

# CDC's Comprehensive Public Health Approach to Suicide Prevention

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February 16, 2021



# Agenda

- + Suicide Prevention Organization
- + Suicide by the Numbers
- + Suicide Prevention Strategic Plan
- + Comprehensive Suicide Prevention Program
- + Additional Programmatic Highlights

# Division of Injury Prevention



# Suicide Prevention Team



Ellen Yard  
Epidemiologist



Daphne Kennebrev  
Public Health Advisor



Margaret (Melissa)  
Brown, Behavioral  
Scientist



Elizabeth Gaylor  
Behavioral Scientist



Deb Stone Behavioral  
Scientist/ Team Lead



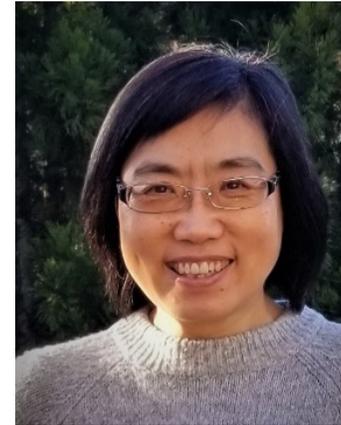
Pedro Martinez  
Behavioral Scientist/  
Epidemiologist



Asha Ivey-Stephenson  
Behavioral Scientist/  
Epidemiologist



Audrey Aaron-Moffitt,  
Public Health Advisor



Jing Wang  
Epidemiologist

# Suicide by the Numbers

Rates **increased**  
33% between  
1999-2019

- Small decline in  
2019



# Suicide by the Numbers – Continued

The number of people who think about or attempt suicide is much higher than suicide deaths.



Many adults **think about** suicide or **attempt** suicide.

Seriously thought about suicide:



**12 million**

Made a plan for suicide:



**3.5 million**

Attempted suicide:

