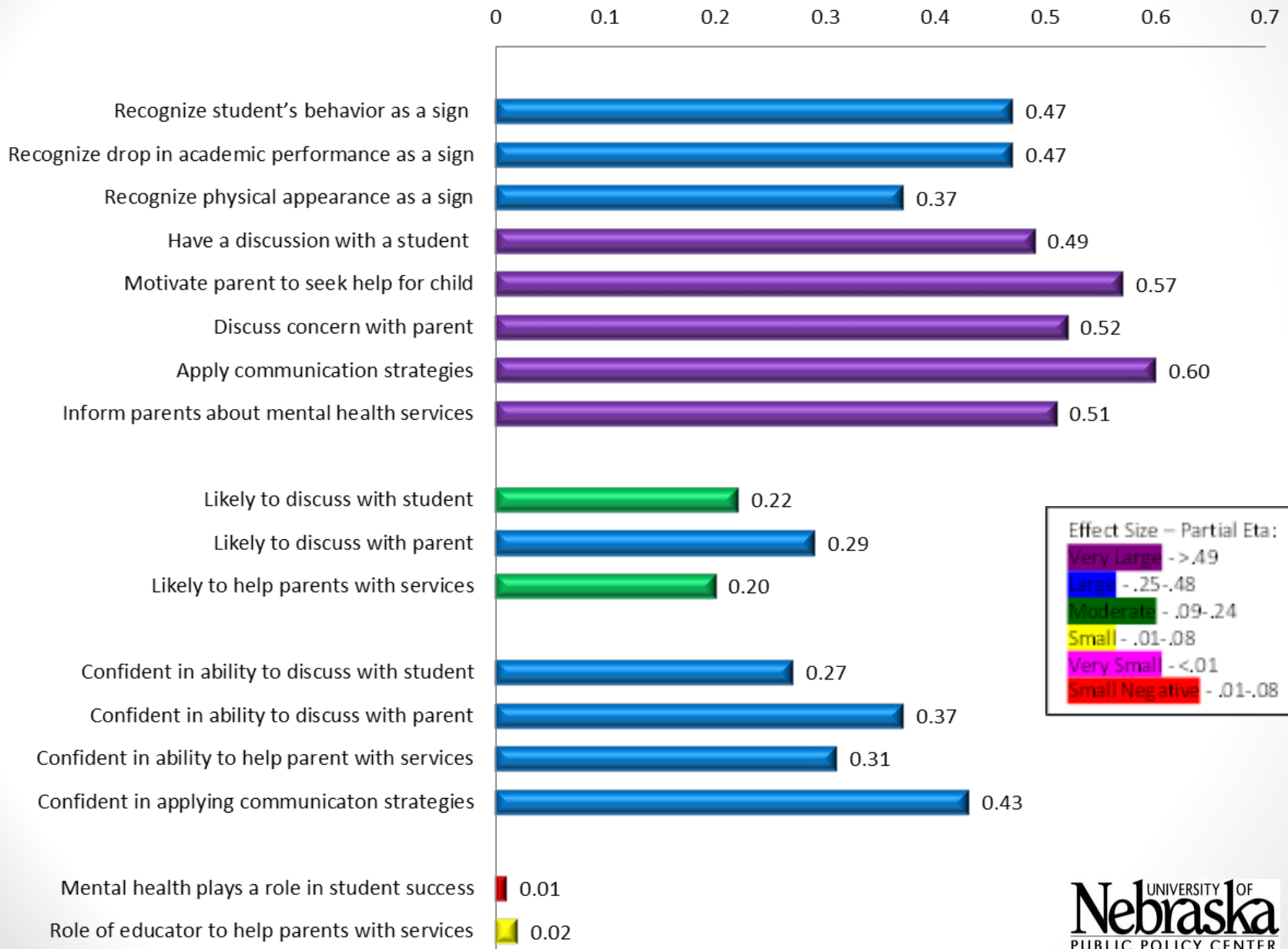
Very Easy	Easy	Somewhat Easy	Neutral	Somewhat Difficult	Difficult	Very Difficult
9 (17%)	19 (35%)	10 (19%)	2 (4%)	8 (15%)	4 (7%)	2 (4%)

# April 1, 2015 – October 8, 2015

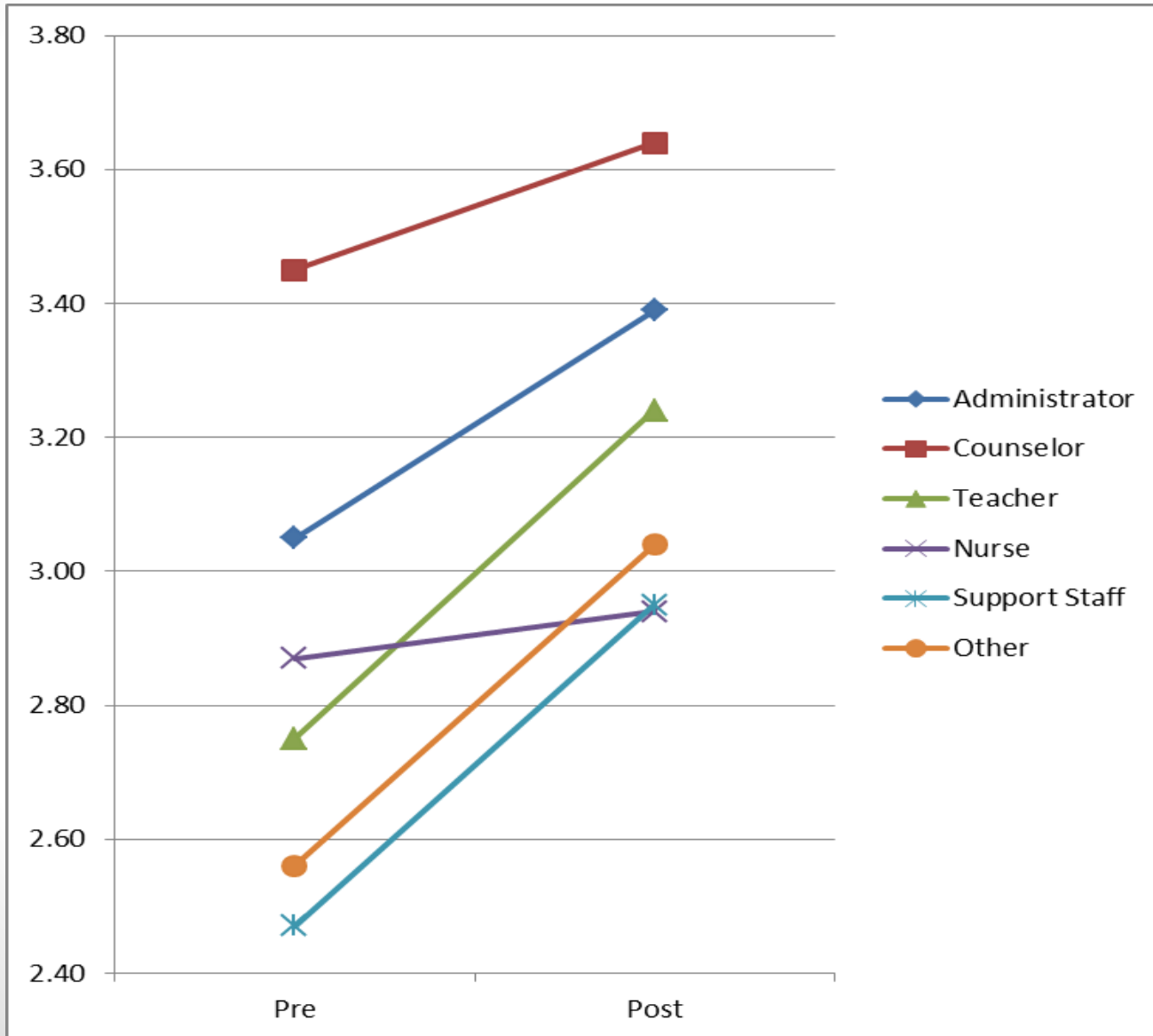
## KOGNITO TRAINEES BY EDUCATIONAL SERVICE UNITS



