

**stigma**<sup>1</sup> (stig'mä), *n.*; E. pl. *stigmas* (stig'mäz), used chiefly in senses 1, 2, and 6; L. pl. *stigmata* (stig'ma-tä), used more or less in all the senses. [= F. *stigmat* = Sp. Pg. *estigma* = It. *stimate*, *stigma* = G. *stigma*, < NL. *stigma*, < L. *stigma*, < Gr. *στιγμα*, pl. *στιγματα*, a mark, esp. of a pointed instrument, a spot, brand, < *στιζειν*, mark (with a point), prick, brand: see *stick*<sup>1</sup>.]

1. A mark made with a red-hot iron, formerly in many countries upon criminals as a badge of infamy; a brand impressed on slaves and others.

The Devil, however, does not imprint any *stigma* upon his new vassal, as in the later stories of witch-compacts.

*Lowell*, Among my Books, 1st ser., p. 95.

2. Any mark of infamy, slur, or disgrace which attaches to a person on account of evil conduct.

Happy is it for him that the blackest *stigma* that can be fastened upon him is that his robes were whiter than his brethren's.

*Bp. Hall*, Remains, Pref.



# Suicide is a Public Health Challenge

## Selected Highlights

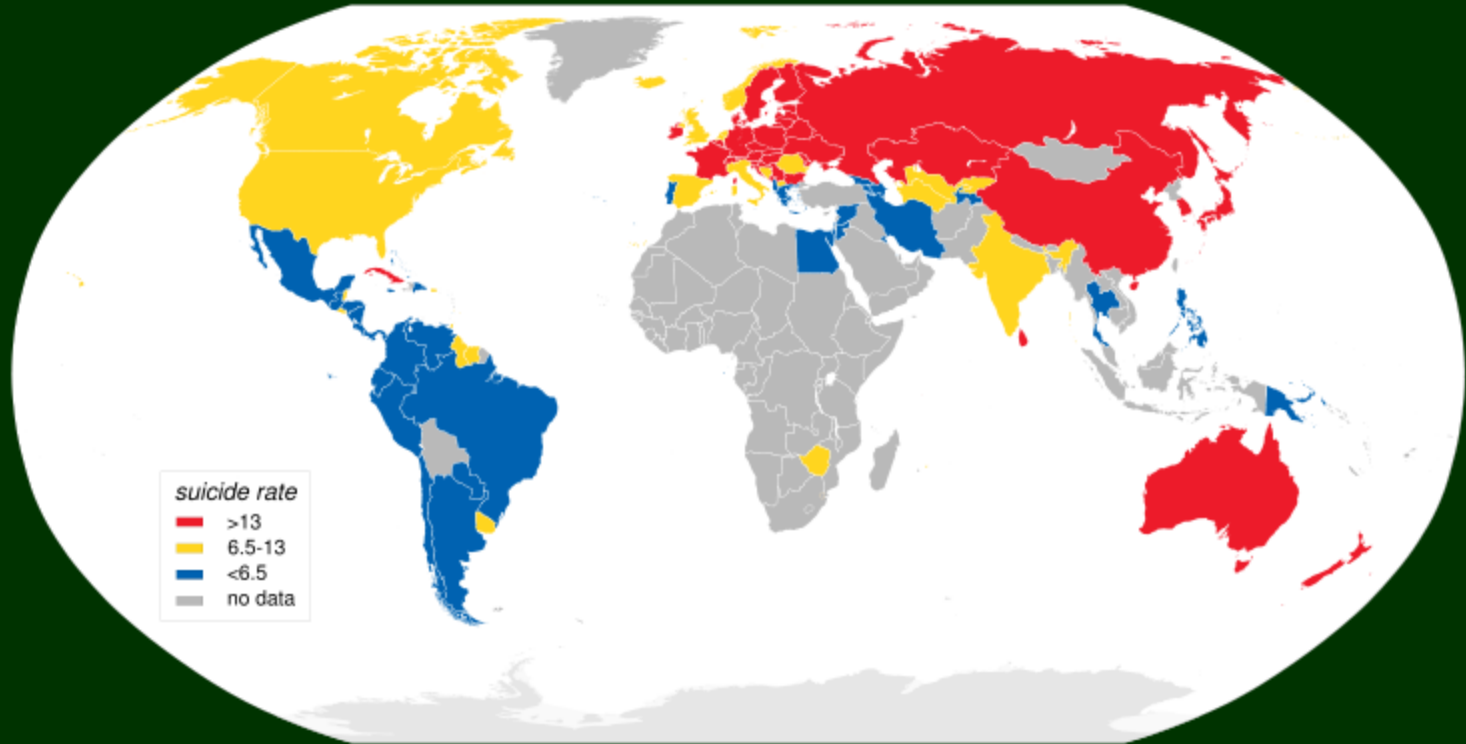
Adreanne Waller, MPH

Washtenaw County HIP Community Health Committee

January 13, 2009

- Adults
- Youth
  - High school
  - Middle school
- Risk and Protective Factors
- What works?

