

2014 Wyoming Suicide Facts

Wyoming Suicide Deaths by Age in 2011

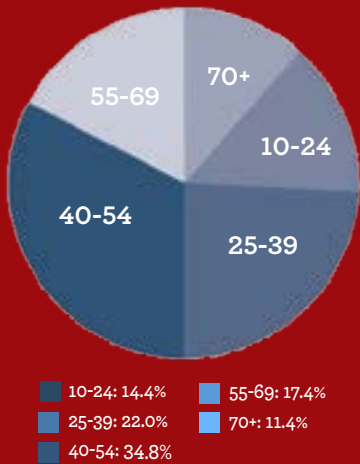


Figure 1. Percent of Wyoming suicide deaths by age (CDC, 2009-11)

- Over 100 Wyomingites die by suicide each year--almost nine people a month--averaging over 20 deaths per 100,000 (CDC, 2009-11).
- The Wyoming suicide rate ranks highest of all 50 states, almost double the national average of about 12 deaths per 100,000 (CDC, 2009-11).
- In 2011, suicide claimed the lives of nearly as many 15-54 year olds as heart disease did (CDC, 2009-11).
- Ten times more people die by suicide in Wyoming than from influenza or pneumonia (CDC, 2009-11).
- In Wyoming, suicide is the 2nd leading cause of death for persons aged 10-34 (CDC, 2009-11).
- Suicide is the only mental health concern identified by the Centers for Disease Control and Prevention (CDC, 2012) as a public health issue.
- Suicides cost Wyoming over \$175.1 million annually, or \$290 per Wyoming resident (Shepard & Reed, 2012).

Suicide costs Wyoming over \$175 million annually.

According to research by Dr. Thomas Joiner, in addition to having access to means, suicide requires a trifecta of “burdensomeness, lack of purpose, and habituation to pain” (Joiner, 2005). Caucasian, middle-aged men who are single, divorced, or widowed have the highest rates of suicide deaths in the country. In Wyoming, nearly half of suicides occur between the ages of 40-54, and, on average, over 80% are men (CDC, 2009-11). From 2009-2011, 64.7% of suicides in Wyoming were by firearm, compared to 47.3% in the Rocky Mountain Region. More men die by firearm related suicide than women (CDC, 2009-11). Wyoming also ranks 4th nationally in gun ownership with over 3 guns self-reported per capita, making firearm safety paramount to suicide prevention (Miller, Azrael, & Hemenway, 2002).

State Comparison of 2011 Suicide Rates per 100,000 People

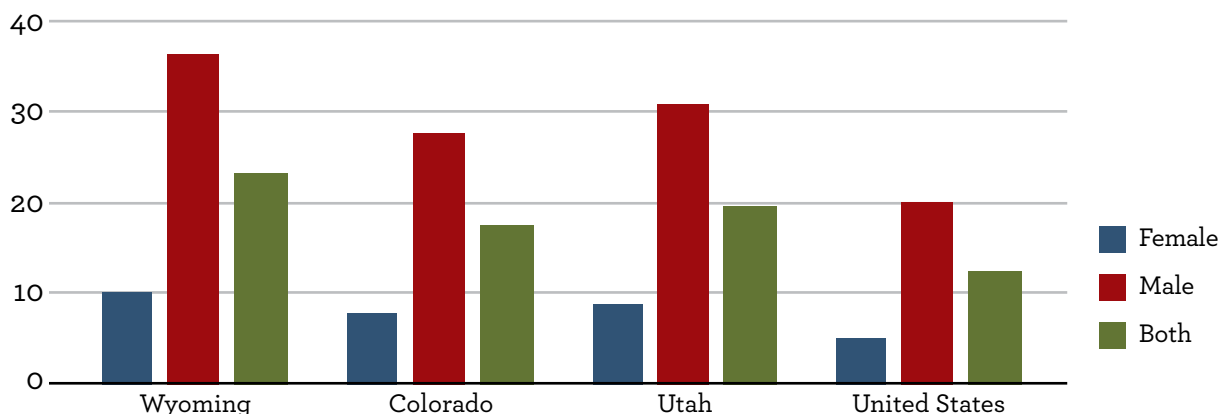


Figure 2. Comparison of Wyoming and neighboring states to national suicide rates per 100,000 by gender (CDC, 2009-11)



