



Office of Suicide Prevention

**Northern California Regional Suicide
Awareness and Prevention
Conference.**

October 27-28, 2011



California Suicide Data Profile

CALIFORNIA DEPARTMENT OF MENTAL HEALTH
OFFICE OF SUICIDE PREVENTION
DATA SUMMARY SHEET ON SUICIDE DEATHS AND NONFATAL SELF-INFLICTED INJURIES
CALIFORNIA STATEWIDE

YEAR	2009
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CALIFORNIA DATA

POPULATION	38,888,293
SUICIDE DEATHS	3,780
SUICIDE DEATH RATE	9.7
NONFATAL SELF-INFLICTED INJURIES	16,554
NONFATAL SELF-INFLICTED INJURY RATE	42.8

SUICIDE DEATHS BY AGE, GENDER & RACE/ETHNICITY

AGE GROUPS	5-14	15-24	25-34	35-44	45-54	55-64	65-74	75-84	85+
POPULATION	5,438,215	5,875,809	5,095,497	5,558,556	5,568,360	4,104,409	2,303,056	1,389,990	608,545
SUICIDE DEATHS	20	387	453	591	947	694	326	227	114
SUICIDE DEATH RATE	0.4	6.6	8.9	10.6	17.0	16.9	14.2	16.3	18.7

GENDER	FEMALES	MALES
POPULATION	19,382,584	19,305,709
SUICIDE DEATHS	898	2,882
SUICIDE DEATH RATE	4.6	14.8

RACE/ETHNICITY	AMERICAN INDIAN / ALASKAN NATIVE	ASIAN	BLACK	HISPANIC	HAWAIIAN / PACIFIC ISLANDER	WHITE	TWO OR MORE RACES
POPULATION	235,471	4,599,987	2,279,118	14,182,666	145,783	18,433,317	811,951
SUICIDE DEATHS	18	311	133	587	14	2,650	47
SUICIDE DEATH RATE	7.6	6.8	5.8	4.1	9.6	16.1	5.8

California Department of Mental Health, Office of Suicide Prevention, 2009



Suicides in Northern Central Region in 2009

- **Calaveras** – 8 deaths; 22 attempts
- **El Dorado** – 36 deaths; 65 attempts
- **Nevada** – 22 deaths; 71 attempts
- **Sacramento** – 159 deaths; 659 attempts
- **San Joaquin** – 60 deaths; 195 attempts
- **Sutter** – 12 deaths; 26 attempts
- **Yuba** – 9 deaths; 35 attempts



California's Suicide Prevention Milestones

- Office of Suicide Prevention established on February 6, 2008
- The California Strategic Plan on Suicide Prevention: Every Californian is Part of the Solution (approved by the Governor's Office on June 30, 2008)
 - Full Plan and Executive Summary available in hard copy and on DMH website*
- Conference Compromise Committee identified three positions for the Office of Suicide Prevention.

*<http://www.dmh.ca.gov/PEIStatewideProjects/SuicidePrevention.asp>



Office of Suicide Prevention

- Single point of contact and central point of dissemination
- Coordinate national, state, and local activities to maximize resources.
- Advise and assist statewide, regional, and local programs, policies, & practices.
- Organize & disseminate information to a wide range of providers & consumers.
- Ensure appropriate implementation of the California Strategic Plan on Suicide Prevention



California Strategic Plan on Suicide Prevention

Strategic Directions

1. One: Create a System of Suicide Prevention
2. Two: Workforce and Training Enhancements
3. Three: Educate Communities to Take Action to Prevent Suicide
4. Four: Program Effectiveness and System Accountability



Office of Suicide Prevention Goals

1. Expand the number and capacity of accredited suicide prevention hotlines.
2. Develop a web based resource on suicide prevention that is specific to California.
3. Build a coordinated system of suicide prevention among state, regional, and local organizations.
4. Support suicide prevention training.



OSP Goal 1- Expand the number and capacity of accredited suicide prevention hotlines.

Activities

- Established Consortium of California Crisis Centers; monthly conference calls
- Drafted tool to survey suicide prevention hotline capacity
- Conducted part 1 of survey and reported findings

Next Steps

- Continue working with Consortium to enhance network
- Conduct part 2 of survey, report findings
- Leverage resources to help build capacity



OSP Goal 2- Develop a web based resource on suicide prevention.

Activities

- OSP web site launched
- Develop & disseminate resources

Next Steps

- Enhance OSP web site into a statewide resource center
- Enhance e-communication
- Web based resources for college students
- Identify & develop resources that address the needs of diverse cultural populations



OSP Goal 3- Build a coordinated system of suicide prevention.

Activities

- Establish and expand national, state, and local partnerships
- Coordinate state and local projects
 - OSP Liaisons
- Educate media and respond to media requests

Next Steps

- Build networks across systems to promote best practices and address gaps
- Coordinate closely with CalMHSA and its subcontractors
- Leverage resources more effectively for California



National partnerships

- Suicide Prevention Resource Center
- National Suicide Prevention Lifeline
- American Association of Suicidology
- Substance Abuse and Mental Health Services Administration
- Jed Foundation
- US Dept of Veterans Affairs



State level partnerships

- California Dept. of Veterans Affairs
- California Army National Guard
- California Department of Aging
- California Department of Education
- California Department of Public Health
- Higher Education system (UC, CSU, community colleges)
- Suicide Prevention Advocacy Network –CA
- California Mental Health Services Authority (CaMHSA)



Local partnerships

- County OSP Liaisons
 - 22 counties and growing
 - Monthly conference calls
- Consortium of CA Crisis Centers
 - 10 crisis centers participating
 - Face to face meeting in November 2010; monthly conference calls
- Ongoing technical assistance to a wide range of stakeholders



Goal 4- Support suicide prevention training

Activities

- Held full day preconference training to launch CA Strategic Plan into action at the April 2009 American Association of Suicidology conference in San Francisco
 - 80+ attendees from broad range of perspectives

Next Steps

- Web based directory and calendar
- Develop model for workplace suicide prevention training



Contact the Office of Suicide Prevention

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[See our web page](http://www.dmh.ca.gov/PEIStatewideProjects/SuicidePrevention.asp)

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Prevention.asp](http://www.dmh.ca.gov/PEIStatewideProjects/SuicidePrevention.asp)

Check it out!