



# Suicide Prevention Resource Center

Promoting a public health approach to suicide prevention



The nation's only federally supported resource center devoted to advancing the *National Strategy for Suicide Prevention*.

# Integrating Alcohol and Other Drug Use Treatment and Prevention Approaches with Suicide Prevention Efforts

**Adam Chu, MPH**

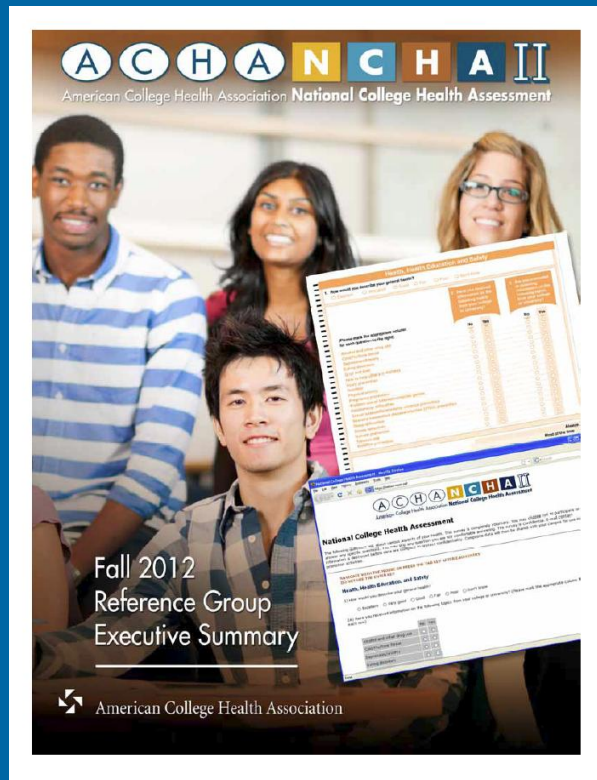
**Suicide Prevention Resource Center**

**June 13, 2013**

# Goals of the Session

- Review what we know about alcohol and suicide in youth.
- Look at the relationship between substance abuse and suicide.
- Identify barriers and opportunities for collaboration on campus.
- Activity

# Alcohol Use and Depression in College Students



*Findings continued*

**Felt very sad**

	Percent (%)	Male	Female	Total
No, never	30.8	18.9	22.9	
No, not last 12 months	19.7	16.6	17.6	
Yes, last 2 weeks	18.3	27.1	24.2	
Yes, last 30 days	11.0	14.8	13.5	
Yes, in last 12 months	20.3	22.5	21.8	
<b>Any time within the last 12 months</b>	<b>49.5</b>	<b>64.5</b>	<b>59.5</b>	

**Felt overwhelming anxiety**

	Percent (%)	Male	Female	Total
No, never	44.5	30.7	35.3	
No, not last 12 months	16.6	13.8	14.8	
Yes, last 2 weeks	14.7	23.3	20.5	
Yes, last 30 days	9.2	13.2	11.9	
Yes, in last 12 months	15.0	18.9	17.6	
<b>Any time within the last 12 months</b>	<b>38.9</b>	<b>55.4</b>	<b>49.9</b>	

**Seriously considered suicide**

	Percent (%)	Male	Female	Total
No, never	81.4	79.3	79.9	
No, not last 12 months	12.4	13.6	13.2	
Yes, last 2 weeks	1.4	1.4	1.5	
Yes, last 30 days	1.0	1.1	1.1	
Yes, in last 12 months	3.8	4.6	4.4	
<b>Any time within the last 12 months</b>	<b>6.2</b>	<b>7.1</b>	<b>6.9</b>	

**Intentionally cut, burned, bruised, or otherwise injured yourself**

	Percent (%)	Male	Female	Total
No, never	86.7	80.5	82.4	
No, not last 12 months	9.5	13.2	12.0	
Yes, last 2 weeks	1.1	1.6	1.5	
Yes, last 30 days	0.5	0.9	0.8	
Yes, in last 12 months	2.2	3.8	3.3	
<b>Any time within the last 12 months</b>	<b>3.8</b>	<b>6.3</b>	<b>5.5</b>	

**Felt so depressed that it was difficult to function**

	Percent (%)	Male	Female	Total
No, never	53.0	46.0	48.3	
No, not last 12 months	20.9	22.9	22.2	
Yes, last 2 weeks	8.6	9.8	9.5	
Yes, last 30 days	5.1	5.9	5.6	
Yes, in last 12 months	12.5	15.4	14.4	
<b>Any time within the last 12 months</b>	<b>26.1</b>	<b>31.1</b>	<b>29.5</b>	

