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# Intersections between Youth Suicide and Substance Use

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Oregon  
Health  
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# Who we are

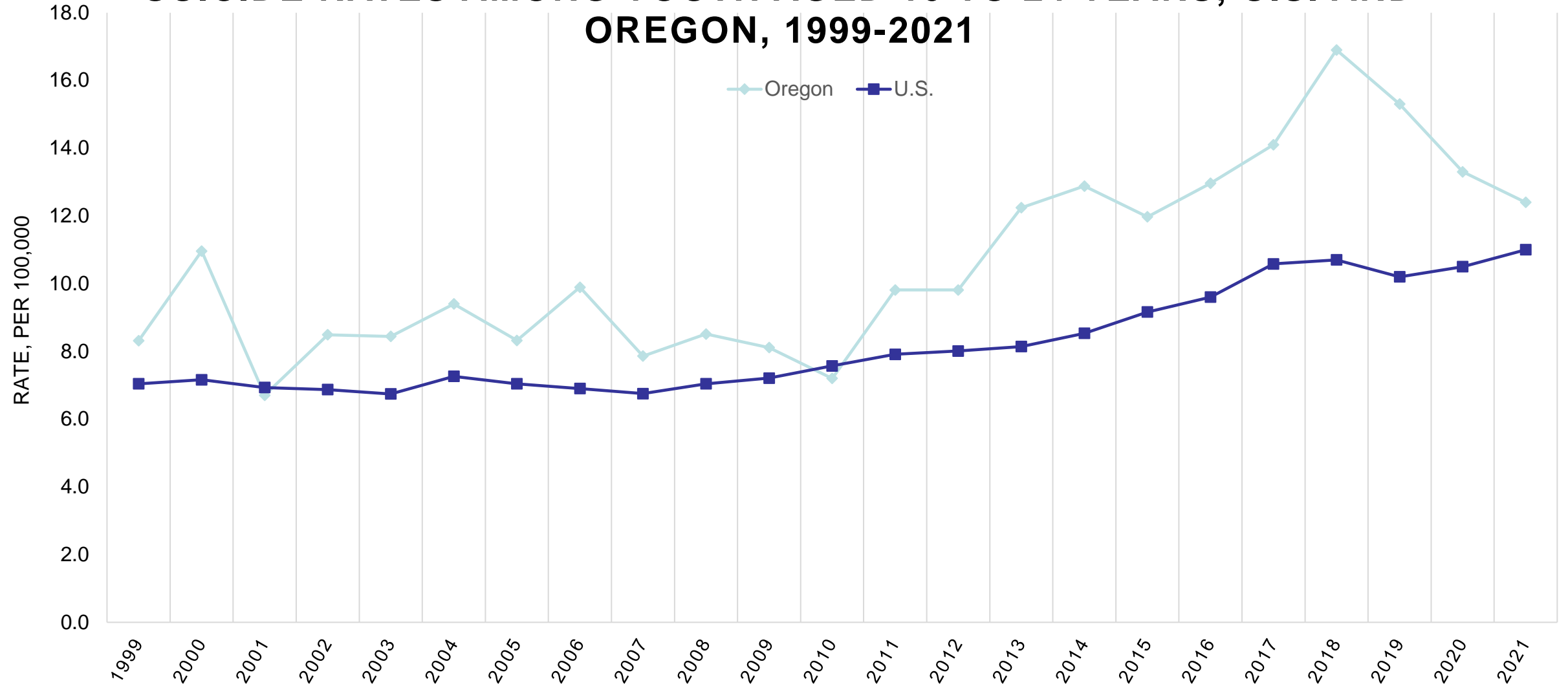


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# Talking about youth suicide and data

- These data represent human lives, and far too many have been lost to suicide.
- How suicide is measured (rate vs count)
- Statistical analysis with “small” numbers – does not measure impact
- No “perfect” data set – we chose a few to show you today, know that its not a full/complete story

# SUICIDE RATES AMONG YOUTH AGED 10 TO 24 YEARS, U.S. AND OREGON, 1999-2021



Source: CDC WONDER

<b>Year</b>	<b>Number of youth suicides</b>	<b>Suicide death rate (per 100,000)</b>	<b>Rank among 50 states (50 is lowest rate)</b>
2014	97	12.9	12
2015	90	12	16
2016	98	13	15
2017	107	14.1	17
2018	129	16.9	11
2019	116*	15.3	11
2020	101†	13.3	18
2021	95	12.4	22

\* In addition to these deaths among youths in Oregon age 10–24, there were two suicide deaths among children younger than 10 in 2019.

† In addition to these deaths among youth in Oregon age 10–24, there was one suicide death among children younger than 10 in 2020.

