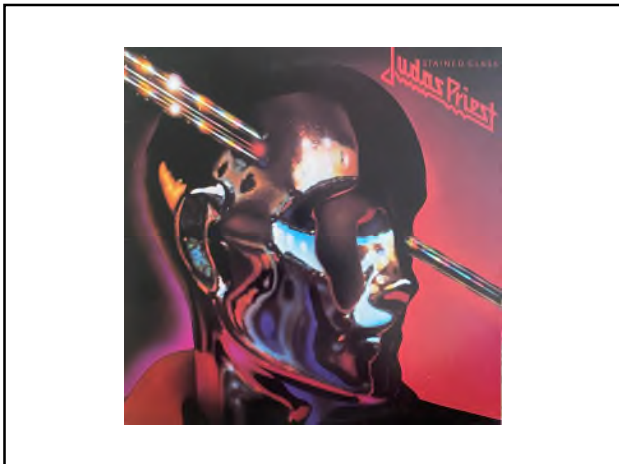
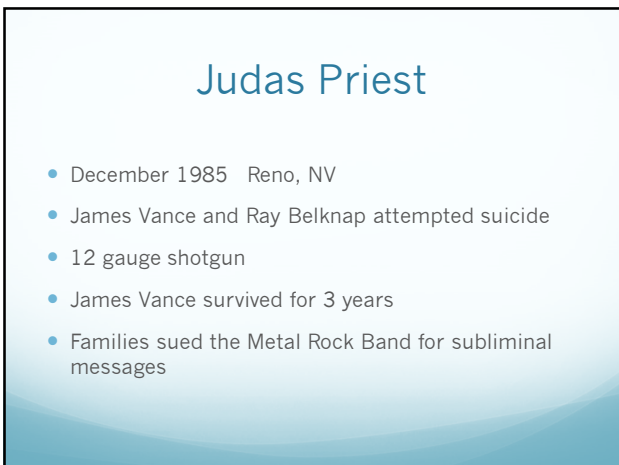


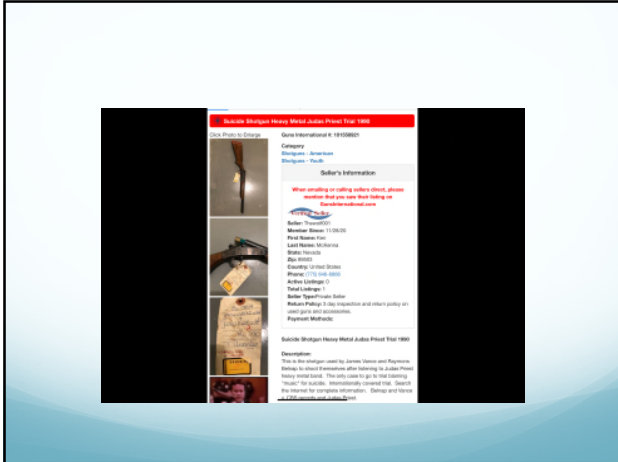
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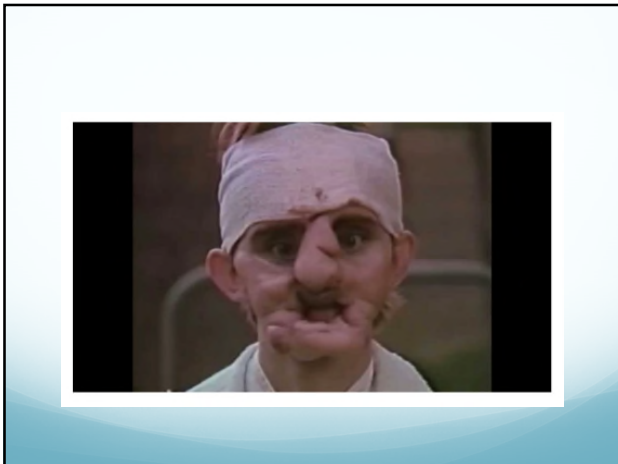
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Facts About Suicide

- Crisis is usually temporary
- Suicidal thoughts are NOT healthy
- Feelings of love and belonging are helpful
- Asking for help is NOT a sign of weakness
- Suicide is preventable
- Mental health care is available and effective