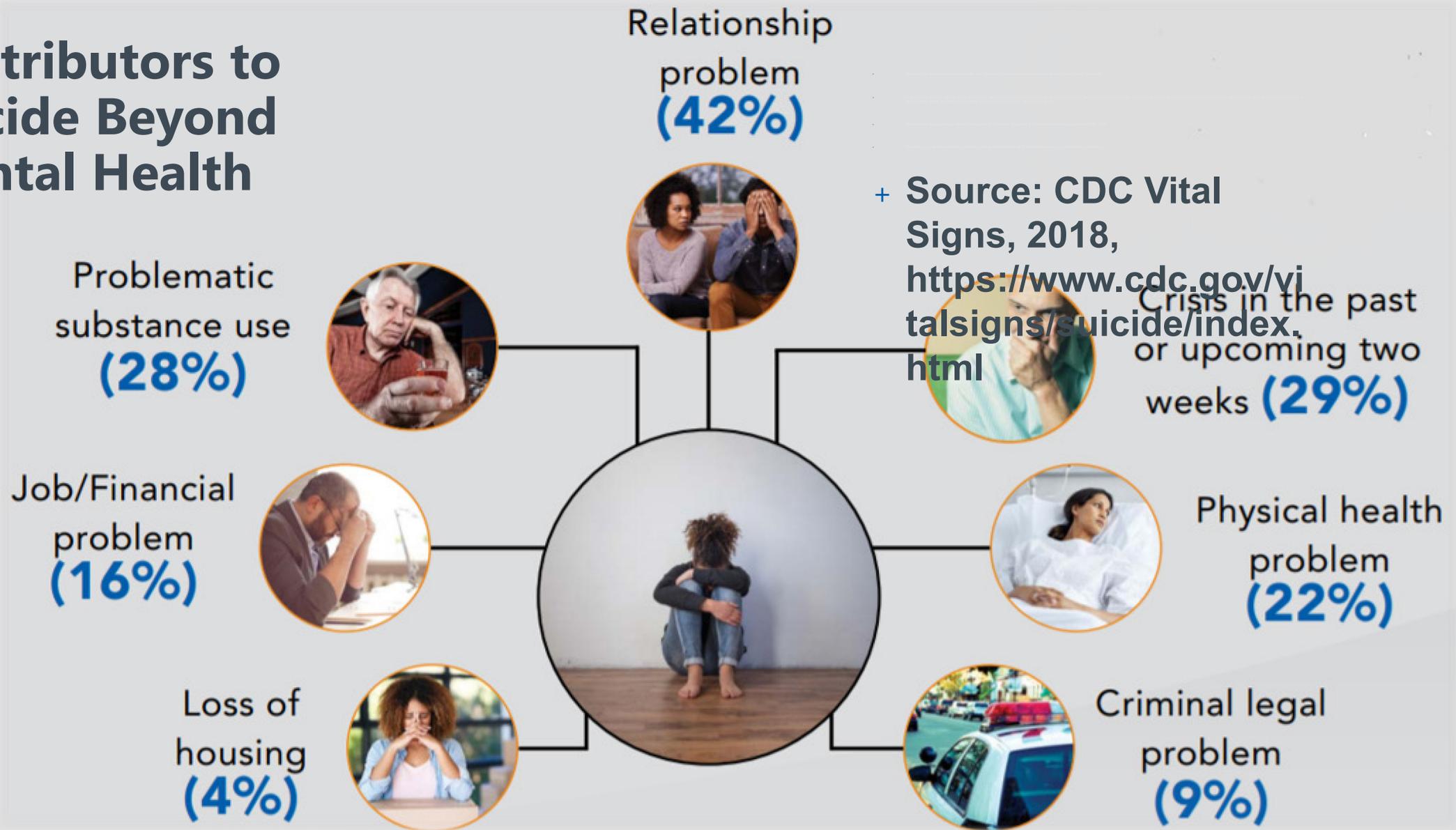


**1.4 million**

# Leading Causes of Death, U.S., by Age Group, 2019

Rank	10-14 years	15-24 years	25-34 years	35-44 years	45-54 years	55-64 years
1	Unintentional Injuries	Unintentional Injuries	Unintentional Injuries	Unintentional Injuries	Malignant Neoplasms	Malignant Neoplasms
2	<b>Suicide</b>	<b>Suicide</b>	<b>Suicide</b>	Malignant Neoplasms	Heart Disease	Heart Disease
3	Malignant Neoplasms	Homicide	Homicide	Heart Disease	Unintentional Injuries	Unintentional Injuries
4	Homicide	Malignant Neoplasms	Malignant Neoplasms	<b>Suicide</b>	Liver Disease	Chronic Lower Respiratory Ds
5	Congenital Malformations	Heart Disease	Heart Disease	Homicide	<b>Suicide</b>	Diabetes Mellitus
6	Heart Disease	Congenital Malformations	Liver Disease	Liver Disease	Diabetes Mellitus	Liver Disease
7	Chronic Lower Respiratory Ds	Diabetes Mellitus	Diabetes Mellitus	Diabetes Mellitus	Cerebro-Vascular Ds	Cerebro-Vascular
8	Influenza and Pneumonia	Influenza and Pneumonia	Cerebro-Vascular Ds	Cerebro-Vascular	Chronic Lower Respiratory Ds	<b>Suicide</b>

# Contributors to Suicide Beyond Mental Health



+ Source: CDC Vital Signs, 2018, <https://www.cdc.gov/vitalsigns/suicide/index.html>

Note: Suicide decedents may have had multiple circumstances associated with suicide, so percentages will add to more than 100.

# CDC's Strategy for Suicide Prevention



# Our Vision and Mission

No lives lost to suicide

VISION



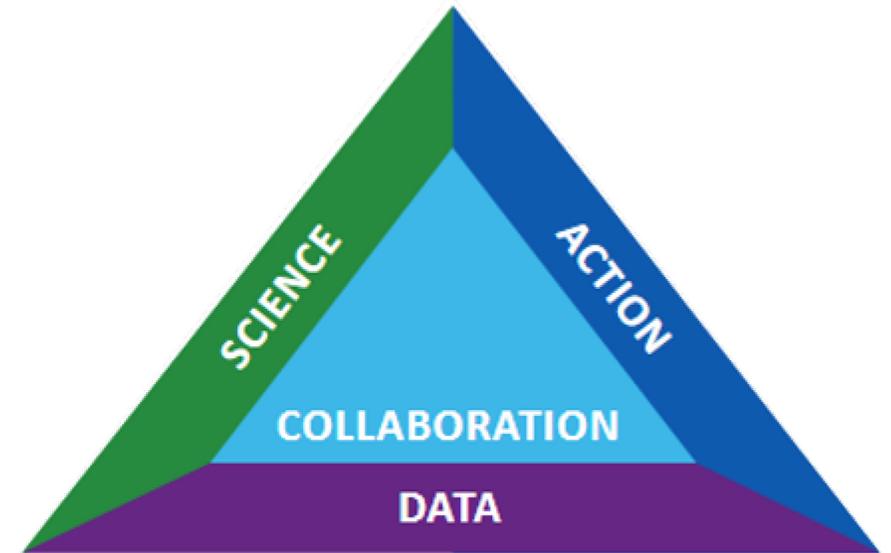
MISSION



Use data, science, and partnerships to identify and implement effective suicide prevention strategies to foster healthy and resilient communities across the United States

