

Lethal Means Restriction

Cultural And Social Barriers and Avenues

Elaine de Mello

NAMI NH

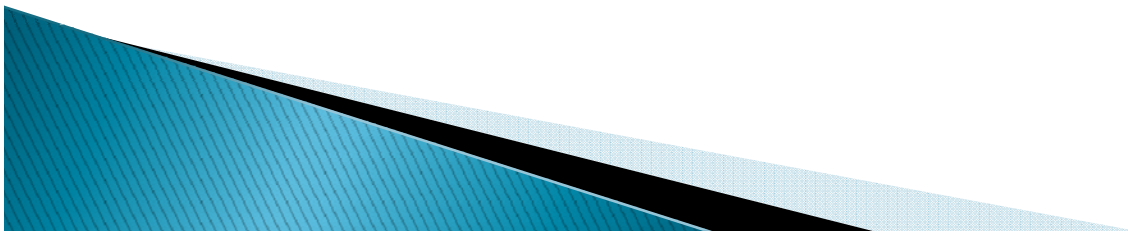
The Connect Project



Training Professionals & Communities in
Suicide Prevention & Response

Lethal Means Restriction

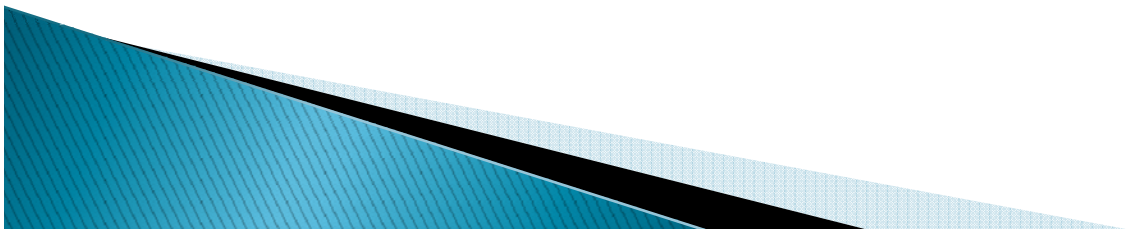
- ▶ Part of the National Strategy
- ▶ Proven to be effective
- ▶ Anyone can implement it



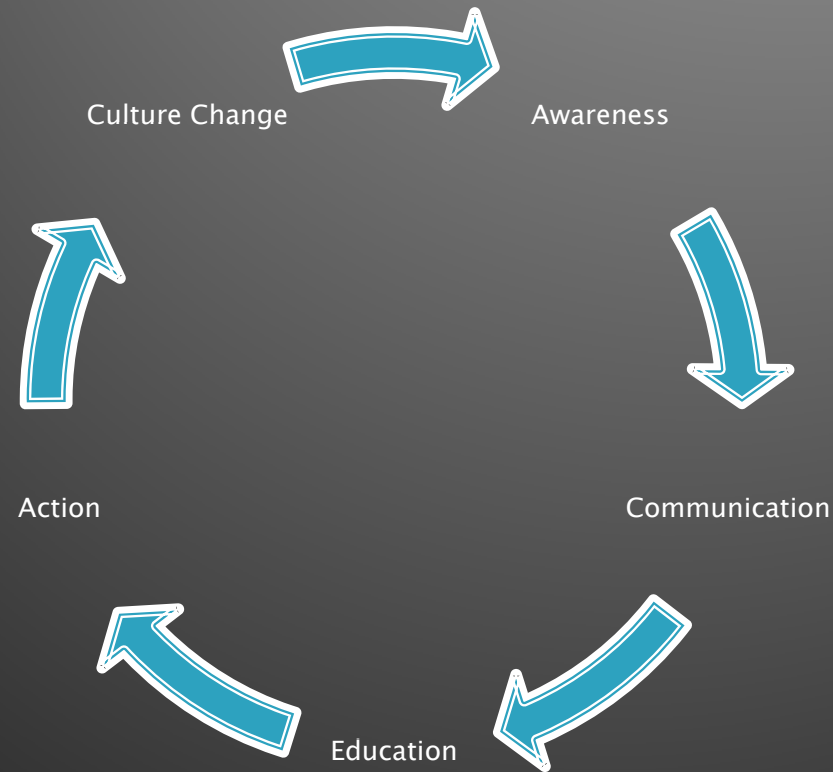
Why Is it Effective?

