

# Youth Suicide Prevention in Nebraska: Data Trends from the Boys Town Lifeline

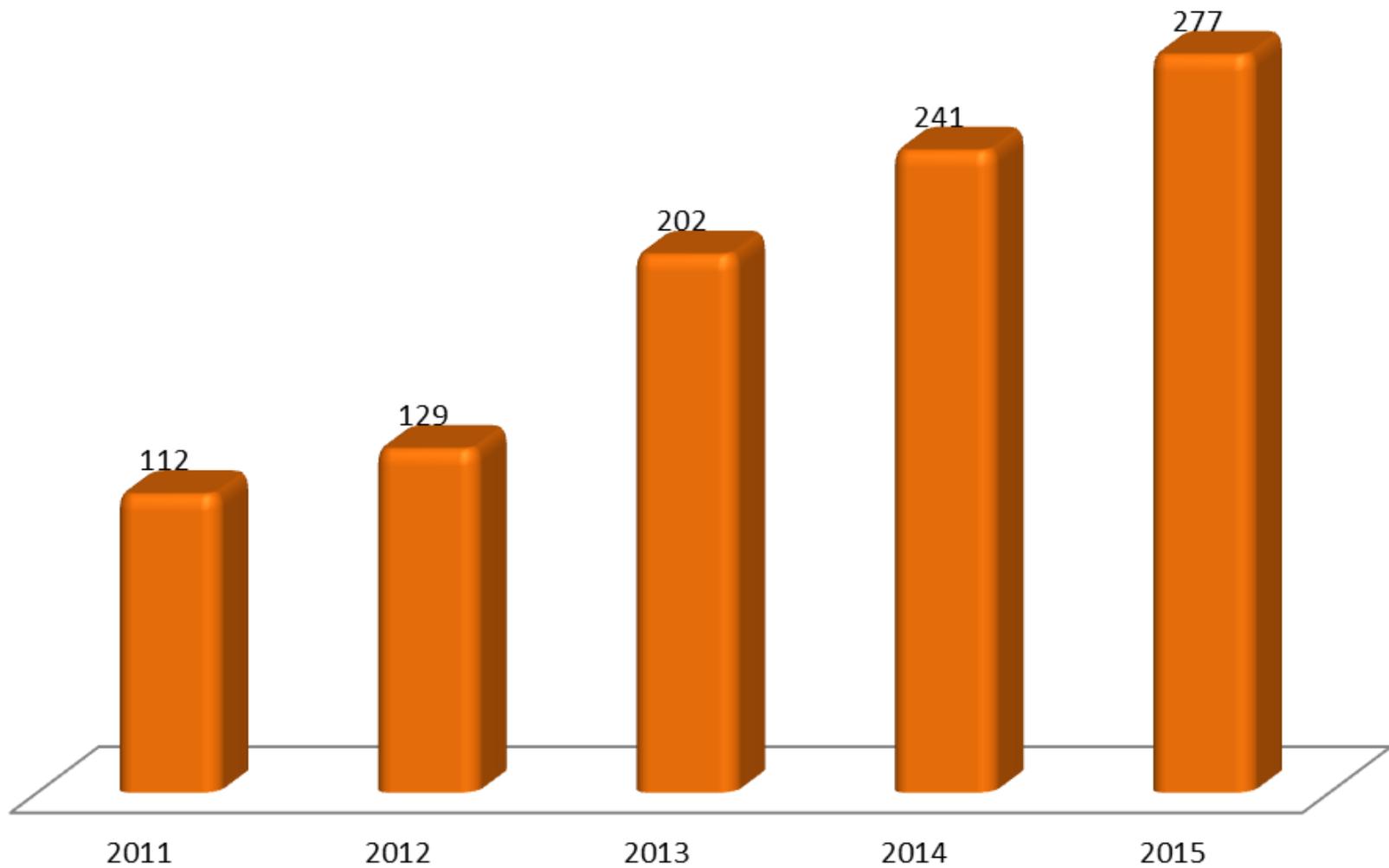


# Overview

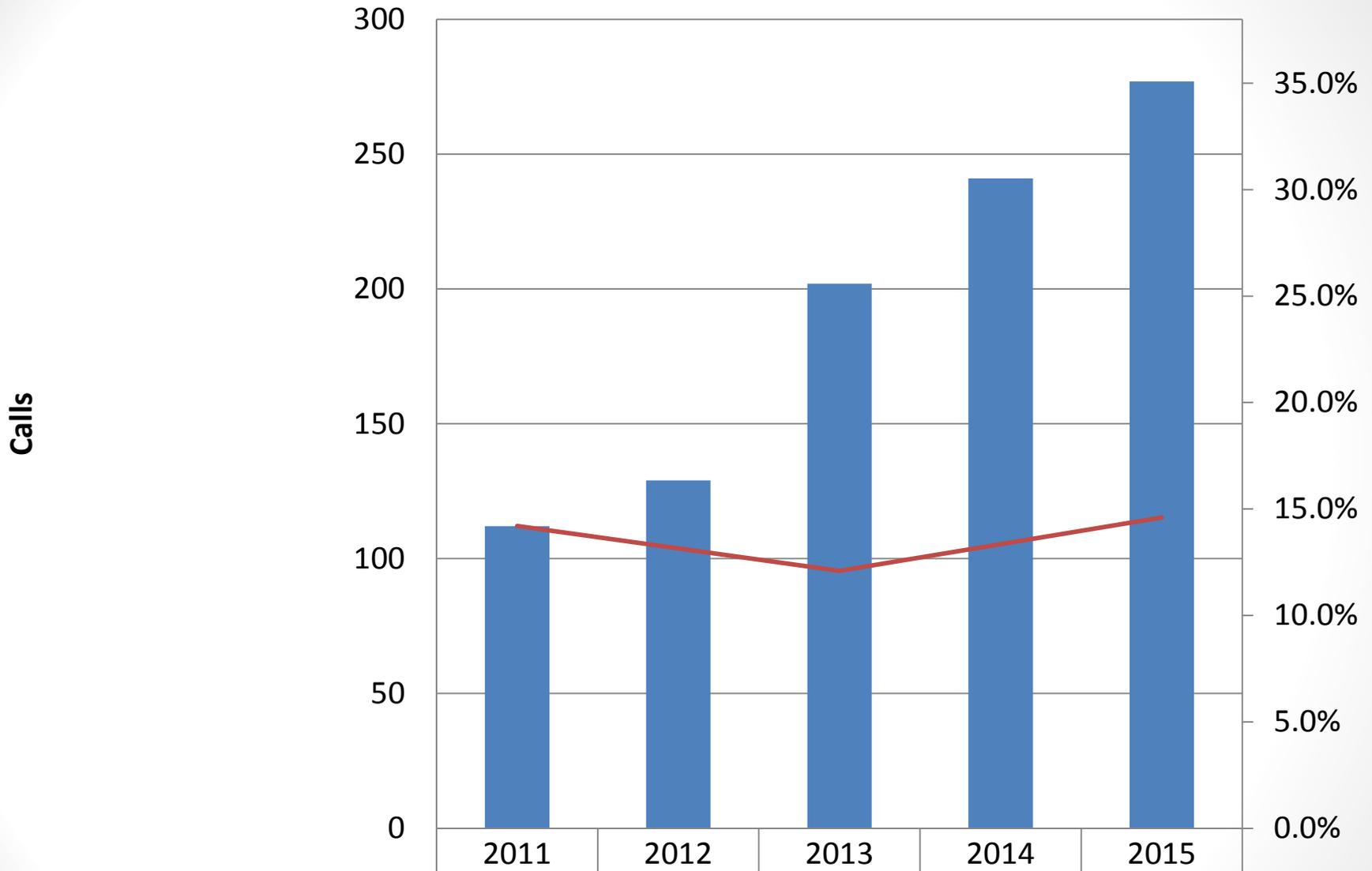
- Lifeline Data – 10-24 year olds from Nebraska: 2011-2015
  - Trends Over Time
  - Geographic Differences
  - Gender Differences
  - Age Differences