6

Three Leading Suicide Methods in the United States,
2017–2019: Associations with Decedents,
Demographic and Clinical Statistics
Frontiers in Public Health online Nov. 17, 2022

- N 94,454 National Violent Death Reporting System
- Firearms Men 55% Women 30%
- Hanging/suffocation Men 28% Women 29%
- Poisoning Men 9% Women 32%
- Other Methods Men 8% Women 9%

7



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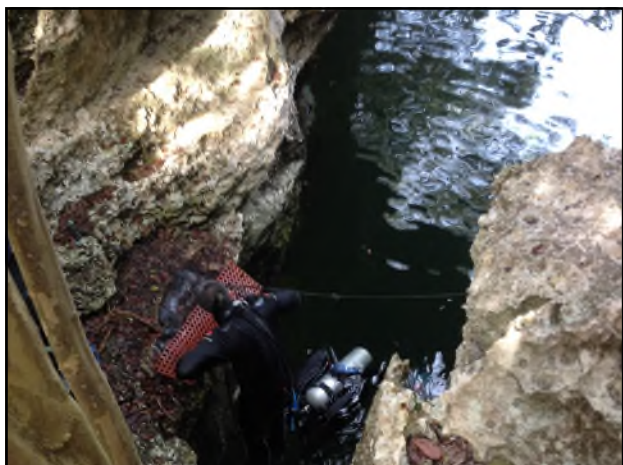
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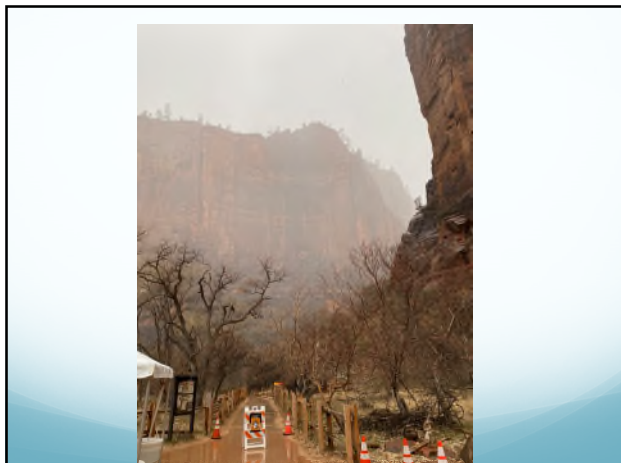
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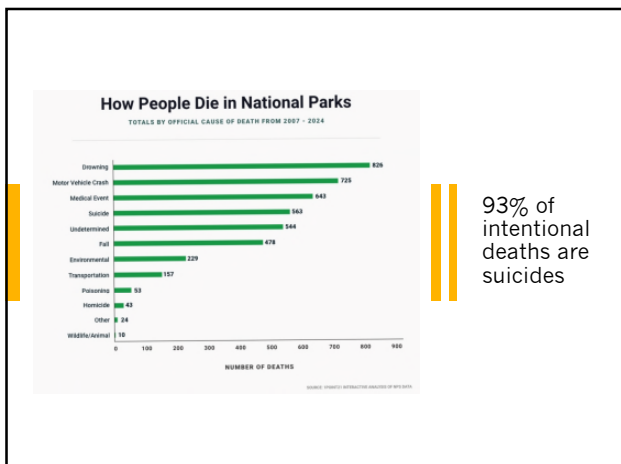
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15

Firearm Injury and Death

CDC July 5, 2024

- 2022 >48,000 firearm related deaths in US
- 132 deaths/day
- >½ are suicide deaths
- Nonfatal firearm injuries: 7/10 are assaults
2/10 unintentional