# Our Priorities

- + **Data:** Use new and existing data to better understand, monitor, and prevent suicide and suicidal behavior
- + **Science:** Identify risk and protective factors and effective policies, programs, and practices for suicide prevention in vulnerable populations
- + **Action:** Build the foundation for CDC's National Suicide Prevention Program
- + **Collaboration:** Develop and implement wide-reaching partnership and communications strategies to raise awareness and advance suicide prevention activities



# Data & Science Priorities

- + **Goal 1:** Improve the quality and enhance the use of existing data sources and systems
- + **Goal 2:** Identify and leverage new data sources and methods
  
- + **Goal 3:** Improve understanding of the factors that increase or decrease suicide risk in vulnerable populations
- + **Goal 4:** Evaluate suicide prevention strategies in vulnerable populations

## DATA

Use new and existing data to better understand, monitor, and prevent suicide and suicidal behavior



## SCIENCE

Identify risk and protective factors and effective policies, programs, and practices for suicide prevention in vulnerable populations



# Action & Collaboration Priorities

- + **Goal 5:** Implement and evaluate comprehensive suicide prevention in vulnerable populations
- + **Goal 6:** Translate the technical package
  
- + **Goal 7:** Work with partners to advance a coordinated and comprehensive public health approach to suicide prevention
- + **Goal 8:** Raise awareness of CDC's coordinated and comprehensive public health approach to suicide prevention

## ACTION

Build the foundation for CDC's National Suicide Prevention Program



## COLLABORATION

Develop and implement wide-reaching partnership and communication strategies to raise awareness and advance suicide prevention activities



# Comprehensive Suicide Prevention Program



# Comprehensive Suicide Prevention Cooperative Agreement

CDC is committing a total of

**\$7 million per year for five years** to implement and evaluate a comprehensive public health approach to suicide prevention, with attention to vulnerable populations.

+

**85 applications received**

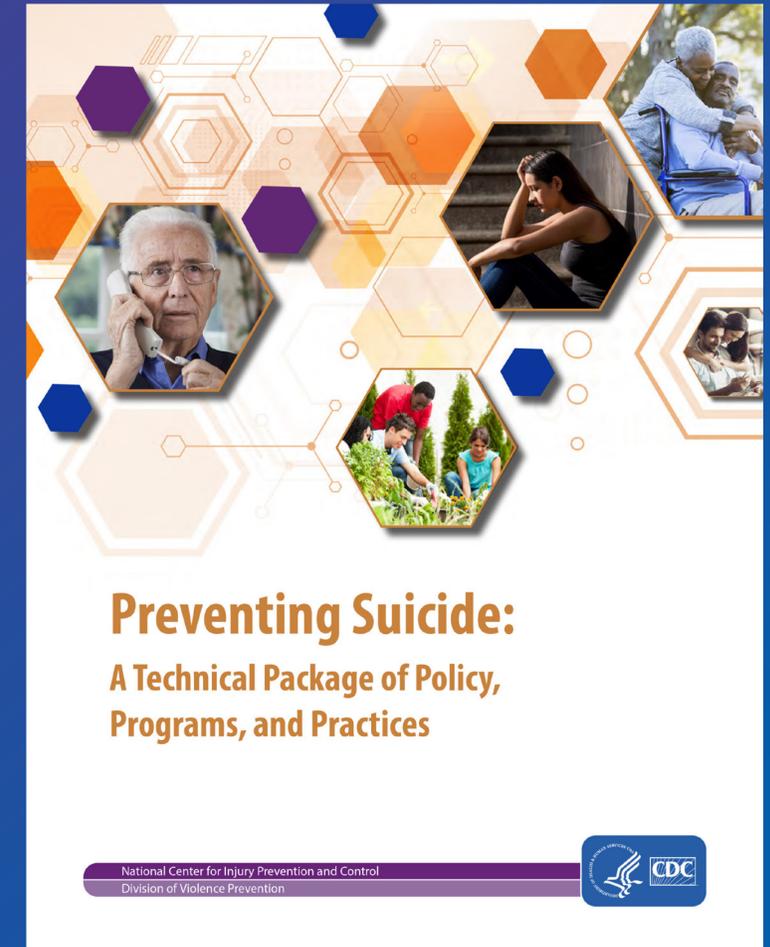
**9 sites awarded**

# Comprehensive Approach

- + Creation of multi-sectoral partnership plan
- + Use of surveillance data to select vulnerable population(s) and to understand circumstances of suicide in the population(s)
- + Creation of inventory of ongoing suicide prevention programs in the jurisdiction(s) to identify prevention gaps and opportunities
- + Selection of strategies and approaches from CDC's Preventing Suicide: A Technical Package of Policy, Programs, and Practices
- + Development, implementation, and evaluation of a communication and dissemination plan