# TRENDS

## Number of Nebraska Lifeline Calls by Year (10-24 Year Olds)

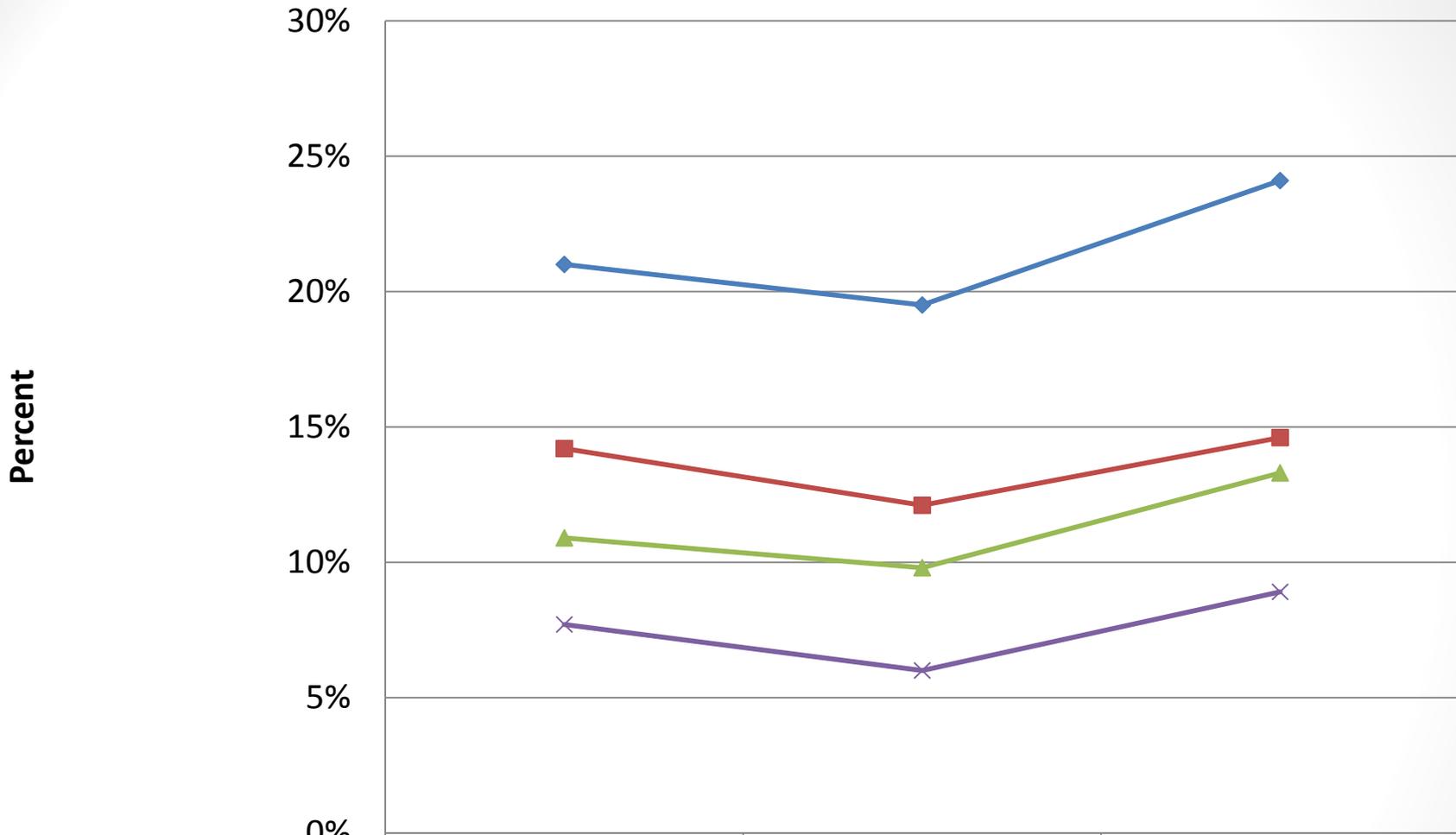


# Change in Number of Calls and YRBS Suicide Ideation 2011-2015



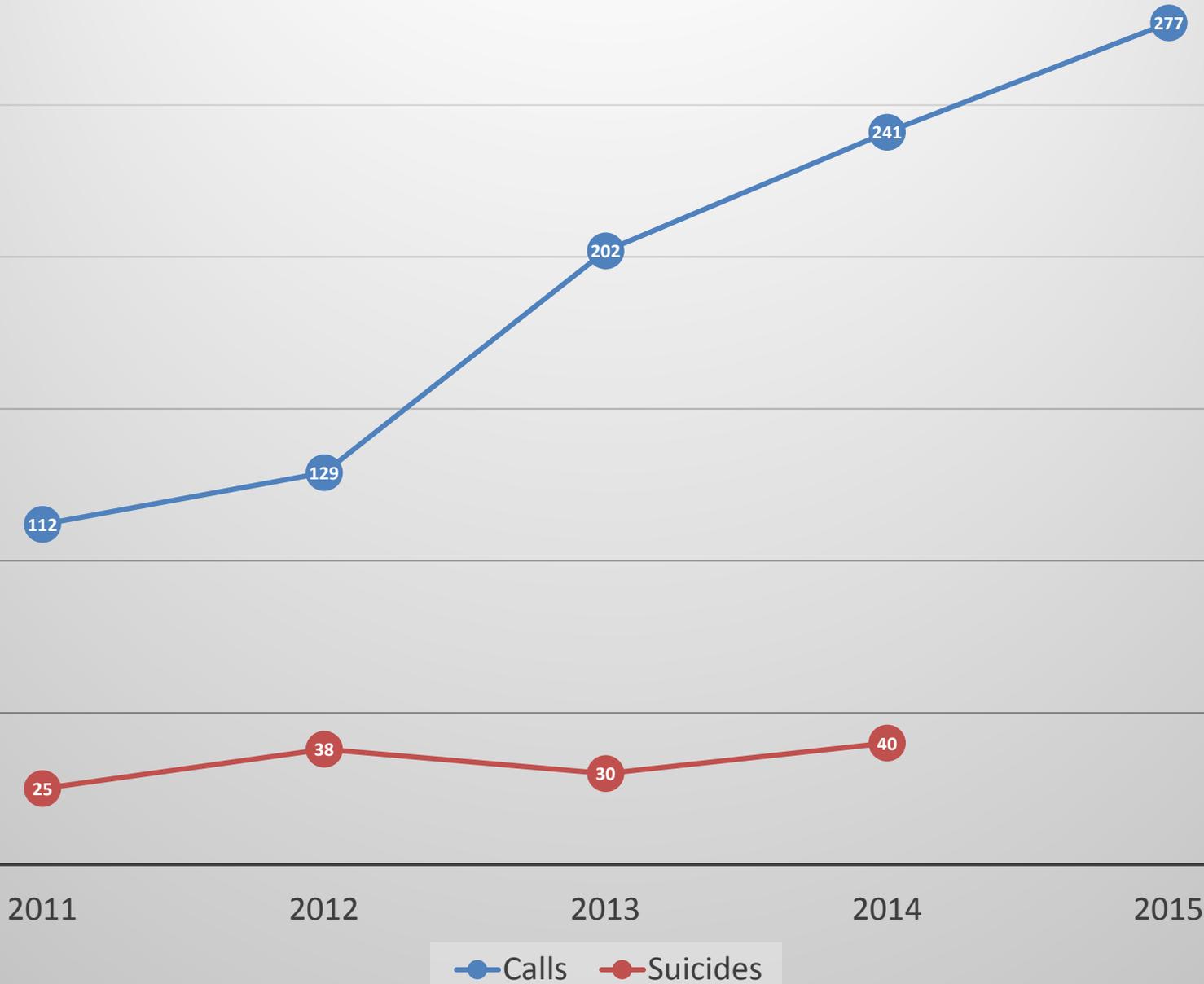
<span style="color: blue;">■</span> Lifeline Calls	112	129	202	241	277
