


AFSP
LEADING THE FIGHT TO
#STOPSUICIDE

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ABOUT AFSP

MISSION
Save Lives and Bring Hope to
Those Affected by Suicide



ABOUT AFSP


In 1987, the organization was founded by researchers and families who had lost loved ones and wanted to take action against this leading cause of death. Today, the American Foundation for Suicide Prevention combines science and the grassroots, and gives those affected by suicide a nationwide movement of **over a million people**, with chapters in all **50 states.**



ABOUT AFSP

Today AFSP is...


- The leading national nonprofit org dedicated to suicide prevention, sustainable, fast growing
- Driven by science, evidenced-based
- Engaging those personally affected, mental health professionals and community leaders
- Investing \$22 million/year in research, education, advocacy, support to those affected by suicide



CULTURE TRENDS

2016 AP Stylebook Change


Avoid	Say
• Commit suicide	Died by suicide
• Successful/failed attempt	Attempted suicide




Why We Fight for the Cause



WHY WE FIGHT




1. Suicide is the **10th leading cause of death** in the U.S., with more than 44,000 Americans dying each year
2. Suicide is the **2nd leading cause of death** for those 10-44 years of age
3. Suicide deaths **exceed** those from homicide, war, and natural disasters combined and costs the U.S. **\$69 billion annually**
4. It is estimated that there are **25 suicide attempts for each death**, or more than 1 million suicide attempts per year




CHANGING ATTITUDES


According to a Recent AFSP-Sponsored Harris Poll




Nearly 90% of people view physical and mental health as **equally important**



93% of people would do something to help if someone close to them was **thinking about suicide**



96% of people think suicide is **preventable**




SUICIDE RATES & TRENDS

U.S. Suicide Facts

2016 Facts – CDC

- **44,965 suicides**
- **10th leading cause of death** in the U.S.
- **2nd for 15-34 yr, 4th for adults 35-64 yr**
- **Veterans' rate 20% higher** than age-matched
- **For every death- 25 suicide attempts**
- **60% Americans experience Loss or Lived Exp of suicide**



How We Fight for the Cause



Our Work



Research



Advocacy



Prevention Education



Interactive Screening Program



Loss & Healing



Chapters



HOW WE FIGHT

Research

We are the global private leader in suicide research.

AFSP has funded more than 576 research grants totaling over \$39 million.



HOW WE FIGHT



HOW WE FIGHT

Research

We provide a combination of Focus Grants, which identify critical areas of short-term risk, and Innovation Grants, which support groundbreaking approaches to suicide prevention.

We partnered with the International Academy of Suicide Research to bring together the world's top experts in suicide prevention at the International Summit on Suicide Research.

[Meet the Researchers](#)





HOW WE FIGHT

At the National Level

Where is the Federal Funding to Fight Suicide?


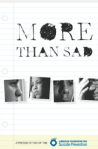
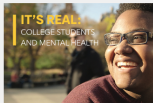


In the last 10 years we've invested federal funding to research leading causes of death like HIV/AIDS, heart disease, and prostate cancer and made major progress in their mortality rates. It's time we do the same with suicide.

HIV/AIDS	\$2.9 Billion	↓32.2%
Heart Disease	\$1.2 Billion	↓29.1%
Prostate Cancer	\$266 Million	↓13.7%
Suicide	\$37 Million	↑20.4%



HOW WE FIGHT

Prevention Education



Talk Saves Lives

- Stats, Risk & Protective factors
- Key actionable findings from research
- Warning signs
- Have a caring conversation
- Everyone has a role to play





Statistics



Research



Prevention

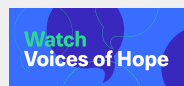


What Can You Do?

HOW WE FIGHT


Prevention Education

AFSP's series of videos featuring those who have struggled with suicide: unscripted interviews with people speaking from their own personal experience.




HOW WE FIGHT



A Sample of Our Prevention Education and Marketing Materials



See more at afsp.org/education




HOW WE FIGHT

HOW WE FIGHT


Loss & Healing




People all over the world gather to gain insight and share stories of healing and hope.