16

BY THE NUMBERS FIREARM INJURIES IN 2017

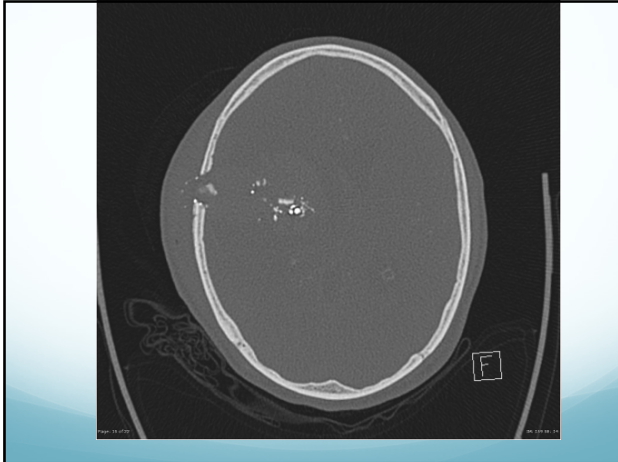
60% of US gun
deaths were due
to SUICIDE

ACEPNow.org 8/2019

17

NATIONALLY 90% of FIREARM SUICIDE attempts are FATAL

18



19



20

Sharp Rise in US Suicide Rates Especially in Indigenous People, White Men Medscape news 12/28/23

- CDC Data 2019 VS 2020
- 837,000 suicide deaths in US 2019-2020
- Firearms and Hanging most common
- White Men Highest Rate
- RATE INCREASE
 - 65% AIAN women
 - 35% AIAN men
 - 29% White Men

American Indian/Alaska Native=AIAN

21

Firearm Injury and Death

CDC 7/5/24

- Firearm **Homicide** Rates are Highest Among:

Teens and young adults age 15-34

Blacks or African American People

American Indian or Alaska Native Persons

Hispanic or Latino Persons

22

Firearm Injury and Death

CDC 7/5/24

- Firearm **suicide** rates are highest among:

Adults 75+

American Indian or Alaska Native Persons

Non-Hispanic White Persons

23

Firearm Suicide Rates are Highest in the Intermountain Areas

Nevada, Utah, Idaho, Arizona, Colorado, New Mexico
And Rural Areas

24

**Currently
<50%**

Of suicidal patients discharged home are asked about firearm access prior to discharge

25

"Red Flag" / High-Risk Behavior Protection Order

? About this process:

- What is it?** A judge can prevent a person from purchasing or possessing any guns if they are at imminent risk of causing a self-inflicted injury or injury to another person with a firearm and they are showing high-risk behavior.
- Who can file?** A family member / household member can file an application for an order for protection against high-risk behavior. Law enforcement can also file if they have probable cause to believe a person poses an imminent risk of causing self-inflicted injury or injury to another person due to a firearm.
- What happens?** When an application is filed, the court must hold a hearing within 1 judicial day. The court can hold the hearing and issue an emergency order with or without notice to the person alleged to pose a risk. An emergency order can only stay in effect for 7 days; to get a longer order, all parties would need to attend a hearing with the judge.

The laws regarding this process start at [NRS 33.050](#).

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NRS 33.550 Acts that constitute high-risk behavior.

1. High-risk behavior occurs when a person:

- Uses, attempts to use or threatens the use of physical force against another person;
- Communicates a threat of imminent violence toward himself or herself or against another person;
- Commits an act of violence directed toward himself or herself or another person;
- Engages in a pattern of threats of violence or acts of violence against himself or herself or another person, including, without limitation, threats of violence or acts of violence that have caused another person to be in reasonable fear of physical harm to himself or herself;
- Exhibits conduct which a law enforcement officer reasonably determines would present a serious and imminent threat to the safety of the public;
- Engages in conduct which presents a danger to himself or herself or another person while:
 - In possession, custody or control of a firearm; or
 - Purchasing or otherwise acquiring a firearm;
- Abuses a controlled substance or alcohol while engaging in high-risk behavior as described in this section; or
- Acquires a firearm or other deadly weapon within the immediately preceding 6 months before the person otherwise engages in high-risk behavior as described in this section.

2. For the purposes of this section, a person shall be deemed to engage in high-risk behavior if he or she has previously been convicted of:

- Violating a temporary or extended order for protection against domestic violence issued pursuant to [NRS 33.020](#);
- Violating a temporary or extended order for protection against sexual violence issued pursuant to [NRS 200.370](#); or
- A crime of violence, as defined in [NRS 200.408](#), punishable as a felony.