<span style="color: red;">—</span> YRBS % Considered Suicide	14.2%		12.1%		14.6%

# YRBS Percent by Item by Year



	2011	2013	2015
◆ % sad/hopeless	21%	19.50%	24.10%
■ % considered suicide	14.20%	12.10%	14.60%
▲ % suicide plan	10.90%	9.80%	13.30%
× % attempted	7.70%	6%	8.90%

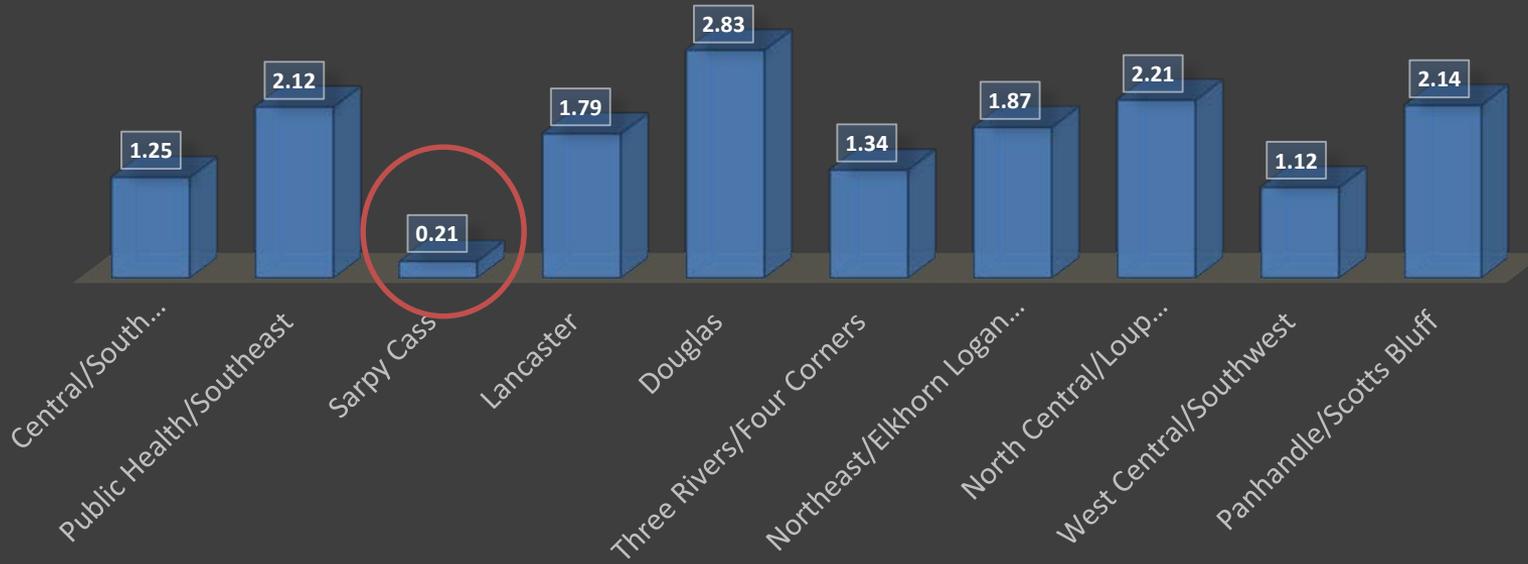
# Growth of Suicide Related Calls and Suicides by Year



