

Pain Isn't Always Obvious

**KNOW
THE SIGNS**

Suicide Is Preventable.org

Men & Means

Suicide Prevention Skills Building Webinar

August 8, 2017



WELLNESS - RECOVERY - RESILIENCE



Welcome!

- Please mute your line
- If you have a question, technical problem or comment, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel



Introductions



Sandra Black
Yolo County



Tracy Lacey
Solano County



Tawny Porter
Alameda County



Stan Collins
San Diego County



Know the Signs

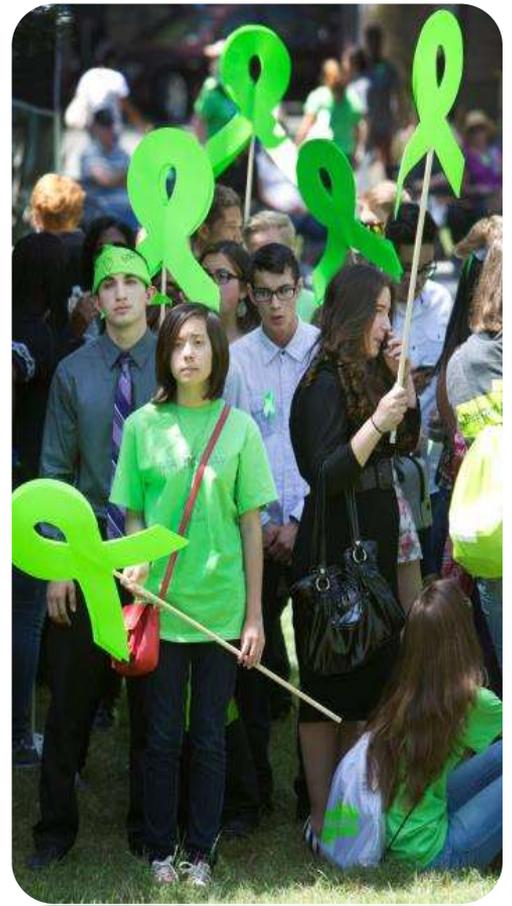
A statewide suicide prevention social marketing campaign with the overarching goal to increase Californians' capacity to prevent suicide by encouraging individuals to **know the signs**, **find the words** to talk to someone they are concerned about, and to **reach out** to resources.