# Selection of Strategies from Preventing Suicide: A Technical Package of Policy, Programs, and Practices

- + What is a technical package?
- + Select group of strategies based on the **best available evidence** to help communities and states sharpen their focus on priorities with the **greatest potential** to prevent a public health problem.



<https://www.cdc.gov/violenceprevention/pdf/SuicideTechnicalPackage.pdf>

# Snapshot of Technical Package Strategies



## Strengthen economic supports

- Strengthen household financial security
- Housing stabilization policies



## Strengthen access and delivery of suicide care

- Coverage of mental health conditions in health insurance policies
- Reduce provider shortages in underserved areas
- Safer suicide care through system change



## Create protective environments

- Reduce access to lethal means among persons at risk of suicide
- Organizational policies and culture
- Community-based policies to reduce excessive alcohol use



## Promote connectedness

- Peer norm programs
- Community engagement activities



## Teach coping and problem-solving skills

- Social-emotional learning programs
- Parenting skill and family relationship programs



## Identify and support people at risk

- Gatekeeper training
- Crisis intervention
- Treatment for people at risk of suicide
- Treatment to prevent re-attempts



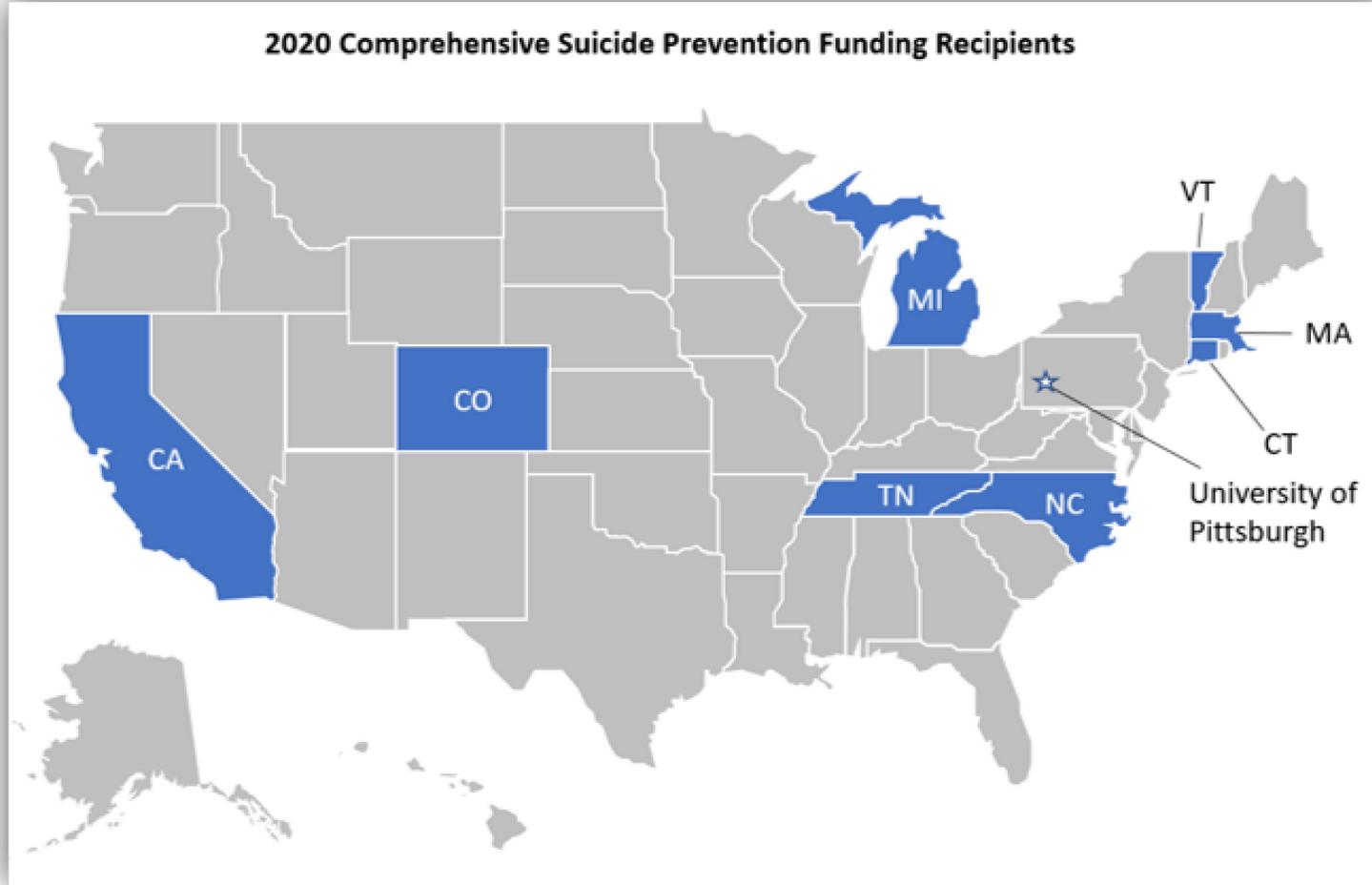
## Lessen harms and prevent future risk

- Postvention
- Safe reporting and messaging about suicide

# Implementation & Evaluation of Comprehensive Approach

- + Implementation and evaluation for each strategy selected and overarching comprehensive approach