- ▶ Suicide attempts are frequently impulsive
- ▶ Many people who attempt are ambivalent
- ▶ People do not typically substitute means
- ▶ Many people who attempt do not go on to die by suicide

Means Matter

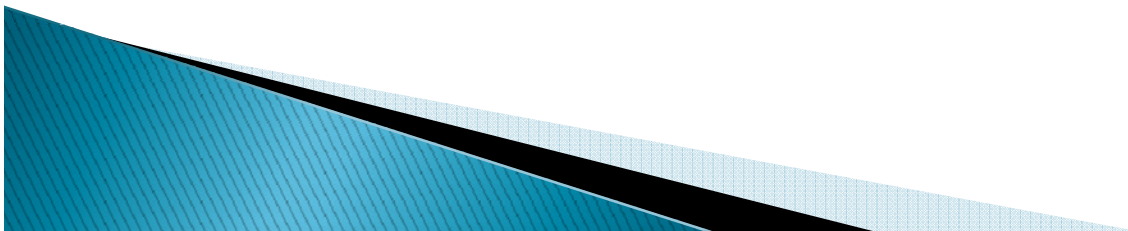


Changing The Culture



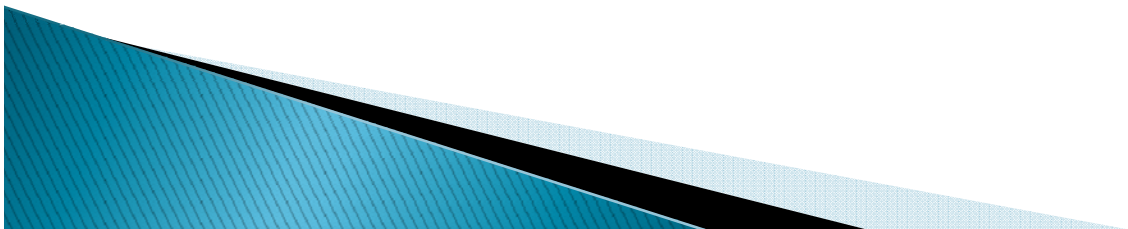
Immediate Factors: Impulsivity

- ▶ Among survivors of near fatal suicides, when asked about time from their decision to proceed with suicide and the attempt:
 - ▶ 24% said less than 5 minutes
 - ▶ 47% more said an hour or less
- ▶ Youth are particularly impulsive



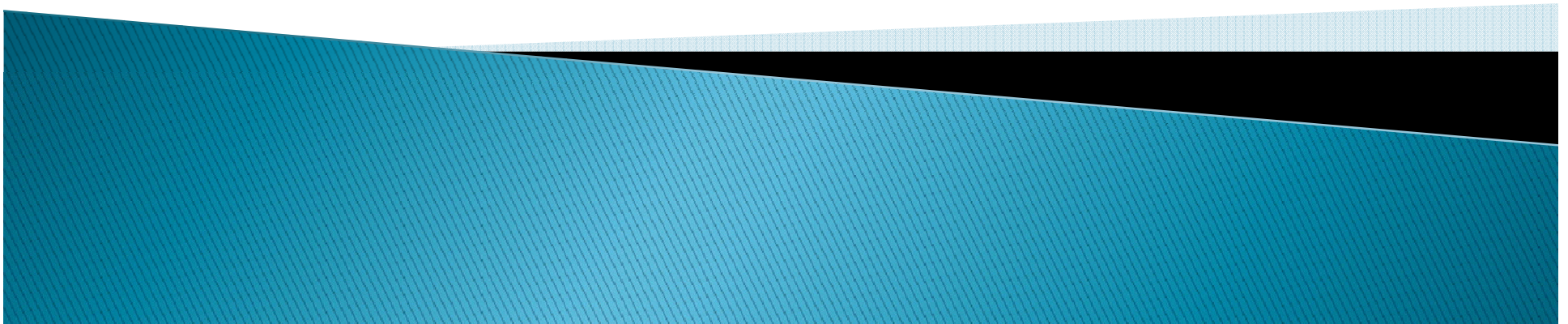
Longer Term Factors: Ambivalence

- ▶ 90% of those who survive a nearly lethal attempt do not go on to die by suicide (Owens, Horrocks and House, British Journal of Psychiatry, 2002)
- ▶ 92% of those prevented from jumping off the Golden Gate Bridge did not die by suicide
 - ▶ Those who survived the jump from the Golden Gate Bridge *reported regret at their action once they lost their grip of the bridge* (J Kevin Hines).