(Added to NRS by [2019 417](#))

Nevada total as of 1/2023 17 Executed Red Flag Orders

27

Florida's Red Flag Gun and Firearm and Non Firearm Homicide and Suicide Rates JAMA Aug 19, 2024

- 2018 response to Parkland School Shooting (17 dead)
- Firearm homicide mortality rates increased
- No change in non firearm homicide rate
- No change in firearm and non firearm suicide

28

An Empirical Assessment of Homicide and Suicide Outcomes with Red Flag Laws
Loyola University Chicago law journal Vol. 52 Issue 3 Spring 2021

- Examined Suicide Rates where Red Flag Laws Existed 1990-2018
- Reduced suicide firearm rates by 6.4%
- Reduced overall suicides by 3.7%
- No statistically significant change in homicide rates

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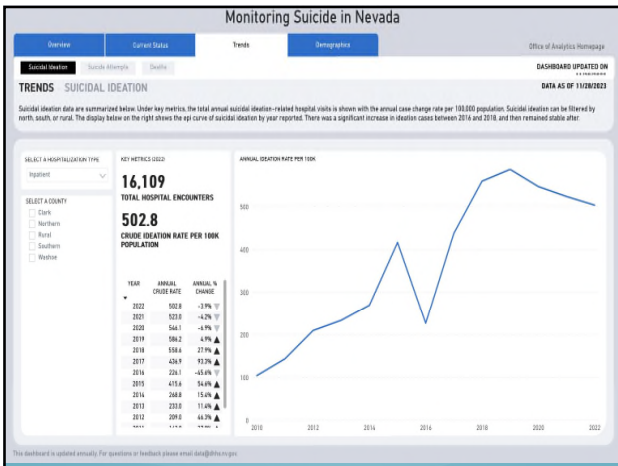
Criminal Justice and Suicide Outcomes with Indiana's Risk-Based Gun Seizure Law
J Am Acad Psychiatry Law 47(2) online, 2019

- Calculated that one life was saved for every 10 gun-removal actions
- Our estimate assumes that gun removal works mainly by shifting the distribution of methods among suicide attempters toward more survivable means of suicide than a firearm.

