Men & Means
Suicide Prevention Skills Building Webinar
August 8, 2017
Welcome!

- Please **mute** your line
- If you have a **question, technical problem or comment**, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel
Introductions

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Yolo County

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Solano County

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Alameda County

Stan Collins
San Diego County
A statewide suicide prevention social marketing campaign with the overarching goal to increase Californians’ capacity to prevent suicide by encouraging individuals to **know the signs**, **find the words** to talk to someone they are concerned about, and to **reach out** to resources.

suicideispreventable.org
elsucidioesprevenible.org
Each Mind Matters is California’s Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health.
Today’s Webinar

- Why focus on men?
- Why focus on means?
- Risk & protective factors for men
- Warning signs among men
- Suicide prevention strategies for men
- Suicide Prevention Week Toolkit
- Resources for men
Suicide rates increase with age

- Adults (ages 20–59) account for 71 percent of suicides in California
- Older adults over 60 are 18% of the population in California, but account for one third of all suicides; adolescents account for less than 5 percent.
- The suicide rate of older adults in California is 16.9 per 100,000 - higher than the rate of 10.4 for all age groups combined.

https://www.rand.org/content/dam/rand/pubs/research_briefs/RB9700/RB9737/RAND_RB9737.pdf
“Deaths of Despair”

Mortality by cause, white non-Hispanics ages 45–54.
• From 1993-2013, 73,705 Californians died by suicide: **78% of those who died were male**

• In 2013, more than one-third of California men who died of suicide were between the ages of 45-64.
  – **70% of the men were White, followed by Hispanic (17%) and Asian/Pacific Islander (8%).**
Why focus on Men?

Although men in the middle years—that is, men 35–64 years of age—represent 19 percent of the population of the United States, they account for 40 percent of the suicides in this country.

Why focus on men?

- Men are at disproportionately high risk of suicide
- Depression and warning signs of suicide may be missed – or misinterpreted
- Men often use highly lethal means, such as firearms, in their attempts
Means of Suicide, California, 1993-2013

- Firearms (45,385)
- Hanging/Suffocation (18,286)
- Poisoning (14,202)
- Other
California Statistics

[Map showing suicide statistics by county in California]

[Graph showing firearm suicide rate by county from 2007-2012]
Means of Suicide, California, 1993-2013

- **Firearms**
- **Hanging/Suffocation**
- **Poisoning**
- **Other**

CA Dept. of Public Health Epicenter, http://epicenter.cdph.ca.gov/
The Rock Audio File

http://emmresourcecenter.org/resources/english-radio
Warning Signs and Risk Factors

**Warning signs:**
Specific behavioral or emotional clues that may indicate suicidal intent ("red flags")

**Risk factors:**
Conditions or circumstances that may elevate a person’s risk for suicide
Critical Warning Signs

- Threatening to hurt or kill oneself, or talking of wanting to hurt or kill oneself

- Looking for ways to kill oneself (purchasing a gun, stockpiling pills, etc.)

- Talking or writing about death, dying, or suicide, when these actions are out of the ordinary for the person

*These are especially concerning when the behavior is new, has increased, or seems related to a painful event, loss or change.*
Additional Warning Signs for Men

- Seeking access to highly lethal means
- Feeling hopeless and/or worthless; fear of becoming a burden.
- A preoccupation with death or a lack of concern about personal safety; recklessness
- Feeling trapped, a sense of downward spiral and no way out
- Increasing use of substances, especially alcohol
- Anger, irritability, resentment, seeking revenge
- Changes in sleep
- Withdrawal, isolation
Risk Factors Among Men

- History of suicidal behavior or thinking
- Alcohol use disorders, intoxication
- Access to firearms
- Social isolation and coping strategies centered around avoidance
- Chronic or acute illness or disability
- Physical symptoms such as sleep issues, fatigue, and chronic pain
- Financial stressors both immediate (job loss, lay-offs) and/or ongoing (low income, low status occupation)

- Intimate partner problems (custody disputes, divorce, breakups, separation, intimate partner violence)
- Criminal justice involvement (arrest, incarceration, court cases, probation)
- At least one, and often many, life stressors that add up to a feeling of being overwhelmed, unable to turn things around.
Sociocultural Risk Factors Among Men

- Often socialized to embody strength, toughness, stoicism
- Pressure to be the provider and protector of family and property
- Unhelpful conceptions of masculinity can become a barrier to help
- Behavior and thinking may be easily misinterpreted
  - Signs “didn't look like depression”
  - May not inspire empathy easily
  - May look like physical problems
Suggestions for conversation starters:

- *Dad, I’ve noticed that something seems wrong lately (give concrete examples). How are you feeling?*

- *Joe, it’s not like you to avoid your friends. I know things have been hard, and sometimes people in your situation lose hope. I’m wondering if you may have lost hope, too?*

Ask *directly* about suicide if warning signs are present:

- *Are you thinking about suicide?*

- *Have you been thinking about how you might do this?*
Tips for having the conversation

• Be persistent if you are initially put off.
• Make time to listen. Ask to meet up for coffee, an activity, etc.
  – Check back in with them after a few days.
• Be prepared with a resource to suggest or specific offer of help (hotline, mental health professional)
• Ask what you can do to help, and what they need from you.
Man Therapy

https://youtu.be/qBMDHQIzFaA
“What is predictable is preventable” but NOT inevitable

Life is not about how fast you run or how high you climb but how well you bounce.

~Vivian Komori
Protective Factors for Men

Factors that may make it LESS likely that a person will consider, attempt, or die by suicide

- Reasons for living and sense of purpose
- Social connectedness and emotional support
- Constructive coping and problem solving skills
- Access to effective health and behavioral health care
Preventing Suicide in Men

- In a crisis, put as much separation between the individual and highly lethal means as possible.
- Understand how depression and suicidality may show up in men.
- Encourage connection with social supports and services that can reduce the burden of life problems.
- Enhance problem solving and coping skills.
- Support boys and young men to feel more comfortable with their feelings and to reach out when needed.
- Encourage men to act as supports and role models for one another.
## Suicide Prevention in the Workplace

### Occupational Rank for Highest Rates of Suicide Deaths

<table>
<thead>
<tr>
<th>RANK</th>
<th>Occupation</th>
<th>Rate per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Farming, fishing, and forestry</td>
<td>84.5</td>
</tr>
<tr>
<td>2</td>
<td>Construction and extraction</td>
<td>53.3</td>
</tr>
<tr>
<td>3</td>
<td>Installation, maintenance, and repair</td>
<td>47.9</td>
</tr>
<tr>
<td>4</td>
<td>Production</td>
<td>34.5</td>
</tr>
<tr>
<td>5</td>
<td>Architecture and engineering</td>
<td>32.2</td>
</tr>
<tr>
<td>6</td>
<td>Protective service</td>
<td>30.5</td>
</tr>
<tr>
<td>7</td>
<td>Arts, design, entertainment, sports, and media</td>
<td>24.3</td>
</tr>
<tr>
<td>8</td>
<td>Computer and mathematical</td>
<td>23.3</td>
</tr>
<tr>
<td>9</td>
<td>Transportation and material moving</td>
<td>22.3</td>
</tr>
</tbody>
</table>

Centers for Disease Control and Prevention, 2012. [https://www.cdc.gov/mmwr/volumes/65/wr/mm6525a1.html](https://www.cdc.gov/mmwr/volumes/65/wr/mm6525a1.html)
Occupation-related factors?

- Demographics – primarily male industries
- Stoic, old-school “tough guy” culture
- Fearlessness, thrill-seeking
- Limited training for supervisors who work their way up on the job
- Seasonal lay-offs, unstable
- Culture of tolerance around alcohol and substance use
- Frequent injuries, chronic pain
  - Use of prescription opioids
- Access to lethal means
- Skills gap – sense of being trapped in a job without a lot of options, but strong need to support a family
Construction Industry Initiative

A Construction Industry Blueprint: Suicide Prevention in the Workplace
Workplace Strategies

- Culture of safety and wellness
- Sense of community and workplace support
  - Employees look out for each other (“buddy system”)
- Broad promotion of resources (e.g. Lifeline)
- Access to quality behavioral health care (e.g. insurance, Employee Assistance Program)
- Education for managers and employees about mental health and substance abuse and treatment
- Suicide prevention skills training for leaders and supervisors at minimum
- Postvention plan in place
Keys to Prevention

- Reduce access to lethal means during a crisis
  - Firearms, substances
- Engage traditional AND non-traditional partners
  - Recreation, workplace, health care
- Providers, employers and families understand the signs of depression and suicidality for men
Utah PSA

https://vimeo.com/175761640
The Gun Shop Project is a collaborative effort to engage gun shop and firing range owners, their employees and their customers on preventing suicide, the number one type of firearm death in the U.S.
Solano County

Solano County Sheriff's Office

Approved

CCW Firearms Training Providers

Outdoor Gear
707-647-2511
Am. Canyon & Fairfield
29outdoorgear.com

Baptist Security Training
Vacaville
www.BaptistSecurityTraining.com

Blue Ridge Consulting & Firearms
707-689-0172
Vacaville
BRCArms.com

Dobbs Firearm Training
888-486-0250
Fairfield & Vacaville
dobbsfirearmstraining.com

Eagle Defense
Sloughhouse, CA
www.eagledef.com

Kennedy Consulting
530-617-1GUN
Far Oaks, CA
jonkennedyconsulting.com

Liberty Firearms Training
916-476-4987
Sloughhouse & Walnut Grove
libertyfirearmstraining.com

Northern Firearms Instruction
530-776-4855
Vacaville
usgunpro.com

R&D Training
707-592-3113
Napa

Security & Firearms Training Academy
916-500-1442
North-Highlands
saftainc.com

The 10 Commandments of Gun Safety

get in touch

For 24 Hour SUICIDE PREVENTION, call National Suicide Prevention Lifeline:
(800) 273-TALK (8255)
http://www.suicidepreventable.org

For 24/7 CRISIS SERVICES, call the Solano County Crisis Stabilization Unit
2101 Courage Drive, Fairfield
(707) 428-1131

Mental Health Access
(800) 547-0495

Brought to you by the Solano County Sheriff's Office and the Department of Health & Social Services
SP Week Toolkit: Implement a Gun Shop Activity

**Toolkit includes:**

- Tip sheet for implementation
- Materials from the New Hampshire project
  - Tip sheets for firearm dealers and range owners
  - Firearm Safety brochure
  - 11 Commandments of Firearm Safety brochure
  - FAQs
SP Week Toolkit: Materials for Men

In the Toolkit:

- Drop-In Article
- PowerPoint Slides
- Data Briefing and Talking Points
- Resources
- Gun Shop Project Activity
  - Tip sheet
  - Materials
  - Brochure and poster

http://www.eachmindmatters.org/spw2017/
Crisis Support Resources

Suicide Prevention Lifeline
24/7 hotline, plus chat services
www.suicidepreventionlifeline.org

For older men: Friendship Line (Institute on Aging):
(800) 971-0016
www.ioaging.org
Educational Campaigns

San Diego: It’s Up to Us Campaign
http://up2sd.org/men/

Colorado: Man Therapy
http://mantherapy.org
Online training for Counseling on Access to Lethal Means: http://training.sprrc.org/

Harvard School of Public Health Means Matter campaign: https://www.hsph.harvard.edu/means-matter/

Information on California Gun Violence Restraining Orders: www.SpeakforSafety.org
New EMM Resource Center

Each Mind Matters is California’s Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health. Browse our initiatives, collections and resources to find tools you can use to improve mental health and equality in your community, prevent suicide and promote student mental health.

Search Our Resources

Featured

Explore Our Initiatives

www.emmresourcecenter.org
Thank You

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