

National Strategy *for*  
Suicide Prevention

Introducing the New National  
Strategy for Suicide  
Prevention and Federal Action  
Plan & CDC's Suicide  
Prevention Resource for  
Action

**Texas Suicide Prevention  
Symposium, Sept 18, 2024**

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2024

# Agenda

- Background
- Developing the National Strategy for Suicide Prevention & Federal Action Plan
- Overview of the National Strategy
- Overview of the Federal Action Plan
- Communications & Dissemination
- Monitoring and Evaluation
- CDC's Comprehensive Suicide Prevention Program & Suicide Prevention Resource for Action

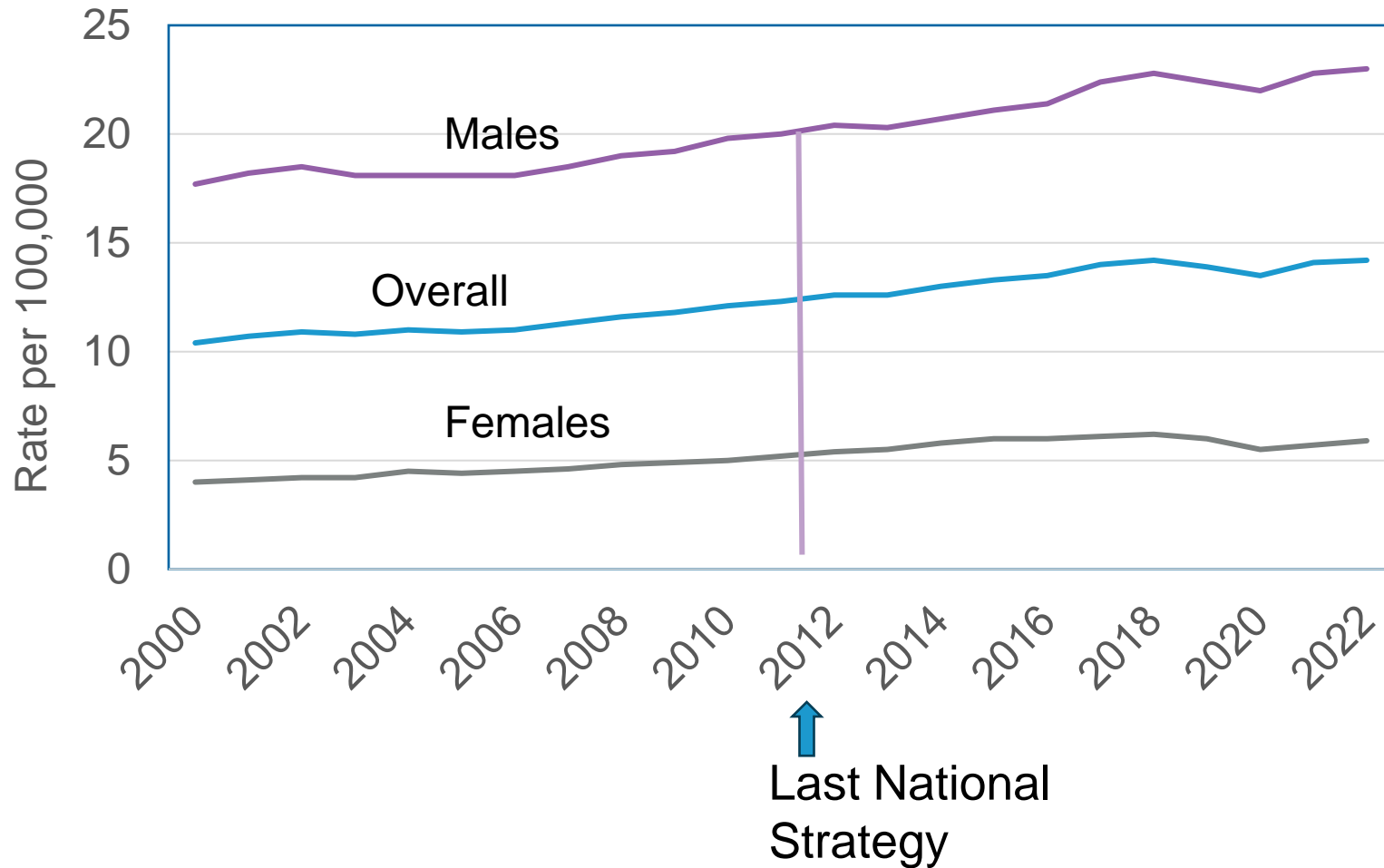


# Background

Charge to  
Develop 2024  
*National  
Strategy for  
Suicide  
Prevention and  
Federal Action  
Plan*

- Biden-Harris Administration requested a 2024 National Strategy for Suicide Prevention (*National Strategy*) and Federal Action Plan (*Action Plan*).
- HHS, acting through the *Behavioral Health Coordinating Council's (BHCC) Suicide Prevention and Crisis Care subcommittee (SPCC)*, was asked to lead the charge with interdepartmental engagement to build a cross-government strategy
- **Released April 23, 2024**