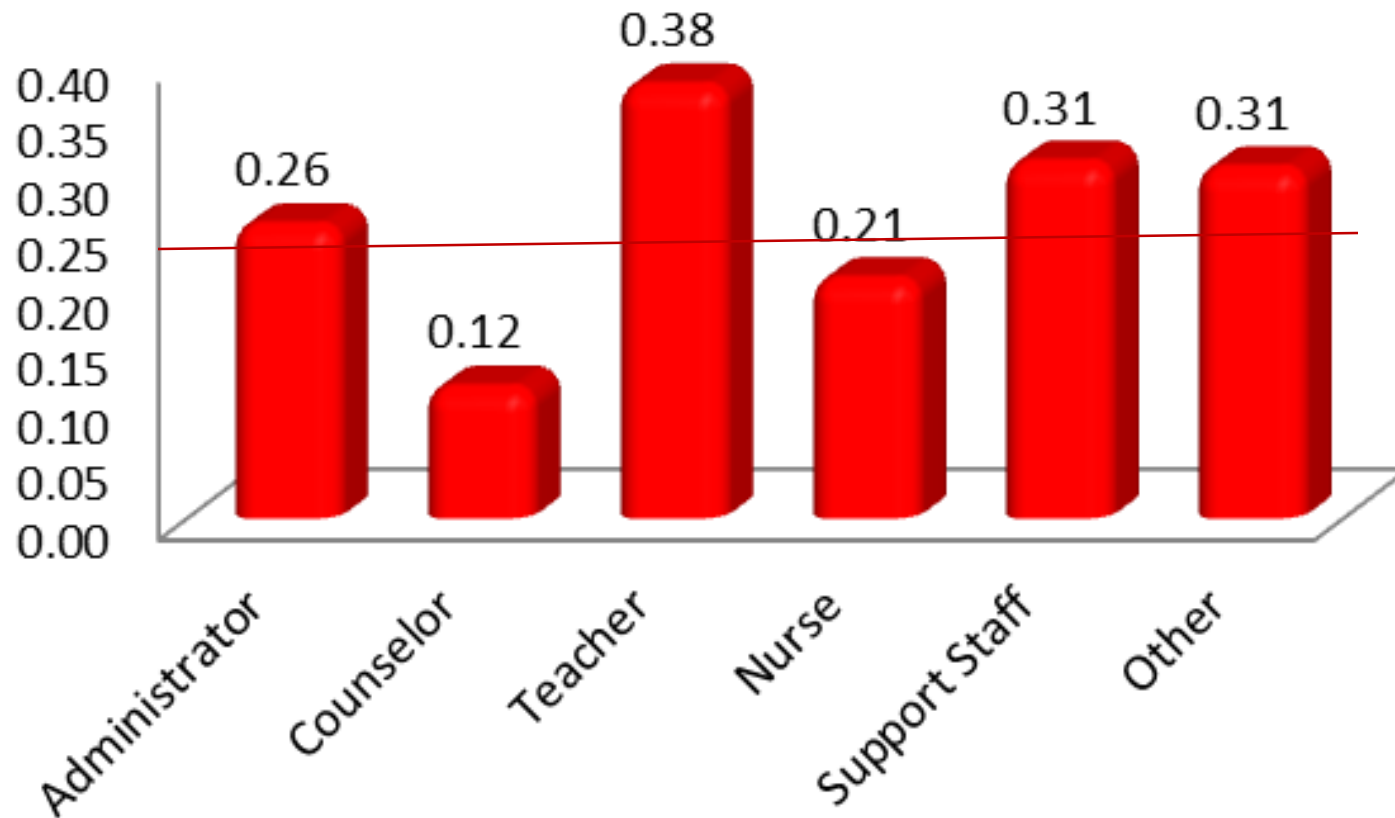
# Kognito pre-post effect sizes



# Change in pre-post scores for confidence questions by profession for elementary school trainees



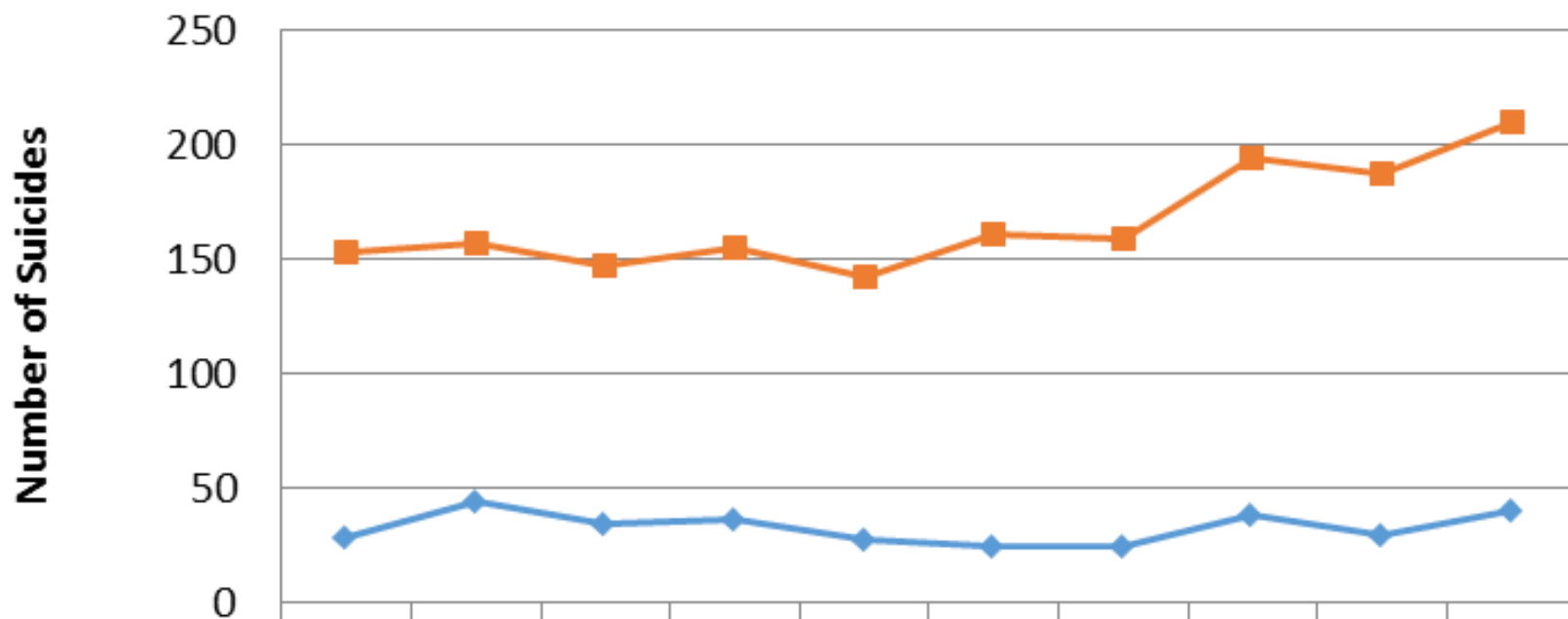
# Effect size (Partial Etas) for confidence questions by profession for elementary school trainees



What are the characteristics of youth suicide in Nebraska?

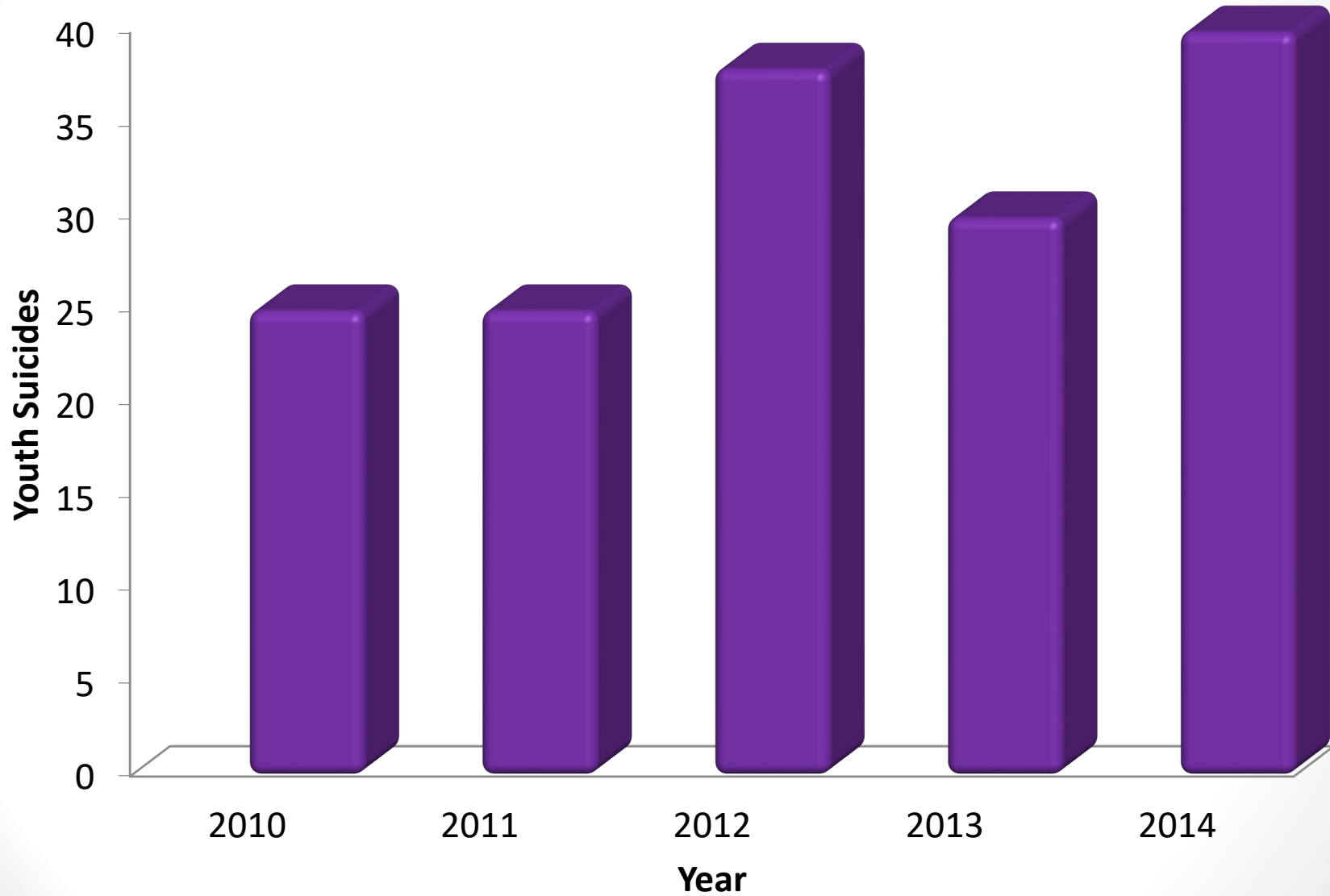
How can we use this information to improve prevention efforts?