suicideispreventable.org
elsuicidioesprevenible.org

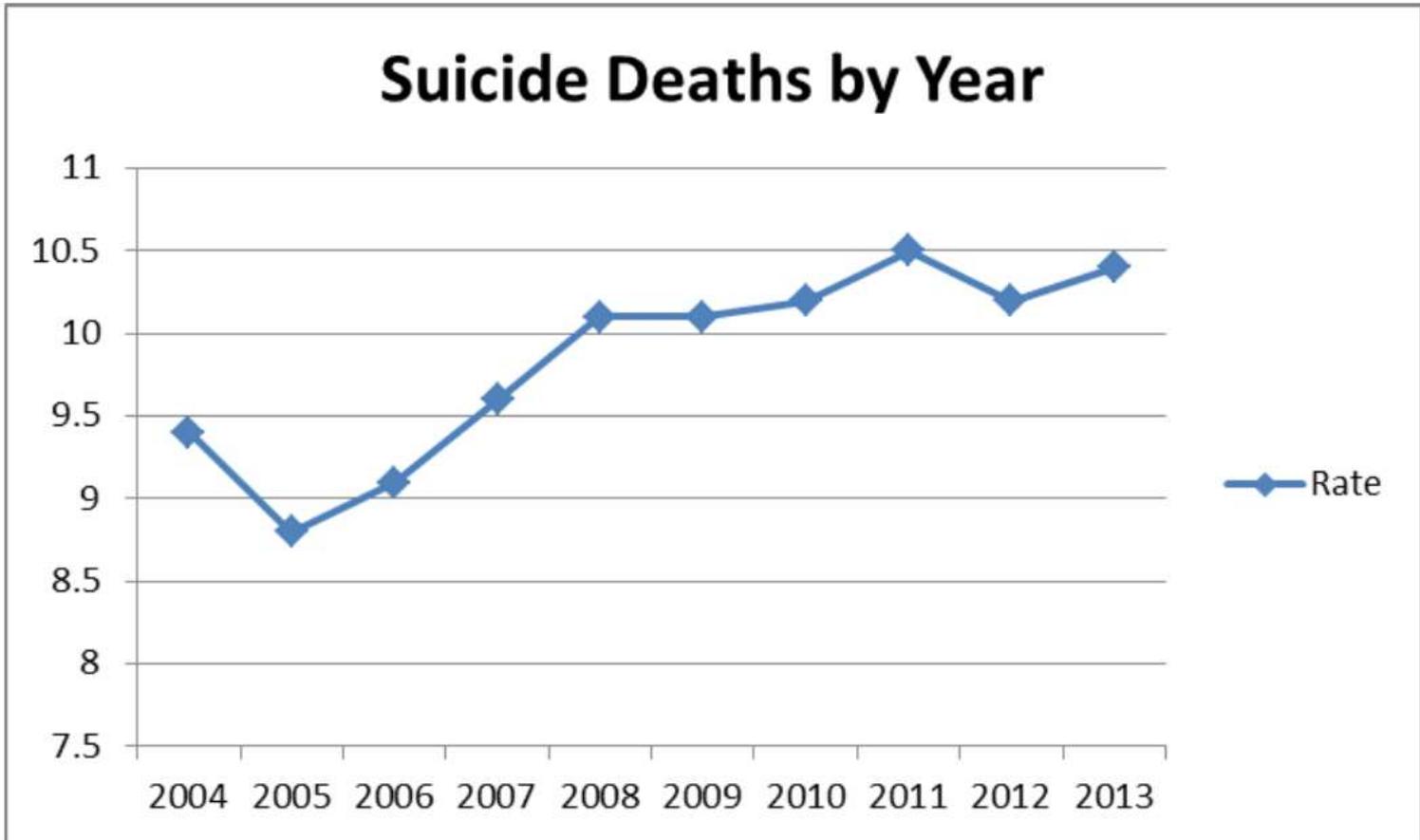
Each Mind Matters

Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health.



Today's Webinar

- Why focus on men?
- Why focus on means?
- Risk & protective factors for men
- Warning signs among men
- Suicide prevention strategies for men
- Suicide Prevention Week Toolkit
- Resources for men



Suicide rates increase with age

- Adults (ages 20–59) account for 71 percent of suicides in California
- Older adults over 60 are 18% of the population in California, but account for one third of all suicides; adolescents account for less than 5 percent.
- The suicide rate of older adults in California is 16.9 per 100,000 - higher than the rate of 10.4 for all age groups combined.