# Suicide rates continue to increase overall in the United States



## Between 2000-2022

- 30% Increase, males
- 36% Increase, overall
- 48% Increase, females

## Between 2012-2022

- 12.7% Increase, overall

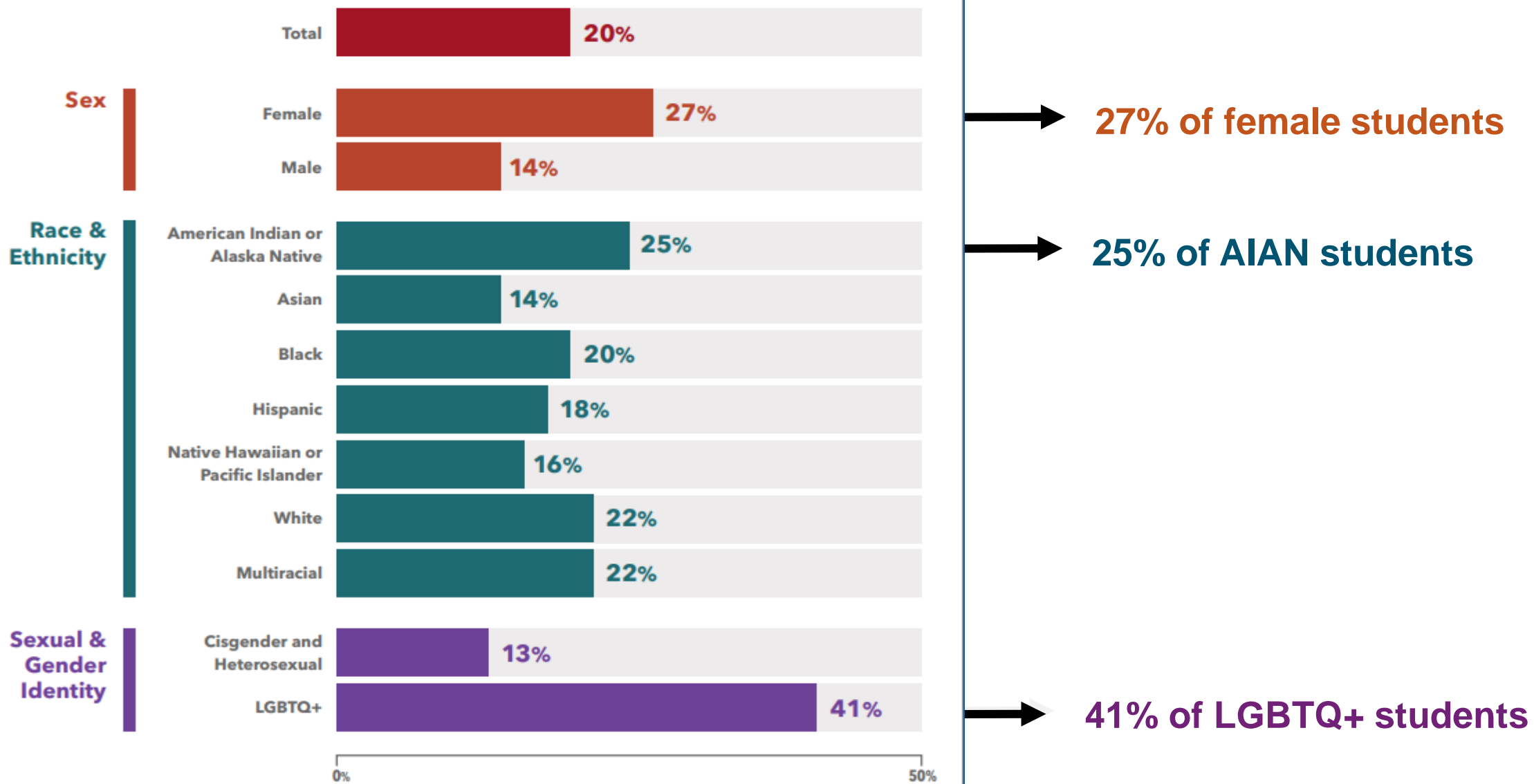
# Age-adjusted suicide rates by race/ethnicity, all ages

Numbers of Suicide and Suicide Rates, 2022		
Race/Ethnicity	Number of Suicides	Age-Adjusted Rate per 100,000
<b>Non-Hispanic</b>		
American Indian and Alaska Native	650	27.1
Asian	1,459	6.9
Black or African American	3,826	8.9
Native Hawaiian or Other Pacific Islander	95	14.3
White	37,481	17.6
More Than One Race	682	10.5
<b>Hispanic</b>	5,122	8.1

Percentage of High School Students Who

**Seriously Considered Attempting Suicide** During the Past Year,  
by Demographic Characteristics, United States, YRBS, 2023

Note: YRBS=Youth Risk Behavior Survey;  
Conducted among high school students



A group of diverse people are sitting in a circle in a meeting room. On the left, a man with a beard and glasses is seated in a wheelchair, wearing a dark beanie and a light-colored shirt. He is looking towards the center of the group. In the center, a man in a white shirt is seen from the back, gesturing with his right hand towards the man in the wheelchair. Other people, including a woman in a plaid shirt and a man in a blue shirt and cap, are seated around the circle, listening attentively. The room has large windows in the background. The entire image is overlaid with a semi-transparent purple and blue gradient.

# Developing the *National Strategy*



# National Strategy Partners

The 2024 *National Strategy for Suicide Prevention* was developed by a federal Interagency Work Group (IWG) comprised of:

**20+**  
Agencies

**10**  
Federal Departments

## WITH SUPPORT FROM:

—  
Suicide  
Prevention  
Resource  
Center (SPRC)

—  
National Action  
Alliance for  
Suicide Prevention  
(Action Alliance)

## AND A PROJECT MANAGEMENT TEAM CO-LED BY:

—  
Substance  
Abuse and  
Mental Health  
Services  
Administration  
(SAMHSA)

—  
Centers for  
Disease  
Control and  
Prevention  
(CDC)

—  
National  
Institute of  
Mental Health  
(NIMH)

—  
U.S. Department of  
Health and Human  
Services Office of the  
Assistant Secretary  
for Planning and  
Evaluation  
(ASPE/HHS)

# National Strategy Contributors

Also reflected in this 10-year *National Strategy* is the input of:

# 2,000+

People from across the United States who participated in a national needs assessment and a series of listening sessions



Including people with suicide-centered lived experience, tribal members, youth, suicide prevention experts, and partners in the private sector.



