

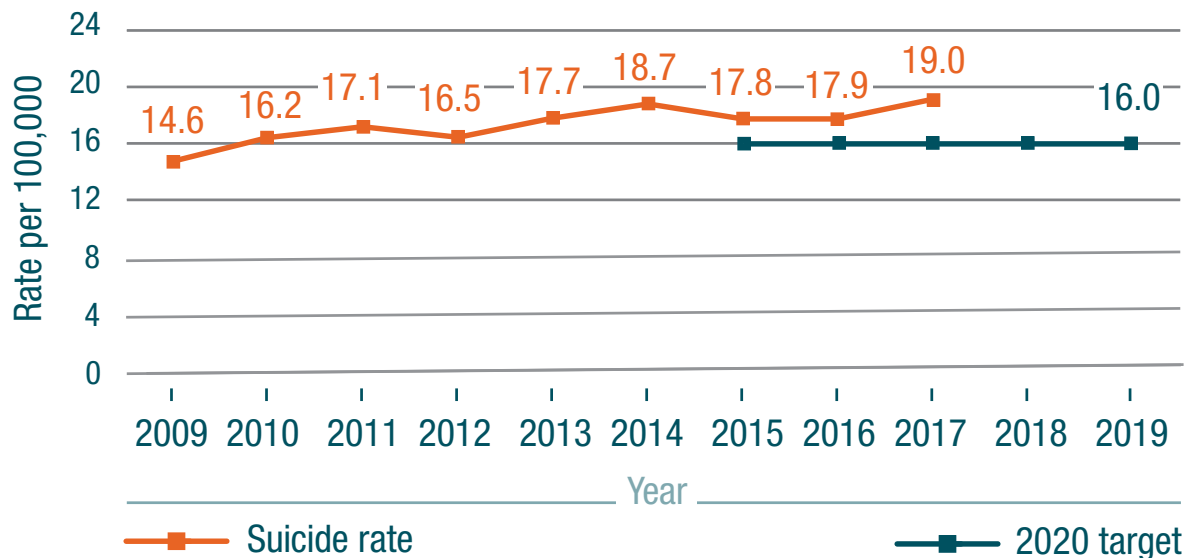
2018 Fact Sheet: Prevent deaths from suicide

This fact sheet is a summary of progress made in year four of the 2015-2019 State Health Improvement Plan (SHIP). Suicide continues to be a persistent problem in Oregon. Deaths from suicides have steadily increased for many years. Achievements within the priority area to prevent deaths from suicide include:

- Oregon Health Authority partnered with the Education Development Center (EDC) to provide a Zero Suicide Academy in September 2018. Sixteen health care organizations:
 - » Conducted a Zero Suicide assessment
 - » Took part in this intensive training, and
 - » Developed 90-day systems change plans to develop suicide-safer care from prevention to treatment.
- Agencies in Central Oregon are collaborating to develop a regional Zero Suicide implementation plan. This plan will focus on firearm safety and patient transitions between systems of care. Regional Zero Suicide collaborations are also developing in other regions of the state. This includes the Portland metro area and Southern Oregon.

Figure 1.

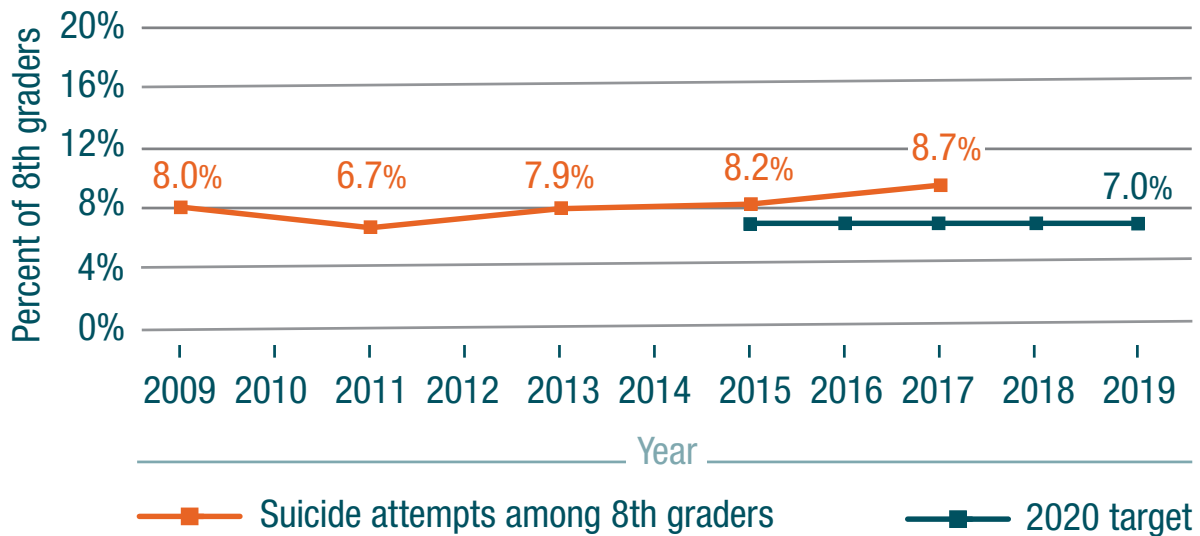
Adult suicide rate*



* Vital Statistics

Figure 2.

Suicide attempts among youth*



* Oregon Healthy Teens Survey

Challenges

The following challenges may affect the ability of the state to meet goals and achieve priority targets by the end of 2019.

- Stigma related to suicide continues to be an obstacle to the goal of zero suicides. In response, communities across the state support a wide variety of public awareness events to counteract shame and negative stereotypes with:
 - » Open dialogue about suicide
 - » Stories of hope and resilience
 - » Provision of support, and
 - » Opportunities for healing.
- Coordinated Care Organizations (CCOs) are now accountable to a statewide metric that measures emergency department use among members with mental illness. Tracking this metric helps CCOs engage in suicide prevention work with hospital systems that are carrying out Zero Suicide. More suicide-related metrics would enhance statewide support for this initiative. However, there is a challenge in:
 - » Identification of appropriate metrics to track suicide risk assessment, and
 - » Treatment and follow-up across systems of care.

You can find complete information, including progress made on specific interventions and strategies online at www.healthoregon.org/ship.