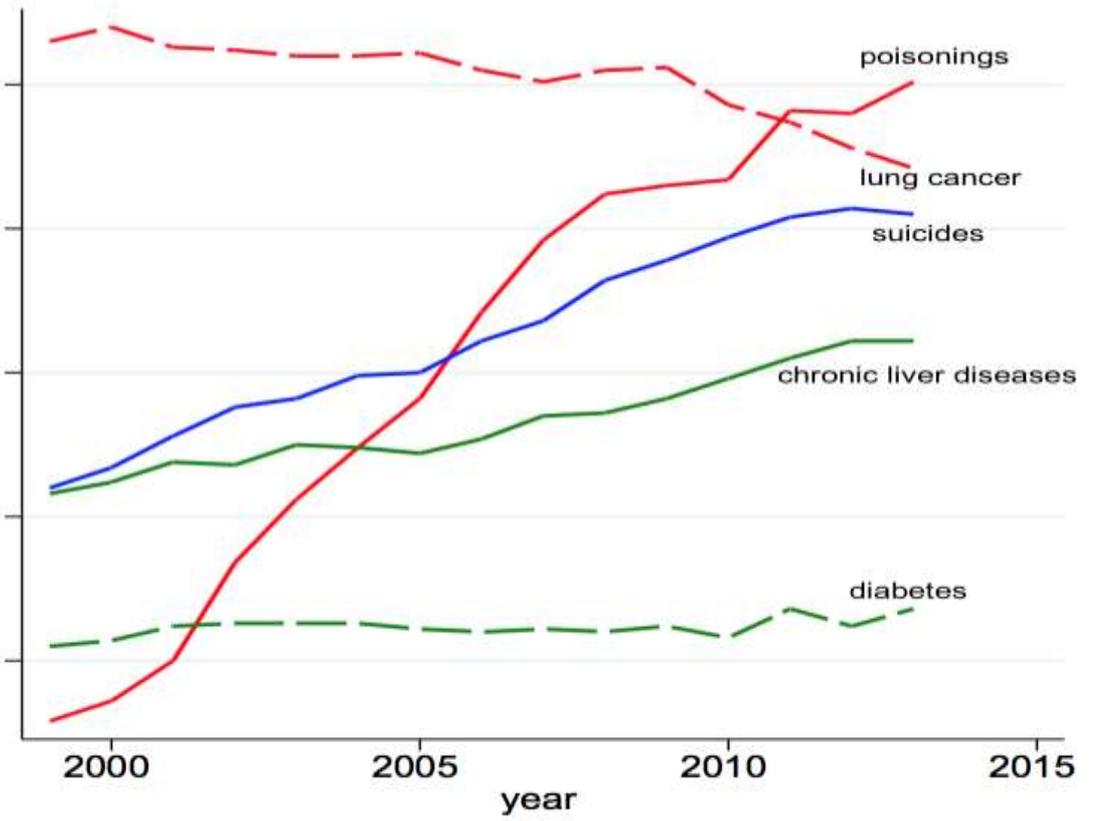


CA Dept. of Public Health Epicenter. <http://epicenter.cdph.ca.gov/>

RAND Corporation Research Brief, 2014. Suicide Rates in California.

https://www.rand.org/content/dam/rand/pubs/research_briefs/RB9700/RB9737/RAND_RB9737.pdf

🎗️ “Deaths of Despair”



Mortality by cause, white non-Hispanics ages 45–54.

California Data on Suicide

- From 1993-2013, 73,705 Californians died by suicide: **78% of those who died were male**
- In 2013, more than one-third of California men who died of suicide were between the ages of 45-64.
 - 70% of the men were White, followed by Hispanic (17%) and Asian/Pacific Islander (8%).



Why focus on Men?

Although men in the middle years—that is, men 35–64 years of age—represent **19 percent** of the population of the United States, they account for **40 percent** of the suicides in this country.

*Source: UR Center for the Study & Prevention of Suicide, Washington, DC: Scientific Consensus Conference, June 11-12, 2003. 12p.
(http://www.sprc.org/sites/default/files/resource-program/SPRC_MiMYReportFinal_0.pdf)*

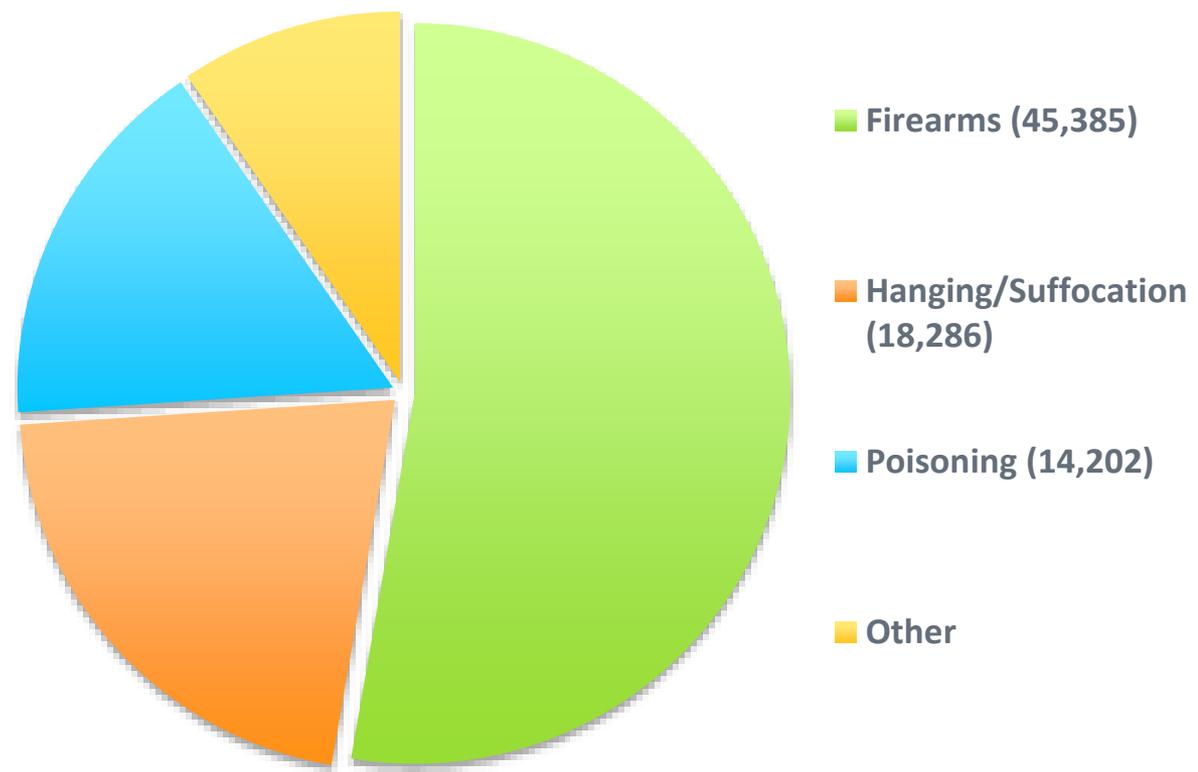
Why focus on men?