# Suicide Rates by Country per 100,000 2007 – World Health Organization

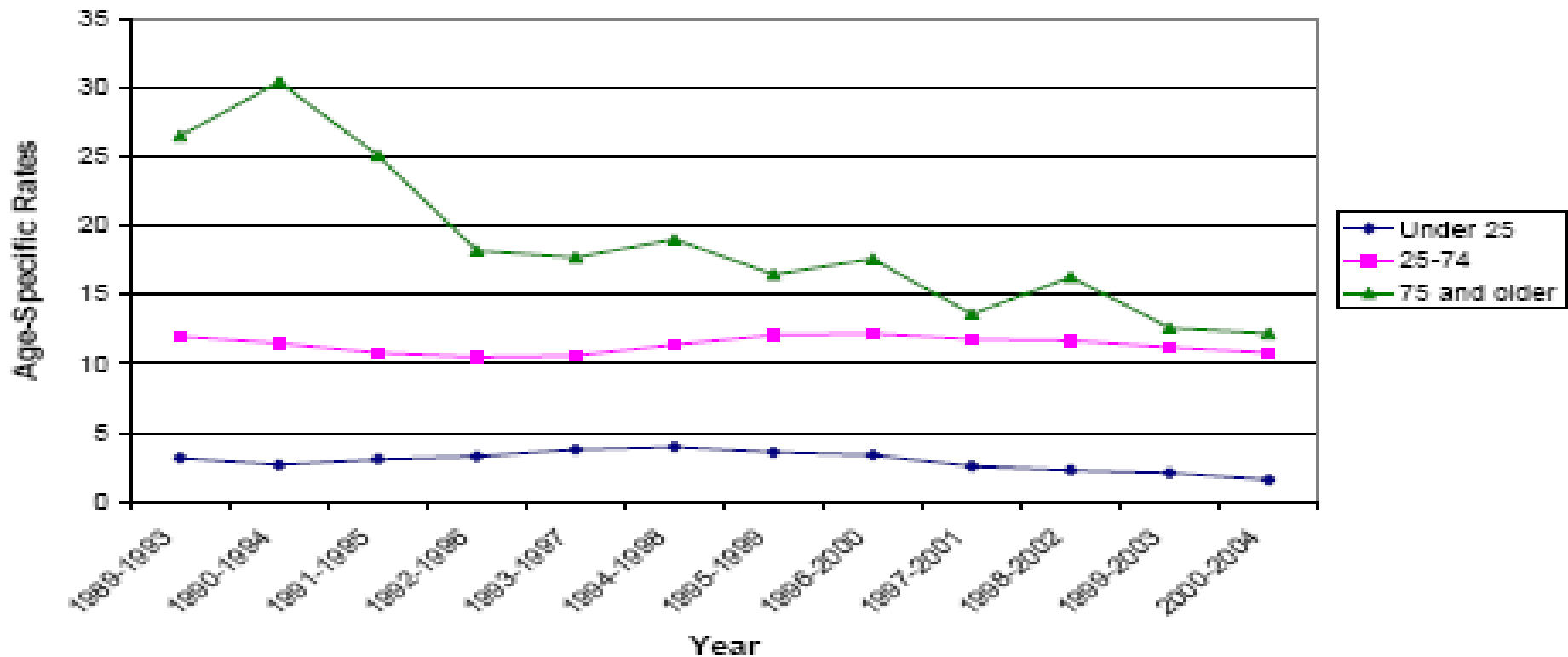


**How many suicides in  
Washtenaw County residents  
each year?**

**What proportion are preventable?**

# Suicide is the tenth leading cause of death in Washtenaw County and the fourth leading cause of Years of Potential Life Lost

**Suicide Death Rates**  
Washtenaw County Residents, 1989-2004  
Five-Year Moving Averages per 100,000



**The Veterans Administration estimates that 18 U.S. veterans a day -- or 6,500 a year -- take their own lives.**



**Elderly males have the highest suicide rates in Washtenaw County.**

**According to the National Institute of Mental Health, 75% of older adults who die by suicide visited a physician during the month before their death.**