SURVIVOROUTREACH
program

Trained AFSP suicide loss survivors meet in person, by phone, or video chat with the newly bereaved.



The Journey series is a set of three documentary films that explore the suicide loss experience over time.





HOW WE FIGHT

Advocacy & Public Policy

We advocate for policies and legislation at the state and federal levels that help reduce suicide and improve mental health.

We now have nearly 15,000 advocates representing all 50 states.

HOW WE FIGHT

At Our State Level

Suicide Facts & Figures: Indiana 2018*



1st On average, nine people die by suicide every eight hours in the state.

More than twice as many people die by suicide in Indiana annually than by homicide. The total deaths by suicide reflect a total of 2,432 years of potential life lost (PYLL) before age 65.

\$ Suicide cost Indiana a total of \$1,852,790,000 of combined lifetime medical and work loss costs in 2016, or an average of \$1,184,944 per suicide death.

*Based on data from 2016. Source: CDC, Census Bureau, and other sources.

10th leading cause of death in Indiana

2nd leading cause of death for ages 15-34
4th leading cause of death for ages 35-54
9th leading cause of death for ages 55-64
16th leading cause of death for ages 65 & older

Suicide Death Rates			
	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Indiana	1,234	16.36	38
Nationally	44,495	13.42	





HOW WE FIGHT

ISP

The Interactive Screening Program (ISP) is an online tool for institutions of higher education, organizations and workplaces to identify individuals with significant barriers to help-seeking, and encourages them to utilize available mental health services before crises emerge.

- Students who dialogue with the counselor were **3x more likely** to come in for an appointment and **3X more likely** to enter treatment.
- 75%** of students who entered treatment were described by counselors as not likely to have sought professional help without ISP.

HOW WE FIGHT



Walks

AFSP's Out of the Darkness Walks raise awareness, funds and millions for suicide prevention programs and research.

OUT OF THE DARKNESS
Community Walks


OUT OF THE DARKNESS
Campus Walks

OUT OF THE DARKNESS
Greenways Walks

HOW WE FIGHT

With 82 chapters nationwide, we are taking prevention to a whole new level.




HOW WE FIGHT

Chapters


With local programs and events in all 50 states, AFSP's chapters are at the forefront of suicide prevention.

They create a culture that's smart about mental health through education and community programs, research and advocacy, and support for those affected by suicide.

Our chapters engage with families, mental health professionals, community and local business leaders, school administrators, and others interested in preventing suicide.



The Tipping Point




American
Foundation
for Suicide
Prevention


THE TIPPING POINT

Bold Goal

20X25

Reduce the Annual Suicide Rate in the U.S. **20%** by **2025**

afsp.org/project2025




American
Foundation
for Suicide
Prevention


THE TIPPING POINT

Bold Goal

AFSP's Project 2025 is taking actionable steps to save the most lives in the shortest amount of time. In collaboration with other industry leaders, AFSP is focusing on designing programs, supporting policies and sharing interventions that will reduce the suicide rate in the U.S. 20 percent by the year 2025.

Critical Areas

- Large Healthcare Systems (Primary Care & Behavioral Health)
- Emergency Departments
- Firearms
- Corrections System




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Tipping Point/ PROJECT 2025

Four Critical Areas

- Settings not subgroups
- Potential to save the most lives in shortest time
- Accelerate and scale-up progress through strategic partnerships
- Monitor, evaluate, and adjust approach in real-time

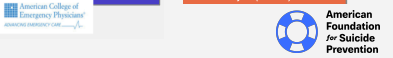


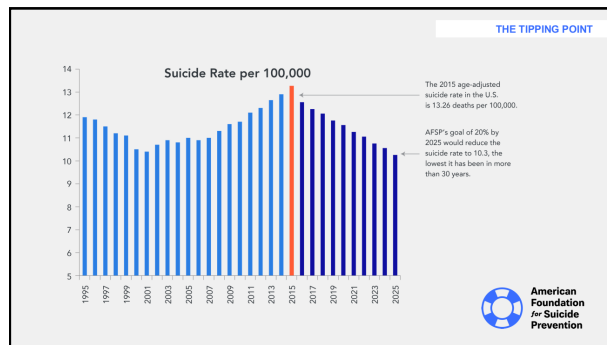
WEAPONS
Nearly half of suicides are by firearms