- Men are at disproportionately high risk of suicide
- Depression and warning signs of suicide may be missed – or misinterpreted
- Men often use highly lethal means, such as firearms, in their attempts

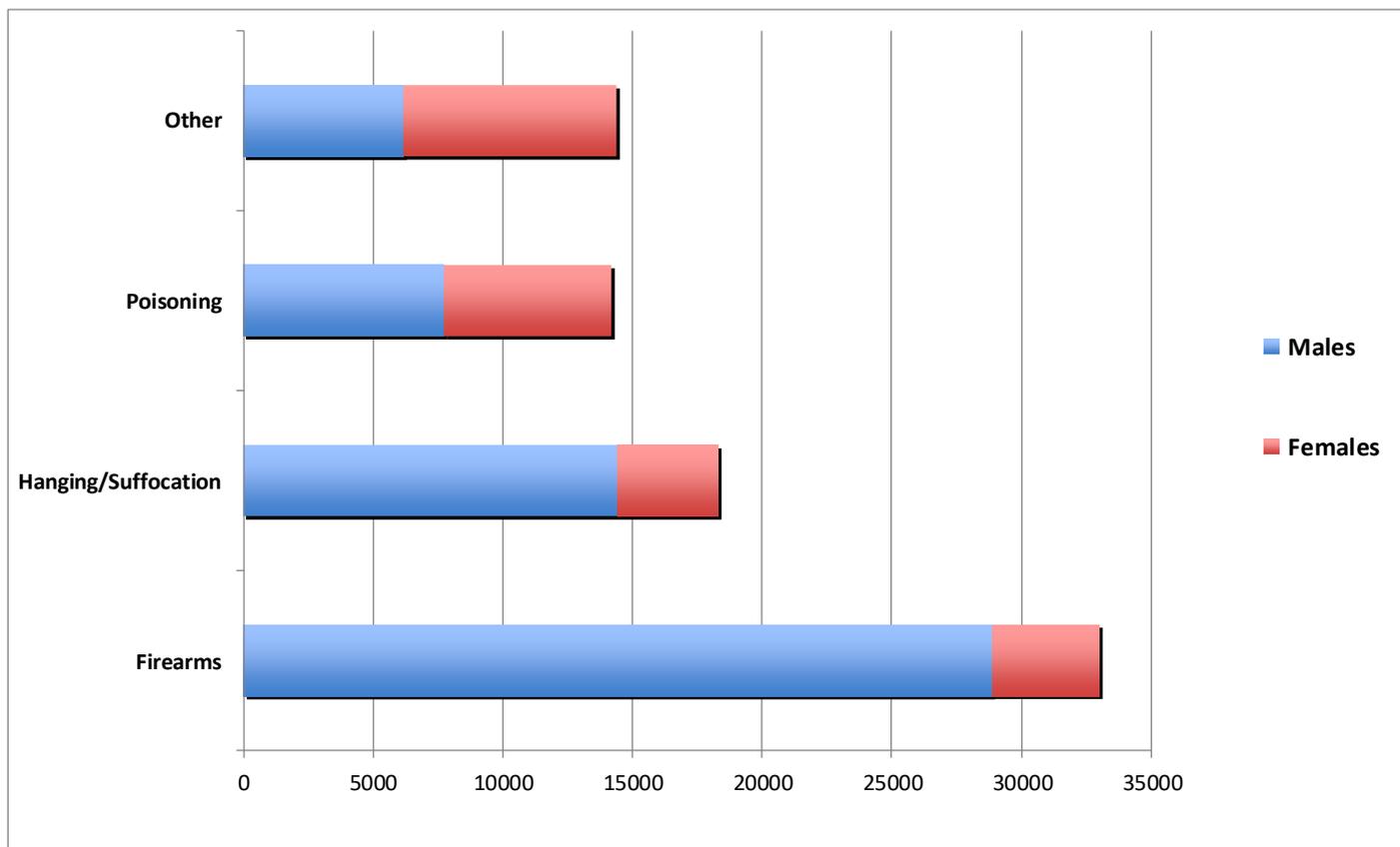


Why focus on means?