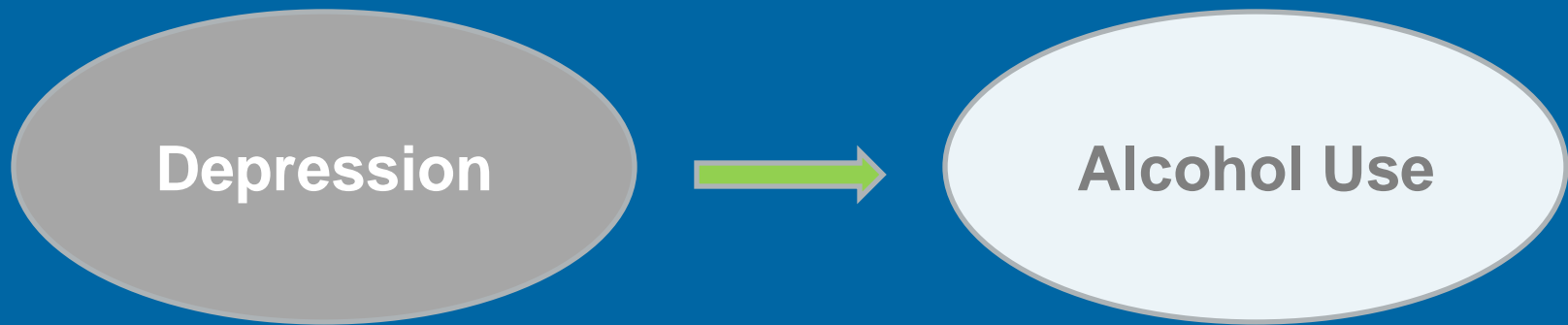
**Felt overwhelming anger**

	Percent (%)	Male	Female	Total
No, never	45.3	41.0	42.4	
No, not last 12 months	21.8	21.8	21.8	
Yes, last 2 weeks	9.7	11.5	10.9	
Yes, last 30 days	7.2	8.5	8.1	
Yes, in last 12 months	16.1	17.3	16.8	
<b>Any time within the last 12 months</b>	<b>32.9</b>	<b>37.2</b>	<b>35.8</b>	

**Attempted suicide**

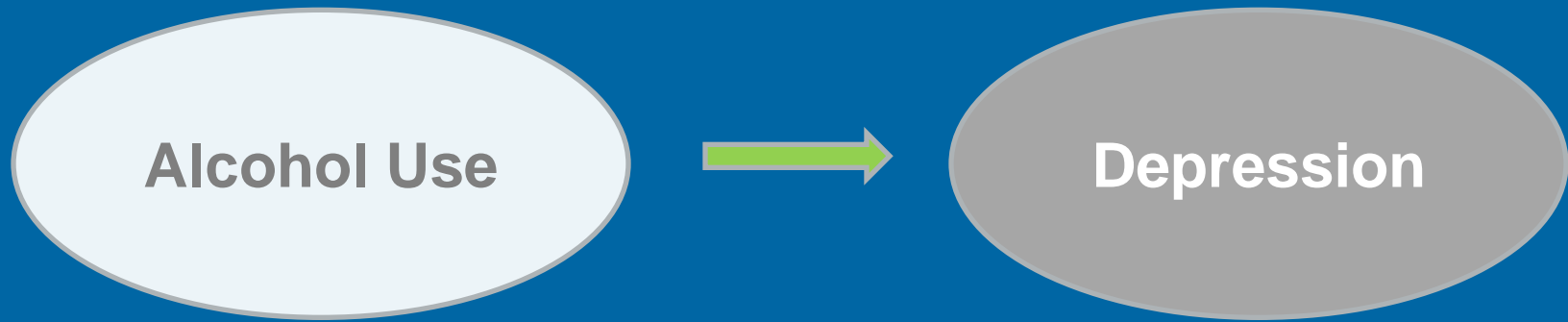
	Percent (%)	Male	Female	Total
No, never	93.2	91.3	91.8	
No, not last 12 months	5.8	7.5	7.0	
Yes, last 2 weeks	0.3	0.2	0.3	
Yes, last 30 days	0.1	0.1	0.1	
Yes, in last 12 months	0.7	0.9	0.9	
<b>Any time within the last 12 months</b>	<b>1.0</b>	<b>1.2</b>	<b>1.2</b>	

