Making the Case for a Comprehensive Approach to Suicide Prevention and Injury Prevention

A New Focus on Commonalities Instead of Differences

Jerry Reed, PhD, MSW

August 4, 2016
Injury Defined

An act that damages or hurts

- Intentional (Violence)
- Unintentional
A Typology of Violence

Source: World Health Organization
Commonalities among Different Types of Injury

- **Mechanisms**
  - Falls
  - Fire and heat
  - Firearm
  - Motor vehicle
  - Struck by / against
  - Water

- **Settings**

- **Medical Outcome**
Suicide by Means, U.S., 2014

- **Firearm**: 50%
- **Poisoning**: 16%
- **Suffocation**: 27%
- **Drowning**: 1%
- **Fall**: 2%
- **Cut and Pierce**: 2%
- **Other**: 2%

Source: CDC WISQARS Fatal Reports, 2014
Scope of the Problem

<table>
<thead>
<tr>
<th>Rank</th>
<th>Age Group</th>
<th>1-4</th>
<th>5-9</th>
<th>10-14</th>
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Source: CDC WISQARS Fatal Report, 2014
Deaths Are Not the Whole Picture

Deaths
199,756

Hospitalizations
2,521,244

Emergency Department Visits
26,997,976

Source: CDC WISQARS Fatal and Non-Fatal Reports, 2014, All Ages, All Injuries
Burden by Intent

**Suicide**
- Deaths: 42,773
- ED Visits: 121,362
- Hospitalizations: 214,805

**Homicide**
- Deaths: 15,809
- Hospitalizations: 130,785
- ED Visits: 1,328,758

**Unintentional**
- Deaths: 136,053
- Hospitalizations: 2,170,947
- ED Visits: 25,474,794

Source: CDC WISQARS Fatal and Non-Fatal Reports, 2014, All Ages, All Injuries

<table>
<thead>
<tr>
<th>Rank</th>
<th>1-4</th>
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Source: CDC WISQARS Fatal Reports, 2014

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Source: CDC WISQARS Non-Fatal Reports, 2014
# 5 Leading Causes of Injury ED Visits, U.S., 2014

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Source: CDC WISQARS Non-Fatal Reports, 2014

Falls
Interpersonal Violence
Motor Vehicle Crashes
Poisoning
Suicide and Self-Harm
## Data Sources

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<th>Unintentional Motor Vehicle Crashes</th>
<th>Unintentional Falls</th>
<th>Suicide and Self-Harm</th>
<th>Interpersonal Violence</th>
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Identifying Risk and Protective Factors
Socio-Ecological Model

Society
- Policies
- Culture
- Social Norms

Community
- Settings or institutions in which social relationships take place

Relationship
- Interaction between two or more people

Individual
- Personal Characteristics
- Behavior
- Biological Factors
- Experience
## Risk Factors

<table>
<thead>
<tr>
<th></th>
<th>Unintentional Motor Vehicle Crashes</th>
<th>Unintentional Falls</th>
<th>Suicide and Self-Harm</th>
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<th>Unintentional Poisoning</th>
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Sources: World Health Organization; CDC, Connecting the Dots: An Overview of the Links Among Multiple Forms of Violence
# Protective Factors

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Source: CDC, Connecting the Dots: An Overview of the Links Among Multiple Forms of Violence
Injuries as Risk Factors

- Traumatic Brain Injury
- Intimate Partner Violence
- Suicide Risk
Traumatic Brain Injury & Suicide
Traumatic Brain Injury Defined

A blow or jolt to the head or a penetrating head injury that disrupts the function of the brain.

Concussion

Initial impact of concussion (coup)  Secondary impact (contrecoup)
Trauma Defined

**Psychological Trauma:** a deeply distressing or disturbing experience. An experience that produces psychological injury or pain.

**Physical Trauma:** Also known as "injury", is a physiological wound caused by an external source. It can also be described as "a physical wound or injury, such as a fracture or blow".
TBI as a Risk Factor for Suicide

“Traumatic brain injury is associated with substantially elevated risks of premature mortality, particularly for suicide, injuries, and assaults, even after adjustment for sociodemographic and familial factors.”
Fazel 2014

“The risk for committing suicide is two to four times greater for individuals with TBI than for the general population. Even mild brain injury increases risk.”
Center for Substance Abuse Treatment 2010
TBI and Suicide: Co-Occurring Risk Factors

Substance Abuse

- Can lead to TBI
- Often co-occurs with suicidality
- Can be a symptom of sustaining a TBI

“When a psychiatric disorder or SUD co-occurs with TBI, the risk for attempted or completed suicide is further increased.”

Center for Substance Abuse Treatment 2010
Experiences with Violence

- Intimate Partner Violence
- Child Maltreatment
- Veterans
Intimate Partner Violence & Suicide
Intimate Partner Violence & Suicide

Not a One Way Street

Suicide Risk

Intimate Partner Violence
Navigating Cultures

- Perceptions of Perpetrators
- Screening
- Crisis Lines:
  - Training & Role of Responder
  - Times of High Risk
  - Follow Up
Prevention Strategies
Injury Trends

Fatal Injuries by Cause, 2001-2014
Ages 0-19

Source: CDC WISQARS Fatal Reports, 2014, Ages <1-19
Injury Trends

Fatal Injuries by Cause, 2001-2014
Ages 20-64

Source: CDC WISQARS Fatal Reports. 2014, Ages 20-64
Injury Trends

Fatal Injuries by Cause, 2001-2014
Ages 65+

Source: CDC WISQARS Fatal Reports. 2014, Age 65+
## Prevention Strategies

<table>
<thead>
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<th>School-Wide Interventions and Supports</th>
<th>Distribution &amp; Use of Safety Devices</th>
<th>Home Visiting</th>
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# Parent Education