Source: CDC WISQARS & OPHAT & WONDER data sets

## Number of suicides among youth aged 24 years and younger by year and race/ethnicity, Oregon 2018 - 2021

Race/Ethnicity	2018	2019	2020	2021
	Deaths	Deaths	Deaths	Deaths
Non-Hispanic Am Indian/Alaska Native	3	2	2	1
Non-Hispanic Asian / Pacific Islander	3	1	4	2
Non-Hispanic Black	5	3	1	7
Non-Hispanic two or more races	1	2	4	5
Non-Hispanic White	95	88	76	59
Hispanic, All Races	19	17	13	16
Unknown Race	1	0	0	2
<b>Total</b>	<b>127</b>	<b>113</b>	<b>100</b>	<b>92</b>

Note: Oregon residents who died out of state are not included. Hispanic includes all races.

Source: CDC WONDER

## Common circumstances surrounding suicide incidents by age group, 2016–2020

Circumstance	Ages 5-17	Ages 18-24
	All sexes (n = 148)	All sexes (n=428)
Alcohol problem, % of total suicides	3.4	10.7
Non-alcohol substance use problem, % of total suicides	8.1	17.8
Current treatment for mental health or substance use problem, % of total suicides	34.5	17.5
Suspected alcohol use prior to incident	7.4	20.6

Source: ORVDRS (more information also in the YSIPP 2022 Annual Report)

# Activity: Lean in, Lean out, Lean left, Lean right

Round One: SAY what I say, and DO what I say.

Round Two: SAY what I say, and DO the OPPOSITE of what I say.

Round Three: DO what I say, but SAY the OPPOSITE of what I say.





Connection is suicide prevention.



# Shared Protective Factors: SUD and Suicide

- Connectedness
- Freedom from discrimination and bias
- Access to healthcare
- Positive behavioral health
- Positive social norms
- Access to education
- Economic stability
- Resiliency traits

# Strength and wellness can grow. Intention and attention matter.



Who are the people that give you strength?

What are the practices that give you strength?

## Some (of the ever-so-many) risk factors and warning signs for youth suicide.

- Mental health concerns
- Impulsive behaviors
- Romantic breakups
- Peer or social conflict
- Sleeping too much, or too little
- Alcohol and/or drug use
- Withdrawal from friends or family
- Irritability
- Sadness or crying



Stock image of many photographers, some with flash on.

## Some risk factors tend to carry more weight, statistically:

For young people:

- Previous suicide attempt
- Suicide death of someone close
- History of sexual abuse
- Social loss or high conflict

For adults (add to list):

- Economic factors (job loss, eviction, large financial loss)
- Relationship loss

For all: Access to loaded firearm significantly increases risk.



# Our mind's health and our body's health: Two sides, one coin



## Clear intersections between youth suicide and substance use:





# What (we think) we know works in suicide prevention:

- Funding for youth suicide prevention
- Big River Suicide Prevention trainings and programming
- Adi's Act (SB 52 in 2019)
- HB 2315 (2021) – Training requirements for providers
- Oregon Suicide Prevention Framework
  - Youth Suicide Intervention and Prevention Plan
  - Adult Suicide Intervention and Prevention Plan

# Suicide Prevention is Everyone's Business

1. Get trained. If you are a beginner, start with Question, Persuade, Refer (90 minutes)

- Get better at asking the question about suicide
- Find a way that “sounds like you”
- Know your referral sources if someone says “yes, I am thinking about suicide”



# Suicide Prevention is Everyone's Business

2. Understand basic lethal means safety planning.



3. Get better at asking about sources of strength and wellness for young people.



# Big River suicide prevention training options:

Interactive PDF of Big River programming map

**Youth Suicide Prevention Programing Available at low or no cost**

**Advanced Skills**

- CAMS • DBT
- AMSR • CBT

**Click on any logo for more information**

**MHFA** – Mental Health First Aid  
**QPR** – Question, Persuade, Refer  
**ASIST** – Applied Suicide Intervention Skills Training  
**Youth SAVE** – Youth Suicide Assessment in Virtual Environments  
**988** – Call or text 988 for crisis support 24/7  
**CALM** – Counseling on Access to Lethal Means

**Advanced Skills**  
**CAMS** – Collaborative Assessment and Management of Suicidality  
**DBT** – Dialectical Behavioral Therapy  
**AMSR** – Assessment and Management of Suicide Risk  
**CBT** – Cognitive Behavioral Therapy

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OHA 35-48 (09/2022)

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• **English:**



• **Spanish:**



- Recommended Big River trainings for **providers**:



- Recommended Big River trainings for **school settings**:



# Resources and More Information

- Oregon Suicide Prevention [Framework](#)
- Youth Suicide Intervention and Prevention [Plan](#) and [2022 YSIPP report](#)
- YSIPP [2023 Initiatives](#)
- Oregon Alliance to Prevent [Suicide](#)
- [Oregon County Suicide Data](#) – Choose the Violent Death Data Dashboard.

# More Resources

[Trevor Project](#) – Has really good research and resources. Also a support line-- Call 1-866-488-7386 or Text START to 678678

[Trans Lifeline](#) -- The nation's only crisis and peer-support hotline, staffed by trans people, for trans people – 1-877-565-8860

Packet of Sources of Strength [activities](#)

**Questions? Comments? First thoughts?**