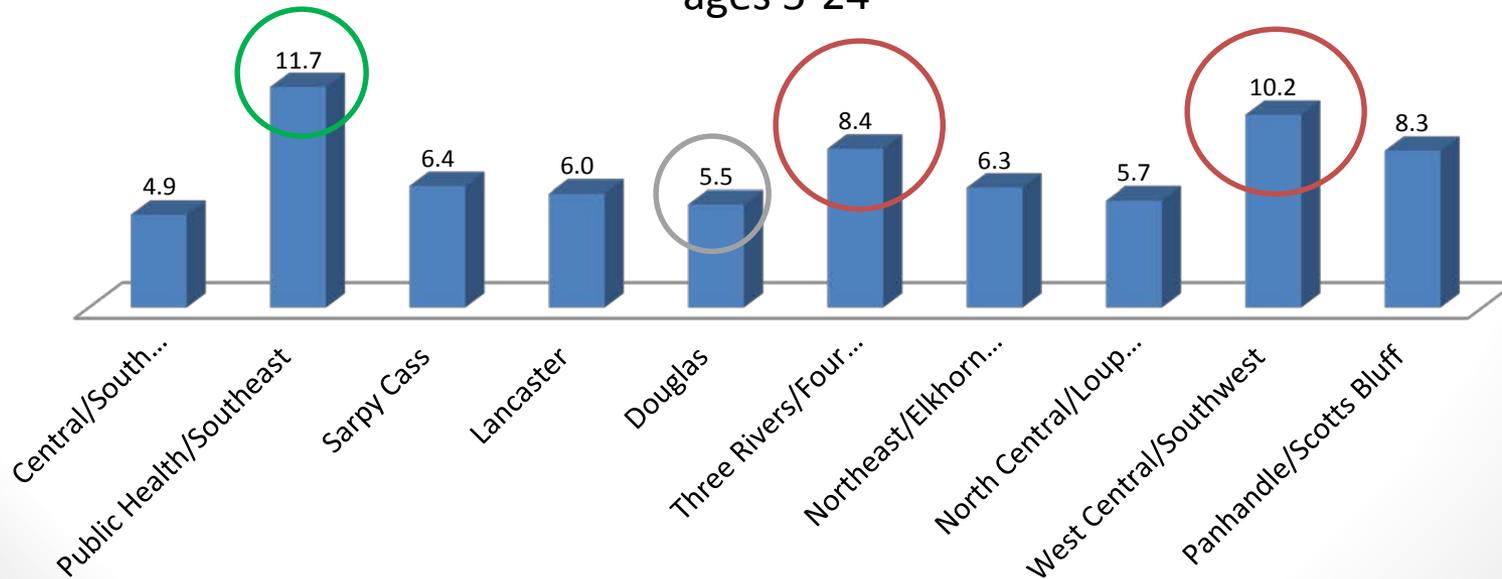
# GEOGRAPHIC DIFFERENCES



# CALLS PER 1000 POPULATION BY HEALTH DISTRICTS 2011-2015

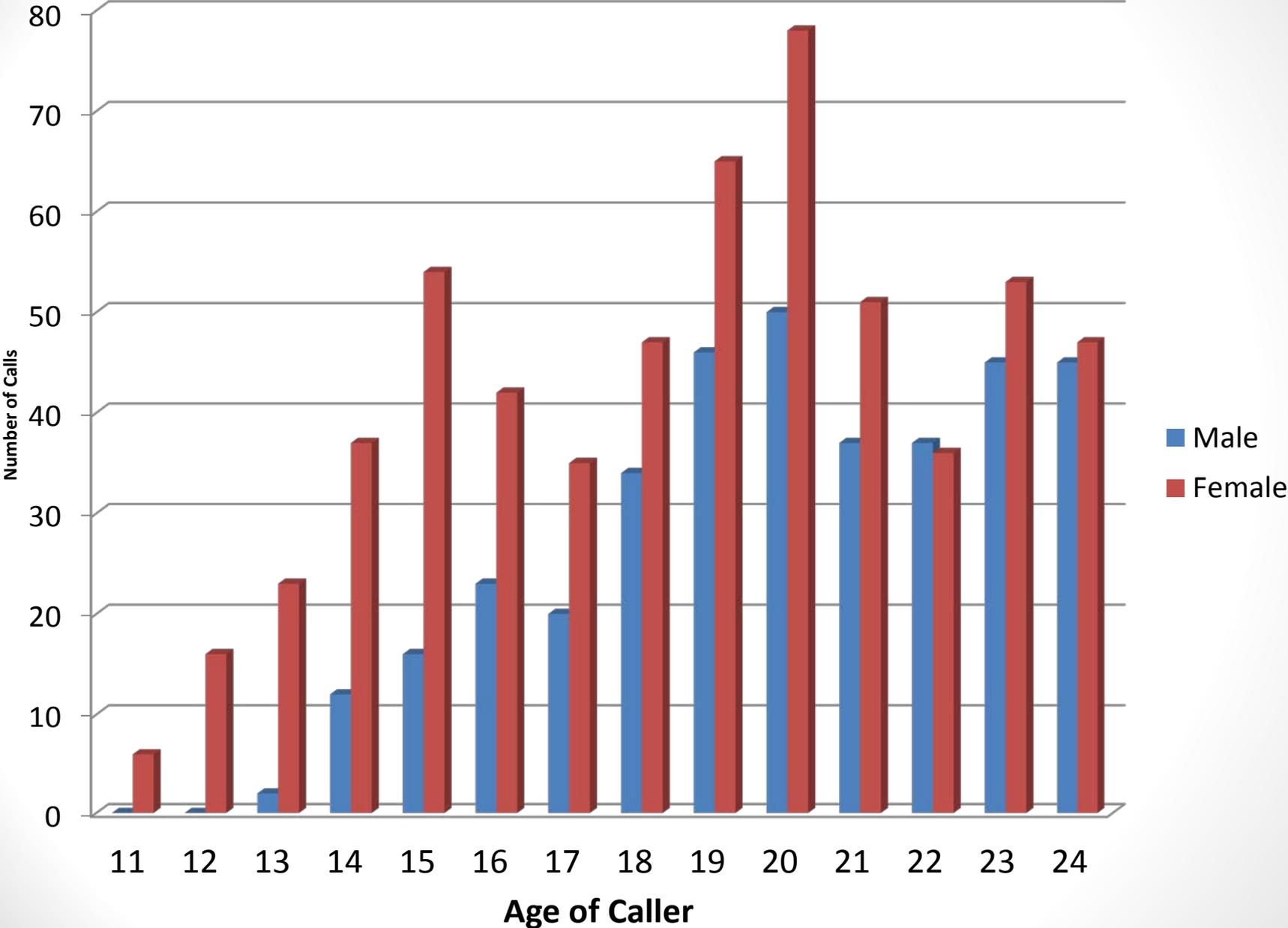


# 10 year suicide rate per 100,000 by Health Department 2005-2014 for ages 5-24



# GENDER DIFFERENCES

# Calls by Age and Gender



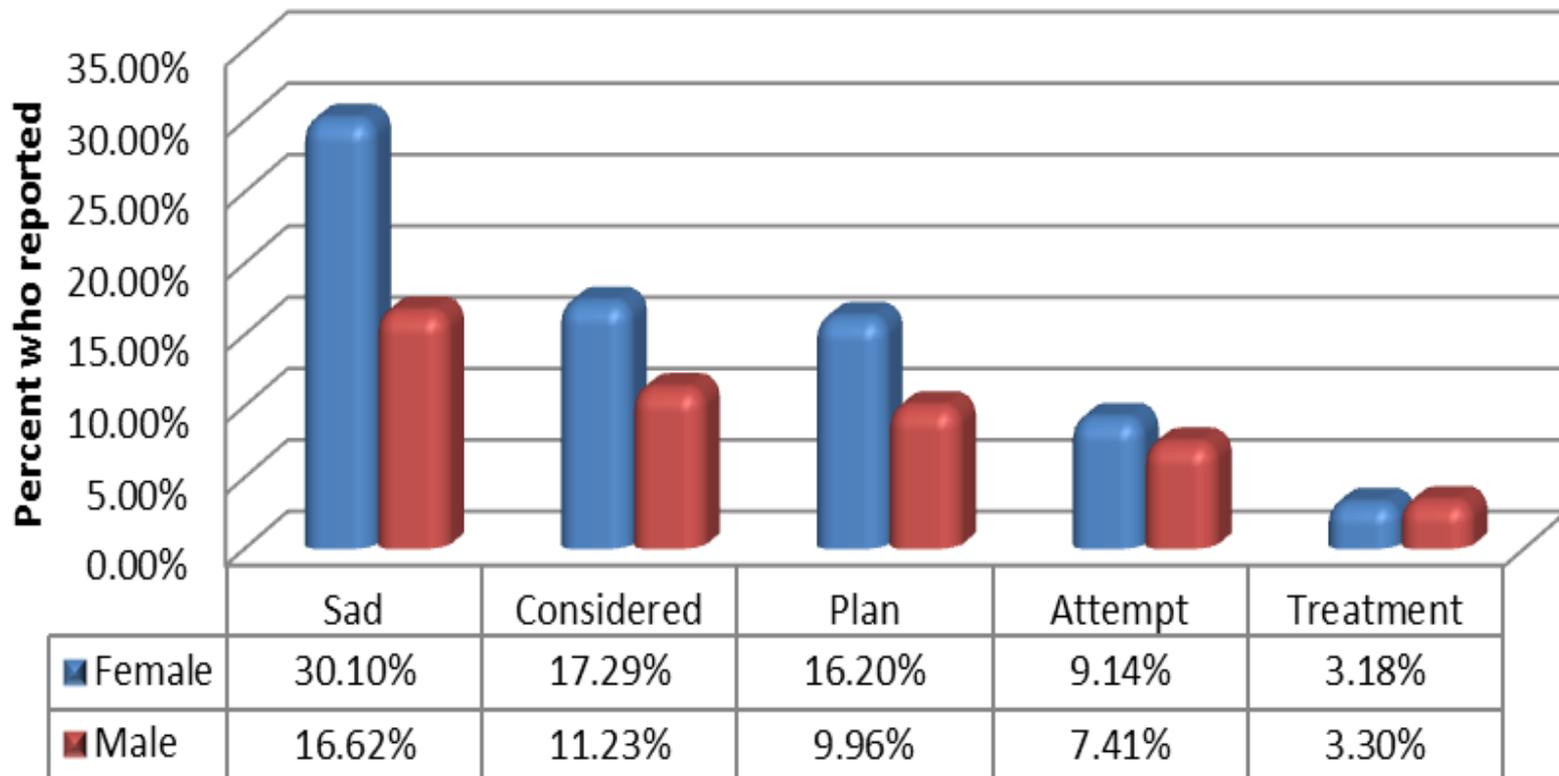
# Protective Factors by Gender

Protective Factor	Female	Male
<b>Family/Other Support*</b>	<b>75.5%</b>	<b>65.3%</b>
<b>Anyone with Them*</b>	<b>52.9%</b>	<b>39.8%</b>
Plans for Future	60.9%	59.2%
Sense of Purpose	50.0%	44.6%
Want Help	85.6%	79.9%
Able to Problem Solve	60.1%	55.8%
<b>Desire to Live*</b>	<b>65.2%</b>	<b>55.3%</b>
Religious/Spiritual	7.2%	5.8%
Engage with Counselor	75.7%	74.5%
<b>Working with Therapist*</b>	<b>37.5%</b>	<b>27.6%</b>