# Depression Preceding Alcohol Use



*Owens and Shippee (2009); Crum et al (2008); Wu et al (2006); Kuo et al (2006); Haynes et al (2005); Repetto et al (2004); Wang & Patten (2001a); Moscato (1997); Mason et al (2008)*

# Alcohol Use Preceding Depression



*Fergusson et al (2009); Owens & Shippee (2009); Mason et al (2008); Hallfors et al (2005); Wang & Patten (2002); Brook et al (2002); Gilman & Abraham (2001); Wang & Patten (2001b); Hartka et al (1991)*

# So...what came first?



# Alcohol Use Preceding Depression

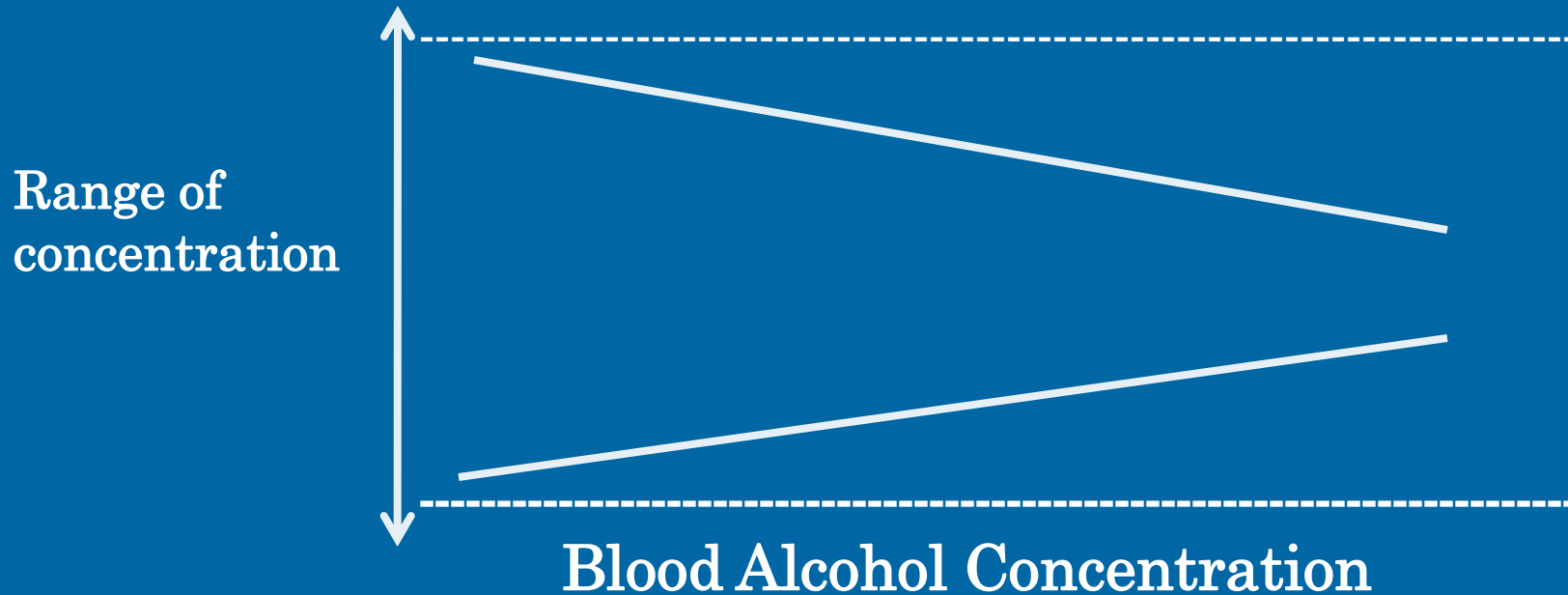
- Brain effects
- Biphasic effect
- Causing/intensifying other depression triggers