## Suicides by Year and Age Group



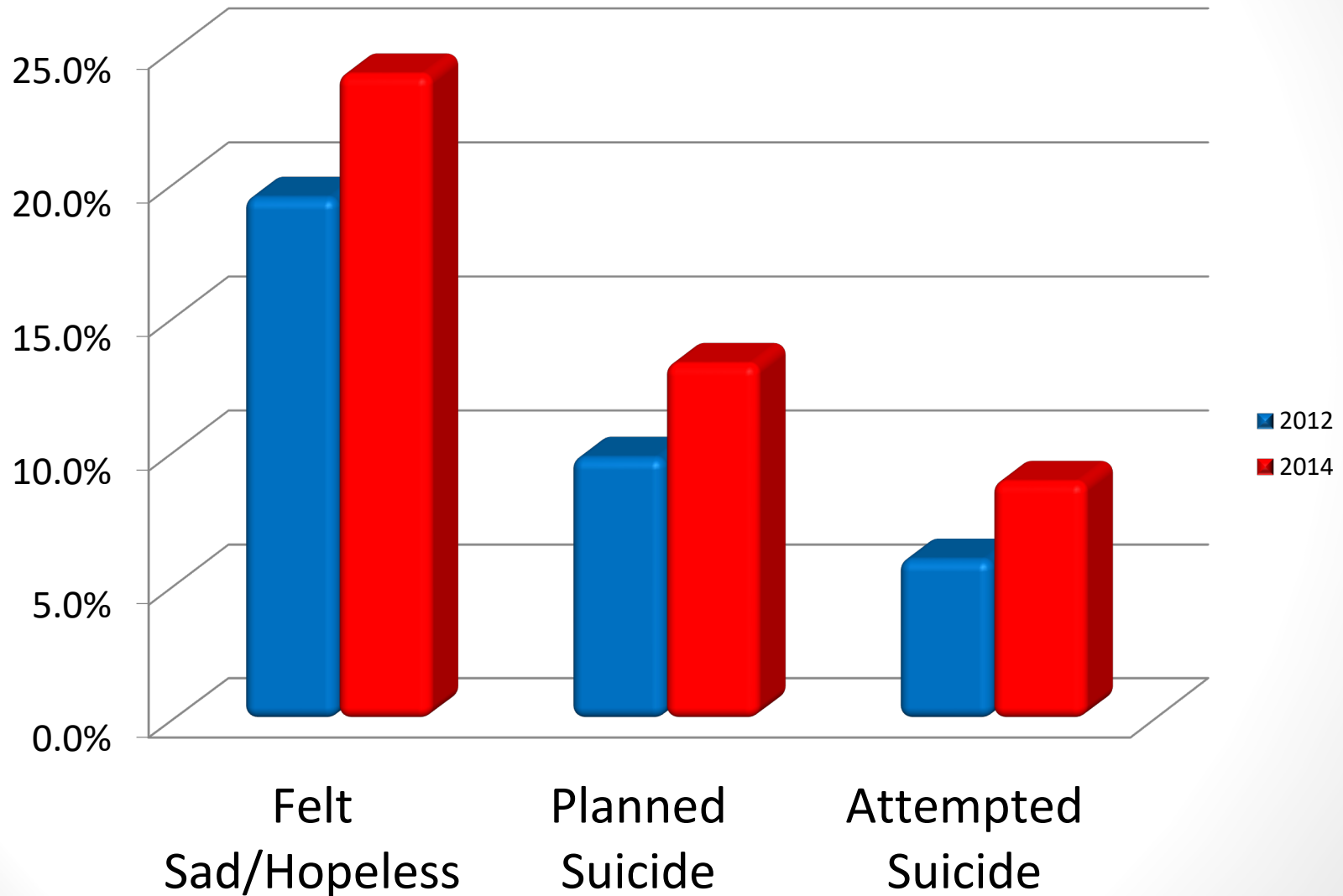
	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
5 to 24	29	44	34	36	28	25	25	38	30	40
25+	153	157	147	155	142	161	159	194	187	210

# Youth Suicides by Year

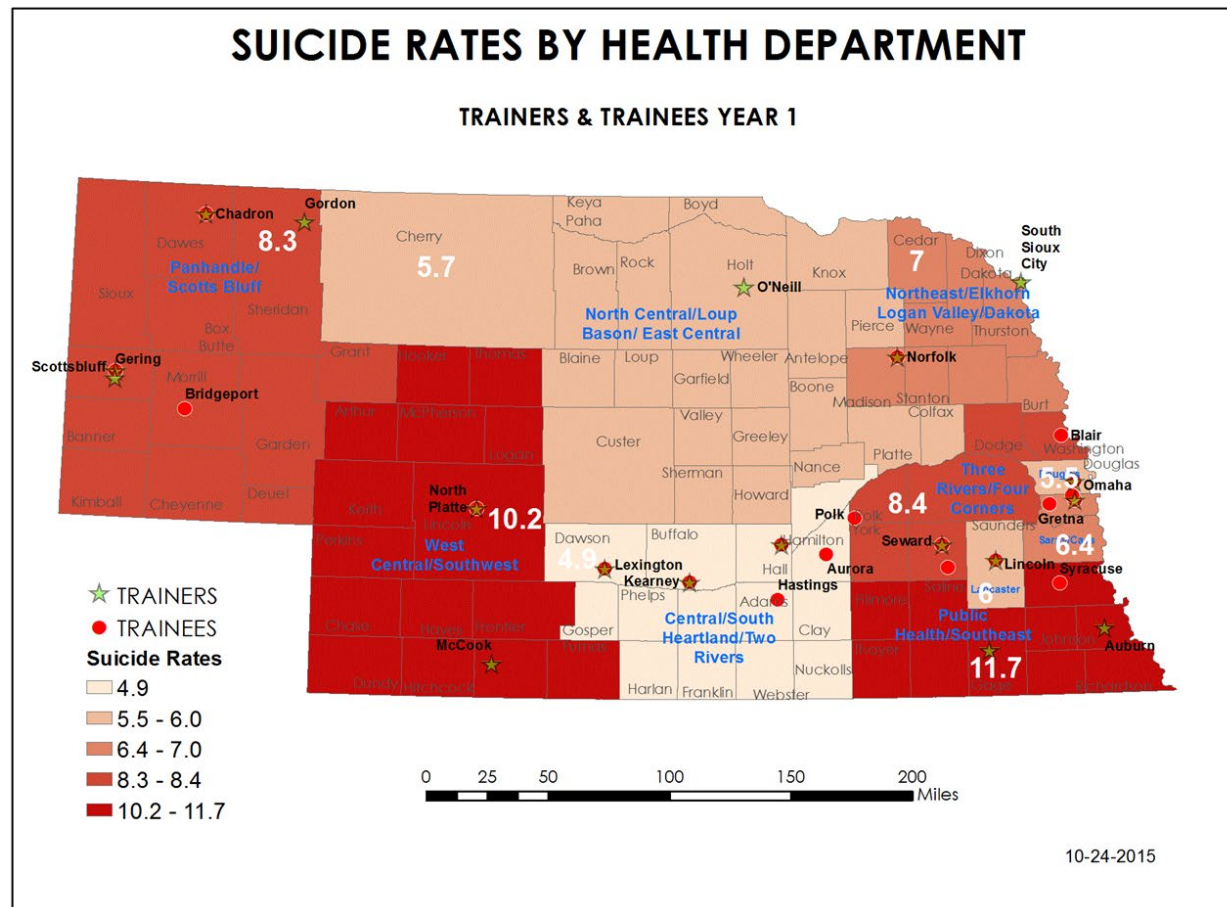




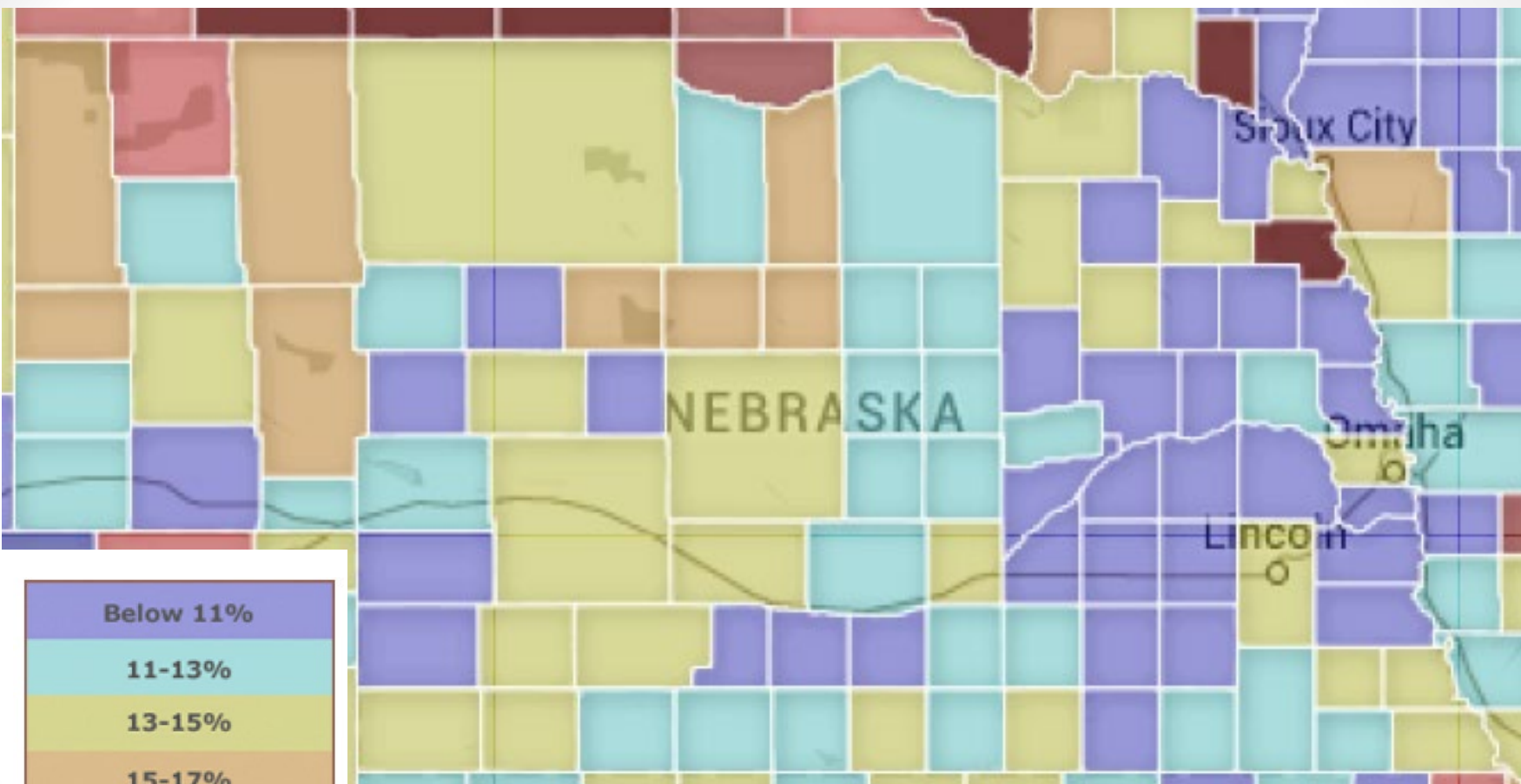
# Change in Youth Risk Behavior Survey Percent