Means of Suicide, California, 1993-2013



Means of Suicide, California, 1993-2013



The Rock Audio File



<http://emmresourcecenter.org/resources/english-radio>



Q&A

Warning Signs and Risk Factors

Warning signs:

Specific behavioral or emotional clues that may indicate suicidal intent (“red flags”)

Risk factors:

Conditions or circumstances that may elevate a person’s risk for suicide

Critical Warning Signs

- Threatening to hurt or kill oneself, or talking of wanting to hurt or kill oneself
- Looking for ways to kill oneself (purchasing a gun, stockpiling pills, etc.)
- Talking or writing about death, dying, or suicide, when these actions are out of the ordinary for the person

These are especially concerning when the behavior is new, has increased, or seems related to a painful event , loss or change.

Additional Warning Signs for Men

- Seeking access to highly lethal means
- Feeling hopeless and/ or worthless; fear of becoming a burden.
- A preoccupation with death or a lack of concern about personal safety; recklessness
- Feeling trapped, a sense of downward spiral and no way out
- Increasing use of substances, especially alcohol
- Anger, irritability, resentment, seeking revenge
- Changes in sleep
- Withdrawal, isolation



Risk Factors Among Men

- History of suicidal behavior or thinking
- Alcohol use disorders, intoxication
- Access to firearms
- Social isolation and coping strategies centered around avoidance
- Chronic or acute illness or disability
- Physical symptoms such as sleep issues, fatigue, and chronic pain
- Financial stressors both immediate (job loss, lay-offs) and/or ongoing (low income, low status occupation)
- Intimate partner problems (custody disputes, divorce, breakups, separation, intimate partner violence)
- Criminal justice involvement (arrest, incarceration, court cases, probation)
- At least one, and often many, life stressors that add up to a feeling of being overwhelmed, unable to turn things around.



Sociocultural Risk Factors Among Men



- Often socialized to embody strength, toughness, stoicism
- Pressure to be the provider and protector of family and property
- Unhelpful conceptions of masculinity can become a barrier to help
- Behavior and thinking may be easily misinterpreted
 - Signs “didn't look like depression”
 - May not inspire empathy easily
 - May look like physical problems

How to Start the Conversation



Suggestions for conversation starters:

- *Dad, I've noticed that something seems wrong lately (give concrete examples). How are you feeling?*
- *Joe, it's not like you to avoid your friends. I know things have been hard, and sometimes people in your situation lose hope. I'm wondering if you may have lost hope, too?*

Ask directly about suicide if warning signs are present:

- *Are you thinking about suicide?*
- *Have you been thinking about how you might do this?*

Tips for having the conversation

- Be persistent if you are initially put off.
- Make time to listen. Ask to meet up for coffee, an activity, etc.
 - Check back in with them after a few days.
- Be prepared with a resource to suggest or specific offer of help (hotline, mental health professional)
- Ask what you can do to help, and what they need from you.