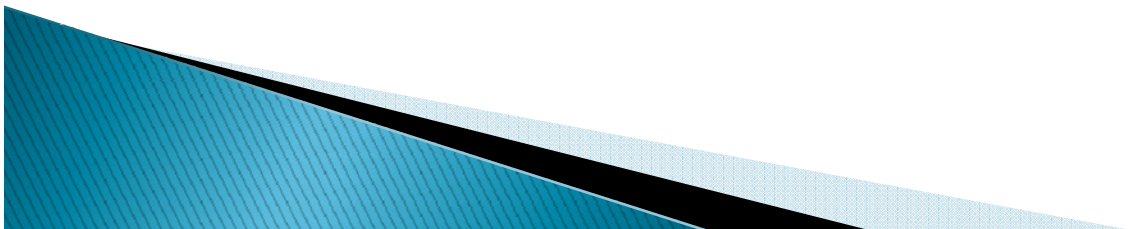
Substitution of Means?

Gas Composition (Great Britain)
Bridge Study (DC)
Ambivalence
Impulsivity
Buying Time
Saving Lives



Immediate Results

- ▶ **Self-asphyxiation by domestic gas, Great Britain**
- ▶ Pre-1957: Proportion of suicides = 40%
- ▶ 1957-1970: Transition from coal to natural gas:
- ▶ CO content went from 12% to 2%
- ▶ 1971: Proportion of suicides = 10%
- ▶ Overall suicide rate: Reduced by 26%









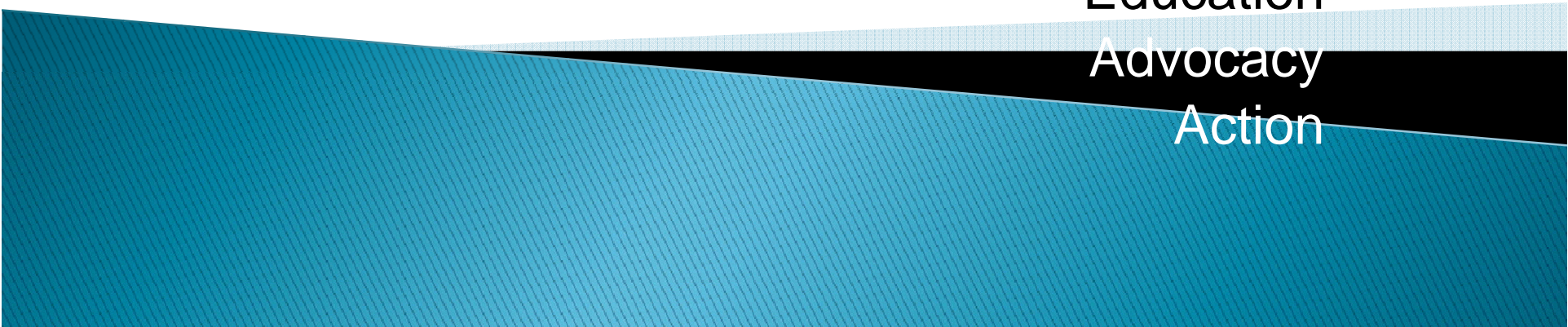
Mean Annual Suicides: Ellington vs. Taft Bridges: Pre v Post Barriers

<u>Bridge</u>	<u>Pre: '79-'86*</u>	<u>Post: '87-'90</u>
▶ Ellington	3.67	0.00
▶ Taft	1.69	2.00

