

THE OFFICE OF SUICIDE PREVENTION

SUICIDE PREVENTION is a flagship priority for Colorado Governor Jared Polis, leading to increased collaboration and alignment across state agencies.

Colorado can prevent suicide by improving access to integrated behavioral and primary health care, encouraging community networks to support people experiencing thoughts of suicide, and exploring safe storage options for firearms and lethal medications during periods of crisis.

The legislature designated the Colorado Office of Suicide Prevention (OSP) to lead statewide suicide prevention and intervention efforts.

THE COLORADO SUICIDE PREVENTION COMMISSION (SENATE BILL 14-088) PROVIDES PUBLIC AND PRIVATE LEADERSHIP FOR SUICIDE PREVENTION EFFORTS AND ADVISES THE OFFICE OF SUICIDE PREVENTION ON DATA-DRIVEN, EVIDENCE-BASED INTERVENTIONS.

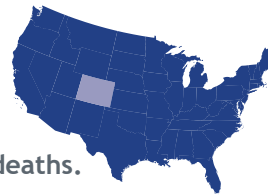
The Office works to reduce the number of suicides in Colorado through data-driven, research-based suicide prevention initiatives implemented with an expanding network of statewide partners. The Office prioritizes state and federal funding to create the most meaningful impact through strategic priorities, including:

- Improving health system readiness and response to suicide by expanding the Zero Suicide Model and Colorado Follow-Up Project.
- Supporting highly impacted areas to create sustainable local infrastructure.
- Training individuals to recognize and respond to suicidal crises.
- Increasing active analysis and dissemination of suicide-related data.
- Increasing suicide prevention and intervention efforts for high-risk occupations, including first responders, construction, agriculture, and ranching.
- Increasing suicide prevention efforts for special populations at higher risk, including the LGBTQ+ community, youth, veterans, middle-aged men, and older adults.
- Implementing primary prevention strategies to reach individuals prior to the escalation of a crisis.
- Leading collaborative partnerships.

SUICIDE IN COLORADO

TOP TEN

Colorado consistently ranks in the top 10 nationwide for suicide deaths.



1,287

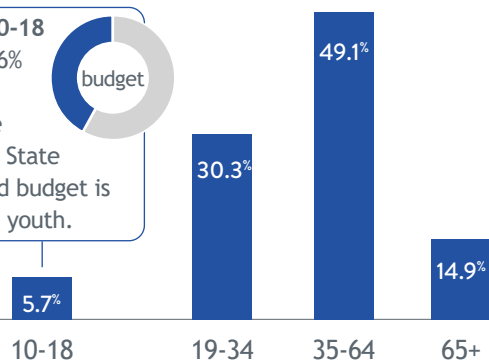
suicide deaths of Coloradans in 2019.

More Coloradans died from suicide than homicide, motor vehicle crashes, breast cancer, flu or pneumonia, or diabetes.

SUCCESSFUL SUICIDE PREVENTION CAN ONLY BE ACHIEVED WITH COMPREHENSIVE AND SUSTAINED EFFORTS ACROSS COMMUNITY GROUPS AND AGENCIES STATEWIDE.

Male **76.4%** Female **23.6%**

Youth age 10-18 account for 6% of suicide deaths while 40% of OSP's State General Fund budget is restricted to youth.



45-TO-64

Adults ages 45–64 have the highest suicide rate.

SUICIDE PREVENTION PROGRAMS AND PRIORITIES

CDPHE acknowledges that social, economic, and environmental inequities result in adverse health outcomes and have a greater impact than individual choices. Reducing health disparities through systems change can help improve opportunities for all Coloradans.

ZERO SUICIDE

The Zero Suicide approach helps improve system response and support for those experiencing suicidal despair. Evidence shows that this can reduce patient suicide rates by as much as 80%.



17

CO community mental health centers trained (100%).

COLORADO FOLLOW-UP PROJECT

Patients discharged from emergency rooms and inpatient hospitals after a suicide attempt or crisis are at higher risk for future suicide attempts or death and are less likely to access follow-up mental health care. The Colorado Follow-Up Project partners with the Colorado Crisis and Support Line to provide telephonic follow-up with patients for 30 days after discharge.



3,287

people who received follow-up services after ED discharge thanks to federal funding.

SUPPORT TRAINING FOR BEHAVIORAL HEALTH PROVIDERS

OSP provides evidence-based training to empower mental health providers with the skills and confidence to directly address suicide risk for clients in their care. Through federal funding, the OSP will continue rolling out evidence-based training for Colorado providers over the next several years.



750

mental and behavioral health clinicians trained in evidence-based care.

LETHAL MEANS SAFETY

78% of firearms deaths are suicides. OSP partners with firearm advocates, gun shops, firing ranges, and safety instructors to increase awareness of the need for safe storage of firearms, especially during times of suicidal crisis.



45

counties participated in the Colorado Gun Shop Project in FY 2018-19.

YOUTH SUICIDE PREVENTION

OSP funds community mental health agencies and nonprofit organizations to support local youth suicide prevention strategies. These coordinators lead coalitions, outreach to schools and youth-serving organizations, provide gatekeeper training, and identify community-level needs regarding youth suicidal despair.



8

regional youth suicide prevention coordinators work across 8 counties.

SUPPORT FOR SCHOOLS

The Colorado legislature created funding opportunities for schools and districts to help with the development and implementation of comprehensive crisis and suicide prevention strategies (Senate Bill 18-272).



17

schools and districts funded in the first grant period (FY19- FY21).

SOURCES OF STRENGTH

Sources of Strength is an evidence-based program designed to build emotional resiliency, increase school connectedness, and prevent suicide by building protective factors for students. These protective factors include connection to caring adults, positive social norms, and school engagement.



150+

schools are implementing Sources of Strength.

REACHING MIDDLE-AGED MEN

Working-age men account for more than half of all suicides (55%). The Man Therapy website (www.mantherapy.org) is designed to reach working-age men to change the way they think about mental health, provide them with the tools they need to take control of their overall wellness, and reduce the number of suicides.



6,000+

CO Head Inspections completed on ManTherapy.org in 2019.

COMPREHENSIVE SUICIDE PREVENTION

National leaders chose Colorado to focus efforts to develop, implement, and evaluate a comprehensive blueprint for community-based suicide prevention efforts. Key strategies include connectedness, economic stability, education and awareness, access to safer care, lethal means safety, and postvention.



6

counties selected as initial focus areas.

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LEARN MORE: www.coosp.org



COLORADO
Department of Public
Health & Environment