Man Therapy



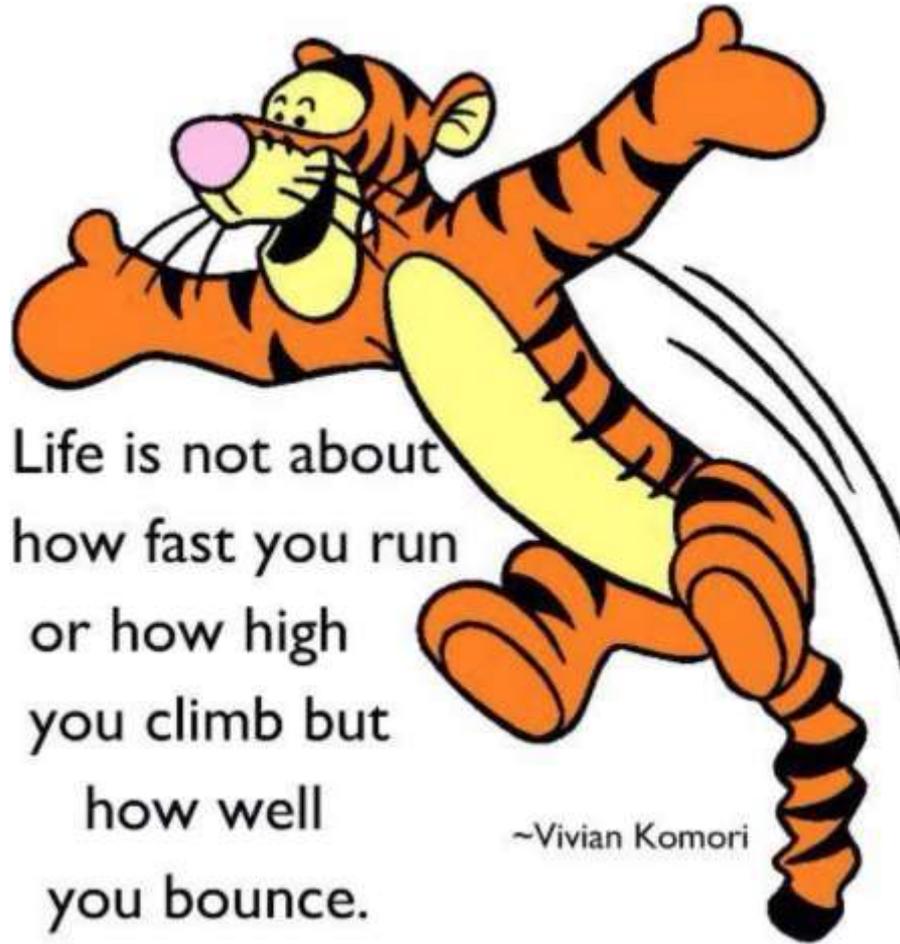
<https://youtu.be/qBMDHQIzFaA>



Q&A



“What is predictable is preventable” but **NOT** inevitable



Life is not about
how fast you run
or how high
you climb but
how well
you bounce.

~Vivian Komori



Protective Factors for Men

Factors that may make it LESS likely that a person will consider, attempt, or die by suicide

- Reasons for living and sense of purpose
- Social connectedness and emotional support
- Constructive coping and problem solving skills
- Access to effective health and behavioral health care



Preventing Suicide in Men

- In a crisis, put as much separation between the individual and highly lethal means as possible.
- Understand how depression and suicidality may show up in men
- Encourage connection with social supports and services that can reduce the burden of life problems.
- Enhance problem solving and coping skills.
- Support boys and young men to feel more comfortable with their feelings and to reach out when needed.
- Encourage men to act as supports and role models for one another.



Suicide Prevention in the Workplace

Occupational Rank for Highest Rates of Suicide Deaths ¹		
RANK	Occupation	Rate per 100,000
1	Farming, fishing, and forestry	84.5
2	Construction and extraction	53.3
3	Installation, maintenance, and repair	47.9
4	Production	34.5
5	Architecture and engineering	32.2
6	Protective service	30.5
7	Arts, design, entertainment, sports, and media	24.3
8	Computer and mathematical	23.3
9	Transportation and material moving	22.3



Centers for Disease Control and Prevention, 2012. <https://www.cdc.gov/mmwr/volumes/65/wr/mm6525a1.html>

Occupation-related factors?

- Demographics – primarily male industries
- Stoic, old-school “tough guy” culture
- Fearlessness, thrill-seeking
- Limited training for supervisors who work their way up on the job
- Seasonal lay-offs, unstable
- Culture of tolerance around alcohol and substance use
- Frequent injuries, chronic pain
 - Use of prescription opioids
- Access to lethal means
- Skills gap – sense of being trapped in a job without a lot of options, but strong need to support a family





Construction Industry Initiative



**A CONSTRUCTION INDUSTRY BLUEPRINT:
Suicide Prevention
in the Workplace**



Carson J Spencer
FOUNDATION

rk

Action
Alliance
FOR SUICIDE PREVENTION



Workplace Strategies



- Culture of safety and wellness
- Sense of community and workplace support
 - Employees look out for each other (“buddy system”)
- Broad promotion of resources (e.g. Lifeline)
- Access to quality behavioral health care (e.g. insurance, Employee Assistance Program)
- Education for managers and employees about mental health and substance abuse and treatment
- Suicide prevention skills training for leaders and supervisors at minimum
- Postvention plan in place

Keys to Prevention

- Reduce access to lethal means during a crisis
 - Firearms, substances
- Engage traditional AND non-traditional partners
 - Recreation, workplace, health care
- Providers, employers and families understand the signs of depression and suicidality for men





Q&A



<https://vimeo.com/175761640>

The Gun Shop Project

The Gun Shop Project is a collaborative effort to engage gun shop and firing range owners, their employees and their customers on preventing suicide, the number one type of firearm death in the U.S.



CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?

ARE THEY SUICIDAL?

- Depressed, angry, irritable?
- Going through a relationship breakdown, legal trouble, or other setback?
- Using drugs or alcohol more?
- Withdrawing from things they used to enjoy?
- Talking about being better off dead?
- Losing hope?
- Acting reckless?
- Feeling trapped?

