

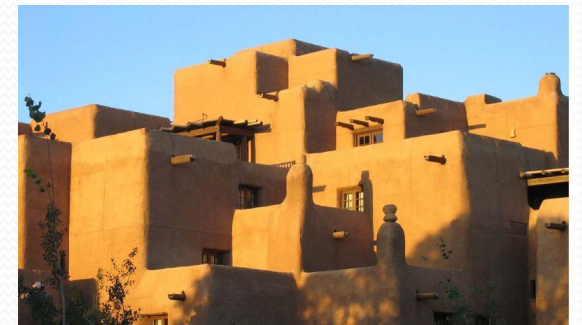
# New Mexico National Strategy for Suicide Prevention: Targeted Lifespan Approach

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# New Mexico

- New Mexico has the 5th highest suicide rate in the United States
- The New Mexico suicide rate is more than 50% higher than the United States rate
- In 2014 - 450 New Mexicans died by suicide (21.1 deaths per 100,000 residents)
- Suicide is the 7th leading cause of death in New Mexico
- Suicide rates have been increasing in New Mexico and the United States since 2000
- Suicide is the 2nd leading cause of death among New Mexico residents 10 to 39 years old

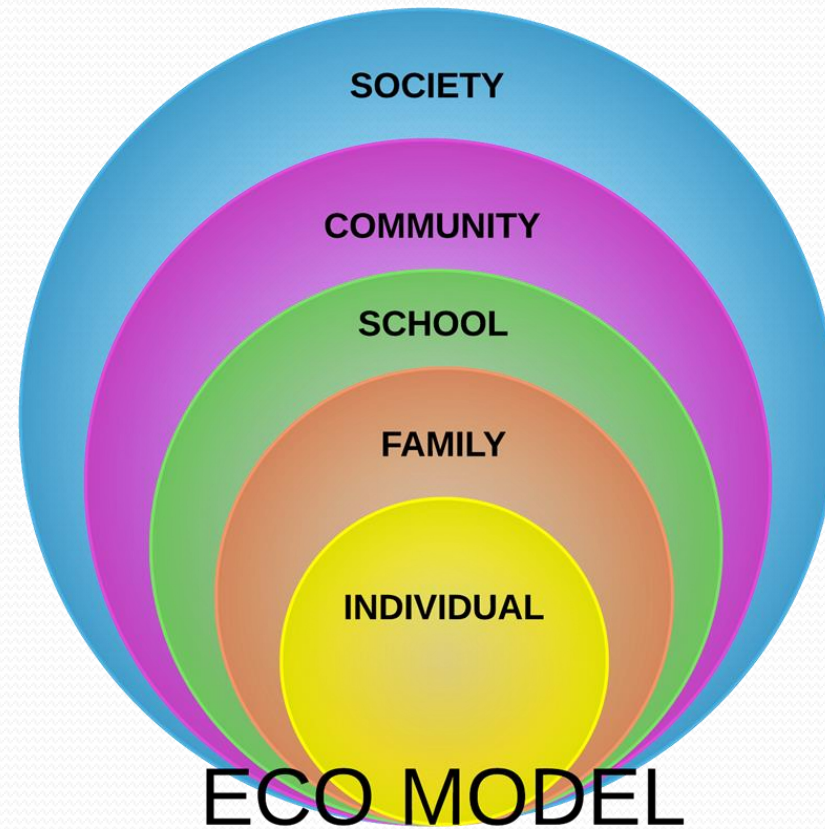


# NM Suicide Prevention Efforts

- 3 NM pilot sites to implement the Zero Suicide model in their organizations and communities
- <https://www.youtube.com/watch?v=6L3AeGnUbuQ>
- Grant Efforts
- Continue to identify opportunities



# Lifespan Approach to Prevention



# Lifespan Approach to Prevention

- New Mexico NSSP has:
  - A three pronged approach to extending the Zero Suicide Model statewide and to making sure that the entire developmental spectrum is covered at the individual, family , school, community and state =society levels)
    1. Training all pilot site staff and partners on ZeroSuicide, assessments, and treatment;
    2. Disseminating information statewide through the Behavioral Health Collaborative, a mechanism for state level agencies to share information and to collaborate; and
    3. Supporting the development of local coalitions/task forces/advisory groups that spread the ZeroSuicide Model while using culturally and linguistically appropriate strategies to reach out, screen, and work with at-risk across the lifespan
  - Pilot site staff and partners have been trained to use the Columbia at the individual level to screen for suicidality. We will extend training statewide and invite partners through the Indian Health Service web based online training.
  - One of the pilot sites indicated they are screening a large retired, elder population.
  - At the other end of the developmental spectrum the other two pilot sites are active partners with the schools in their geographic region and have been called to assist with individuals in the middle schools who are suicidal.

# Lifespan Approach to Prevention

- Each of the pilot sites has developed an advisory group with partner organizations and agencies to disseminate information and to implement the ZeroSuicide Model
- At the family level all pilot sites include families in therapy and aftercare planning as well as in the assessment process;
- At the community level each of the pilot sites has developed advisory groups that include key partners in intervention, screening and treatment (law enforcement, EMS, BHS and primary care providers);
- Across culturally and linguistically distinct groups, we are using the following guidelines:

# Health Equity and Prevention Across the Lifespan

- To work with the population of New Mexico we use the following guidelines:
  - Work with us not without us;
  - Respect;
  - Listen;
  - Establish relationships;
  - Expect diversity.
  
- [www.tribalspf.org](http://www.tribalspf.org)

# Thank you!

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