Annual Report

Presented for HHS Oversight Committee

May 24, 2024

NH SUICIDE PREVENTION Council

SPC is Legislatively Mandated

NH SUICIDE PREVENTION Council

Duties: Oversee implementation of the NH Suicide Prevention Plan.

- Evaluate implementation
- Recommend program changes, initiatives, funding opportunities, and new priorities to update the plan
- Be a proponent for Suicide Prevention in NH

Source: Title X Public Health – Chapter 126 – R NH Council on Suicide Prevention

SPC Membership

- 24 statutory members
- 1 member of the Senate
- 2 members of the House of Representatives

Representatives from:

- DHHS
- DOE
- DOS
- DOC
- Chief Medical Examiner’s Office
- The Adjutant General/NH National Guard
- Injury Prevention Center, DHMC
- National Alliance on Mental Illness, NH Chapter
- H Disability Rights Center
- 10-year Mental Health Plan
- Bi-State Primary Care Association
- Endowment for Health
- NH Hospital Association
- NH Community Behavioral Health Association
- New Futures
- Person representing families who have experienced suicide loss
- Person representing youth community
- Person representing older adults
- Person representing clergy
- Physician appointed by NH Medical Society
- County Corrections Superintendent appointed by NH Association of Counties

SPC Leadership

- The Council elects a voting member to serve as Chairperson (Statutory Member).
- The Council elects a Vice-Chairperson (Any SPC Member) and Clerk (Any SPC Member).
- The Council charter created a position for Treasurer

Current Chair: Amy Cook – NAMI-NH - National Alliance on Mental Illness
Current Vice-Chair: Shamera Simpson – American Foundation for Suicide Prevention
Current Clerk: Kerry Gagniere -- NH National Guard
Treasurer: Steve Boczenowski – Survivor of Suicide Loss

Administratively attached to DHHS:
Katherine Cox -- Suicide Prevention Coordinator, Division for Behavioral Health, DHHS

Source: Title X Public Health – Chapter 126 – R NH Council on Suicide Prevention

Current Committees

- Marketing & Communications
- Survivors of Suicide Loss
- Public Policy
- Data
- Military & Veterans
- First Responders
- Conference Planning

NH SUICIDE PREVENTION Council



2022 Annual Report

NH SUICIDE PREVENTION Council

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Report Elements

Focused on 2022

NH SUICIDE PREVENTION Council

- SPC and Committee updates (pp.9-12)
- Committee contacts and meeting schedules (p.88)
- Partner updates (pp.5-7, 13-25)
  - YSPA
  - SOSL Network
  - Statewide Initiatives
- Updated data & trends (pp.27-78)
- Information regarding data sources and reliability of rates (pp.79-84)
- Frequently Asked Questions (pp.85-86)
- Helpful information to increase awareness about warning signs of suicide and resources available (pp.89-91)



SUICIDE RATES

2ND LEADING CAUSE OF DEATH Ages 15-34 [2]



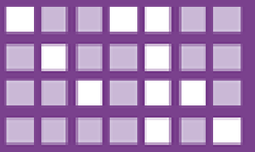
There are **12 SUICIDES** for every **1 HOMICIDE** [3]

10TH LEADING CAUSE OF DEATH Overall [2]

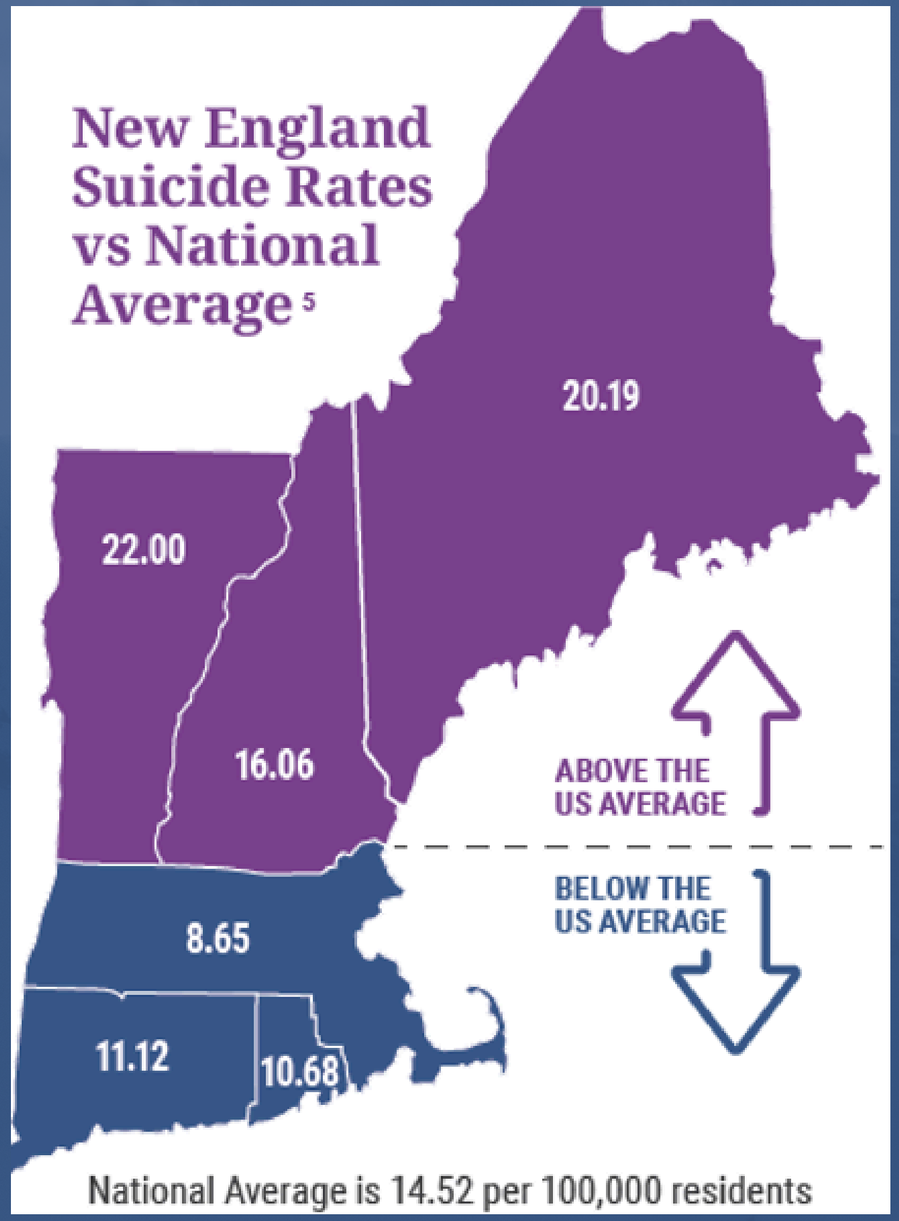
89% **OF FIREARM DEATHS** are from suicide or intentional self-harm [4]