SUICIDES IN NH
are on the rise for firearms

FIREARMS ARE THE LEADING METHOD

ATTEMPTS WITH A GUN ARE MORE DEADLY
than attempts with other methods

HOLD ON TO THEIR GUNS

- Putting time and distance between a suicidal person and a gun may save a life.

- For other ways to help, call the National Suicide Prevention Hotline: 1-800-273-8255



Suicide Prevention Partnerships with Gun Owner Groups



Solano County

SOLANO COUNTY SHERIFF'S OFFICE



CCW FIREARMS TRAINING PROVIDERS

Outdoor Gear 707-647-2511
Am. Canyon & Fairfield 29outdoorgear.com

Baptist Security Training
Vacaville www.BaptistSecurityTraining.com

Blue Ridge Consulting & Firearms 707-689-0172
Vacaville BRCArms.com

Dobbs Firearm Training 888-486-0250
Fairfield & Vacaville dobbsfirearmstraining.com

Eagle Defense
Sloughhouse, CA www.eagledef.com

Kennedy Consulting 530-617-1GUN
Fair Oaks, CA jonkennedyconsulting.com

Liberty Firearms Training 916-476-4987
Sloughhouse & Walnut Grove libertyfirearmstraining.com

Northern Firearms Instruction 530-776-4855
Vacaville usgunpro.com

R&D Training 707-592-3113
Napa

Security & Firearms Training Academy 916-500-1442
North Highlands safta-inc.com



WELLNESS • RESPECT • RESTORATION

THE 10 COMMANDMENTS OF GUN SAFETY

get in touch

For **24 Hour SUICIDE PREVENTION**, call
National Suicide Prevention Lifeline:
(800) 273-TALK (8255)
<http://www.suicideispreventable.org>

For **24 / 7 CRISIS SERVICES**, call the
Solano County Crisis Stabilization Unit
2101 Courage Drive, Fairfield
(707) 428-1131

Mental Health Access
(800) 547-0495

Brought to you by the
Solano County Sheriff's Office
and the
Department of Health & Social Services



SP Week Toolkit: Implement a Gun Shop Activity

Toolkit includes:

- Tip sheet for implementation
- Materials from the New Hampshire project
 - Tip sheets for firearm dealers and range owners
 - Firearm Safety brochure
 - 11 Commandments of Firearm Safety brochure
 - FAQs



SP Week Toolkit: Materials for Men

In the Toolkit:

- Drop-In Article
- PowerPoint Slides
- Data Briefing and Talking Points
- Resources
- Gun Shop Project Activity
 - Tip sheet
 - Materials
 - Brochure and poster



Suicide Prevention Resources for Men

The following resources are available to assist you in developing programs to reach men:

California Resources

- **Know the Signs Radio Spots:** customizable to include local resources, these English language radio spots are aimed at the general public with an emphasis on those concerned about a man in their life.
- **Restricting Access to Lethal Means:** archived 2013 webinar provides an overview of data and strategies to address access to lethal means.
- **Suicide Prevention Outreach to Men and Other Therapy:** archived 2013 webinar focused on strategies to reach men and highlighted the Men's Therapy campaign.
- **Talk Backing: Materials for Suicide Prevention:** archived 2017 webinar focused on safe and effective messaging for suicide prevention.
- **Resources for Workplace Suicide Prevention:** information about mental health and crisis supports that can be included in the workplace as part of suicide prevention efforts.
- **Each Mind Matters Resource Center:** browse our initiatives, activities and resources to find tools you can use to improve mental health and equality in your community, prevent suicide and promote mental health.

San Diego's ITSAFF's campaign: has developed resources to support men's mental health and wellness.

Elder Men: The Friendship Line—Initiative on Aging
Phone: 415-763-4113

Don't Drive Like My Brother!

Sound familiar? "Car Talk" is the highly popular long running radio show hosted by two brothers who dispense colorful advice to callers to help them solve their car problems. Imagine for a moment a similar show where men – and those who care about them – called in every Sunday morning to ask how to tune up their mental health, to keep their emotions from overheating, or their mind running smoothly!

Traditionally, men are raised to be self-sufficient, tough, and to protect their family and property. But what happens when the strong protector needs help? Fear of appearing weak or vulnerable, being unable to meet responsibilities or serve the role they expect of themselves, can lead men to feel that they are a burden and that those around them might be better off if they ended their life. Men are less likely than women to reach out to mental health professionals or even to talk about their problems with doctors, family members, and friends.

