



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.

Partners in Suicide Prevention

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Definitions: What Do We Mean When We Say

Suicidal Ideation:

- Thinking about or planning suicide

Suicide Attempt:

- When someone harms themselves with the intent to end their life, but do not die as a result of their actions

Died by Suicide (or Suicide Death):

- Injuring oneself with the intent to die

Did you know?

Suicide is complex.

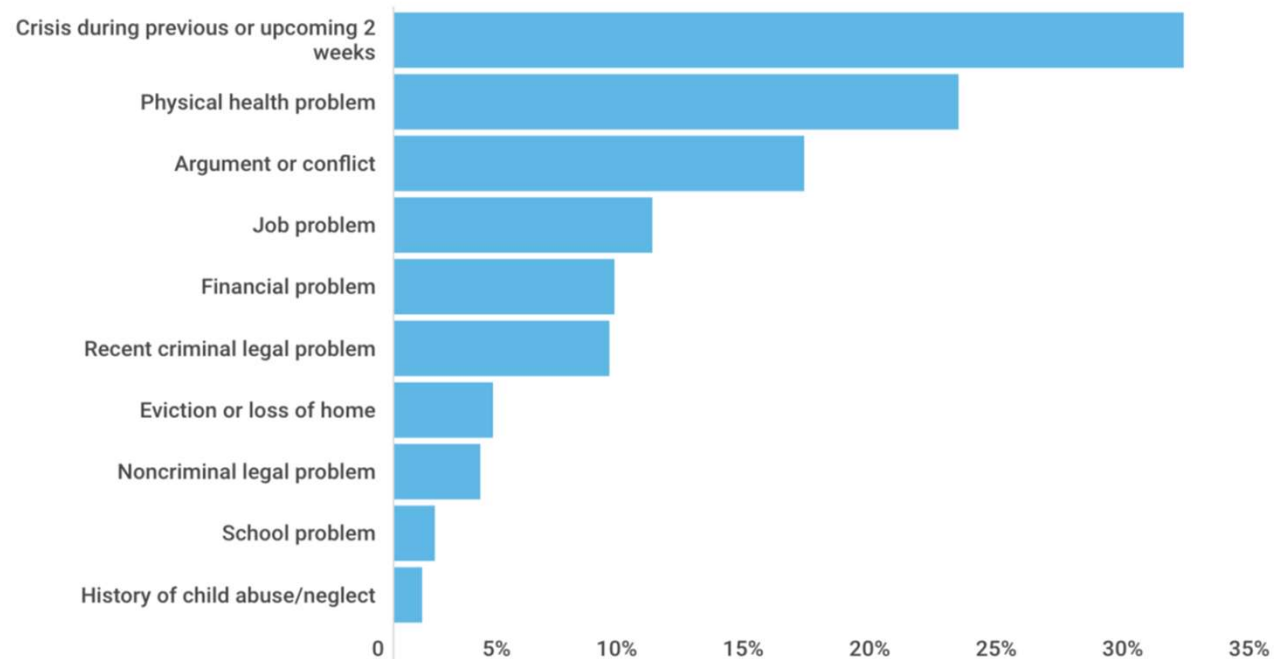
No one takes their life
for a single reason.

#Science2StopSuicide



American
Foundation
for Suicide
Prevention

Risk Factors Identified with Suicide Rates



Source: CDC

Suicide Warning Signs



TALK

Experiencing unbearable pain
Being a burden to others
Killing themselves
Feeling trapped
Having no reason to live



BEHAVIOR

Increased use of alcohol or drugs
Withdrawing from activities
Giving away prized possessions
Isolating from friends & family
Looking for a way to kill themselves, such as searching online for materials or means
Sleeping too little or too much
Visiting or calling people to say goodbye
Acting recklessly
Aggression



MOOD

Depression
Loss of interest
Irritability
Anxiety
Humiliation
Rage

afsp.org/signs



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for Suicide
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Suicide Rates - Los Angeles County