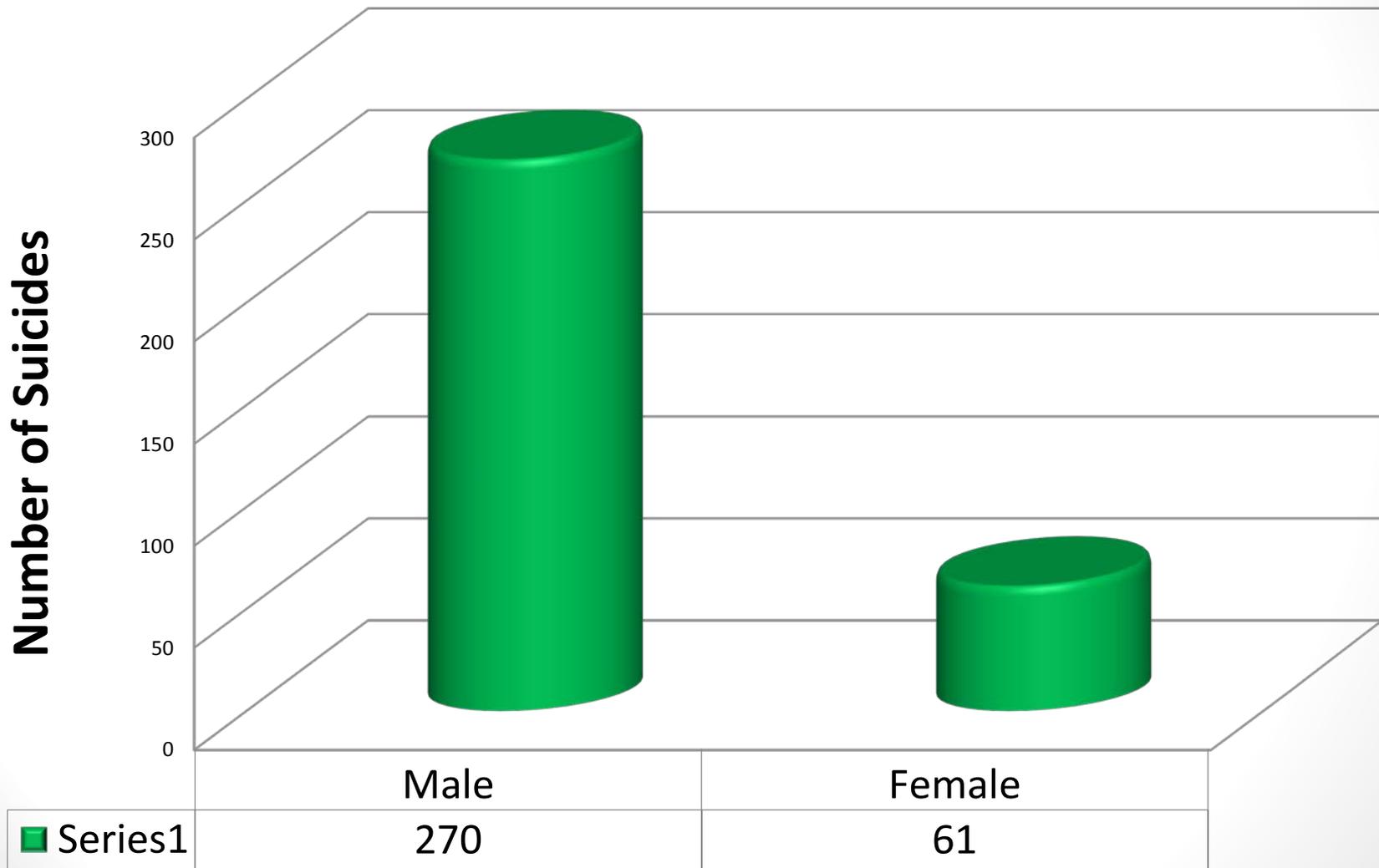
\*  $p < .05$

# 2015 Youth Risk Behavior Survey

## Gender Differences



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



# Mental/Emotional Risk Factors by Gender

Mental/Emotional State	Female	Male
Suicide/Depressed Statements	83.6%	84.2%
<b>Self Abuse/Injury*</b>	<b>15.1%</b>	<b>7.9%</b>
Final Arrangements	0.5%	1.6%
Contagion (suicide of someone close)	3.6%	2.5%
Psychiatric Problems	16.8%	18.0%
Anxiety	28.8%	25.3%
<b>Hopeless*</b>	<b>11.9%</b>	<b>16.6%</b>
Helpless	6.4%	7.6%
Feelings of Being Trapped	2.4%	3.5%
Mood Changes	1.2%	1.1%
Out of Touch with Reality	0.7%	0.8%
<b>Eating/Sleeping Changes*</b>	<b>3.2%</b>	<b>1.4%</b>
Psychological Pain	8.5%	5.7%
Depression	50.9%	54.0%
Self Esteem	7.8%	10.9%
<b>Substance Abuse*</b>	<b>2.9%</b>	<b>7.6%</b>
<b>Chemical Addiction*</b>	<b>1.0%</b>	<b>4.4%</b>

\*  $p < .05$

# Situational Concern Risk Factors by Gender

Situational Concerns	Female	Male
Financial Loss	3.4%	5.7%
Recent Loss	1.5%	2.2%
School Problems	5.1%	5.5%
Runaway	0.0%	0.3%
<b>Unplanned Pregnancy*</b>	<b>1.0%</b>	<b>0.0%</b>
Sexual Identity	1.0%	0.5%
<b>Legal Issues*</b>	<b>0.9%</b>	<b>2.7%</b>
Medical Problems	3.9%	3.5%
Homeless	1.4%	2.2%

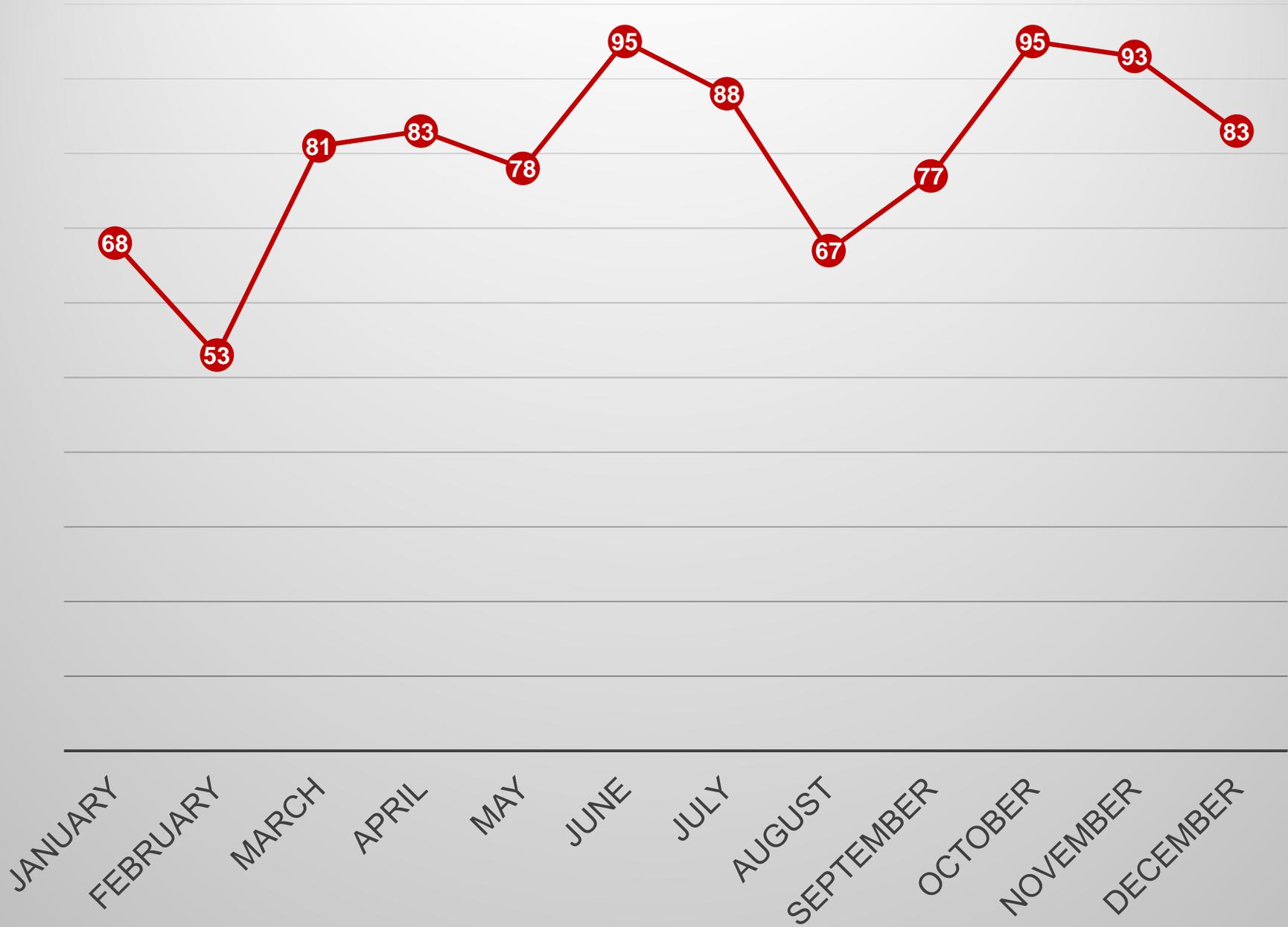
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# Relationship Concerns Risk Factors by Gender