*Repetto et al (2004); Mason (2008); Hufford (2001)*



# Alcohol Use Constricts Thinking

## Alcohol “myopia”



*Cherpitel et al (2004); Hufford (2001); Sher (2005); Steele & Josephs (1990)*

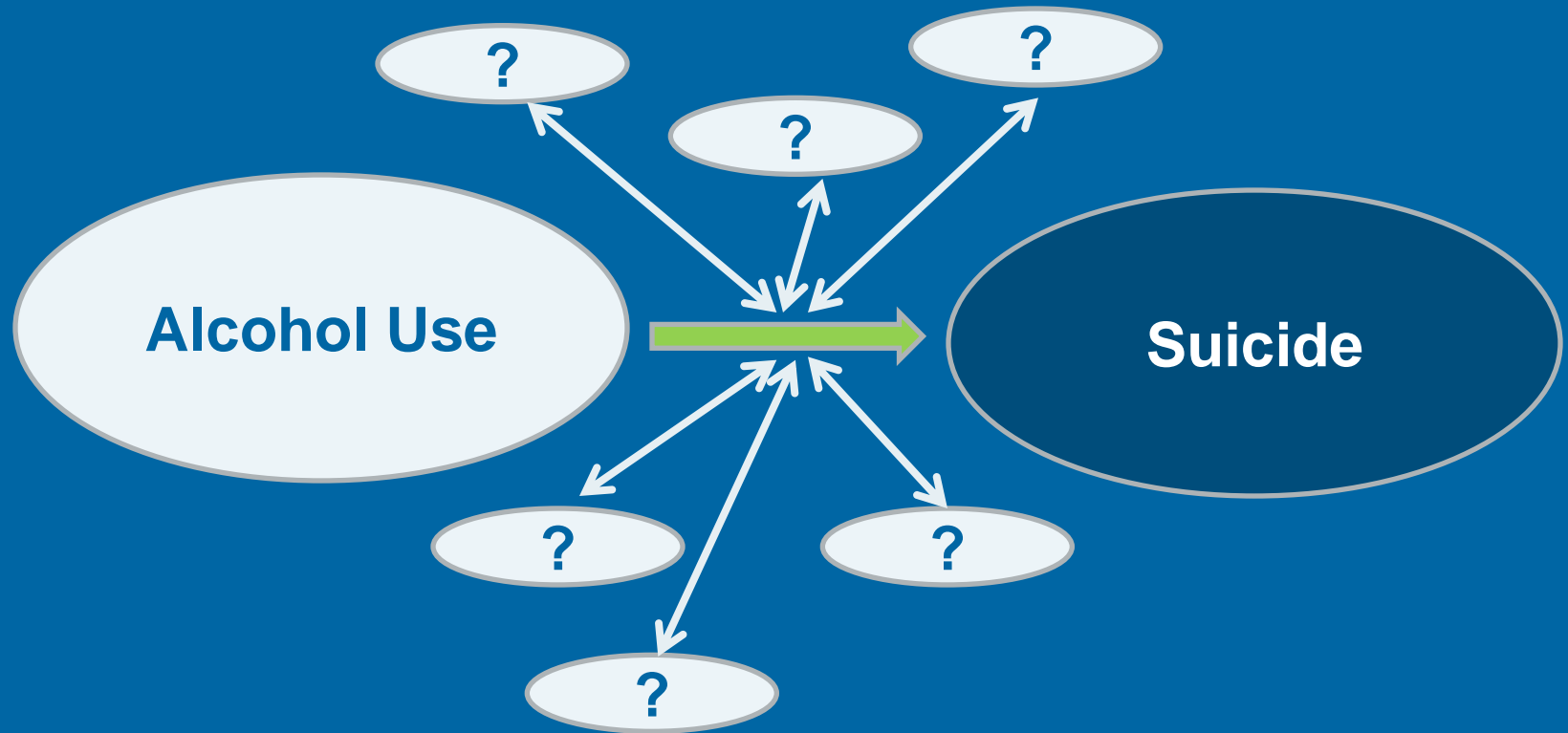
# Risk Factors for Suicidal Behavior

- Depression, anxiety
- Hopelessness
- Job or financial loss
- Relational or social loss
- History of trauma or abuse