- In 2018, 947 people died by suicide in Los Angeles County.
 - 752 Male (14.5/100,000)
 - 456 White (14.3/100,000)
- Middle-aged and older adults were the highest numbers and rates
 - Number: 519 (45 yrs old+)
 - Rate: 15.0/100,000 (65 yrs old+)

Total Suicide Deaths	2012	2013	2014	2015	2016	2017	2018
Number	769	798	818	823	843	891	947
Rate per 100,000 population	7.6	7.7	7.8	7.8	8	8.4	8.8

Help Seeking Behaviors in Children and Youth

Issues with
family members

Anxiety and
stress

Suicide

Loneliness

Child abuse



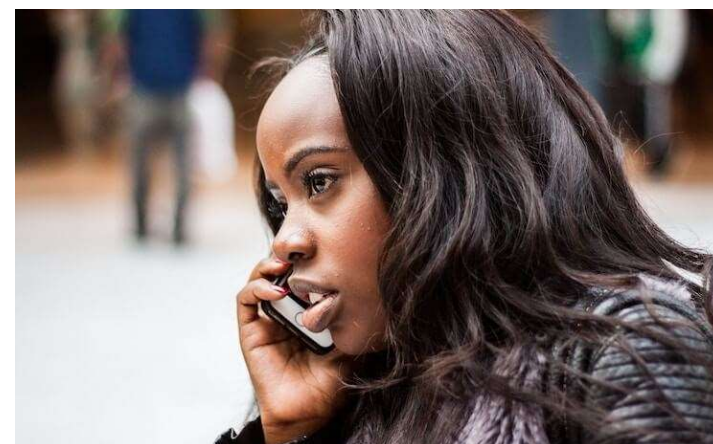
Help Seeking Behaviors in Adults

Suicidal
Desire

Relationship
concerns

Anxiety/
stress

Depression



Are you in a crisis? Call 800-273-8255 or text TALK to 741741

LACDMH- Partners in Suicide Prevention Services


Suicide Prevention and Education Trainings offered to:

- ❖ Community Members Across L.A. County- Collaborated with O.C., San Bernardino, and Riverside County.
- ❖ Clergy
- ❖ Parents
- ❖ Teachers/School Personnel
- ❖ Mental Health Professionals
- ❖ Medical Staff

Current findings in Los Angeles County



Media Coverage on Depression Rates in the United States



abc NEWS VIDEO LIVE SHOWS 2020 ELECTIONS CORONAVIRUS

Last Updated November 8 11:19:00AM ET

California Seniors On Medicare Are Getting a Big Pay Day

Depression rates tripled during the pandemic: Study
Widespread trauma could have a devastating effect on mental health.

By Eric Schlander
September 2, 2020, 9:42 AM • 7 min read

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USA TODAY
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HEALTH

'Feels like the world is against you': Young people struggle with mental health support amid COVID-19 pandemic

Elinor Aspegren USA TODAY
Published 8:30 a.m. ET Aug. 8, 2020 | Updated 3:00 p.m. ET Aug. 10, 2020

The Washington Post
Democracy Dies in Darkness

Coronavirus pandemic is pushing America into a mental health crisis

Depression rates are rising. The U.S. is ill-prepared, with some clinics already on the brink of collapse.

Information on national health issues

SUPPORT OUR WORK

TRENDING Election 2020 Open Enrollment U.S. Coronavirus Cases (11/8): 9,968 million

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Adults Report Anxiety or Depression Amid the COVID-19 Pandemic