## Interpersonal Violence
- Parent-Child Interaction Therapy
- Training in non-violent problem solving skills
- Coping skills

## Suicide
- Incredible Years [http://incredibleyears.com/](http://incredibleyears.com/)

## Motor Vehicle
- Safety seat education that is provided by physicians and other health care professionals in clinical settings
- Proper installation and use of safety seats and booster seats through hands-on education
- Parent involvement in teen driving through knowledge of Graduated Driver Licensing regulations ([Parents Are the Key to Safe Teen Drivers -- A campaign from the CDC](http://www.cdc.gov/trauma/prevention/teen_driving/parents/index.htm))
- Parent/teen driving agreements that address Graduated Driver Licensing requirements

## Falls
- Anticipatory guidance from physicians about falls and traumatic brain injuries
- Social norms campaigns, such as the Children Can’t Fly Program [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1653830/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1653830/)

## Poisoning
- Anticipatory guidance from physicians about safe storage of medications out of reach of children and prompt and appropriate disposal of unused or expired medications to prevent misuse by children and adolescents

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Children’s Safety Network
# School-Wide Interventions & Supports

## Interpersonal Violence
- Preschool programs, such as state pre-K and Head Start
- Social and emotional learning programs, such as the Good Behavior Game ([http://legacy.nreppadmin.net/ViewIntervention.aspx?id=201](http://legacy.nreppadmin.net/ViewIntervention.aspx?id=201)) and Coaching Boys into Men ([http://www.coachescorner.org](http://www.coachescorner.org))
- School-Wide Positive Behavioral Interventions and Supports (PBIS) ([https://pbis.org](https://pbis.org))

## Suicide
- Good Behavior Game ([http://legacy.nreppadmin.net/ViewIntervention.aspx?id=201](http://legacy.nreppadmin.net/ViewIntervention.aspx?id=201))
- Sources of Strength ([http://legacy.nreppadmin.net/ViewIntervention.aspx?id=248](http://legacy.nreppadmin.net/ViewIntervention.aspx?id=248))
- Linking Education and Awareness of Depression and Suicide (LEADS) for Youth Curriculum
- Coping and Support Training (CAST) ([http://www.sprc.org/resources-programs/cast-coping-and-support-training](http://www.sprc.org/resources-programs/cast-coping-and-support-training))

## Motor Vehicle
- Peer-to-peer educator programs, such as:
  - Impact Teen Drivers ([http://impactteendrivers.org/](http://impactteendrivers.org/))
  - Champion Schools Program ([http://www.ugotbrains.com/chamion-schools](http://www.ugotbrains.com/chamion-schools))

## Falls

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**Children’s Safety Network**

**EDC Learning transforms lives.**
## Distribution & Use of Safety Devices

### Suicide
- Cabinet locks and gun locks ([Reducing a Suicidal Person’s Access to Lethal Means of Suicide: A Research Agenda](http://www.sciencedirect.com/science/article/pii/S0749379714002475))

### Motor Vehicle
- Free or reduced cost child safety seats and booster seats combined with proper installation and use of these seats ([National Child Safety Seat Distribution Program Evaluation Assesses Training, NHTSA](http://www.nhtsa.gov/About+NHTSA/Traffic+Techs/current/National+Child+Safety+Seat+Distribution+Program+Evaluation+Assesses+Training))

### Falls
- Installation of stair guards
- Installation of window guards
- Use of bicycle helmets
- Safe playground design, especially installation of protective surfaces and removal of especially dangerous equipment
# Home Visiting

## Interpersonal Violence

## Suicide
- Conduct psychosocial screening
- Provide guidance on reducing access to lethal means

## Motor Vehicle
- Education, distribution, and installation of child safety seats and booster seats
- Education about the importance of consistent use of seat belts by older children and teens

## Falls

## Poisoning
- Safe storage of household chemical products to keep them out of the reach of children
- Safe storage of medications out of reach of children and prompt and appropriate disposal of unused or expired medications to prevent misuse by children and adolescents

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**Children’s Safety Network**
Future Directions
Moving to a Comprehensive Approach

- Collect and analyze data to identify geographic areas, settings, and populations at increased risk of injuries and suicide.
- Work across programs, departments, agencies, and disciplines to reduce and eliminate silos.
- Build coalitions and networks that understand the commonalities among different types of injuries.
Moving to a Comprehensive Approach

• Identify cross-cutting risk and protective factors

• Screen for and address multiple risk factors

• Strengthen multiple protective factors

• Implement and scale up cross-cutting prevention strategies
EDC Learning transforms lives.

EFFECTIVE SUICIDE PREVENTION

COMPREHENSIVE APPROACH

KEYS TO SUCCESS

STRATEGIC PLANNING
EDC Learning transforms lives.

THE STRATEGIC PLANNING APPROACH TO SUICIDE PREVENTION

STEP 1: Describe the problem and its context

STEP 2: Choose long-term goals

STEP 3: Identify key risk and protective factors

STEP 4: Select or develop interventions

STEP 5: Plan the evaluation

STEP 6: Implement, evaluate, and improve
EDC Learning transforms lives.

EDC Learning transforms lives.

Identify and Assist
Increase Help-Seeking
Respond to Crisis
Postvention
COMPREHENSIVE APPROACH TO SUICIDE PREVENTION
Reduce Access to Means
Life Skills and Resilience
Effective Care/Treatment
Care Transitions/Linkages
Connectedness
EDC Learning transforms lives.

KEYS TO SUCCESS

- Engaging People with Lived Experience
- Partnerships and Collaboration
- Safe and Effective Messaging and Reporting
- Culturally Competent Approaches
- Evidence-Based Prevention
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