# *National Strategy* Development

- Gathered input from invested groups across the country
- Reviewed data trends
- Reviewed 2012 National Strategy and 2017 Assessment Report
  - Assessed gaps, areas needing updating
- Reviewed 15 key reports and recommendations,\* for example:
  - Surgeon General's Call to Action to Implement the National Strategy (2021)
  - Advisory on Social Media and Youth Mental Health (2023)
  - VA National Strategy for Suicide Prevention (2018)
  - Advancing Comprehensive School Mental Health Systems (2019)
  - National Guidelines for Behavioral Health Crisis Care (2020)
  - Preventing Suicide: A Technical Package of Policy, Programs, and Practices (2017)



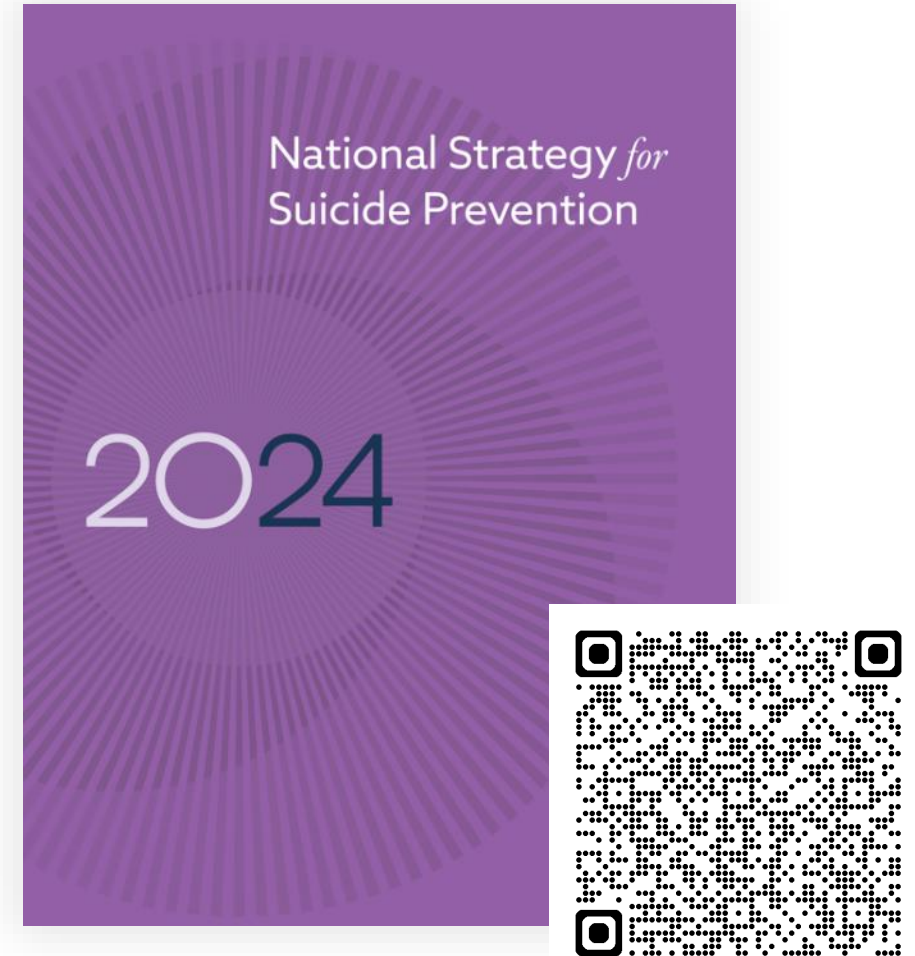
# Overview of the 2024 *National Strategy for Suicide Prevention*

# 2024 National Strategy *for* Suicide Prevention

The 2024 *National Strategy for Suicide Prevention* is a bold new 10-year, comprehensive, whole-of-society approach to suicide prevention that provides concrete recommendations for addressing gaps in the suicide prevention field.

## **The new 2024 *National Strategy*:**

- Incorporates advancements in the field and addresses emerging issues
- Is designed to guide, motivate, and promote a more coordinated and comprehensive approach to suicide prevention
- Focuses on addressing the many risk and protective factors associated with suicide, with the recognition that there is no single solution to this complex challenge



[www.hhs.gov/nssp](http://www.hhs.gov/nssp)

# Examples of Changes from 2012 to 2024 *National Strategy*

- **Created new strategic direction** on equity in suicide prevention
- **Strengthened focus on** upstream prevention/comprehensive approach
- **Reflected advances** e.g., in surveillance, use of real-time data, and data science
- **Added new goals on** lethal means safety; 988; workplace suicide prevention; suicide prevention infrastructure in states, tribes, local communities, and territories
- **Strengthened objectives** e.g., continuity of care, care transitions, provider training
- **Added new objectives** social media/digital technology, substance use, adverse childhood experiences, youth
- **Elevated evaluation** throughout strategy, added objective to evaluate the *National Strategy*

# NSSP Strategic Direction



# Strategic Direction 1: Goals

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## Strategic Direction 1: Community-based suicide prevention