SUICIDES IN 2021



On average, 4-5 deaths per week [1]


New England Suicide Rates vs National Average 5
20.19
22.00
16.06
ABOVE THE US AVERAGE
BELOW THE US AVERAGE
8.65
11.12
10.68
National Average is 14.52 per 100,000 residents

9/10 AGREE that mental health care is useful for those who are thinking, threatening, or attempting suicide.[8]

3/4 AGREE that suicide is preventable.[8]

FOCUS ON HOPE

2021

NEW HAMPSHIRE

ADULT %

WHO **THOUGHT OF SUICIDE** ONE OR MORE TIMES[11]

Residents Aged 18+

- **4.56%** of **Adults** overall
- **52,000 Adults** overall
- **39%** of NH homes have a firearm[12]

3,500
ADULTS ATTEMPTED SUICIDE[11]

Nationally, adults with unmet mental health needs report being unable to afford mental health services, or being unsure of where to access them.[11]

Contact the 988 Suicide & Crisis Lifeline 24/7 by calling/texting 988.

1,900+
ER VISITS
DUE TO SELF-INJURY ATTEMPTS[13]

650+
ADMITTED
FOR SELF-INFLICTED INJURIES[13]

NATIONALLY **8%** HAD UNMET **MENTAL HEALTH** NEEDS[11]

2021

NEW HAMPSHIRE

STUDENT %

WHO **ATTEMPTED SUICIDE** ONE OR MORE TIMES[9]

High School Aged respondents

9.8% of **Students** overall

40% increase since 2019

22.5% of **LGB** students

YRBS Data shows an increased risk among Lesbian, Gay, Bisexual, and Questioning (LGBQ)* and Black, Indigenous, and People of Color (BIPOC).

Get help now – call/text NH Rapid Response: 833-710-6477

*The 2021 NH Youth Risk Behavior Survey (YRBS) survey did not include any items specific to transgender individuals.

IN 2021
44.2%
OF ALL STUDENTS
FELT SAD OR HOPELESS[10]

IN 2019
33.6%
OF ALL STUDENTS
FELT SAD OR HOPELESS[10]

IN 2017
28%
OF ALL STUDENTS
FELT SAD OR HOPELESS[10]

71.7%
LGB
STUDENTS
FELT SAD OR HOPELESS[10]



52.4%
LATINX
STUDENTS
FELT SAD OR HOPELESS[10]

Priorities for New Suicide Prevention Plan

NH SUICIDE PREVENTION Council

01

FOCUS

Focus on evidence-based strategies to address high-risk populations

02

AWARENESS

Increase awareness and reduce stigma among high-risk populations

03

EVALUATE

Review how success is measured and evaluated

04

SUPPORT

Increase cross-sector collaboration and possibilities for braided funding to support work

Suicide Prevention is everybody's business

NH SUICIDE PREVENTION Council

LEARN

Learn how to recognize signs of risk or warning signs of suicide for yourself and others.

ENGAGE

Engage in conversations to show it's okay to not be okay. Get support for yourself or others.

SUPPORT

Support policies and legislation that promote mental health and suicide prevention.



Call or text if you need mental health or substance use support.

833-710-6477

NH RAPID RESPONSE ACCESS POINT

At no cost to you, we are here to help.

988

NATIONAL SUICIDE & CRISIS LIFELINE

Call to speak to someone 24/7.

211

YOUR LOCAL DOORWAY

Confidential access for substance use and recovery resources.

A STRONGER YOU. A STRONGER NEW HAMPSHIRE.

Save the Date

21st Annual New Hampshire Suicide Prevention Conference

Where You Are:
Building Hope and Preventing Suicide
in the Places Where We Work, Live, & Play



November 14, 2024
Grappone Conference Center
Concord, New Hampshire

The 2024 NH Suicide Prevention Conference is presented by the NH Suicide Prevention Council and its partners.
More information about the NH Suicide Prevention Council and the NH Suicide Prevention Conference can be found at preventsuicidenh.org.

NH SUICIDE PREVENTION Council