* one suicide during construction.
Fences completed 1/'86

Changing Behavior Changing Culture

Awareness
Communication
Education
Advocacy
Action



Awareness / Ambivalence



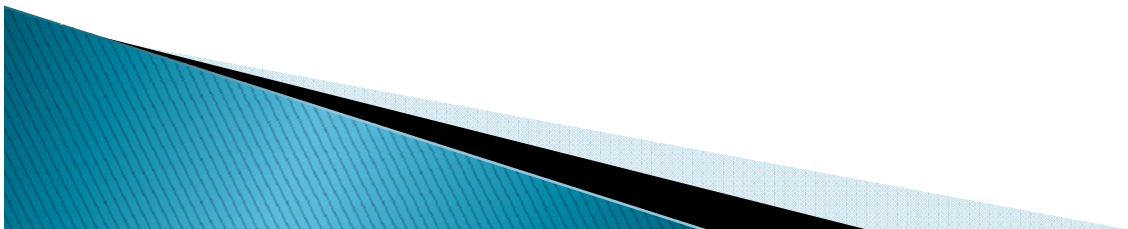
Advocacy



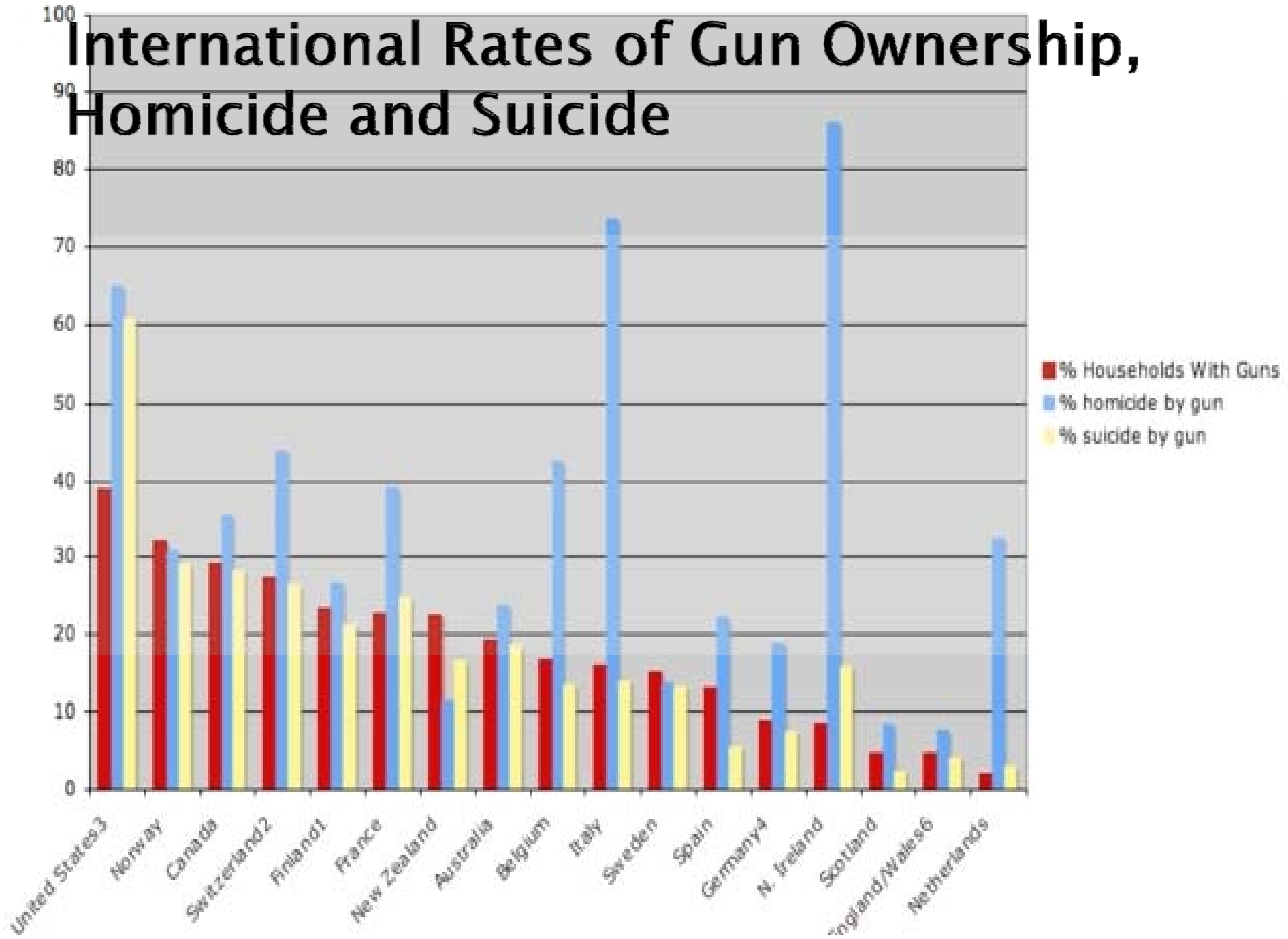
Bridge Rail Foundation:
<http://www.bridgerail.org/>

Communication

- ▶ What are our community risk factors?
- ▶ Who needs to be at the table?
- ▶ How do we educate them?
- ▶ What is the common denominator?