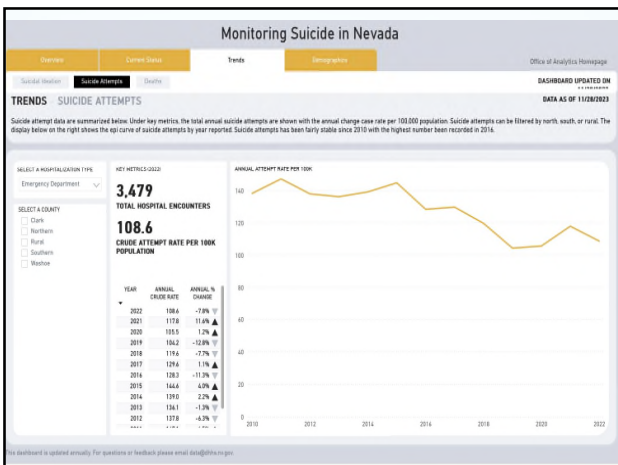
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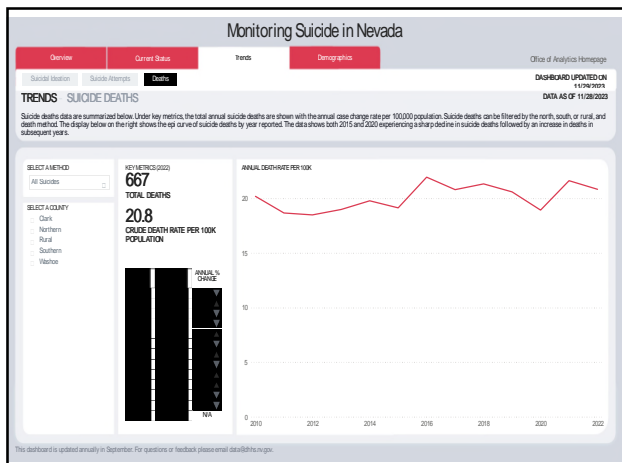
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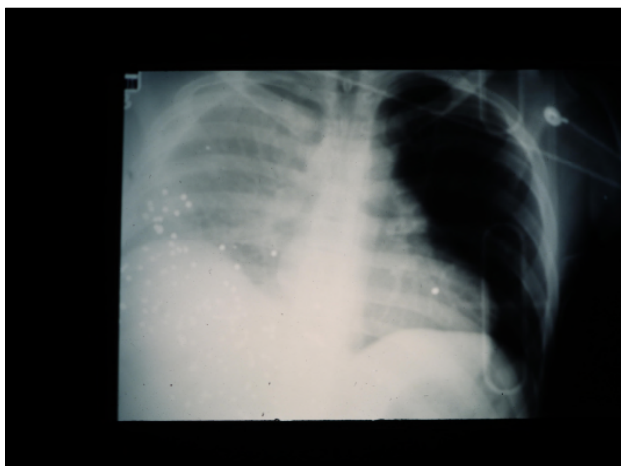
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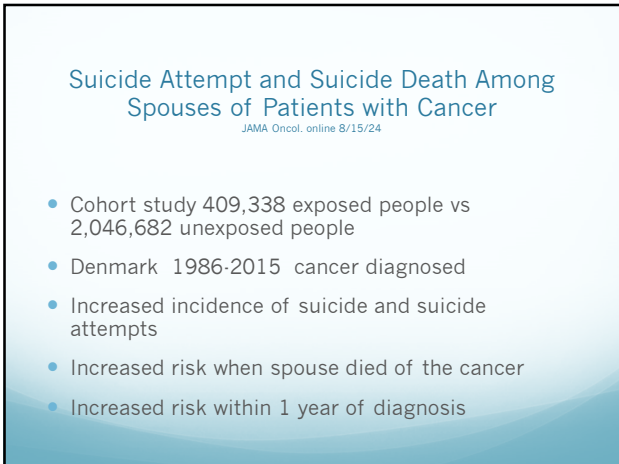
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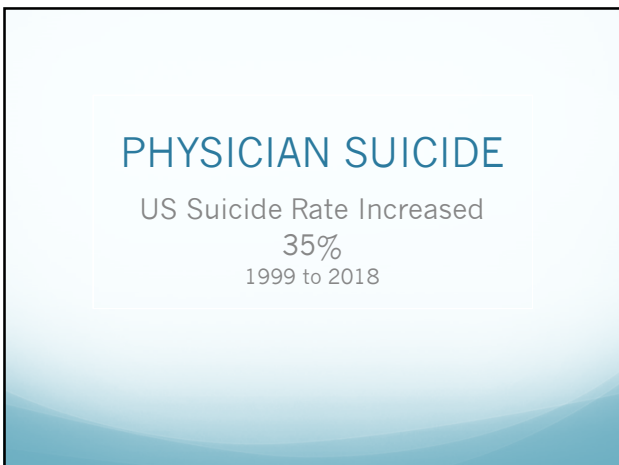
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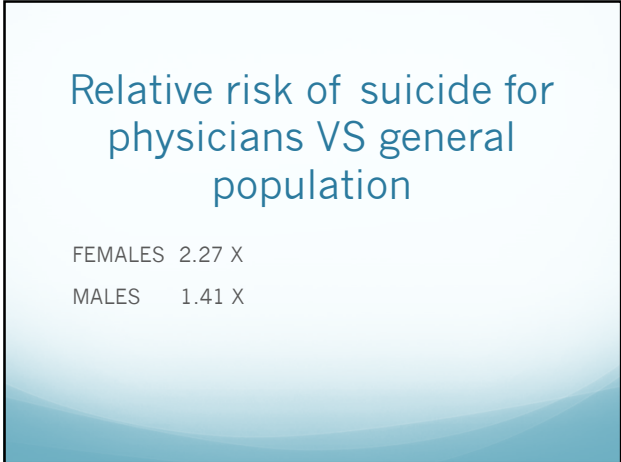
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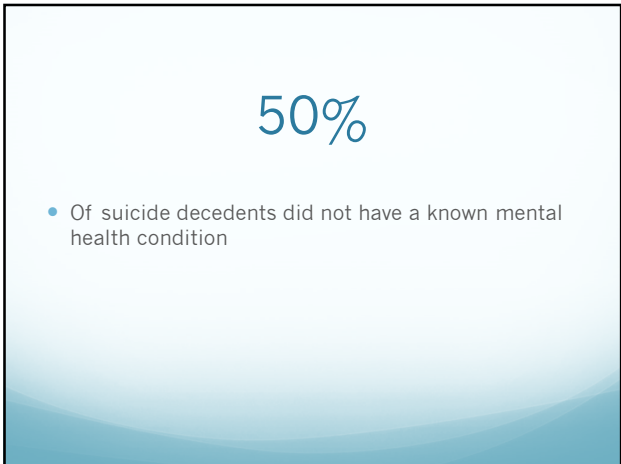
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43