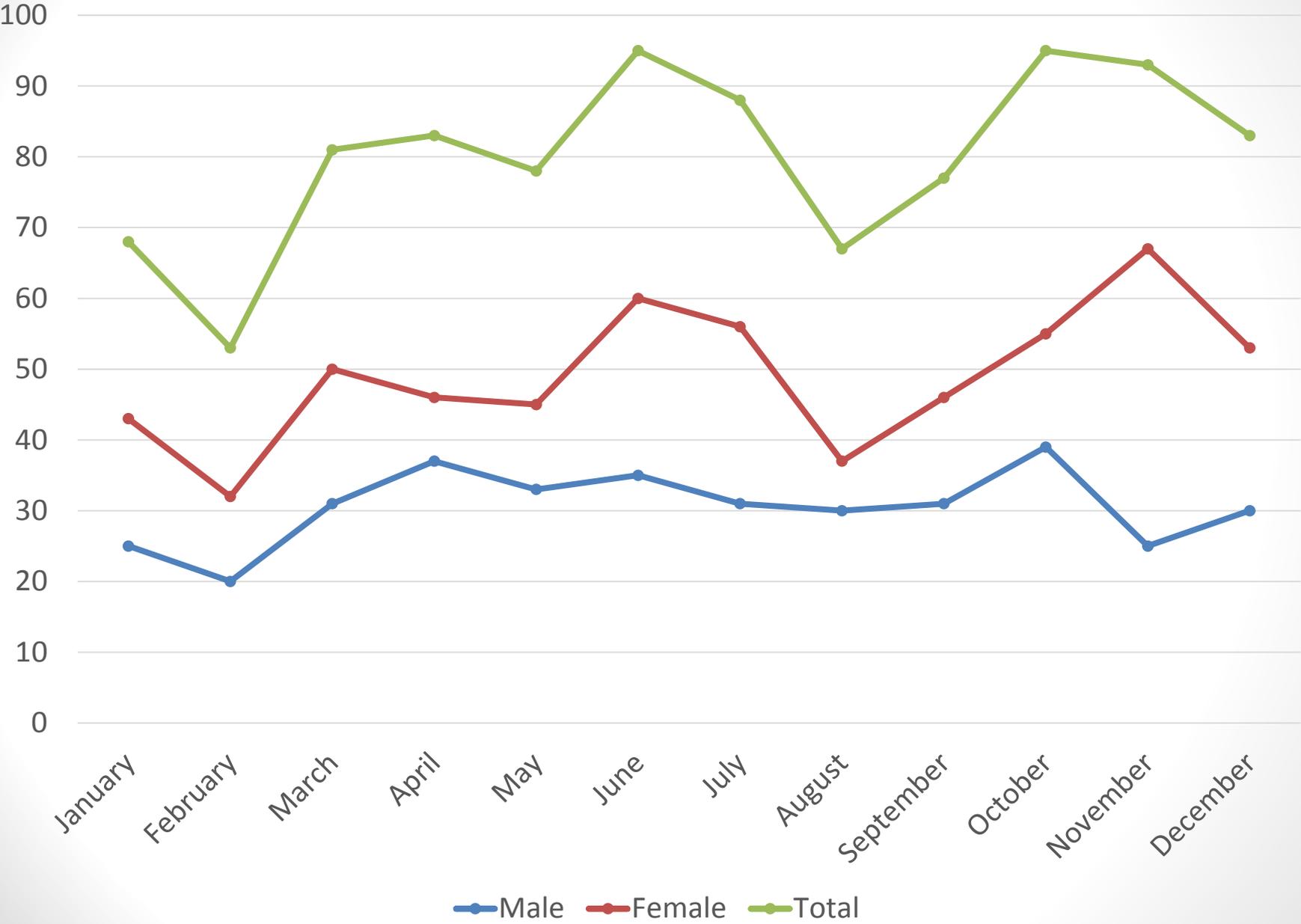
Relationship Concerns	Female	Male
Isolated/Withdrawn	8.8%	8.7%
Lack of Support	14.2%	15.8%
Feels Intolerably Alone	11.2%	13.6%
<b>Relationship Loss*</b>	<b>11.9%</b>	<b>20.4%</b>
Relationship Conflicts	28.5%	26.4%
Perceived Burdon on Others	4.4%	4.1%
Family Instability	9.5%	7.9%
Parental Frustration	0.5%	0.3%
<b>Abuse Victim*</b>	<b>5.6%</b>	<b>2.5%</b>
Peer Pressure/Bullying	2.7%	1.1%
Current Rage/Aggression	1.2%	0.3%
Past History of Violence	0.5%	1.4%

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# Nebraska Lifeline Calls by Month: 2011-15