Wyoming is cutting edge in developing resources for rural suicide prevention. Our community-based intervention, the Family Centered

Brief Intensive Treatment program (FCBIT), is developing national acclaim in decreasing depression and reducing suicide ideation. In 2014, an article was published in the Journal of Suicide and Life Threatening Behavior as evidence of the program's success (Anastasia, Humphries-Wadsworth, Pepper, & Pearson, 2014).

Wyoming suicide rates are volatile due to the low population, but the upward trend is increasing at a faster rate than the nation.

Suicide Rates (per 100,000) 2001-2011

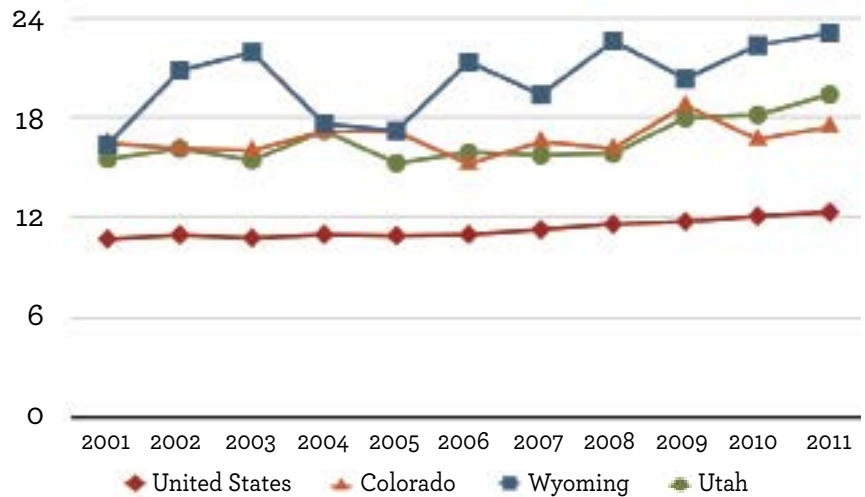


Figure 3. Suicide rate trends of Wyoming, neighboring states, and the nation (CDC, 2001-11)

Over 12,000 Wyoming people were trained in suicide prevention in FYs 2013 & 2014. Training gatekeepers, primary care providers, and mental health practitioners in suicide awareness and referral is a key national strategy.

Wyoming's capacity for suicide prevention is growing. In addition to having regional suicide preventionists across the state, the Wyoming Suicide Prevention Advisory Council (WySPAC) has established a state plan based on national evidence-based strategies comprised of these eleven goals:

- ① Develop broad-based support for suicide prevention (SP) efforts.
- ② Develop and implement community-based SP programs and activities.
- ③ Promote awareness that suicide is a preventable public health problem.
- ④ Develop and implement strategies to reduce mental health (MH) stigma.
- ⑤ Increase lethal means safety for those presenting with suicidal ideation.
- ⑥ Implement training for recognition of at-risk behaviors.
- ⑦ Use of effective treatment for suicidal individuals.
- ⑧ Increase key services to suicide survivors (families & friends of those lost to suicide).
- ⑨ Improve and expand surveillance systems.
- ⑩ Support focused research projects.
- ⑪ Evaluate SP activity impact and effectiveness.

References

Anastasia, T. T., Humphries-Wadsworth, T., Pepper, C. M., & Pearson, T. M., (2014) Family Centered Brief Intensive Treatment: A Pilot Study of an Outpatient Treatment for Suicidal Ideation. *Suicide and Life-Threat Behavi.* doi: 10.1111/sitb.12114

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