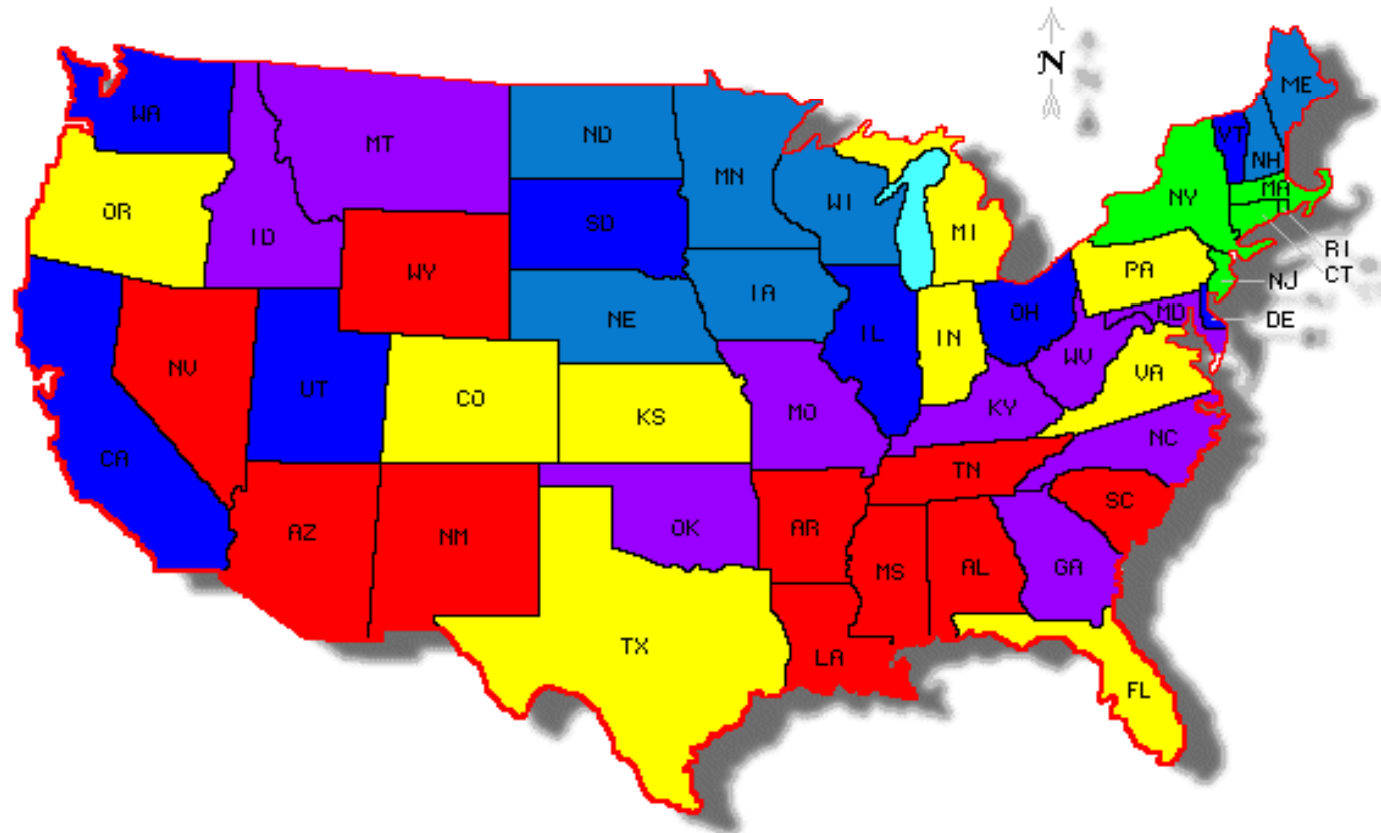


International Rates of Gun Ownership, Homicide and Suicide



Gun Death Rate per 100,000 People

- - death rate >14
- - death rate [12, 14]
- - death rate [10, 12]
- - death rate [8, 10]
- - death rate [6, 8]
- - Death rate <6



NOTES:
Source: VPC
<http://www.vpc.org/fadeathchart09.htm>

5-15-09

WHO?

WHAT?

WHEN?

WHERE?

WHY?

HOW?

How do states compare?

Suicide in States with the Highest and Lowest Gun Ownership Levels, 2000-2002

	High-Gun States *	Low-Gun States **
Population	39 Million	40 Million
% Of Adults With A Gun At Home	47%	15%
Male		
Firearm Suicide	8,489	2,430
Non-Firearm Suicide	3,572	4,007
Total Suicide	12,061	6,437
Female		
Firearm Suicide	1,260	176
Non-Firearm Suicide	1,488	1,439
Total Suicide	2,748	1,615