Under Adults Report Anxiety or Depression Amid the COVID-19 Pandemic

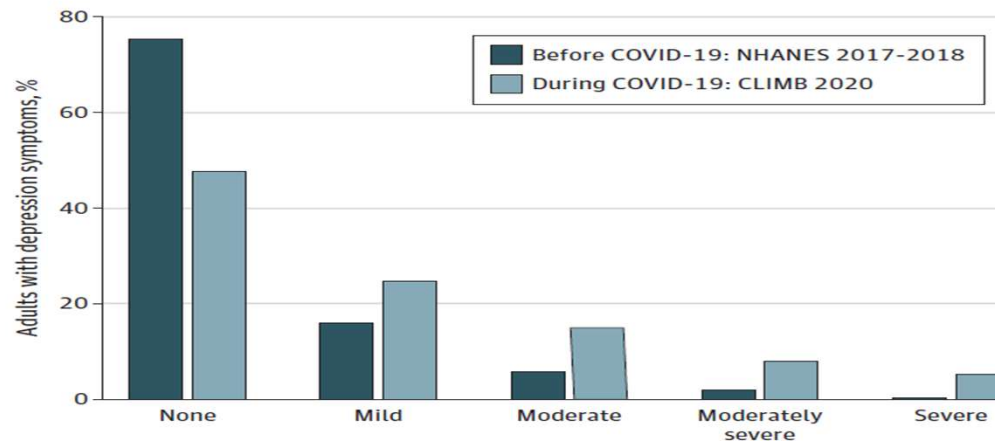
By J. Glenn Binkley, Juliette Cubanski, Kendal Orgera, and Rachel Garfield

ALSO OF INTEREST

- Low-income Californians and Health Care
- Views and Experiences of Puerto Ricans One Year After Hurricane Maria
- Loneliness and Social Isolation in the United States, the United Kingdom, and Japan: An International Survey
- One Year After the Storm: Texas Gulf

Prevalence of Depression Symptoms in US Adults Before and During the COVID-19 Pandemic

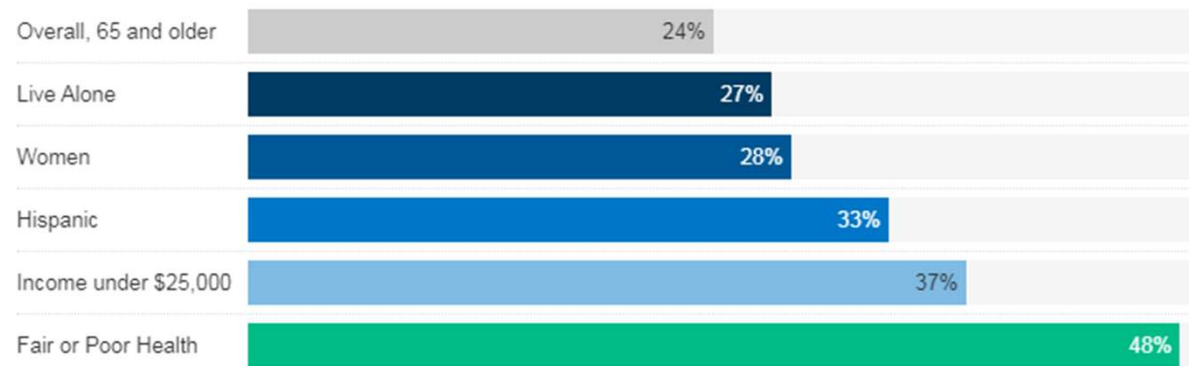
Figure. Depression Symptoms in US Adults Before and During the Coronavirus Disease 2019 (COVID-19) Pandemic



Before COVID-19 estimates from the National Health and Nutrition Examination Survey (NHANES) from 2017-2018. During COVID-19 estimates from the COVID-19 and Life Stressors Impact on Mental Health and Well-being (CLIMB) study collected from March 31 to April 13, 2020. Depression symptoms categories calculated using the Patient Health Questionnaire-9: none (0-4), mild (5-9), moderate (10-14), moderately severe (15-19), and severe (≥ 20). Percentages weighted to the population of noninstitutionalized US adults aged 18 years or older.