....and others

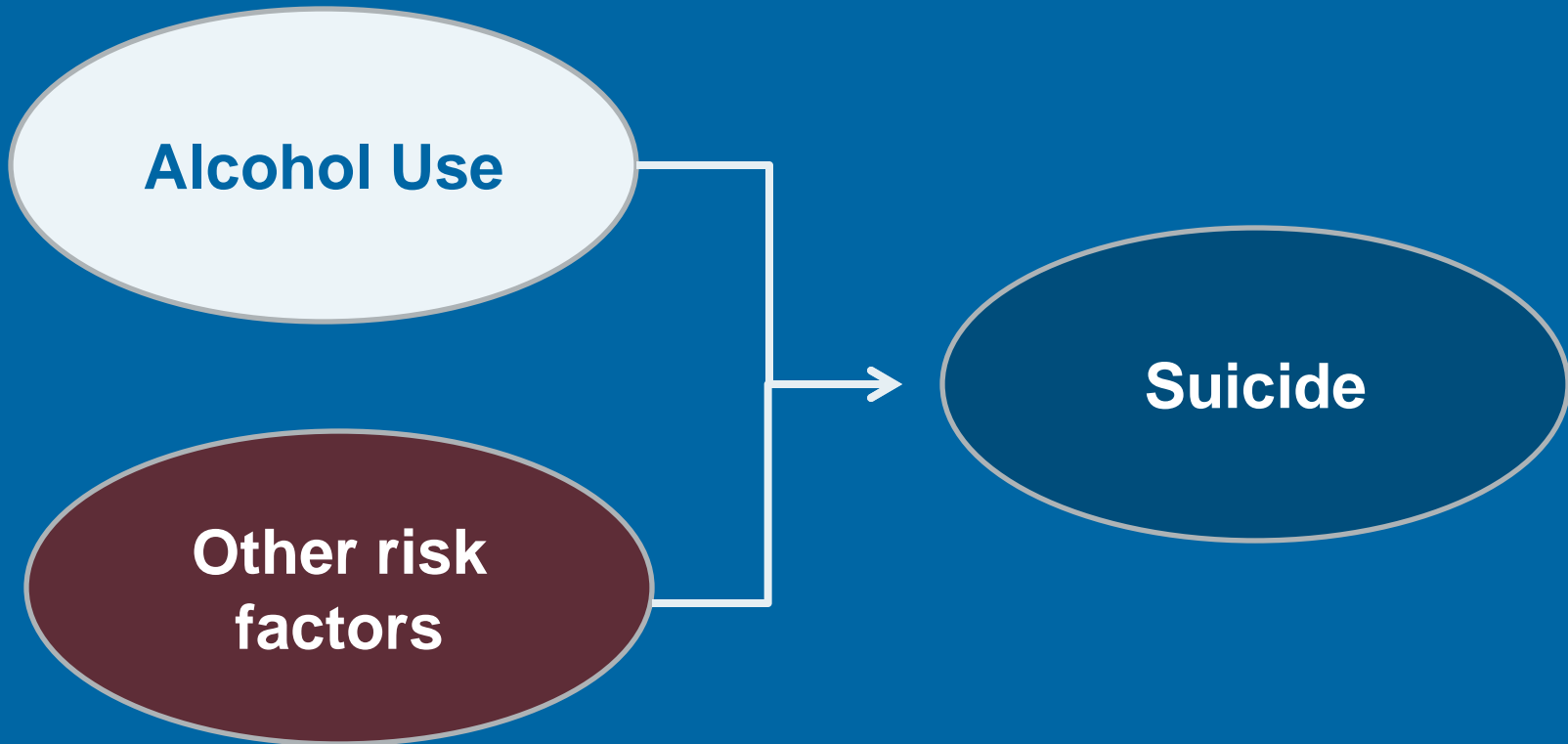
*SPRC (2003); HHS (2001)*

# Alcohol as a Risk Factor for Suicide



*Aseltine et al. (2009); Swahn & Boassarte (2007); Hallfors et al. (2004); Windle (2004); Cherpitel et al (2004); Hufford (2001); Powell et al. (2001); Borowsky et al. (2001); Gould (1998); Brent et al. (1988)*

# Alcohol Use & Mental Health Issues as Suicide Risk Factors



# Alcohol Use & Mental Health Issues as Suicide Risk Factors

## Three patterns identified as co-occurring risk factors

- Alcohol along with a mental health condition
- Alcohol with other life stresses
- Alcohol use at the time of death