44



45

21.7%

- Essential workers have seriously considered **suicide** in the **past 30 days**.

46

Suicide Among First Responders: A Literature Review of Casual and Protective Factors
Cummings Grad. Inst. for Behavioral Health Studies 3/5/24

- Eusociality and Suicide Theory:
 - First responders-public defender position in society
 - ? Genetic predisposition to be a first responder?
 - Self sacrifice, increased tolerance for pain, want to serve others, want to exercise
 - Suicide Behavior occurs when perceived burdensomeness, guilt and self-disgust occur.

47

The Capability for Suicide in Firefighters
Streeb, et al. Suicide Life Threat Behavior 8/2019

- Interpersonal Psychological Theory of Suicide
- Lethal Suicide Behaviors Must Possess:
 - Thwarted Belongingness
 - Perceived Burdensomeness
 - Fearlessness About Death

48

Death by Suicide-the EMS Profession Compared to the General Public

Prehospital Emergency Care Vol. 23, 2019 issue 3

- Arizona Vital Statistics Jan. 1 2009-Dec. 31, 2015
- Adults 18+ 350,998 deaths
- EMT=EMT + Firefighters + Paramedics
- 7,838 suicides
- EMT suicide rates 5.2% 63(suicides)/1205(EMTs)
- Non-EMT suicide rates 2.2% 7,775/349,793

49

An Analysis of Suicides Among First Responders Findings From the National Violent Death Reporting System, 2015–2017

J Safety Research 2023 Jun:85:361-370

- EMS vs Non-EMS- more first responders used a firearm as a method of injury (69% VS 44%)
- Known frequent circumstances included **intimate partner problems, job problems** and **physical health problems**

50

EMS SUICIDE THREAT

emsworld.com 2/2020

- EMS providers more likely to die by Suicide than non-EMS providers. Prehosp Emerg Care, 2018 Sept: 1-6
- 15% of firefighters had attempted suicide at least once in their lifetime. Clin Psychol Rev, 2016; 44: 25-44
- HIGH RISK for burnout, anxiety, depression, PTSD, and SUICIDE.

YOU HAVE A VERY TOUGH JOB !

51

THE STUDY

- Anonymous Survey
- N = 903
- 20 different regional agencies
- July 2017- October 2017
- Fire based, private, hospital-based, third-party services, and air-medical EMS agencies.

52

THE RESULTS

- 31.3% increased risk for future suicidal behavior.
- 27.2% reported suicidal ideation in **past year**.
7X higher than general population.
- RISK for Suicidal behavior M>F
- Increased risk included family history of depression or suicide.
- Top 3 stressors: Career, Finances, and Lack of Sleep

53

THREE MAJOR PROBLEMS

- Lack of support from peers, supervisors, and the organization.
- Lack of resources within the EMS community.
- Need for downtime after difficult calls.