One in Four Older Adults Report Anxiety or Depression Amid the COVID-19 Pandemic

Figure 1. A Quarter of Older Adults Reported Anxiety or Depression Amid the Coronavirus Pandemic, while Some Groups Reported Higher Rates



NOTE: Analysis is among adults age 65 and older. Self-reported health status. Adults of Hispanic origin may be of any race, but are categorized as Hispanic for this analysis; All other groups are non-Hispanic.

SOURCE: KFF analysis of U.S. Census Bureau's Household Pulse Survey, August 19-31, 2020.

Coping with depression, anxiety and the unknown

Miami Herald

CORONAVIRUS

Alcohol sales surge during pandemic lockdowns. Here's what people are

BY DON SWEENEY

JUNE 10, 2020 04:15 PM, UPDATED JUNE 11, 2020 09:45 AM

Those Long Lines? People Stocking the Liquor Cabinet, Not the Pantry

Consumers preparing to hole up at home are adding wine, beer and spirits to their list of must-haves, but shopkeepers worry it's just the storm before the calm.

A "Shopify For Alcohol" Emerges As Home Binging Becomes The

rg Jun 10 · 5 min read



Wine and liquor deliveries being prepared at the Brooklyn Wine Exchange on Friday. Dave Sanders for

Changes in Adult Alcohol Use and Consequences During the COVID-19 Pandemic in the US

Table 2. Estimates of Change in Alcohol Use and Associated Consequences From 2019 to 2020^a

Health measure	Unit of measure (95% CI)								
	Overall	Men	Women	Age, y		Race/ethnicity			
				30-59	60-80	Non-Hispanic White	Non-Hispanic Black	Other	Hispanic
Days consumed alcohol, past 30 d									
Change from 2019	0.74 (0.33 to 1.15)	0.69 (-0.06 to 1.44)	0.78 (0.41 to 1.15)	0.93 (0.36 to 1.51)	0.37 (-0.11 to 0.84)	0.66 (0.14 to 1.17)	0.85 (-0.08 to 1.77)	0.94 (-0.38 to 2.26)	0.89 (-0.24 to 2.03)
Baseline days	5.48 (4.88 to 6.08)	6.45 (5.37 to 7.52)	4.58 (4.01 to 5.15)	4.98 (4.19 to 5.76)	6.41 (5.52 to 7.31)	6.46 (5.64 to 7.27)	3.13 (1.89 to 4.38)	4.11 (2.41 to 5.81)	3.91 (2.78 to 5.04)
No. of drinks, past 30 d									
Change from 2019	0.06 (-4.00 to 4.13)	1.00 (-6.13 to 8.14)	-0.81 (-5.04 to 3.43)	2.82 (-1.11 to 6.75)	-5.09 (-14.09 to 3.90)	0.16 (-4.57 to 4.90)	5.75 (-4.96 to 16.47)	5.52 (-3.48 to 14.53)	-5.95 (-19.15 to 7.25)
Baseline drinks, past 30 d	18.47 (14.01 to 22.84)	22.08 (15.04 to 29.12)	15.13 (9.82 to 20.45)	16.38 (11.83 to 20.93)	22.39 (13.20 to 31.58)	18.57 (13.68 to 23.45)	18.31 (0.73 to 35.89)	9.38 (5.53 to 13.24)	22.5 (8.80 to 36.21)
Heavy drinking days, past 30 d^b									
Change from 2019	0.13 (-0.09 to 0.34)	0.07 (-0.36 to 0.49)	0.18 (0.04 to 0.32)	0.23 (-0.05 to 0.51)	-0.07 (-0.39 to 0.25)	0.16 (-0.03 to 0.35)	0.27 (-0.53 to 1.06)	-0.49 (-1.41 to 0.44)	0.14 (-0.67 to 0.96)
Baseline heavy drinking days, past 30 d	0.69 (0.46 to 0.92)	0.95 (0.55 to 1.36)	0.44 (0.22 to 0.66)	0.79 (0.48 to 1.10)	0.50 (0.19 to 0.80)	0.44 (0.30 to 0.58)	1.02 (-0.03 to 2.07)	1.37 (-0.58 to 0.11)	1.22 (0.36 to 2.08)
SIP scale, past 3 mo									
Change from 2019	0.09 (-0.02 to 0.21)	0.10 (-0.13 to 0.33)	0.09 (0.01 to 0.17)	0.13 (-0.05 to 0.31)	0.03 (-0.04 to 0.10)	0.05 (-0.04 to 0.14)	-0.06 (-0.20 to 0.08)	-0.24 (-0.58 to 0.11)	0.48 (-0.07 to 1.04)
Baseline SIP, past 3 mo	0.30 (0.22 to 0.37)	0.37 (0.25 to 0.50)	0.23 (0.15 to 0.30)	0.38 (0.27 to 0.48)	0.15 (0.07 to 0.22)	0.31 (-0.22 to 0.41)	0.29 (0.13 to 0.45)	0.32 (-0.03 to 0.67)	0.22 (0.06 to 0.37)
No. ^c	1520 to 1529	648 to 652	868 to 877	812 to 820	701 to 710	1085 to 1090	147	76	211 to 213