# Average Annual Suicide Rate, Ages 5 – 24 by Health Department 2005 – 2014

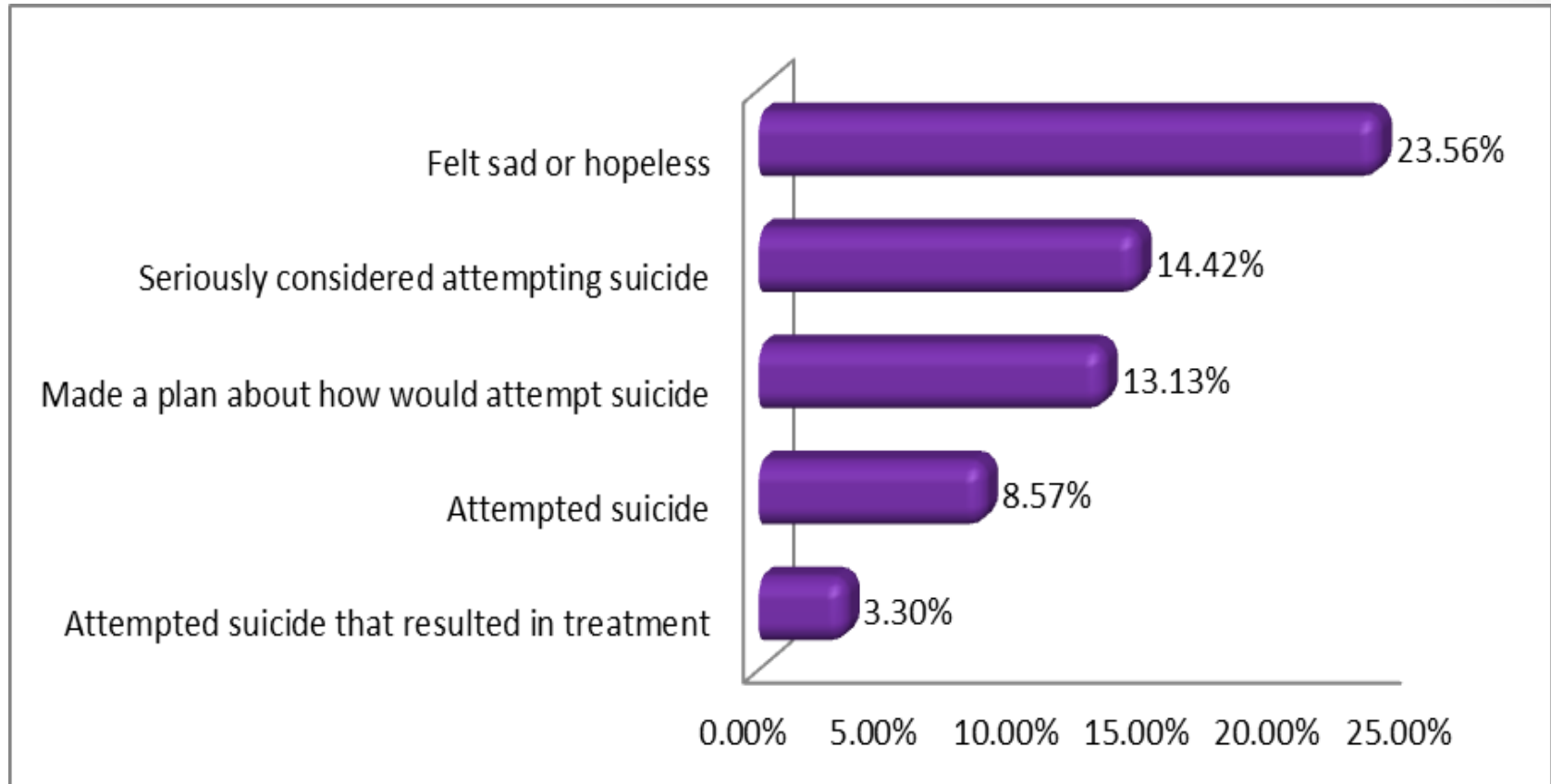


# Nebraska Poverty Rates by County



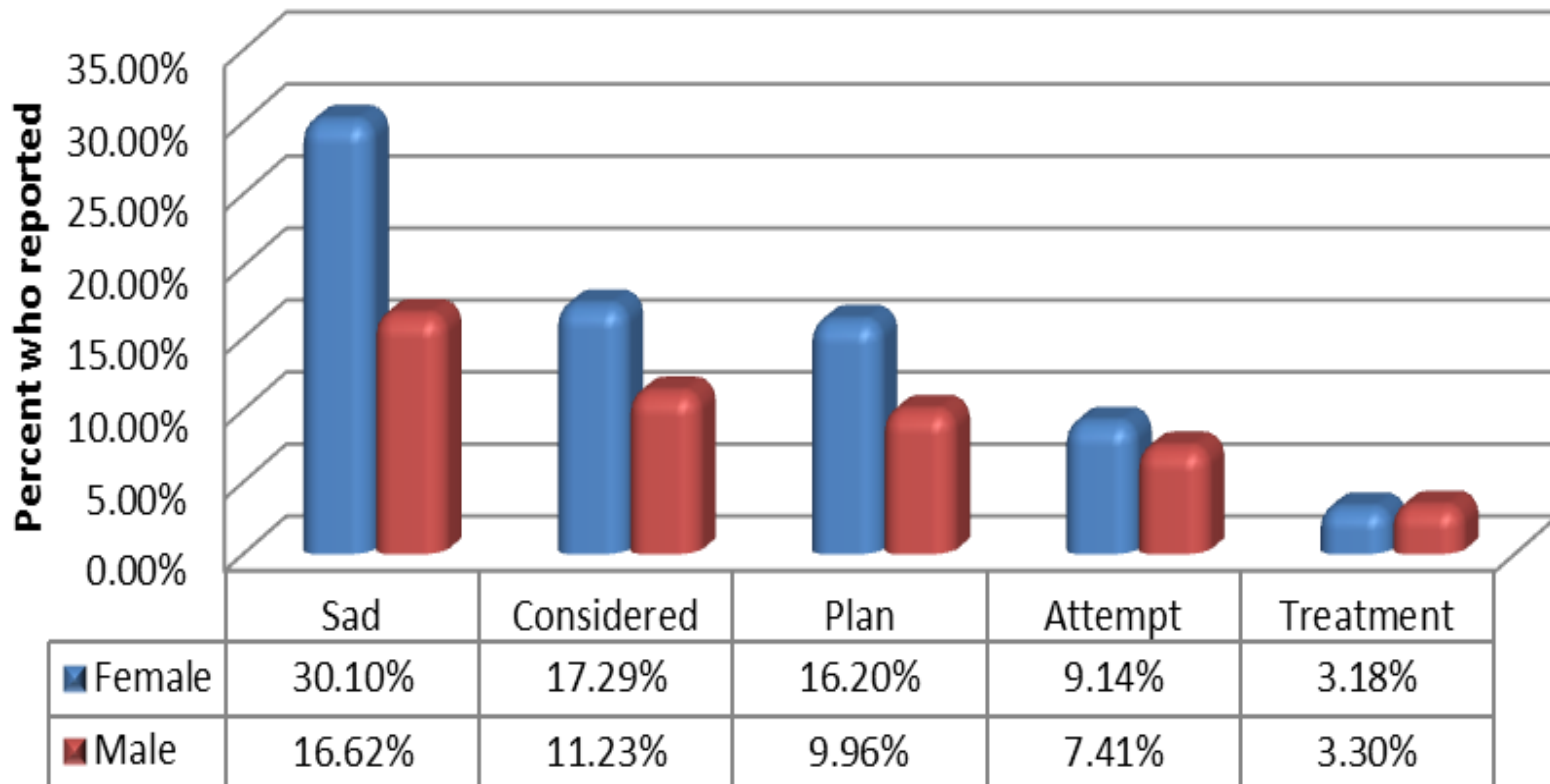
From Poverty USA: <http://www.povertyusa.org/the-state-of-poverty/poverty-map-county/#>