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- 1 Establish effective, broad-based, collaborative, and sustainable suicide prevention partnerships
  - 2 Support upstream comprehensive community-based suicide prevention
  - 3 Reduce access to lethal means among people at risk of suicide
  - 4 Conduct postvention and support people with suicide-centered lived experience
  - 5 Integrate suicide prevention into the culture of the workplace and into other community settings
  - 6 Build and sustain suicide prevention infrastructure at the state, tribal, local, and territorial levels
  - 7 Implement research-informed suicide prevention communication activities in diverse populations using best practices from communication science
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# Strategic Directions 2 & 3: Goals

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## Strategic Direction 2: Treatment and crisis services

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- 8 Implement effective suicide prevention services as a core component of health care
  - 9 Improve the quality and accessibility of crisis care services across all communities
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## Strategic Direction 3: Surveillance, quality improvement, and research

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- 10 Improve the quality, timeliness, scope, usefulness, and accessibility of data needed for suicide-related surveillance, research, evaluation, and quality improvement
  - 11 Promote and support research on suicide prevention
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# Strategic Direction 4: Goals

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## Strategic Direction 4: Health equity in suicide prevention

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- 12 Embed health equity into all comprehensive suicide prevention activities
  - 13 Implement comprehensive suicide prevention strategies for populations disproportionately affected by suicide, with a focus on marginalized communities, persons with suicide-centered lived experiences, and youth
  - 14 Create an equitable and diverse suicide prevention workforce that is equipped and supported to address the needs of communities they serve
  - 15 Improve and expand effective suicide prevention programs for populations disproportionately impacted by suicide across the lifespan through improved data and support of research and evaluation
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National Strategy *for*  
Suicide Prevention

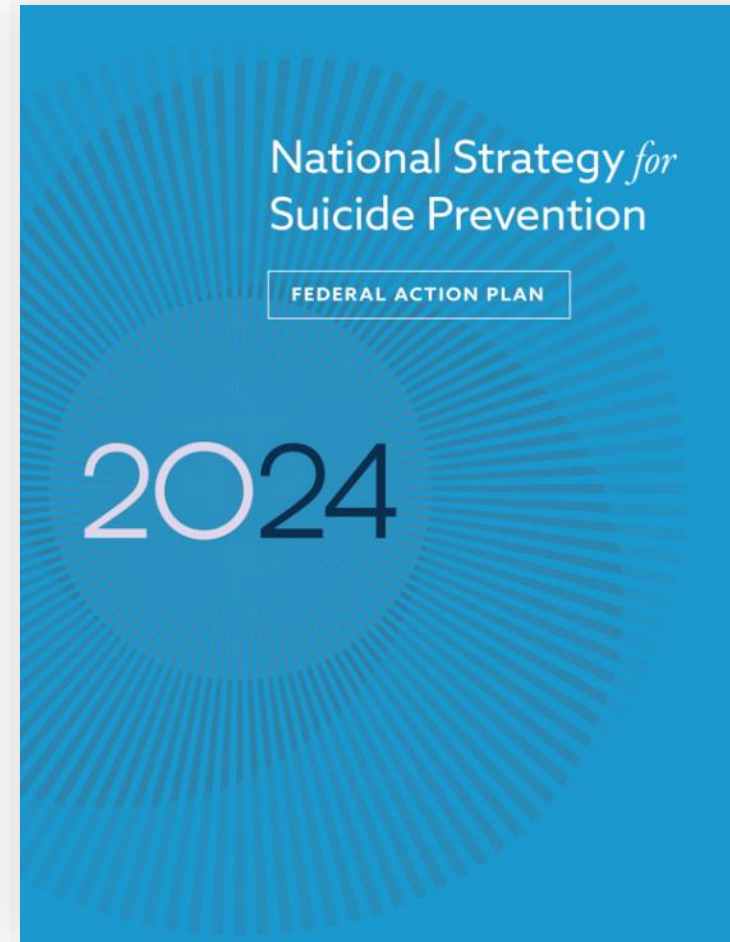
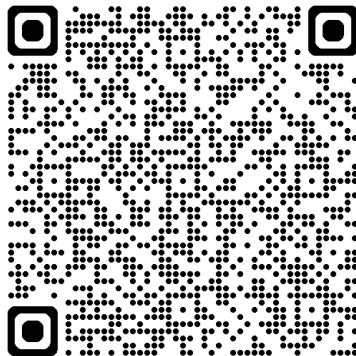
**FEDERAL ACTION PLAN**

**OVERVIEW**

2024

# 2024 National Strategy *for* Suicide Prevention *Federal Action Plan*

The *National Strategy* is accompanied by the first-ever *Federal Action Plan (Action Plan)*, which **identifies more than 200 actions** across the Federal government to be taken over the next three years in support of those goals.



[www.hhs.gov/nssp](http://www.hhs.gov/nssp)

# Interagency Work Group & Other Federal Contributors

## **Department of Agriculture**

- Economic Research Service
- Forest Service
- National Agricultural Statistics Service
- National Institute of Food and Agriculture
- Office of Partnerships and Public Engagement
- Rural Development

## **Department of Defense**

## **Department of Education**

## **Department of Health & Human Services**

- Administration for Children & Families
- Administration for Community Living
- Agency for Healthcare Research and Quality
- Centers for Disease Control and Prevention
- Centers for Medicaid & Medicare Services
- Food and Drug Administration
- Health Resources and Services Administration
- Indian Health Service
- National Institutes of Health
- Office of the Assistant Secretary for Planning and Evaluation

- Office of the Assistance Secretary of Health
- Substance Abuse and Mental Health Services Administration

## **Department of Homeland Security**

- Customs and Border Protection
- U.S. Coast Guard
- U.S. Immigration and Customs Enforcement
- Office of Health Security