*WY, SD, AK, WV, MT, AR, MS, IO, ND, AL, KY, WI, LA, TN, UT

** HI, MA, RI, NJ, CT, NY

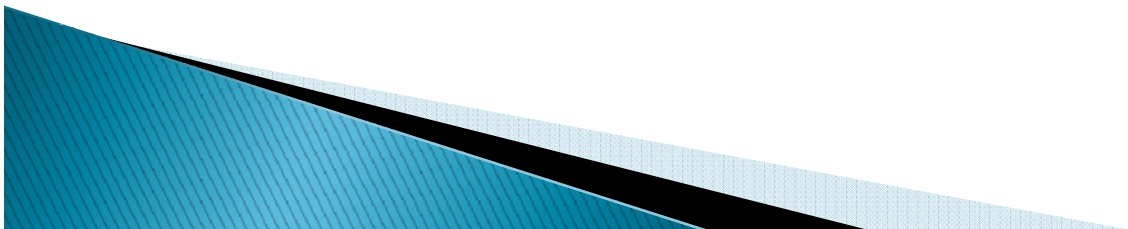
Source: Miller M, Lippmann S, Azrael D, Hemenway D. Household firearm ownership and rates of suicide across the 50 US States. Journal of Trauma. 2007;62(4):1029-35.

Means Matter

Suicide, Guns & Public Health

Firearms: Youth Suicides: NVISS Study

- ▶ 82% used a firearm belonging to a family member, usually a parent.
- ▶ When storage status was noted, about two-thirds of the firearms had been stored unlocked.
- ▶ Among the remaining cases in which the firearms had been locked, the youth knew the combination or where the key was kept or broke into the cabinet.





Lethal Means Restriction in the Live Free or Die State >>

Communication: Language and Culture

- ▶ Political Correctness
- ▶ “Firearms” not “weapons”
- ▶ Lethal means “reduction” not “restriction”
- ▶ It’s not about guns
- ▶ Training trainers and leaders to understand and respect the culture



Education: Changing Knowledge

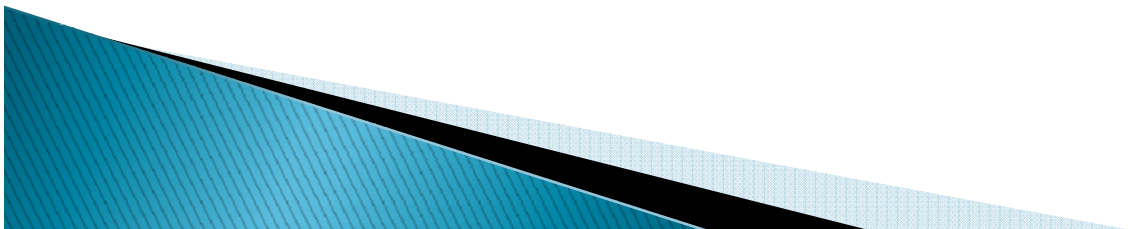
Connect Training: All participants except first responders and law enforcement: n=336

1) In NH firearms are the method most frequently used by those who die by suicide

- ▶ Pre-Test:(Answer = True) 29.7% correct
- ▶ Post-Test: (Answer = True) 98.0% correct

2) Restricting access to lethal means is an effective suicide prevention practice

- ▶ Pre-Test (Answer = True) 31.8% correct
- ▶ Post Test: (Answer = True) 95.7% correct



Education: Changing Knowledge

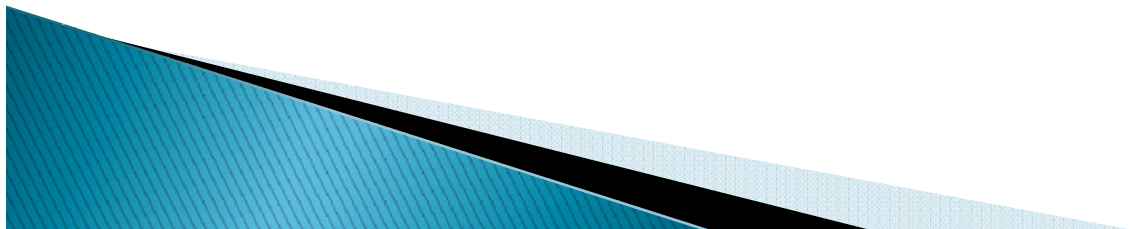
Connect Training: First Responders and Law Enforcement - n=63

1) In NH firearms are the method most frequently used by those who die by suicide