Abbreviation: SIP, Short Inventory of Problems.

^a Change was measured between baseline (April 29-June 9, 2019) and wave 2 (May 28-June 16, 2020).

^b Heavy drinking constitutes 5 or more drinks for men and 4 or more drink for women within a couple of hours.

^c Sample size ranges are due to item nonresponse.

Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic



When things feel
uncertain,
focus on controlling
what you can.



Are you in a crisis? Call 800-273-8255 or text TALK to 741741

How can we help

SPRC Substance Abuse and Suicide Prevention Collaboration Continuum



CONTEMPLATING

What is Contemplating?

At this stage, we are thinking about collaborating. We have potential partners in mind, but we have not approached them.

What does Contemplation look like?

- We are discussing our goals.
- We are learning about our strengths.
- We are learning to trust each other.
- We are considering each other's priorities.

COOPERATING

What is Cooperating?

At this stage, we have decided partnering makes sense. We are engaging partners, but have no formal agreements.

What does Cooperating look like?

- We have informal and supportive relationships.
- We exchange information for mutual benefit.
- We attend each other's events.
- We have positive & intermittent interactions.
- There is little to no risk.

COORDINATING

What is Coordinating?

At this stage, our partnership is growing stronger, and we are modifying our activities for mutual benefit. We are engaged in projects, initiatives and work together.

What does Coordinating look like?

- We care about the same things.
- We are engaged in short-term and long-term projects.
- We engage each other using informal or formal agreements.
- We share time, decision-making, and/or resources.
- We each retain autonomy.
- There is low to moderate risk.

COLLABORATING

What is Collaborating?

At this stage, our partnership has formal agreements. We are working toward developing enhanced capacity to achieve a shared vision.

What does Collaborating look like?

- We employ creative, synergistic, and innovative approaches.
- We have new organizational structures and financial agreements.
- We have long-term engagement.
- We are an institutionalized and credible collaboration in the community.
- We have a well-defined mission based on member interests.
- We have an effective leadership team.
- There is high risk but also high trust.