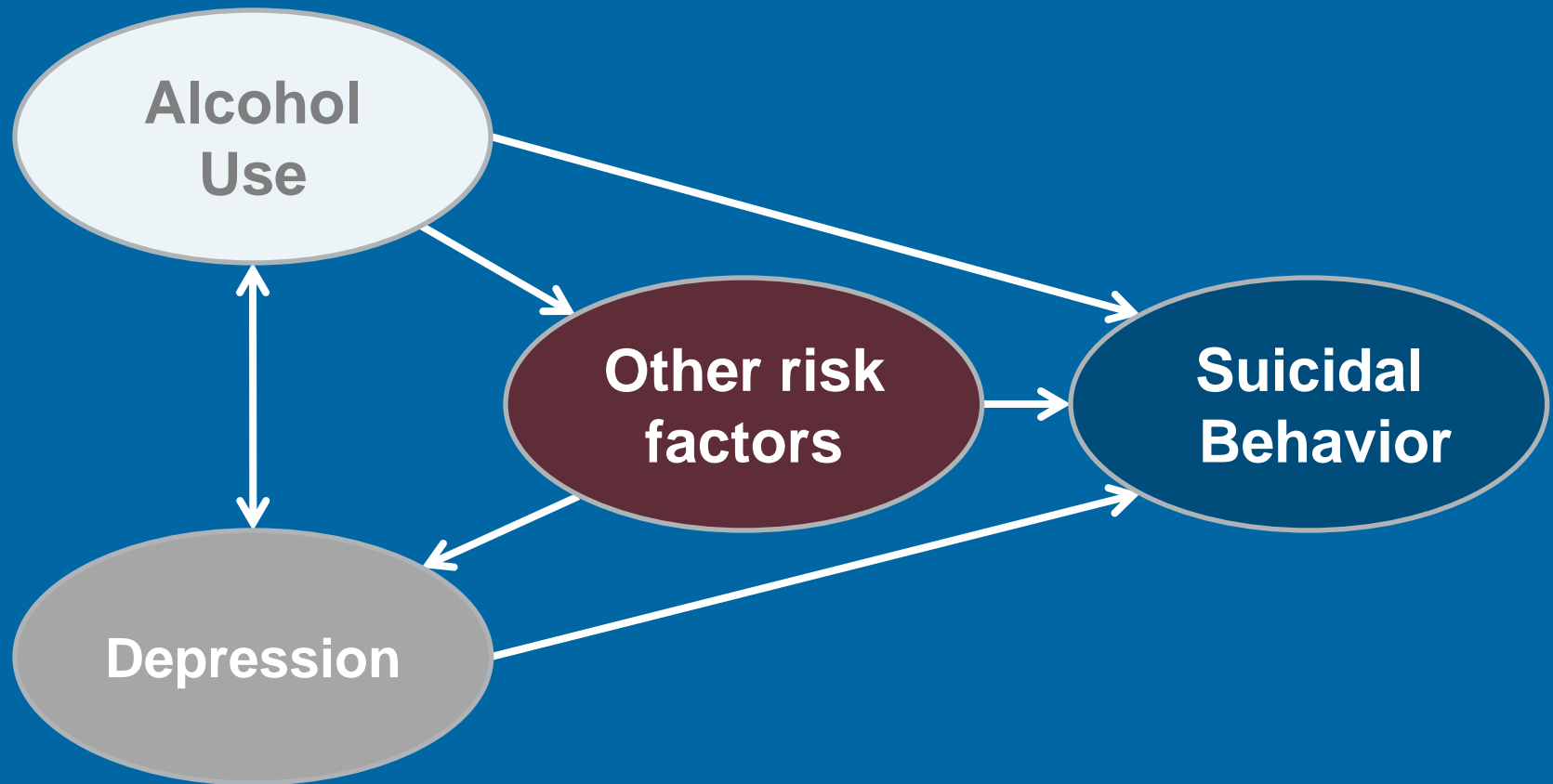
*Logan, Hall & Karch, D. (2011)*

# Alcohol Environment and Suicide

- Lower MLDA associated with increased suicide risk among 18-21 year olds
- Increased alcohol consumption associated with increased suicide mortality rates
- Restricting alcohol availability may reduce suicide mortality

*Birckmayer & Hemingway (1999); Brady (2006); Mann et al (2006); Pridemore & Snowden (2009); Varnik et al (2006)*

# Alcohol Prevention as Suicide Prevention



# Questions?



# Collaboration on Campus

# Facilitators to Collaboration

- Leadership
- Coalitions and task forces
- Shared understanding of the continuum of care (prevention, treatment and maintenance)

# Barriers to Collaboration

- Differing philosophies and funding streams between mental health and substance abuse professionals
- Campus readiness for change
- Lack of leadership
- “Turf” issues