# One quarter of Washtenaw County residents have diagnosable mental illness; over one third have poor mental health

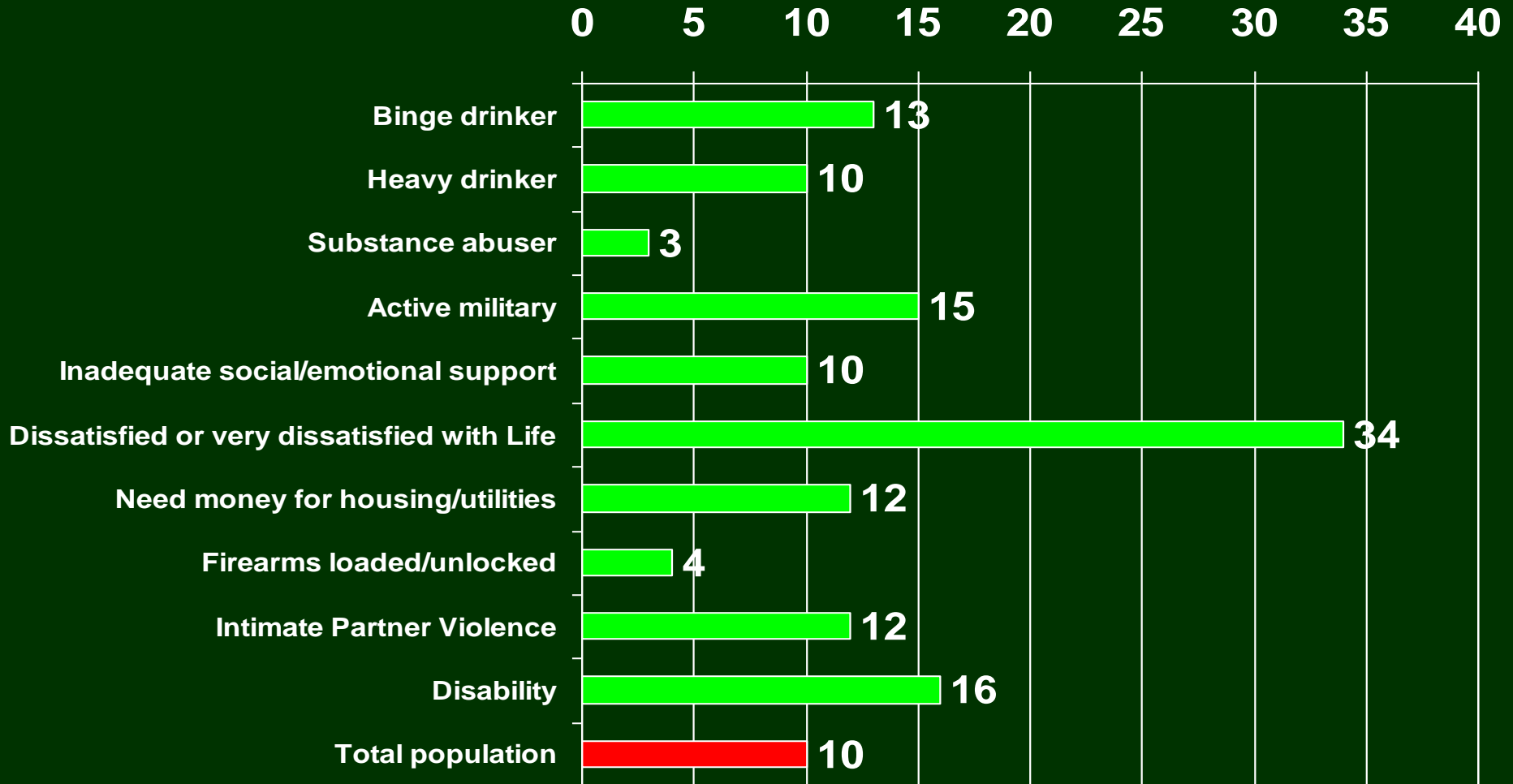
Results from Washtenaw County 2005 HIP Survey



# Dissatisfied persons, persons with disabilities and military personnel are most likely to have ten or more poor mental health days per month

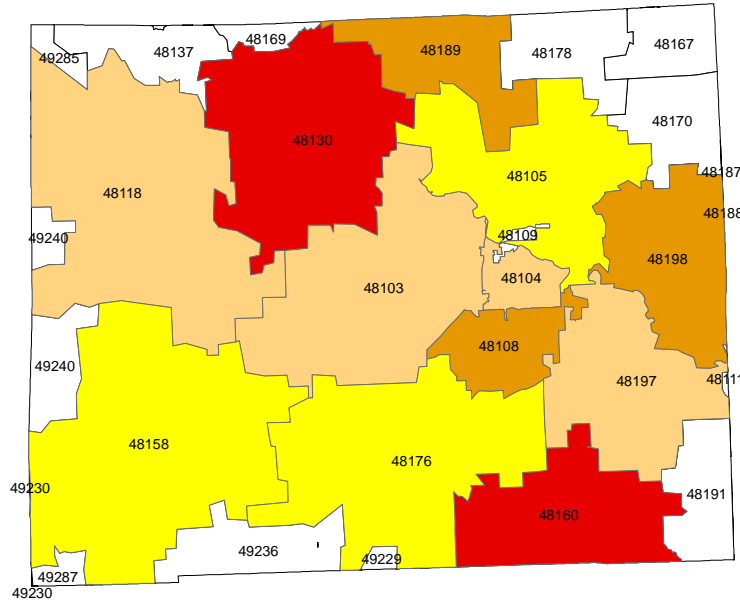
## Results from Washtenaw County 2005 HIP Survey