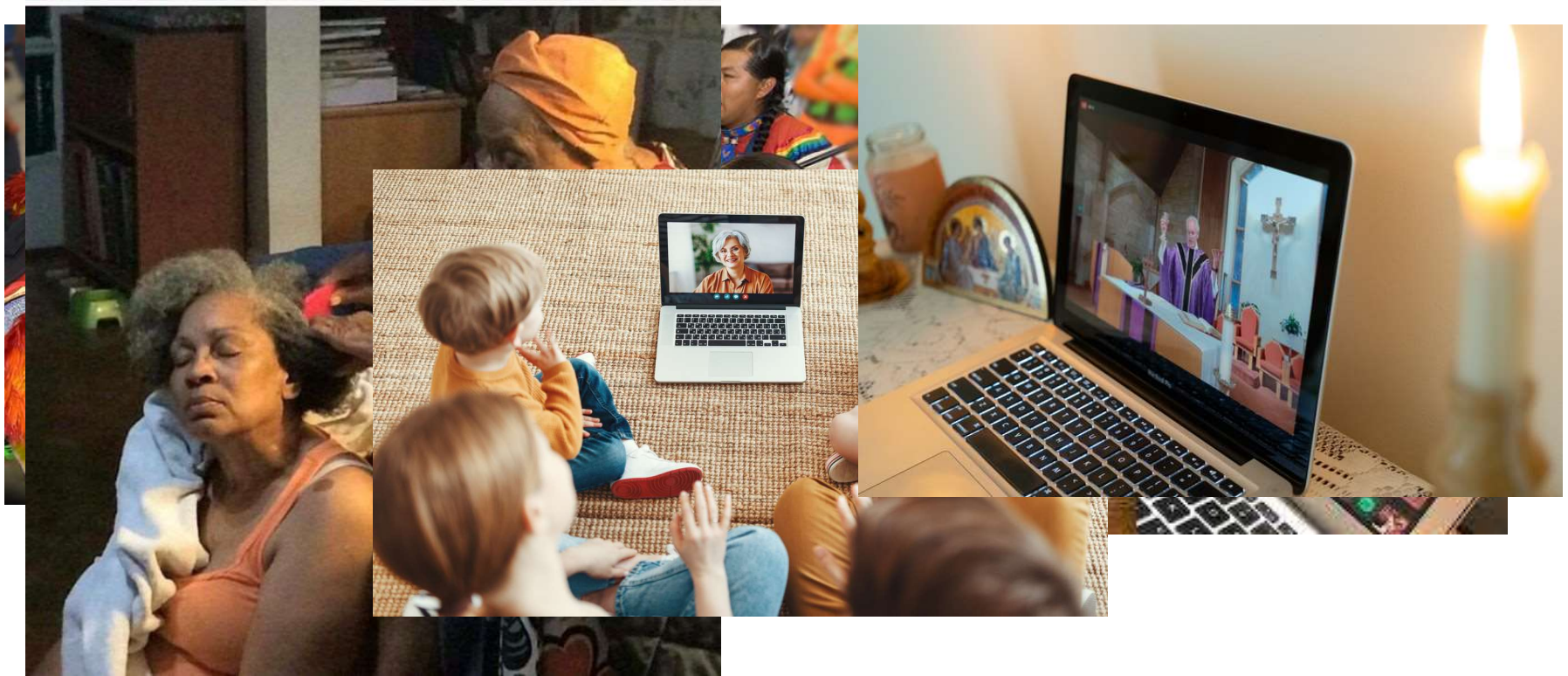
L.A. County's Suicide Prevention Efforts

Preventing suicide begins with addressing the social determinants of health for all LA County residents



While there is a strong association between suicide and mental illness such as mood and anxiety disorders, suicide is most often related to a combination of individual, environmental, and relational factors.

Promote Social Connectedness and Support



How can I help

Did you know?

Asking someone directly
if they are thinking of
suicide will not make
them suicidal and can
actually help.

#Science2StopSuicide



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Resources



Connecting with Help

National Suicide Prevention Lifeline:

- **1-800-273-TALK (8255)**
- Veterans: Press 1 or TEXT 838255
- Para Español: oprima el numero 2

Disaster Distress Helpline

- **1-800-985-5990**
- Available 24/7, 365-day-a-year

Crisis Text Line (24/7):

- **Text LA to 741741**

DMH Warmline:

- **(800) 854-7771**
- **Veteran Peer Access Network Warmline** - Ext 3

Teen Line:

- **Text TEEN to 839863** (calls from 6-10pm; chats, email, texts from 6-9pm PST)
- **1-800-TLC-TEEN**

Applications



MY3



UCLA Mindful



Virtual Hope Box



Headspace



Breathe2Relax



Teen Talk



Mindful USC