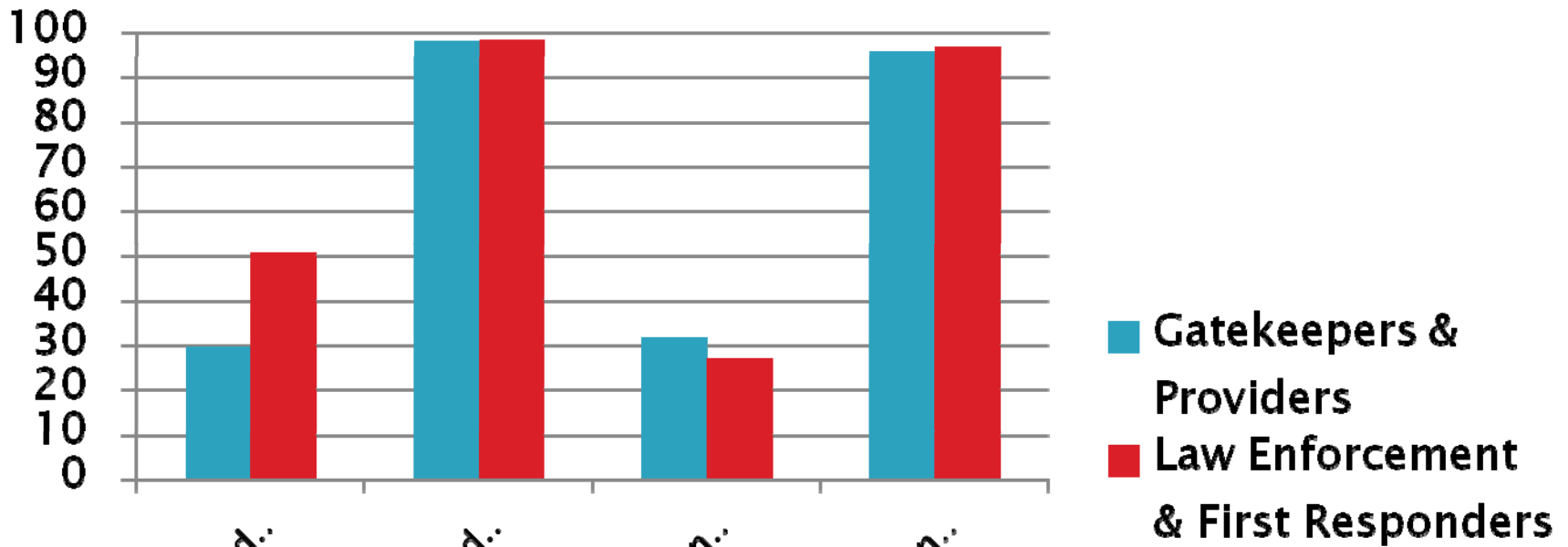
- ▶ Pre-Test: (Answer = True) 50.8% correct
- ▶ Post-Test: (Answer = True) 98.4% correct

2) Restricting access to lethal means is an effective suicide prevention practice

- ▶ Pre-Test: (Answer = True) 27.0% correct
- ▶ Post Test:(Answer = True) 96.7% correct



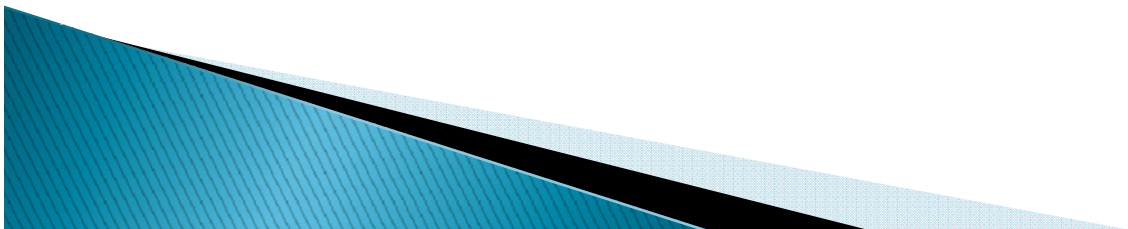
Attitudes About Firearms and Suicide Prevention



Restricting Access

- ▶ Hide ammunition and firearm separately?
- ▶ Gun locks and safes?

The presence of a firearm in the home increases the likelihood of suicide in that home by 5x compared to a home without a firearm, regardless of whether the firearm is properly stored. (Kellermann et al, 1992)



Media Recommendations & Safe Messaging



Teens turn web
MySpace users write
to deceased friends



Second Front Page

Experts: Do not ignore depression

HOME &

Suicides spike in spring

Understanding the causes is pivotal



MARK CIOCCA
STATE OF MIND

Springtime is generally experienced as a positive time — the weather warms, snow melts, and blossoms bloom.

Augusta fence spurs mental health debate

By Jerma Russell

ATLANTA, Maine — A quiet but intense debate has broken out in Augusta over whether to install an 11-foot chain-link fence along Memorial Drive, which spans the Kennebec River.