54

Risk Factors for Suicide

- Large Emotional Loss
- Feeling Hopelessness or Worthlessness
- Feelings of being a burden; no purpose in life
- Divorce, breakup, bullying
- PTSD
- Life changes
- Exposure to suicide by a family member or friend

55

Recognize the Signs of Suicide Risk

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying or suicide
- Self-destructive behavior=**drug and alcohol abuse**
- Making direct statements about suicide intent
- Giving away prized possessions
- **Withdrawing** from friends and family
- Lacking hygiene

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Suicide Intervention

- Be patient; let the person express their thoughts
- Be calm and flexible
- Guide the person in defining their problems
- Focus on the root triggers
- Emphasize the temporary nature of the problem
- Focus on reducing pain, pressure and agitation
- Help them resolve immediate crisis and refer them for professional assistance

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What Things to Avoid

- Do not overlook the signs of suicide
- Do not promise anything you can not provide
- Do not argue
- Do not leave the person alone
- Do not agree to keep this a secrete
- Do not be the only person involved. Use resources

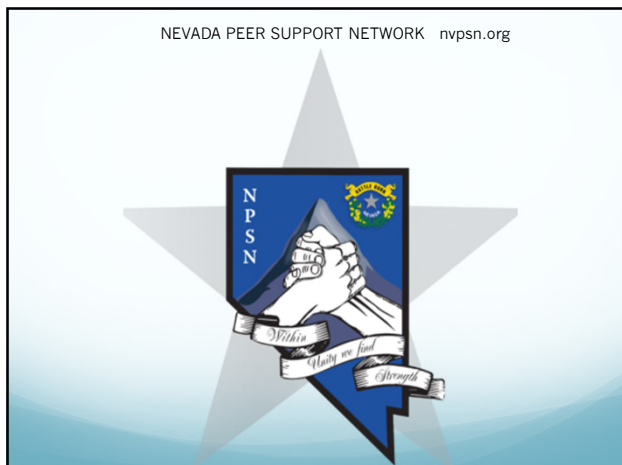
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8 Positive Coping Strategies to Combat Tough Situations

Defense Suicide Prevention Office DoD

- Seek support from a healthcare provider, counselor or chaplain
- Stay Connected
- Practice relaxation methods
- Get good sleep
- Exercise regularly
- Get involved in passions, hobbies, or activities you enjoy
- Avoid mixing alcohol and medications
- Take a break from the news or social media

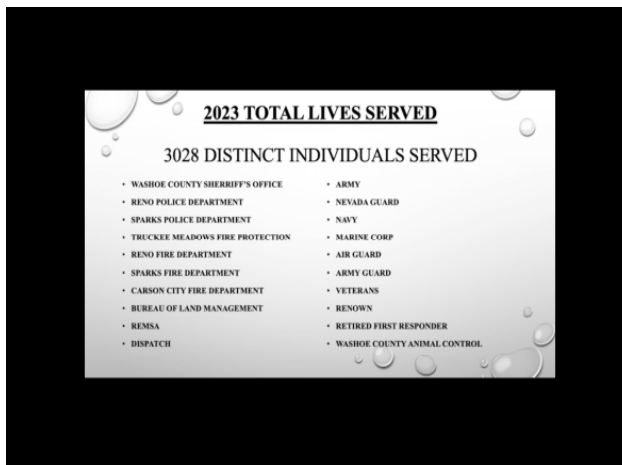
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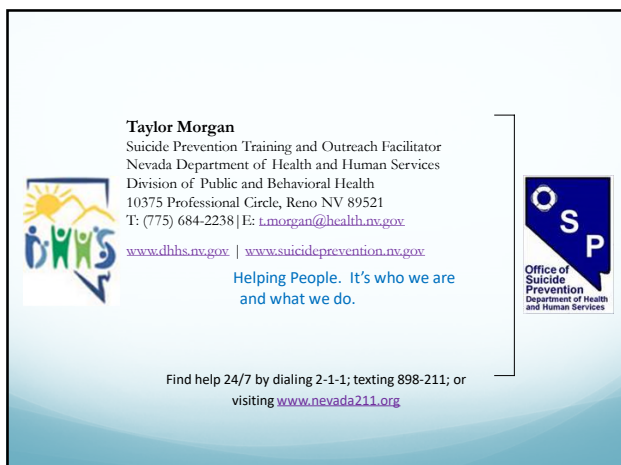
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