# 2014 Youth Risk Behavior Survey

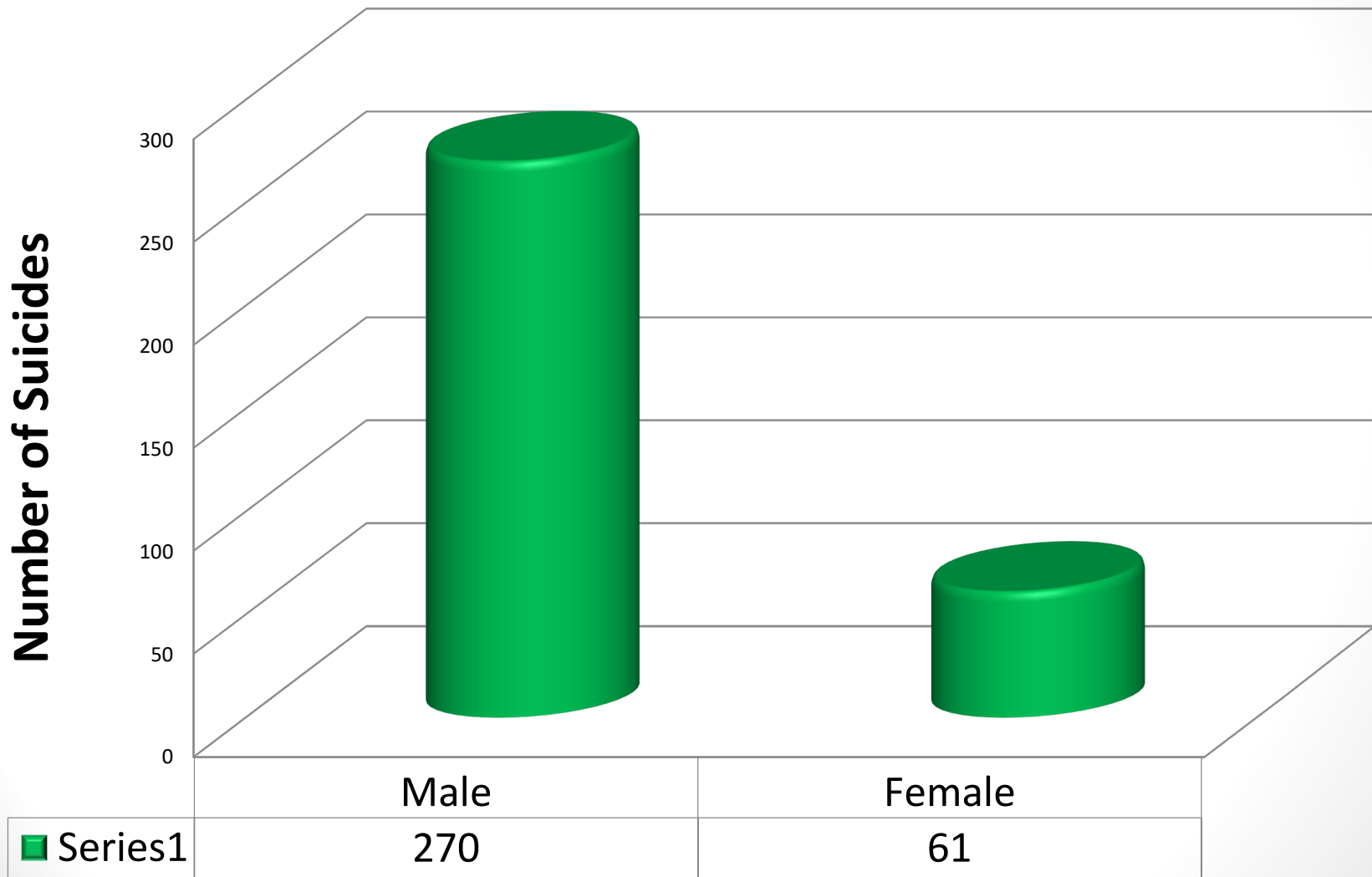


# 2014 Youth Risk Behavior Survey

## Gender Differences

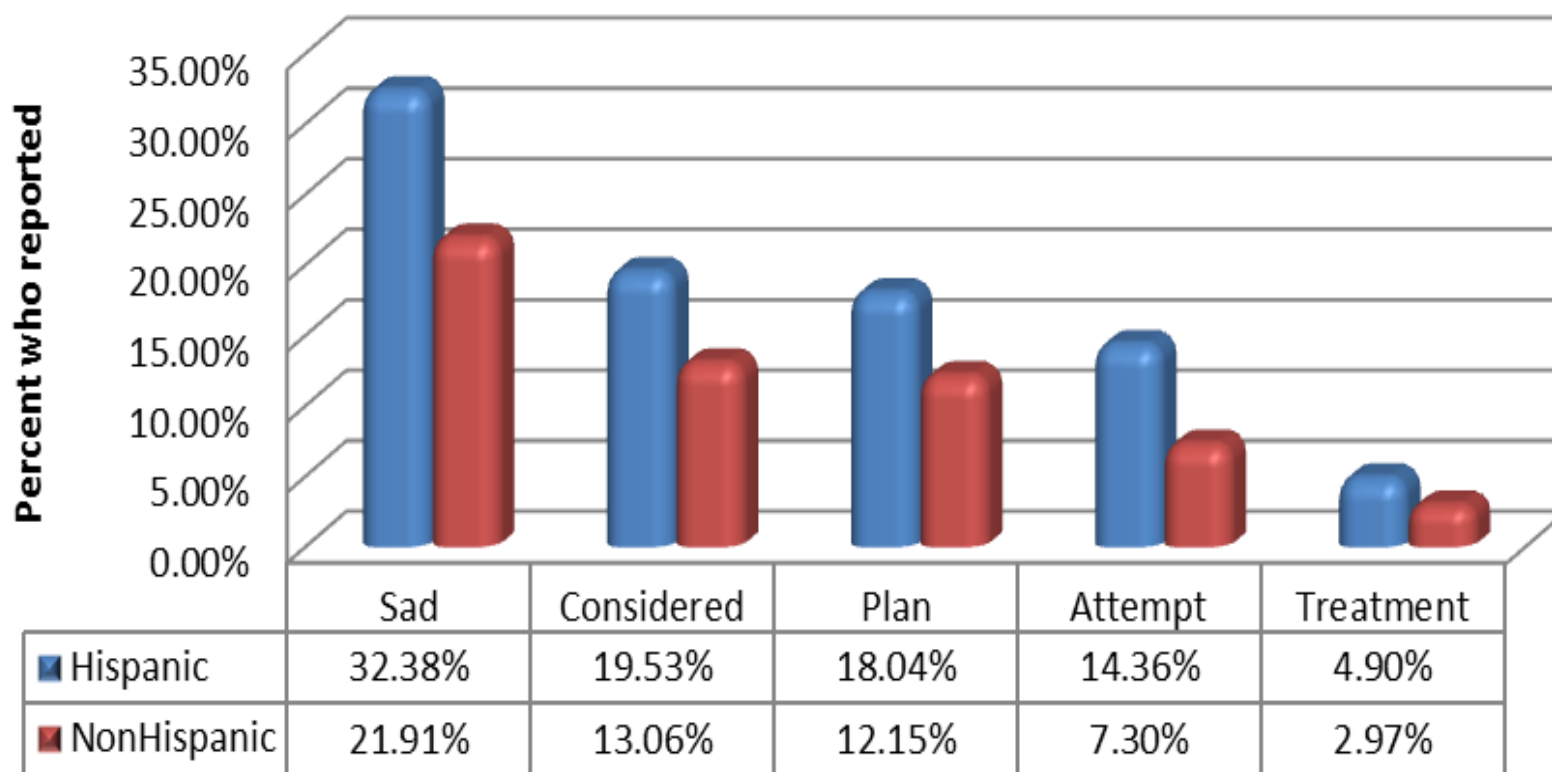


# Nebraska Suicides 2005-2014: 10-24 Year Olds by Gender

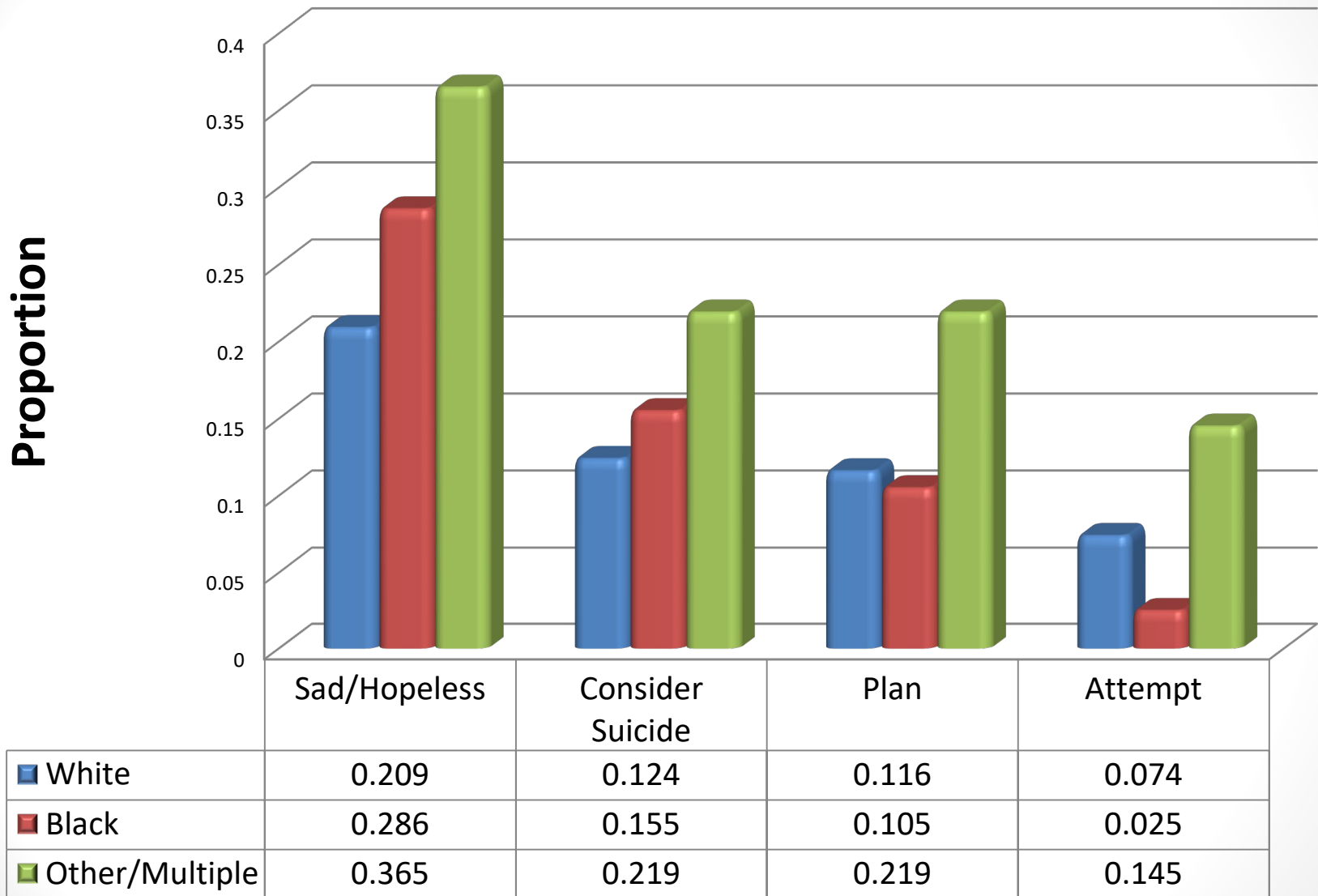


# 2014 Youth Risk Behavior Survey

## Differences Based on Hispanic Status



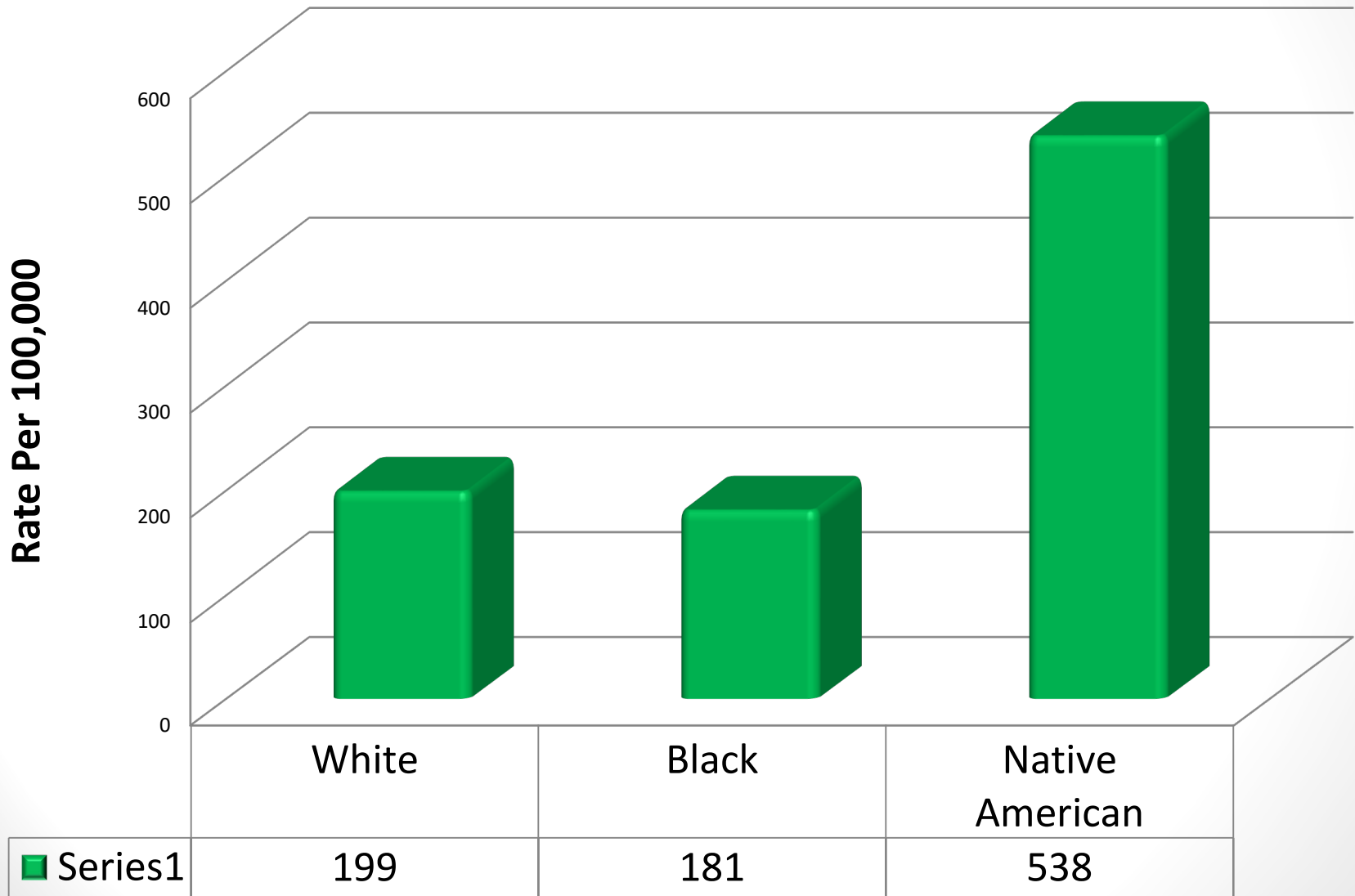