## **Department of Housing and Urban Development**

## **Department of Justice**

## **Department of Labor**

- Occupational Safety and Health Administration
- Veterans' Employment and Training Service

## **Department of Transportation**

- Federal Railroad Administration
- National Highway Traffic Safety Administration

## **Department of Veterans Affairs**

# 2024 National Strategy *for* Suicide Prevention *Federal Action Plan*

**The *Federal Action Plan* seeks to facilitate and strengthen the role of the following**

- Federal departments and agencies
- State, tribal, local, and territorial agencies, and others in the public sector
- Community-based organizations
- Health care systems and providers
- Businesses and other private sector partners
- Individuals with suicide-centered lived experience
- Schools, higher education, and other educational institutions
- Workplaces

## Sample actions\*

- **CDC** will implement activities that can address shared risk and protective factors for substance use and suicide with a focus on youth within the Drug-Free Communities (DFC) program. (Goal 2).
- **Housing and Urban Development** will provide Mental Health First Aid training to frontline workers in the housing sector who regularly encounter people experiencing housing-related challenges and issues that may trigger mental or emotional distress. Training recipients include housing counselors, senior housing service coordinators, and staff of state and local Fair Housing agencies. If funding permits, HUD will also provide training to staff of public housing authorities (Goal 5).

## Sample actions\*

- **Indian Health Services** will develop an American Indian and Alaska Native Strategic Plan for Suicide Prevention over a three-year period. The plan will span a five-year period and will include IHS Direct Service facilities, urban organizations, and tribal programs (Goal 6).
- **NIH** will engage with **Centers for Medicare and Medicaid Services (CMS)** to discuss evidence-based suicide prevention interventions that could be accessed by individuals covered by CMS programs (Goal 8).
- **US Department of Agriculture:** Identify strategies to support mobile crisis teams through existing rural development programs and develop and disseminate resources on how programs can support crisis care.





# Communication and Dissemination

# Comprehensive Communication Plan

- **The Communication Plan seeks to:**
  - Create awareness of the 2024 *National Strategy and Federal Action Plan*, including actionable dissemination steps for the suicide prevention community.
  - Emphasize empathy, the commitment to health equity, and the comprehensive approach set forth in the 2024 *National Strategy*.
  - Activate new and continued participation and commitments from partners across diverse agencies and organizations.
- **Materials developed**
  - Press release, social media toolkit, conference presentations, and other materials for public and private sector

# Public Call to Action

- **CARE:** Caring about suicide prevention requires a thoughtful strategy and the intersection of prevention, intervention, and postvention supports.
- **CONNECT:** Connecting to community and culture are key protective factors for health and well-being, including protecting against suicide risk. Connecting with data and research helps inform efforts and improve the ability for effective suicide prevention strategies.
- **COLLABORATE:** Carrying out a comprehensive approach relies on collaboration with public and private sector partners, people with suicide-centered lived experience, and people in populations disproportionately affected by suicide and suicide attempts. Everyone has a role to play in achieving meaningful, equitable, and measurable advancement in suicide prevention.

# White House Launch Event, April 23, 2024

## Event hosted by the White House

- Planned in collaboration with HHS, CDC, SAMHSA, Office of the Surgeon General, White House

## Invitees included:

- Ashley Judd, Aloe Blacc, and Shelby Rowe
- People with suicide-centered lived experience, including suicide loss survivors
- Public and private sector partners in public health and mental health at state, tribal, community, and territorial levels

## Event included:

- Remarks by federal leaders introducing the *National Strategy and Action Plan*
- Conversation with Surgeon General and celebrities