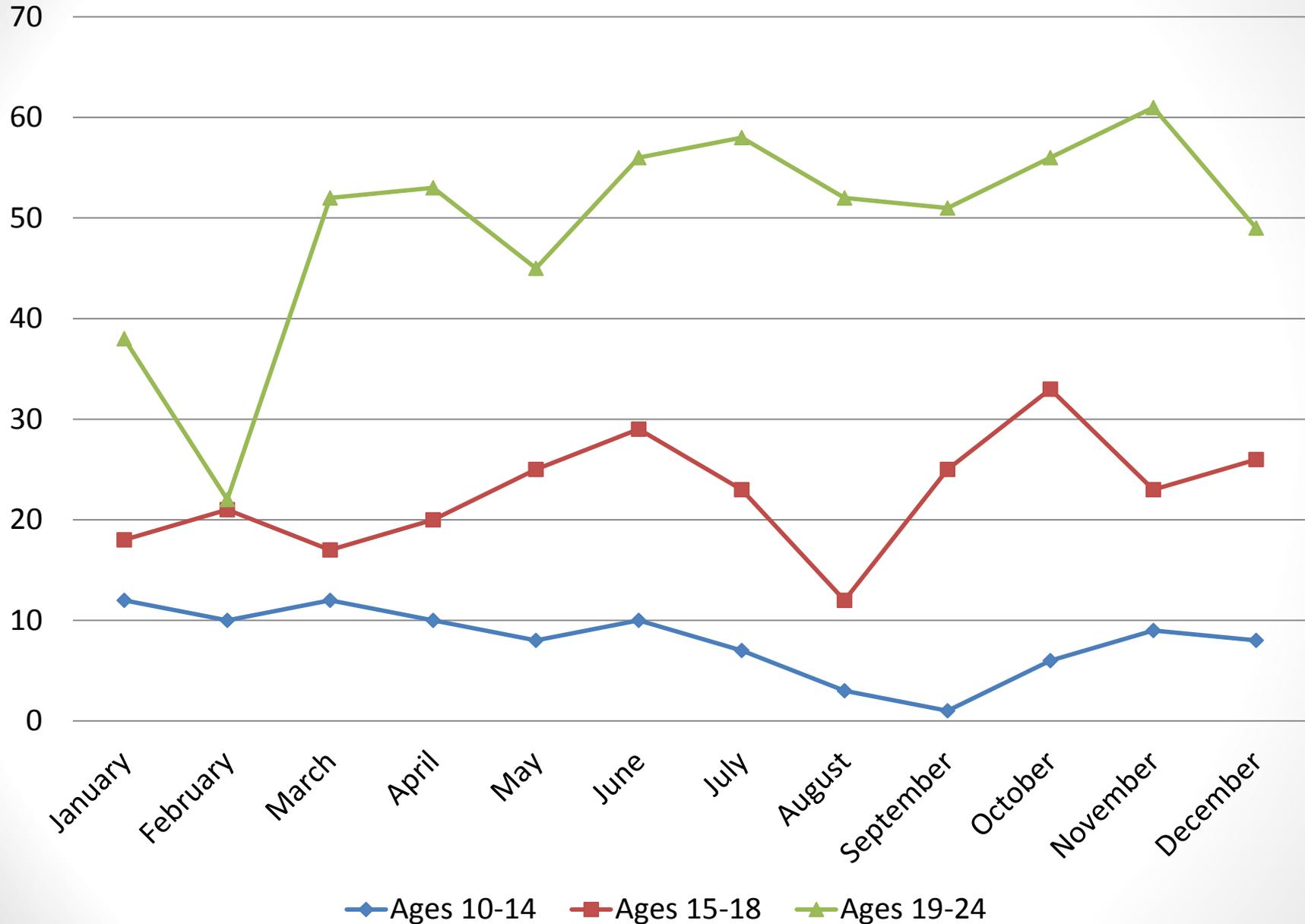


# Nebraska Lifeline Calls (2011-15) by Month & Gender



# AGE DIFFERENCES

# Number of Calls per Month by Age



# Protective Factors by Age Group

Protective Factor	Age 11-14	Age 15-18	Age 19-24
<b>Family/Other Support*</b>	<b>82.7%</b>	<b>79.8%</b>	<b>66.1%</b>
<b>Anyone with them*</b>	<b>66.7%</b>	<b>58.3%</b>	<b>40.1%</b>
Plans for Future	54.3%	62.8%	60.1%
Sense of Purpose	42.0%	48.6%	48.7%
Want Help	86.4%	85.8%	80.9%
Able to Problem Solve	55.6%	61.0%	57.8%
Desire to Live	60.5%	62.8%	61.0%
Religious/Spiritual	2.5%	6.9%	7.3%
Engage with Counselor	75.3%	75.7%	75.1%
<b>Working with Therapist*</b>	<b>48.2%</b>	<b>38.1%</b>	<b>29.4%</b>

\*  $p < .05$

# Mental/Emotional Risk Factors by Age Group

Mental/Emotional State	Age 11-14	Age 15-18	Age 19-24
Suicide/Depressed Statements	86.5%	83.5%	83.3%
<b>Self Abuse/Injury*</b>	<b>29.2%</b>	<b>15.4%</b>	<b>8.1%</b>
Final Arrangements	0.0%	0.4%	1.4%
Contagion (suicide of someone close)	0.0%	4.8%	2.9%
<b>Psychiatric Problems*</b>	<b>10.4%</b>	<b>12.3%</b>	<b>20.1%</b>
Anxiety	25.0%	30.5%	26.6%
<b>Hopeless*</b>	<b>3.1%</b>	<b>12.9%</b>	<b>15.7%</b>
Helpless	3.1%	5.2%	8.3%
Feelings of Being Trapped	1.0%	2.2%	3.4%
Mood Changes	0.0%	0.4%	1.5%
Out of Touch with Reality	0.0%	0.7%	0.8%
Eating/Sleeping Changes	1.0%	1.5%	3.2%
Psychological Pain	2.1%	7.4%	8.3%
Depression	41.7%	50.7%	54.1%
Self Esteem	6.3%	9.6%	9.1%
<b>Substance Abuse*</b>	<b>1.0%</b>	<b>2.2%</b>	<b>6.4%</b>
Chemical Addiction	0.0%	2.2%	2.7%

\*  $p < .05$

# Relationship Concerns Risk Factors by Age Group

Relationship Concerns	Age 11-14	Age 15-18	Age 19-24
Isolated/Withdrawn	4.2%	7.7%	10.0%
<b>Lack of Support*</b>	<b>5.2%</b>	<b>14.3%</b>	<b>16.5%</b>
<b>Feels Intolerably Alone*</b>	<b>2.1%</b>	<b>14.7%</b>	<b>12.5%</b>
<b>Relationship Loss*</b>	<b>6.3%</b>	<b>14.7%</b>	<b>16.7%</b>
<b>Relationship Conflicts*</b>	<b>27.1%</b>	<b>33.8%</b>	<b>24.8%</b>
Perceived Burdon on Others	3.1%	5.9%	3.7%
Family Instability	12.5%	11.0%	7.3%
Parental Frustration	0.0%	0.7%	0.3%
Abuse Victim	6.3%	2.2%	5.1%
<b>Peer Pressure/Bullying*</b>	<b>11.5%</b>	<b>3.3%</b>	<b>0.0%</b>
Current Rage/Aggression	0.0%	0.7%	1.0%
Past History of Violence	1.0%	1.5%	0.5%

\*  $p < .05$

# Situational Concern Risk Factors by Age Group

Situational Concerns	Age 11-14	Age 15-18	Age 19-24
<b>Financial Loss*</b>	<b>0.0%</b>	<b>0.4%</b>	<b>6.8%</b>
Recent Loss	2.1%	0.7%	2.2%
School Problems	8.3%	6.6%	4.1%
Runaway	0.0%	0.4%	0.0%
Unplanned Pregnancy	0.0%	0.4%	0.8%
Sexual Identity	2.1%	1.1%	0.5%
Legal Issues	1.0%	1.5%	1.7%
Medical Problems	1.0%	2.6%	4.7%
<b>Homeless*</b>	<b>0.0%</b>	<b>0.4%</b>	<b>2.5%</b>

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