# 2014 Nebraska YRBS by Race\*



\* Number of black and other/multiple respondent < 100 and too small to draw inferences to the general population

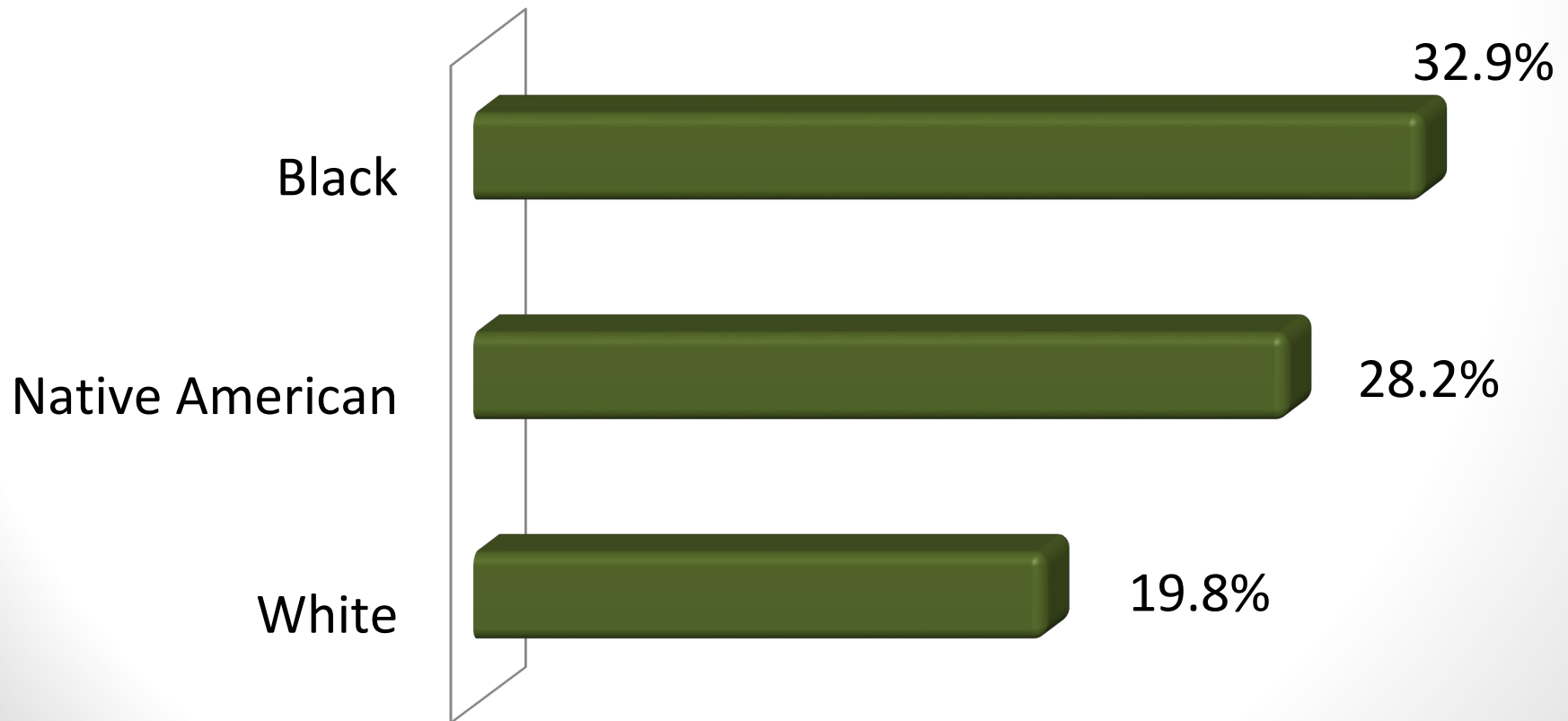


# 2005- 2014 Nebraska Suicide Rate: 10-24 Year Olds by Race

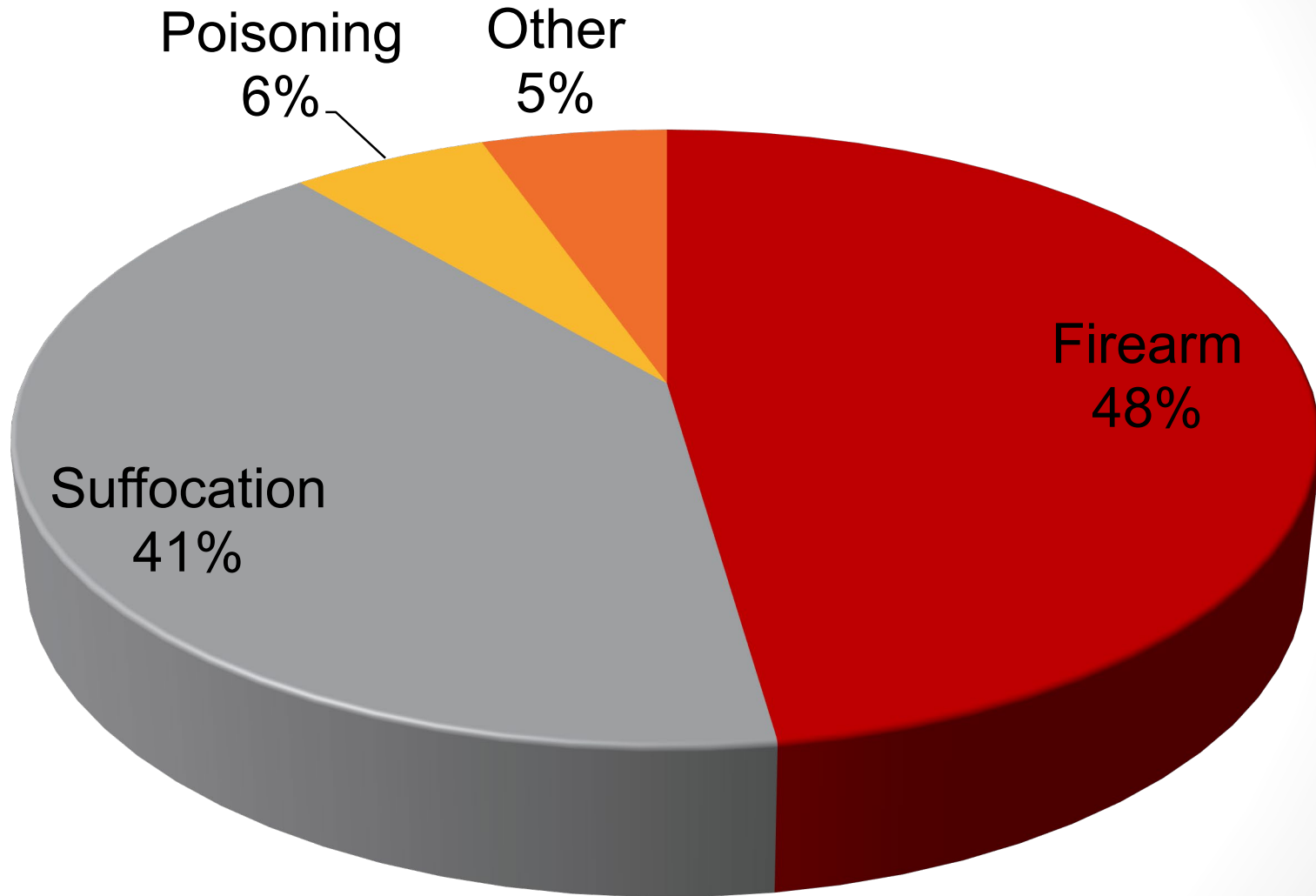


Anderson et al. (2015) reported higher national YRBS response rates for African American youth