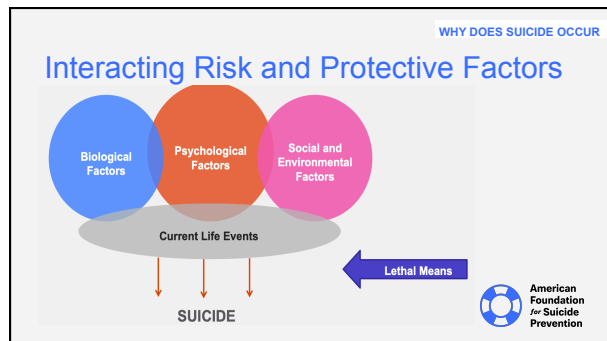
HEALTHCARE SYSTEMS
Up to 45% of individuals who die by suicide visit their primary care physician in the month prior

EMERGENCY DEPARTMENTS
35% make an ED visit in the year prior to suicide
70% don't attend the subsequent appointment after an ED visit

CORRECTIONS SYSTEM
Suicide is the leading cause accounting for 53% of all jail deaths
Suicide in state prisons up 30% in just one year (2014-15)








WHY DOES SUICIDE OCCUR

Risk Factors for Suicide


- Previous SA
- Serious phys illness/pain
- Specific symptoms
- FH suicide
- Genes- stress/mood
- Aggression/impulsivity
- Triggering event
- Access to lethal means
- Suicide exposure
- Inflexible thinking



WHY DOES SUICIDE OCCUR

Protective Factors

- Social support
- Connectedness
- Accessing MH care
- Strong therapeutic alliance
- Positive attitude MH
- Coping skills
- Problem solving skills
- Cultural/religious beliefs
- Biological/psychological resilience



WHY DOES SUICIDE OCCUR

The Perspective of a Suicidal Person



Crisis point has been reached.

Desperate to escape unbearable **pain**.


Thinking becomes **limited**.




WHY DOES SUICIDE OCCUR

Timing Matters

- Intense suicidal urge is usually short
- Transitions in life are higher risk times
- Ambivalence is at play: mixture of desire to live versus to die/escape pain




THE TIPPING POINT



Suicide is a leading cause of death, and it's preventable.



Together, we can encourage those who struggle to seek help, improve the quality of their lives and stop this tragic loss of life.



THE TIPPING POINT

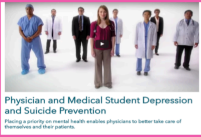
Take Action

- **WALK** in your community
- **VOLUNTEER** to be an advocate
- **GIVE A GIFT**
- **PARTNER** to bring prevention to schools
- **SPONSOR** an event
- **GET TRAINED** to teach programs





Resources


Physicians/Trainees & Other HCP




Physician and Medical Student Depression and Suicide Prevention
Providing a safe and secure health care environment for physicians to better take care of themselves and their patients.



After a Suicide:
A Guide for Healthcare Providers



American Foundation for Suicide Prevention



American Foundation for Suicide Prevention

Resources

Attachment Base Family Therapy -ABFT



Presenter: Guy Diamond, Ph.D.

November 30, 2018 8:30am – 5pm

Ce's offered (NASW or NBCC)

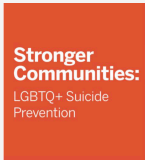


American Foundation for Suicide Prevention


Resources

Stronger Communities


Coming in Spring 2019



Stronger Communities:
LGBTQ+ Suicide Prevention



American Foundation for Suicide Prevention



American Foundation for Suicide Prevention