# Next Steps

## Next Steps: Monitoring and Evaluation

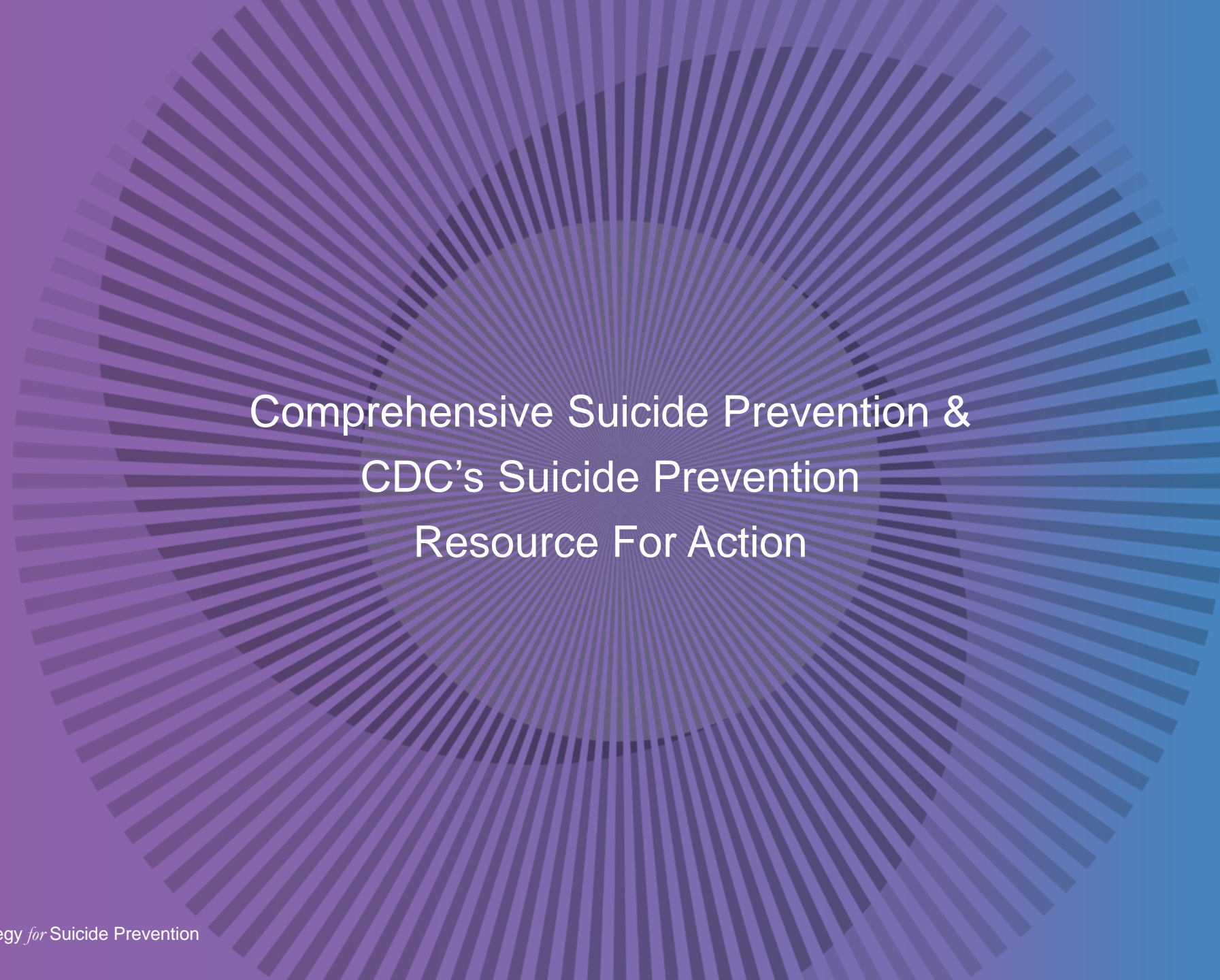
Developed draft monitoring and evaluation plan that will:

- Evaluate agency actions & the National Strategy itself
- Support states, territories, tribes, and local communities with monitoring and evaluation of their own suicide prevention actions
- Develop core metrics to monitor progress and success

National Action Alliance for Suicide Prevention and Federal partners taking the lead

## Acknowledgments

- Interagency work group
- Everyone who completed the needs assessment and/or participated in listening sessions
- Suicide Prevention Resource Center
- National Action Alliance for Suicide Prevention
- Project Management Team
- Communications team
- SAMHSA and CDC advisors
- Department of Health and Human Services
- White House Domestic Policy Council



Comprehensive Suicide Prevention &  
CDC's Suicide Prevention  
Resource For Action



# CDC's Comprehensive Suicide Prevention Program (CSP)

To implement and evaluate a comprehensive public health approach to suicide prevention to reduce suicide morbidity and mortality, with specific attention to one or more *disproportionately affected populations*

## Disproportionately Affected Populations (DAP)

- Represent a significant proportion of the suicide burden (i.e., large number or rate of suicide)
- Suicide rates greater than general population, in a jurisdiction (state, city/county, tribe)
- Examples: veterans, tribal populations, rural communities, LGBTQ persons, youth and other



A key outcome is a **10% reduction in suicide morbidity and mortality** in the DAP in the jurisdiction(s).  
For more information, visit <https://www.cdc.gov/suicide/programs/csp/index.html>

# Implementing and Evaluating Comprehensive Suicide Prevention (CSP)

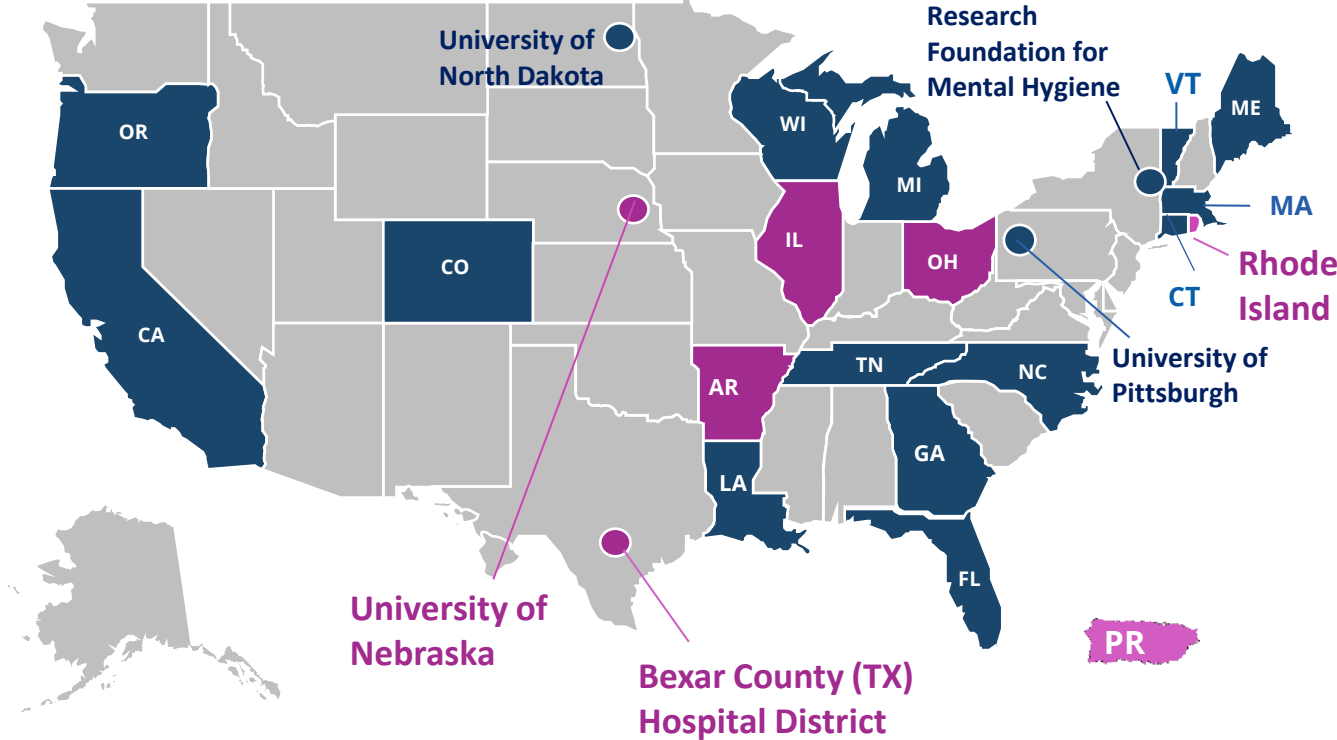
## Comprehensive Approach:

- Multisectoral partnerships
- Data/Surveillance
- Inventory
- Selection of policies, programs, and practices
- Communication & dissemination

## Implementation & Evaluation

<https://www.cdc.gov/suicide/programs/csp/index.htm>

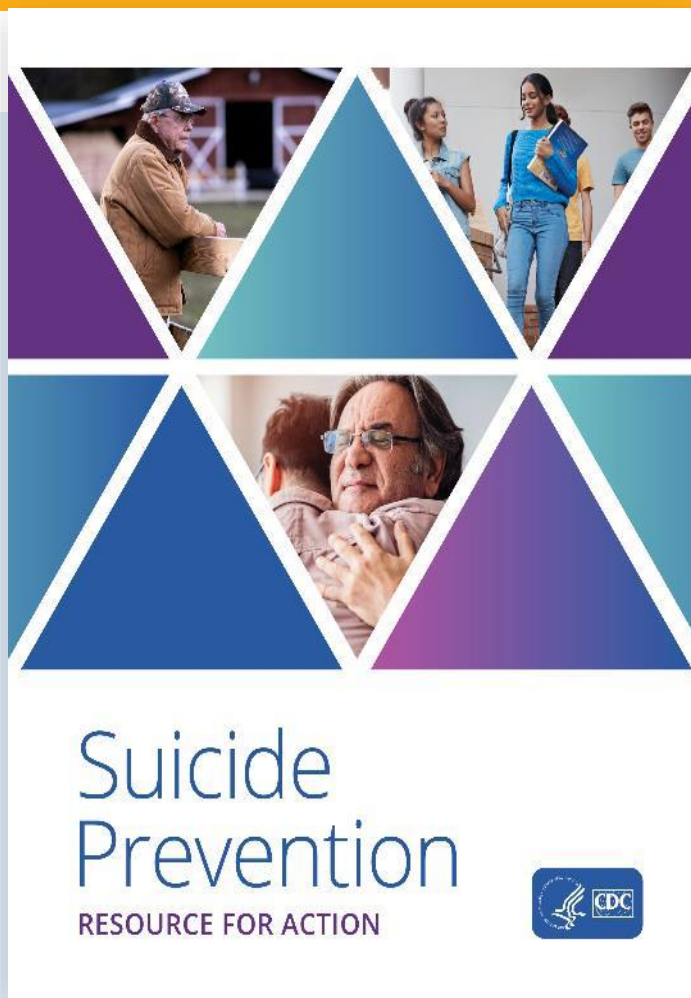
## Comprehensive Suicide Prevention Funding Recipients



Locations in pink are 2023 recipients of CSP, those in blue are continuing recipients funded between 2020-2022.

# CDC's Suicide Prevention Resource for Action (2022)

A compilation of the best available evidence



## Preventing Suicide is a Priority

CDC's Suicide Prevention Resource for Action (Prevention Resource) details the strategies with the best available evidence to prevent suicide. The Prevention Resource can help states and communities prioritize suicide prevention activities most likely to have an impact.

**Strategies:** Preventive actions to achieve the goal of preventing suicide

**Approaches:** Specific ways to advance the strategy

**Policies, programs, and practices:** Those with evidence of impact on suicide, suicide attempts, or risk or protective factors

# Summary of Strategies & Approaches to Achieve and Sustain Substantial Reduction in Suicide (2022 Prevention Resource)- Part 1



## 1 Strengthen Economic Supports

- Improve household financial security
- Stabilize housing

## 2 Create Protective Environments

- Reduce access to lethal means among persons at risk of suicide
- Create healthy organizational policies and culture
- Reduce substance use through community-based policies and practices

## 3 Improve Access And Delivery of Suicide Care

- Cover mental health conditions in health insurance policies
- Increase provider availability in underserved areas
- Provide rapid and remote access to help
- Create safer suicide care through systems change

# Summary of Strategies & Approaches to Achieve and Sustain Substantial Reduction in Suicide (2022 Prevention Resource)- Part 2



4

## Promote Healthy Connections

- Promote healthy peer norms
- Engage community members in shared activities



5

## Teach Coping/ Problem-Solving Skills

- Support social-emotional learning programs
- Teach parenting skills to improve family relationships
- Support resilience through education programs



6

## Identify and Support People at Risk

- Train gatekeepers
- Respond to crises
- Plan for safety and follow-up after an attempt
- Provide therapeutic approaches