### Non-Response Rate for Suicide Attempt by Race – NE YRBS 2014

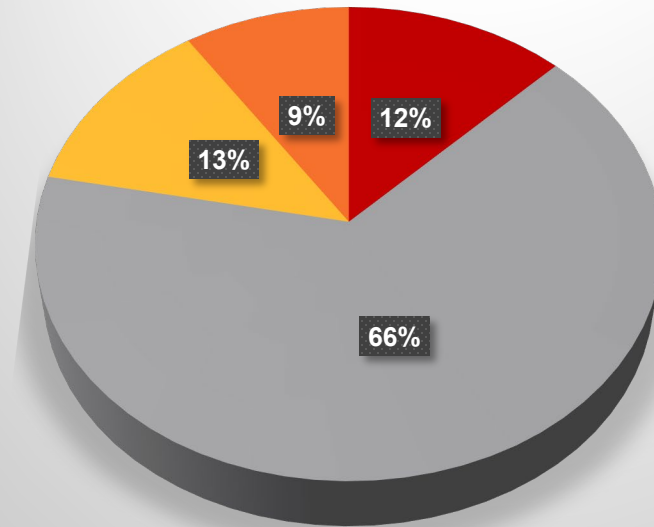


# Method of Suicide - Nebraska 11-24 year olds 2005-2014



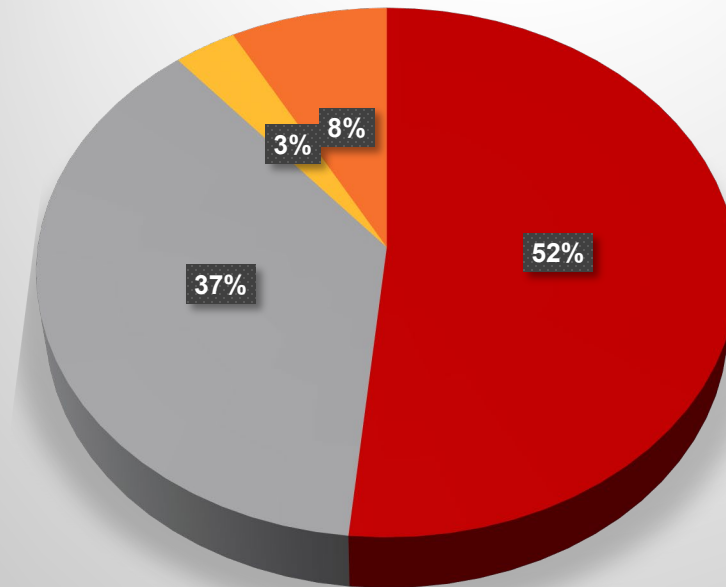
# Nebraska Suicides Ages 11-24 2010-2014 by Gender and Method

## Female



- Firearm
- Suffocation
- Poisoning
- Other

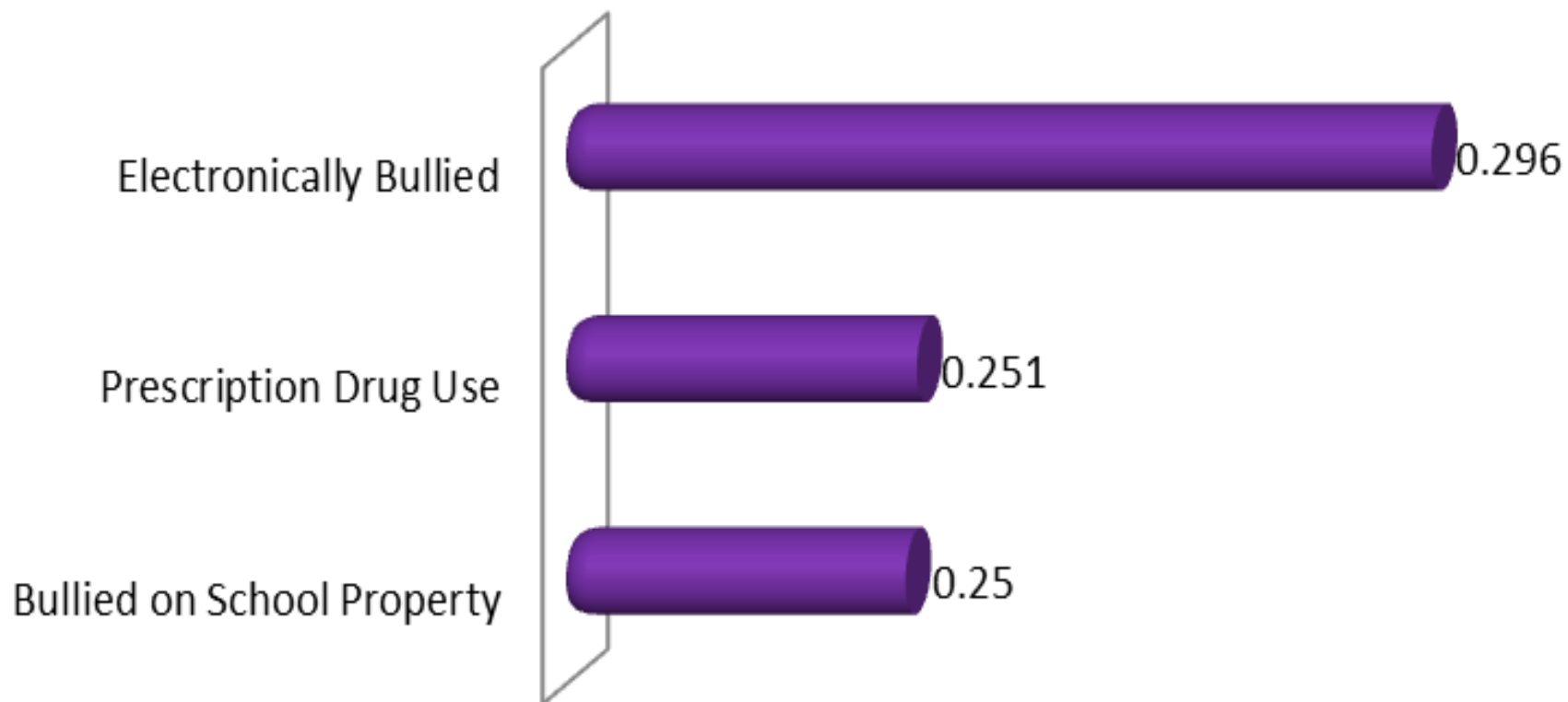
## Male



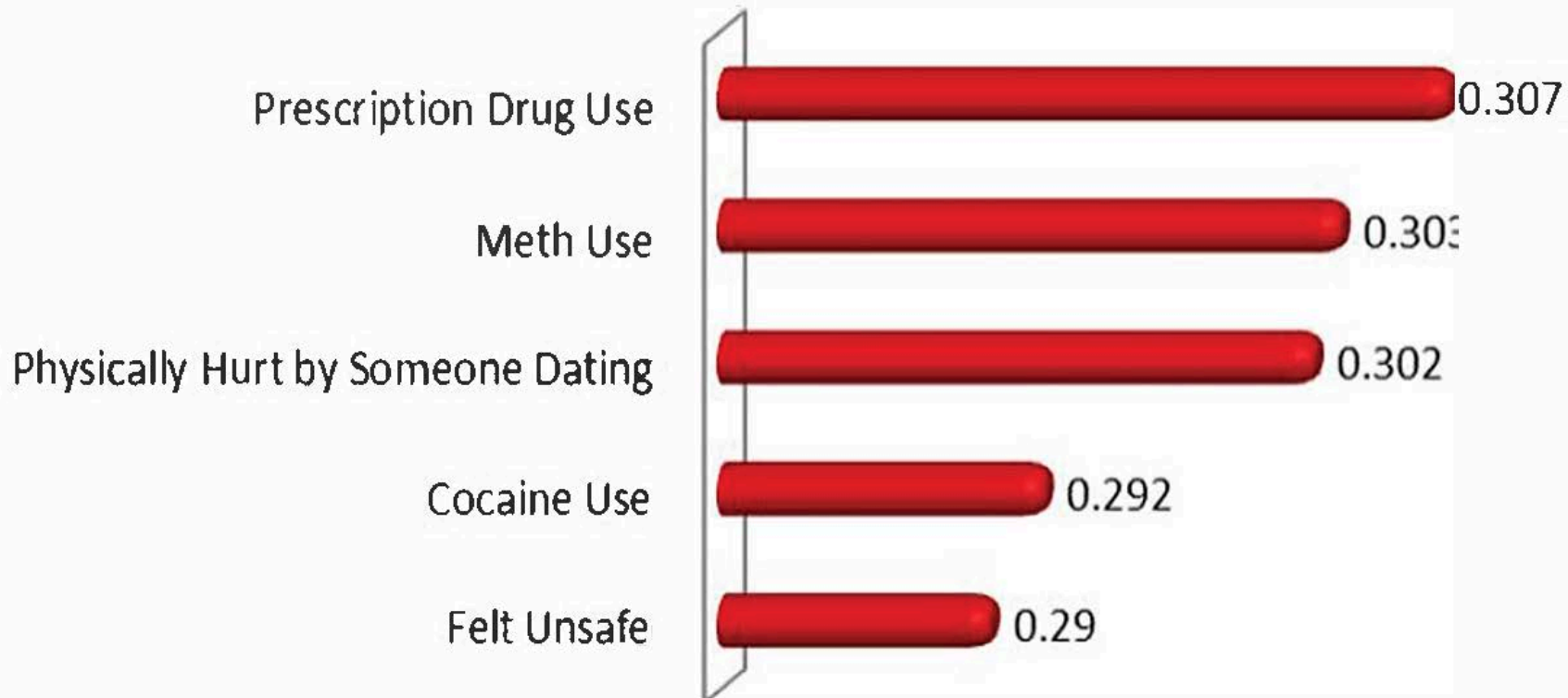
- Firearm
- Suffocation
- Poisoning
- Other