To compound this, the signs of suicide among men are easily misinterpreted. Their anger may be perceived as malice, rudeness, drug or alcohol abuse, excessive drinking, isolation, irritability, anger or apathy. This can have the effect of further isolating men from those around them, pushing away the very people who would be in the best position to help. Suicidal despair and depression may be also hidden behind behaviors that tend to elicit less sympathy. Many men at risk are involved in the criminal justice system, and have financial or employment

The 10 Commandments of Firearm Safety

KNOW THE SIGNS
suicide-preventable.org

Talking Points and Data Briefing on Suicide Prevention

Take-home Points:

- Men, particularly men in the middle years and older, are at disproportionately high risk of suicide compared to other demographic groups.
- Warning signs of acute mental health crisis and suicidality in men may be misinterpreted. But they warrant immediate concern, especially in context of STRESSORS.
- Most suicidal crises are short-lived; putting time and space between a crisis and highly lethal means is crucial. Suicide rates, gun ownership, and an aging population that is white and male are all higher in rural areas.

Suicide Prevention Among Men

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Presenter Info:

Insert presenter contact information in text box prior to presentation. Introduce yourself.

<http://www.eachmindmatters.org/spw2017/>

Crisis Support Resources

Suicide Prevention Lifeline

24/7 hotline, plus chat services

www.suicidepreventionlifeline.org

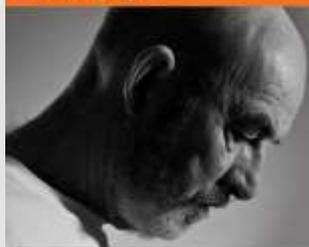
National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

[1-800-273-8255](tel:1-800-273-8255)



 Institute on Aging | [HOME](#) | [SERVICES](#) | [DONATE](#) | [ABOUT](#) | [WORKING AT IOA](#) | [BLOG](#) | [CONTACT](#) | [415.750.4111](tel:415.750.4111) / [650.424.1411](tel:650.424.1411)



FRIENDSHIP LINE

"Give sorrow words: the grief that does not speak whispers the o'er-fraught heart and bids it break."

- William Shakespeare

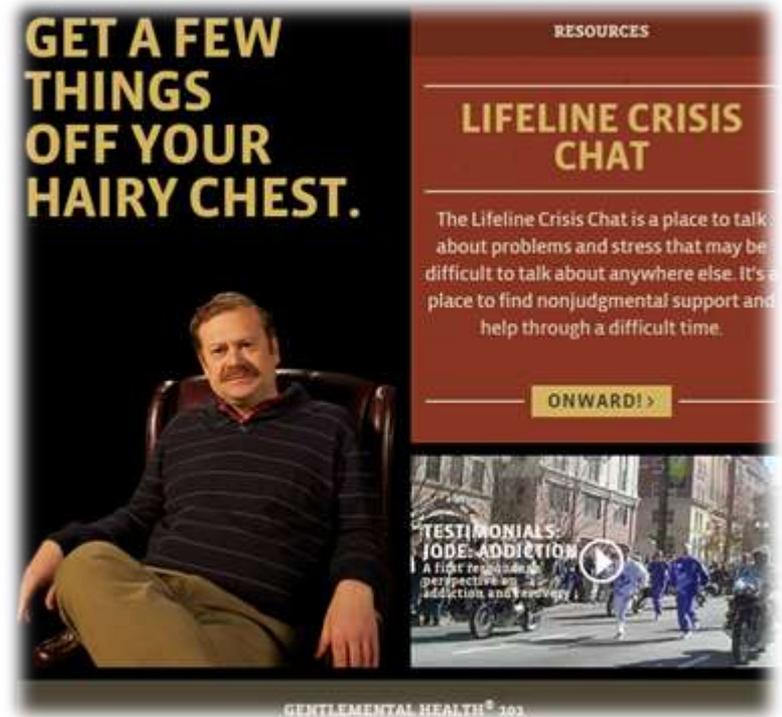
For older men: **Friendship Line** (Institute on Aging):
(800) 971-0016
www.ioaging.org

Educational Campaigns



San Diego: It's Up to Us Campaign

<http://up2sd.org/men/>



Colorado: Man Therapy
<http://mantherapy.org>

Lethal Means Resources



Online training for Counseling on Access to Lethal Means:
<http://training.sprc.org/>

Harvard School of Public Health Means Matter campaign:
<https://www.hsph.harvard.edu/means-matter/>

Information on California Gun Violence Restraining Orders:
www.SpeakforSafety.org



Q&A

New EMM Resource Center



www.emmresourcecenter.org

Thank You

Sandra Black: sandra@suicideispreventable.org

Stan Collins: stan@suicideispreventable.org