# Collaboration Continuum

## SPRC Collaboration Continuum



SPRC Substance Abuse and Suicide Prevention Collaboration Continuum – April 2013

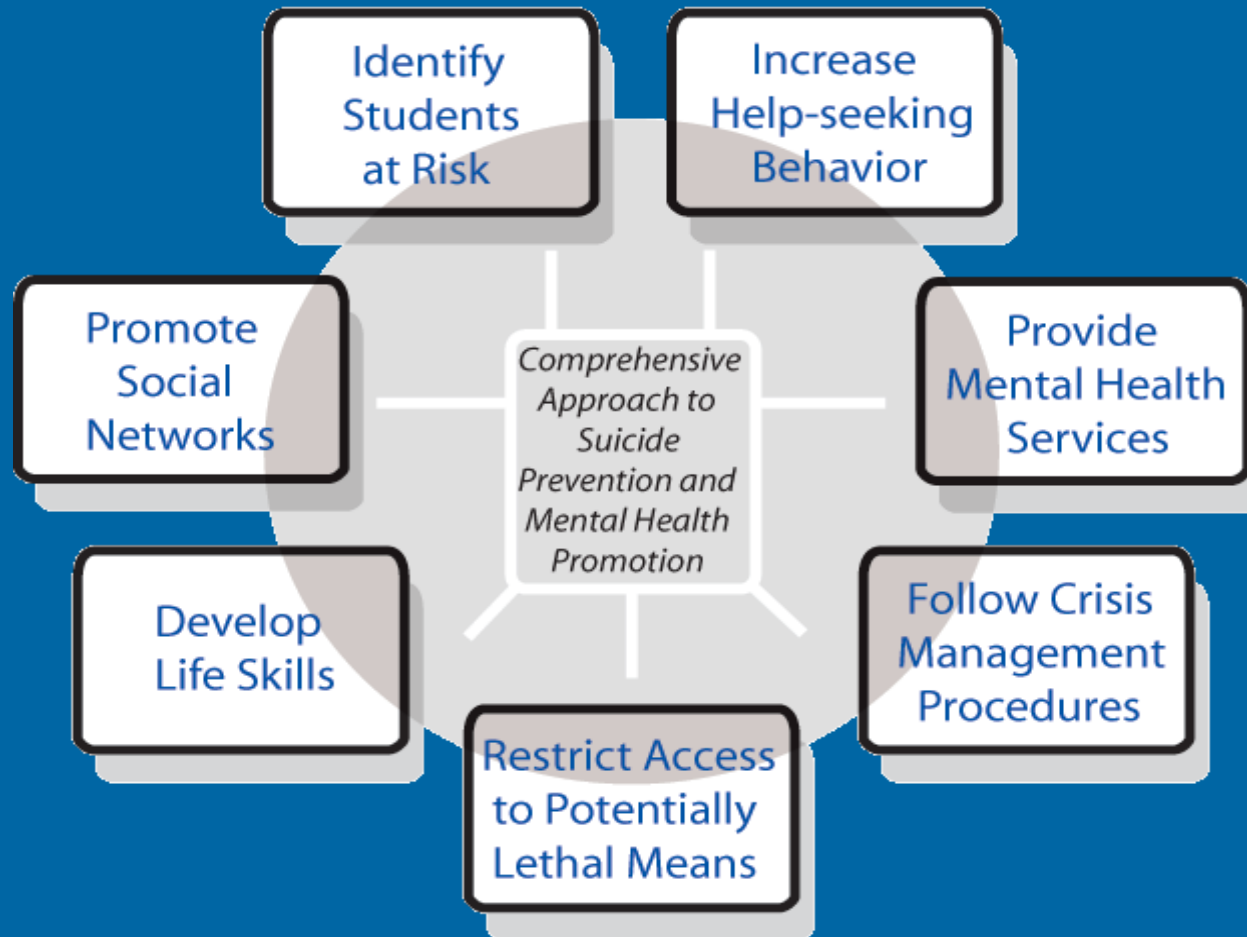
Adapted from Butterfoss, F. D. (2007). *Coalitions and partnerships in community health. Coalitions and partnerships in community health. San Francisco, CA US: Jossey-Bass.*

# Examples

<b>Campus A</b>	Have comprehensive approach to alcohol prevention but doesn't carry over into mental health.
<b>Campus B</b>	Staff work together but there is still limited understanding of the relationship between high-risk alcohol use and suicide.
<b>Campus C</b>	Different offices on campus were contacted to see how student problems presented there in order to inform developing a comprehensive program.

# Activity

# SPRC/Jed Foundation Approach



# Contact Information

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