Correlation Coefficients	Sad & Hopeless	Seriously consider	Plan	Attempt	Attempt & treatment
1. Age	-.003	-.004	-.024	.029	.119
2. Gender	.159*	.087*	.092*	.042	-.084
3. BMI	-.012	.036	.043	.074*	.215*
4. 30 day drinking and driving	.003	.014	.001	.011	.025
5. 30 day felt unsafe	.195*	.180*	.198*	.290*	.217*
6. 1 year someone threatened or injured	.108*	.135*	.122*	.196*	.192*
7. 1 year physical fight	.126*	.149*	.129*	.275*	.262*
8. Ever forced to have sex	.204*	.195*	.218*	.196*	.161*
9. 1 yr physically hurt by someone dating	.230*	.218*	.172*	.302*	1.71
10. 1 year bullied on school property	.250*	.215*	.159*	.118*	.087*
11. 1 year electronically bullied	.296*	.248*	.250*	.192*	.165*
12. Lifetime cigarette use	.232*	.240*	.196*	.198*	.204*
13. 30 day cigarette use	.196*	.179*	.155*	.252*	.276*
14. lifetime alcohol use	.192*	.208*	.158*	.207*	.181*
15. 30 day binge drinking	.122*	.146*	.144*	.187*	.179*
16. Lifetime marijuana use	.232*	.204*	.181*	.243*	.211*
17. Lifetime cocaine use	.096*	.105*	.063*	.292*	.257*
18. Lifetime inhalant use	.155*	.188*	.181*	.256*	.180*
19. Lifetime heroin use	.077*	.112*	.066*	.246*	.153*
20. Lifetime methamphetamine use	.074*	.097*	.042	.303*	.245*
21. Lifetime ecstasy use	.098*	.118*	.101*	.275*	.189*
22. Lifetime synthetic marijuana use	.164*	.184*	.093*	.271*	.259*
23. Lifetimes steroid use	.062*	.134*	.064*	.194*	.171*
24. Lifetime prescription drug use	.251*	.261*	.227*	.307*	.268*
25. Age of sexual intercourse	.112*	.124*	.078*	.136*	.155*
26. Perception of weight	.055*	.024	.031	.062*	.069*
27. Physical activity	-.146*	-.138*	-.156*	-.121*	-.120*
28. Sleep	-.223*	-.173*	-.157*	-.194*	-.153*
29. Grades	.115*	.127*	.125*	.161*	.154*

# Correlation Coefficients for Feeling Sad and Hopeless



# Correlation Coefficients for Suicide Attempts



Correlation Coefficients	Females	Sad & Hopeless (26.2)	Seriously consider (27.2)	Plan (28.2)	Attempt (29)	Attempt & treatment (30.4)
1. Age (1)		-.017	.017	-.023	-.013	.032
2. Grades (89.2)		-.207**	-.199**	-.156**	-.201**	-.119**
3. Sleep (88)		-.156**	-.179**	-.130**	-.207**	-.074
4. Physical activity (80)		-.163**	-.142**	-.181**	-.092**	-.084*
5. BMI (bmipct)		.015	.047	.073*	.050	.082*
6. Perception of weight (69)		.066	.019	.038	.046	.079*
7. Age of sexual intercourse (61)		.154**	.156**	.104**	.133**	.131**
8. 30 day drinking and driving (11.2)		.067	.069	.044	.071	.117**
9. 30 day carry weapon at school (15)		.123**	.176**	.186**	.252**	.082*
10. 30 day felt unsafe (16)		.261**	.254**	.216**	.279**	.159**
11. 1 year someone threatened or injured (17)		.152**	.200**	.203**	.267**	.277**
12. 1 year physical fight (18)		.214**	.215**	.167**	.314**	.261**
13. Ever forced to have sex (21.3)		.211**	.229**	.184**	.170**	.125**
14. 1 year physically hurt by someone dating (22.2)		.257**	.317**	.237**	.345**	.268**
15. 1 year bullied on school property (24.2)		.286**	.267**	.192**	.176**	.113**
16. 1 year electronically bullied (25.2)		.306**	.243**	.218**	.207**	.162**
17. Lifetime cigarette use (31.2)		.283**	.287**	.209**	.218**	.166**
18. 30 day cigarette use (33)		.237**	.206**	.120**	.228**	.232**
19. lifetime alcohol use (41)		.244**	.256**	.171**	.221**	.168**
20. 30 day binge drinking (44)		.210**	.212**	.177**	.239**	.182**
21. Lifetime marijuana use (47)		.293**	.253**	.194**	.277**	.156**
22. Lifetime cocaine use (50)		.119**	.149**	.024	.220**	.257**
23. Lifetime inhalant use (51)		.170**	.238**	.177**	.267**	.142**
24. Lifetime heroin use (52)		.087*	.171**	.056	.257**	.220**
25. Lifetime methamphetamine use (53)		.121**	.149**	.040	.293**	.293**
26. Lifetime ecstasy use (54)		.156**	.169**	.105**	.195**	.039
27. Lifetime synthetic marijuana use (55)		.240**	.251**	.078*	.245**	.257**
28. Lifetime steroid use (56)		.093*	.157**	.046	.138**	.137**
29. Lifetime prescription drug use (57)		.299**	.346**	.244**	.393**	.306**



Correlation Coefficients	Males	Sad & Hopeless (26.2)	Seriously consider (27.2)	Plan (28.2)	Attempt (29)	Attempt & treatment (30.4)
1. Age (1)		.023	-.024	-.021	.083*	.049
2. Grades (89.2)		-.087*	-.107**	-.146**	-.195**	-.159**
3. Sleep (88)		-.287**	-.154**	-.176**	-.150**	-.132**
4. Physical activity (80)		-.090*	-.120**	-.110**	-.148**	-.113**
5. BMI (bmipct)		-.027	.035	.018	.111**	.099*
6. Perception of weight (69)		-.008	.002	-.007	.098*	.088*
7. Age of sexual intercourse (61)		.054	.082*	.041	.138**	.101*
8. 30 day drinking and driving (11.2)		.049	.071	.106**	.056	-.012
9. 30 day carry weapon at school (15)		.045	.128**	.129**	.052	.043
10. 30 day felt unsafe (16)		.126**	.096**	.180**	.294**	.169**
11. 1 year someone threatened or injured (17)		.093*	.082*	.062	.079*	.021
12. 1 year physical fight (18)		.094*	.119**	.126**	.246**	.155**
13. Ever forced to have sex (21.3)		.146**	.108**	.248**	.250**	.081*
14. 1 year physically hurt by someone dating (22.2)		.084*	.081*	.122**	.324**	.281**
15. 1 year bullied on school property (24.2)		.193**	.137**	.110**	.030	.001
16. 1 year electronically bullied (25.2)		.235**	.229**	.272**	.160**	.040
17. Lifetime cigarette use (31.2)		.165**	.180**	.176**	.161**	.095*
18. 30 day cigarette use (33)		.160**	.150**	.192**	.260**	.225**
19. lifetime alcohol use (41)		.126**	.153**	.142**	.174**	.052
20. 30 day binge drinking (44)		.048	.091*	.122**	.142**	.093*
21. Lifetime marijuana use (47)		.187**	.162**	.174**	.191**	.119**
22. Lifetime cocaine use (50)		.075*	.061	.111**	.352**	.163**
23. Lifetime inhalant use (51)		.134**	.125**	.185**	.236**	.049
24. Lifetime heroin use (52)		.079*	.060	.083*	.234**	.112**
25. Lifetime methamphetamine use (53)		.036	.047	.046	.232**	.177**
26. Lifetime ecstasy use (54)		.050	.076*	.103**	.362**	.204**
27. Lifetime synthetic marijuana use (55)		.097**	.121**	.116**	.283**	.244**
28. Lifetime steroid use (56)		.023	.110**	.088*	.264**	.157**
29. Lifetime prescription drug use (57)		.202**	.170**	.214**	.176**	.143**

# Native American Youth Risk Study\*

Adverse Childhood Experiences (ACEs)

## ABUSE

- PHYSICAL
- EMOTIONAL
- SEXUAL

## NEGLECT

- PHYSICAL
- EMOTIONAL

## HOUSEHOLD CHALLENGES

- DOMESTIC ABUSE
- SUBSTANCE ABUSE
- MENTAL ILLNESS
- SEPARATION/DIVORCE
- INCARCERATION

37%

Suicide Attempt

51%

Poly-Drug Use

55%

PTSD

57%

Depression

% increase for  
each additional  
ACE

# Wellness Recovery Action Plan

# Prosocial Activities

TRIBES

PEERS

CHILD WELFARE

Resilience

School Performance

Surveillance

Family Stability

Domestic Abuse Prevention

STRATEGIC COMMUNICATIONS

Gender Issues

COALITION BUILDING

Risk Screening

SAFETY

State Policy

Hope

National Lifeline

LOSS Teams

CLINICIAN TRAINING

Means Restriction

Social Connections

AWARENESS

Gatekeeper Training

OUTREACH

ANTI-BULLYING

ENGAGING CULTURAL COMMUNITIES

Poverty Reduction

Strategic Planning

Community Needs Assessment

EXERCISE

DELINQUENCY PREVENTION

Financing Youth Leadership Development

LGBT COMMUNITY

SUBSTANCE ABUSE PREVENTION

Employment

DOMESTIC VIOLENCE PREVENTION

Active Duty /Veterans

Nutrition

MENTAL HEALTH SERVICES