NEW HAMPSHIRE
UNION LEADER
unionleader.com
THURSDAY, JAN. 5, 2006
Vol. 143, No. 235 • 72 Pages • 50 Cents

Man dies in grisly suicide

Homemade guillotine: A trail of blood led police to Belmont man's body.

Flawless it was not. Upon entering Moore's...

Obviously, his intent, once he

Suicide prevention program in Moultonborough

By DIANE COOK JOHNSON
Citizen Correspondent

SANDWICH — The Moultonborough Suicide Prevention and Mental Health Coalition recently held a community meeting...

Sandwich Carpenters

The Sandwich Carpenters will be serving light refreshments...

Chief Ruth...

Please contact Chief Ruth...

our customers a 10% discount on Saturdays...

Ladies Aid White Elephant/Yard Sale

Finding Common Ground in Uncommon Places

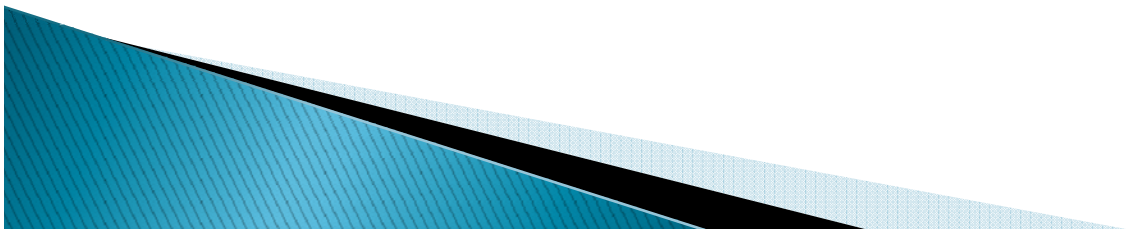
- Injury prevention:
research and practice
- Medical examiner's office
- Gun shop owners/Firing Ranges
- Suicide prevention
- DHHS: Behavioral Health/Community Mental Health
- Private practice/inpatient
- NCIC
- Surveys
- Safety Checklists
- Interview methods
- Dissemination of NSPL materials
- Educational Outreach
- Training programs
- Reducing liability
- Safety Plans & voluntary restriction

A Dialogue Between

Action Steps

Taking Action

- ▶ Have your facts & research in place
 - ▶ Contact the right people: passion + process + planning=synergy
 - ▶ Use cultural sensitivity
 - ▶ Story telling with Safe Messaging
 - ▶ Find the common denominator
 - ▶ Choose an achievable solution
 - ▶ Publicize and celebrate successes
- ▶ <http://www.seacoastonline.com/apps/pbcs.dll/article?AID=/20091120/NEWS/911209979>



Every Effort Can Save A Life!



NATIONAL
SUICIDE
PREVENTION
LIFELINE™
I-800-273-TALK

Press 1 for Veterans Hotline
suicidepreventionlifeline.org/veterans

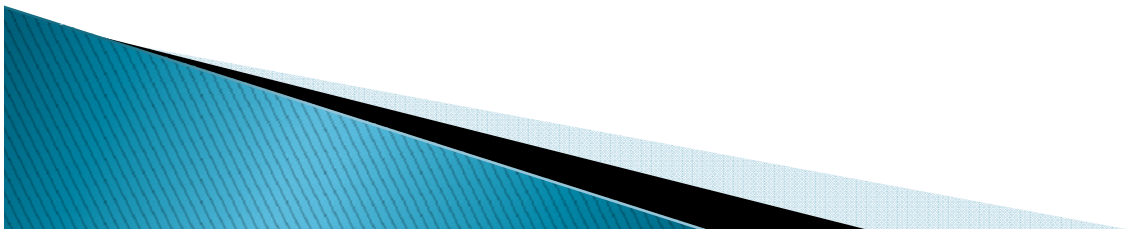
“Make Every Door the Right Door”

Jerry Reed

Cultural and Social Values: Moving Towards Life

- ▶ Ubuntu
- ▶ Dena'a Yeets'
- ▶ “Our culture is our prevention”
- ▶ “Can I give you a hug?”

<http://www.seacoastonline.com/articles/20100305-NEWS-100309875>



NH Programs

- ▶ CALM: Counseling on Access to Lethal Means:
Elaine.M.Frank@Dartmouth.edu



- ▶ Connect: Suicide Prevention & Postvention Training and Protocols
- ▶ www.theconnectproject.org:

