SUICIDAL BEHAVIOR IN THE U.S.

• 47,173 suicides in 2018 (Rate: 14.5 per 100,000)
• 1,388,000* Suicide Attempts
• 3,195,000* Made A Suicide Plan
• 10,642,000* Serious Thoughts Of Suicide
• 1 In 5 People* Mental Health Conditions

*Estimated

Source: CDC, SAMHSA, NIH 2017
SUICIDE IN WASHINGTON STATE

255 VETERAN DEATHS

87 YOUTH DEATHS (UNDER THE AGE OF 19)

77 DEATHS WITHIN CONSTRUCTION INDUSTRY

7,782 NEW SUICIDE LOSS SURVIVORS

Source: WA Department of Health, 2017: Washington State suicide deaths by means
Only about 6 out of 20 veterans who die by suicide have gotten VA care.

Suicide risk is 2.1x greater for veterans vs adult civilians.

The suicide rate for female vets increased by 85% from 2001-2014.

*US Department of Veterans Affairs, 2016
### VETERAN SUICIDE

<table>
<thead>
<tr>
<th>Rate of Veteran Suicide (per 100,000)</th>
<th>US</th>
<th>American West</th>
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</thead>
<tbody>
<tr>
<td>General Population Rate of Suicide (per 100,000)</td>
<td>30</td>
<td>35</td>
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<td>18</td>
<td>19</td>
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“I fear they do not know us... I fear they do not comprehend the full weight of the burden we carry...”

- Adm. Michael Mullen, Former Chairman of the Joint Chiefs of Staff

Source: VA, WA DOH
VETERAN SUICIDE

66-69% of veteran suicides were from self-inflicted gunshot

58.1% of all veterans who die by suicide are 55 years of age or older

*US Department of Veterans Affairs, 2016
• 10%-30% veterans experience post-traumatic stress disorder

• Veterans with PTS are at higher risk for suicide (58 per 100,000 suicide rate)

• Veterans with opioid use disorder are at higher risk for suicide (140 per 100,000)
**WA STATE LEGISLATIVE TIMELINE**

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>2012</td>
<td>HB 2366: All behavioral health professionals required to have suicide prevention training</td>
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<td>2013</td>
<td>HB 1336: Increasing the capacity of school districts to recognize and respond to youth at-risk for suicide</td>
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<td>2014</td>
<td>HB 2315: All medical professionals required to have suicide prevention training</td>
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<td>2015</td>
<td>HB 1138: Created a task force on suicide prevention in higher education</td>
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<td>2016</td>
<td>HB 1424: Training requirements expanded to include focus on veterans and limiting access to lethal means</td>
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<td>2017</td>
<td>HB 2793: Enacted Safer Homes, Suicide Aware campaign</td>
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<td>2018</td>
<td>HB 1612: All dentists required to have suicide prevention training; Safer Homes, Suicide Aware campaign expanded</td>
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<td>2019</td>
<td>HB 1109: Safer Homes, Suicide Aware campaign expanded to workplaces</td>
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<td>SB 6514: Concerning suicide prevention and behavioral health in higher education, with focus on student veterans</td>
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<td>Largest state investment in suicide prevention to date (over $12 million)</td>
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</tbody>
</table>
WHAT WA STATE IS TAKING ACTION ON

• Emphasis on lethal means safety

• Higher education and veterans

• Washington State Department of Veterans Affairs
WHAT WA HOPEFULLY WILL TAKE ACTION ON

• Coordinate postvention response

• Hold Health Plans Accountable to adhering to the Standard of Care for Suicide including collecting patient information about Veteran status
CONTACT INFORMATION

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