- + Evaluation of individual strategies (new and existing) will:
  - Assess process and intermediate outcomes in logic model
  - Identify promising practices and ineffective strategies
- + Evaluation of comprehensive approach will focus on:
  - Impact of strategies overall on intermediate and long-term outcomes
  - Interaction of strategies, contextual factors, policies, partnerships
- + Plans will include indicators and metrics for tracking

# Inaugural Recipients



California Department of Public Health

Colorado Department of Public Health and Environment

Connecticut Department of Public Health

Massachusetts Department of Public Health

Michigan Department of Health and Human Services

North Carolina Department of Health and Human Services

Tennessee Department of Health

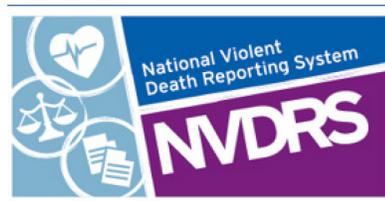
University of Pittsburgh

Vermont Department of Health

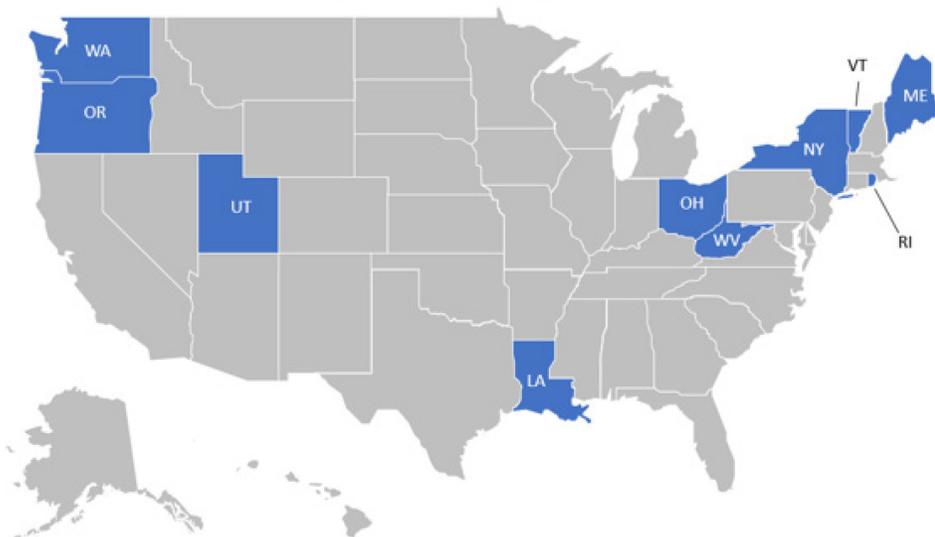
# Additional Suicide Prevention Team Highlights



## COVID-19 and Suicide, ACEs, and IPV prevention



ED-SNSRO Funded States



# Thank You

Deb Stone

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Hope and healing is possible.



**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**

**1-800-273-TALK**  
SuicidePreventionLifeLine.org

**Find hope.**  
Free and confidential support is here 24/7.

The findings and conclusions in this presentation are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.”

# Disclosure Statement

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