7

## Lessen Harms And Prevent Future Risk

- Intervene after a suicide (postvention)
- Report and message about suicide safely

# Strategy 1. Strengthen Economic Supports

## **Improve household financial security**

- Unemployment insurance benefits
- State supplements to federal Earned Income Tax Credits
- Supplemental Nutrition Assistance Program
- Increase minimum wages
- Other unemployment practices (such as job skills training)
- Other household financial security measures (such as transfer payments, medical benefits, and family assistance)

## **Stabilize housing**

- Rent assistance to renters with lower incomes
- Low-barrier housing for individuals experiencing chronic homelessness
- Veterans Health Administration homeless programs (e.g., HUD-Veterans Affairs Supportive Housing (HUD-VASH))



## Strategy 2. Create Protective Environments

### **Reduce access to lethal means among persons at risk for suicide**

- Approaches to put time and space between lethal means and suicidal individuals (Child Access Prevention laws, Mandatory waiting periods)

### **Create healthy organizational policies and culture**

- Strong Schools Against Suicidality and Self-Injury

### **Reduce substance use through community-based policies and practices**

- Implementation of prescription drug monitoring programs



# Strategy 3. Improve Access and Delivery of Suicide Care

## **Cover mental health conditions in health insurance policies**

- Mental health parity laws

## **Increase provider availability in underserved areas**

- Community mental health clinics

## **Provide rapid and remote access to help**

- Telemental health (e.g. telephone, video appointments)

## **Create safer suicide care through systems change**

- Zero Suicide





# Strategy 4. Promote Healthy Connections

## Promote healthy peer norms

- Sources of Strength
- Wingman-Connect

## Engage community members in shared activities

- Greening vacant urban spaces



# Strategy 5. Teach Coping and Problem-Solving Skills, Cont'd

## **Support social-emotional learning programs**

- Youth Aware of Mental Health Program
- Good Behavior Game

## **Teach parenting skills to improve family relationships**

- Family Bereavement Program
- Familias Unidas
- After Deployment Adaptive Parenting Tools (ADAPT)

## **Support resilience through education programs**

- Resilience training programs (such as colleges, workplaces)



# Strategy 6. Identify and Support People At Risk

## Train Gatekeepers

- Garrett Lee Smith (GLS) Youth Suicide Prevention Program
- Mental Health First Aid and Teen Mental Health First Aid

## Respond to crises

- Virtual Hope Box (VHB)

## Provide therapeutic approaches

- Dialectical Behavioral Therapy

## Plan for safety and follow-up after an attempt

- Emergency Department Safety Assessment and Follow-up Evaluation (ED SAFE)



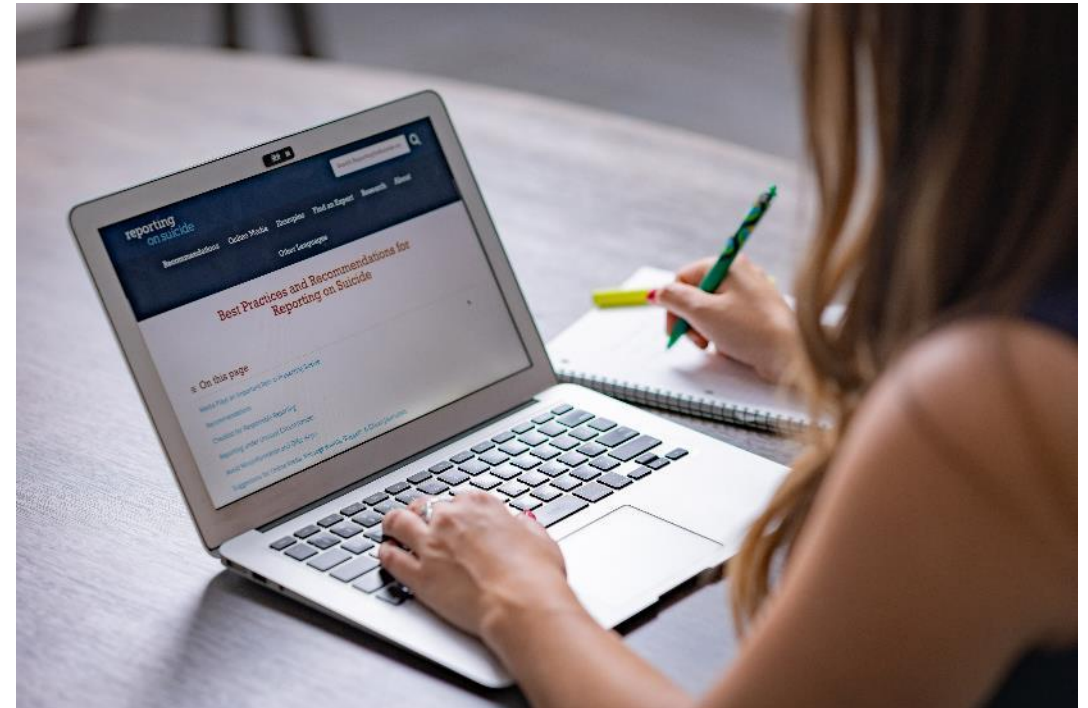
# Strategy 7. Lessen Harms and Prevent Future Risk

## Intervene after a suicide (postvention)

- StandBy Support After Suicide
- Complicated Grief Treatment
- Family Bereavement Program

## Report and message about suicide safely

- Safe reporting guidelines



# National Strategy *for* Suicide Prevention

[www.hhs.gov/nssp](http://www.hhs.gov/nssp)

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## Thank You

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

2024

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Questions?

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