percent with ten or more poor mental health days in past month

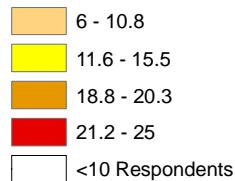


# Proportion of Washtenaw County Residents Identifying Ten or More Days of 'Poor Mental Health' During the Past Month

## Washtenaw County HIP 2005 Survey Results



Percent with Ten or More Poor Mental Health Days

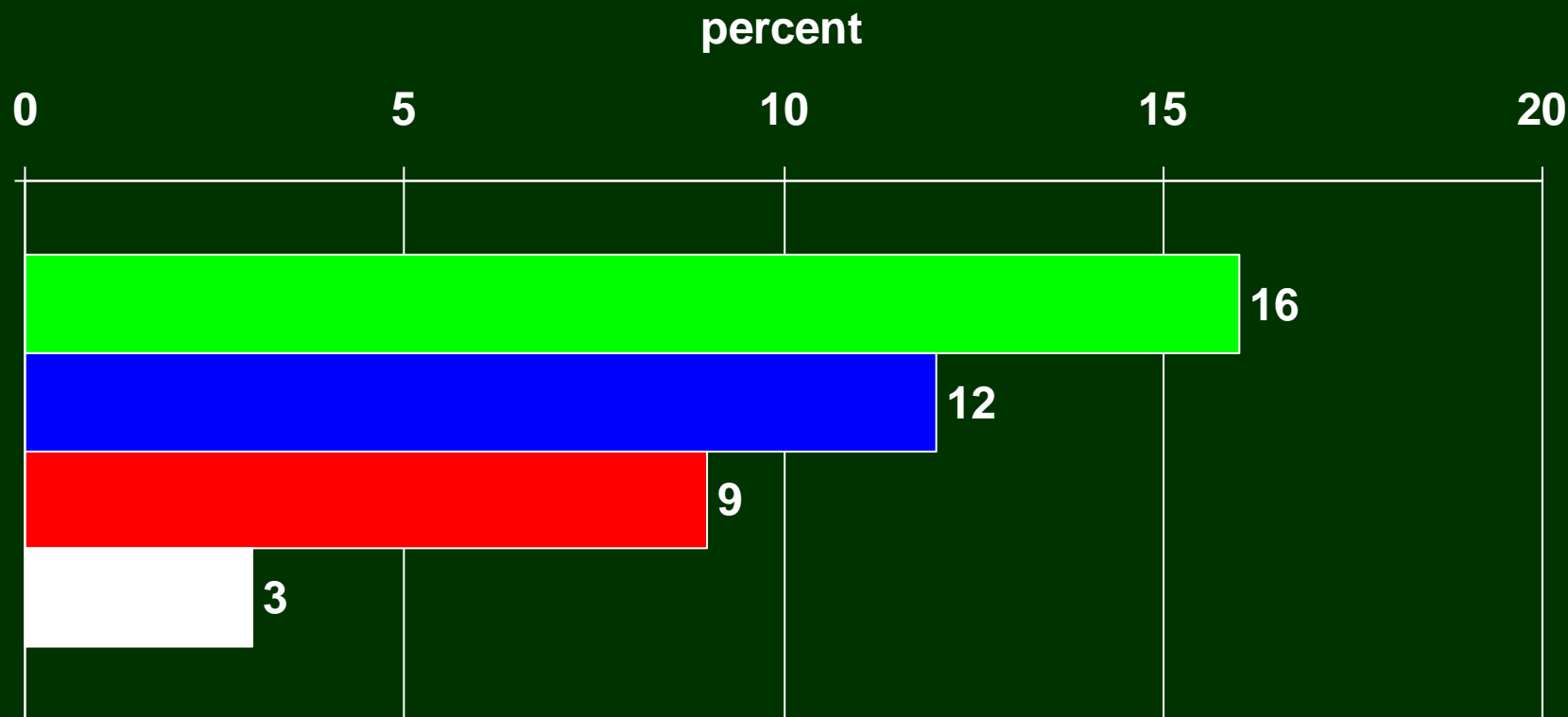


# Michigan High School Students



# Ever suicidal thoughts, plans and attempts

## Results from Michigan 2006 Youth Behavioral Risk Factor Survey – High School Students

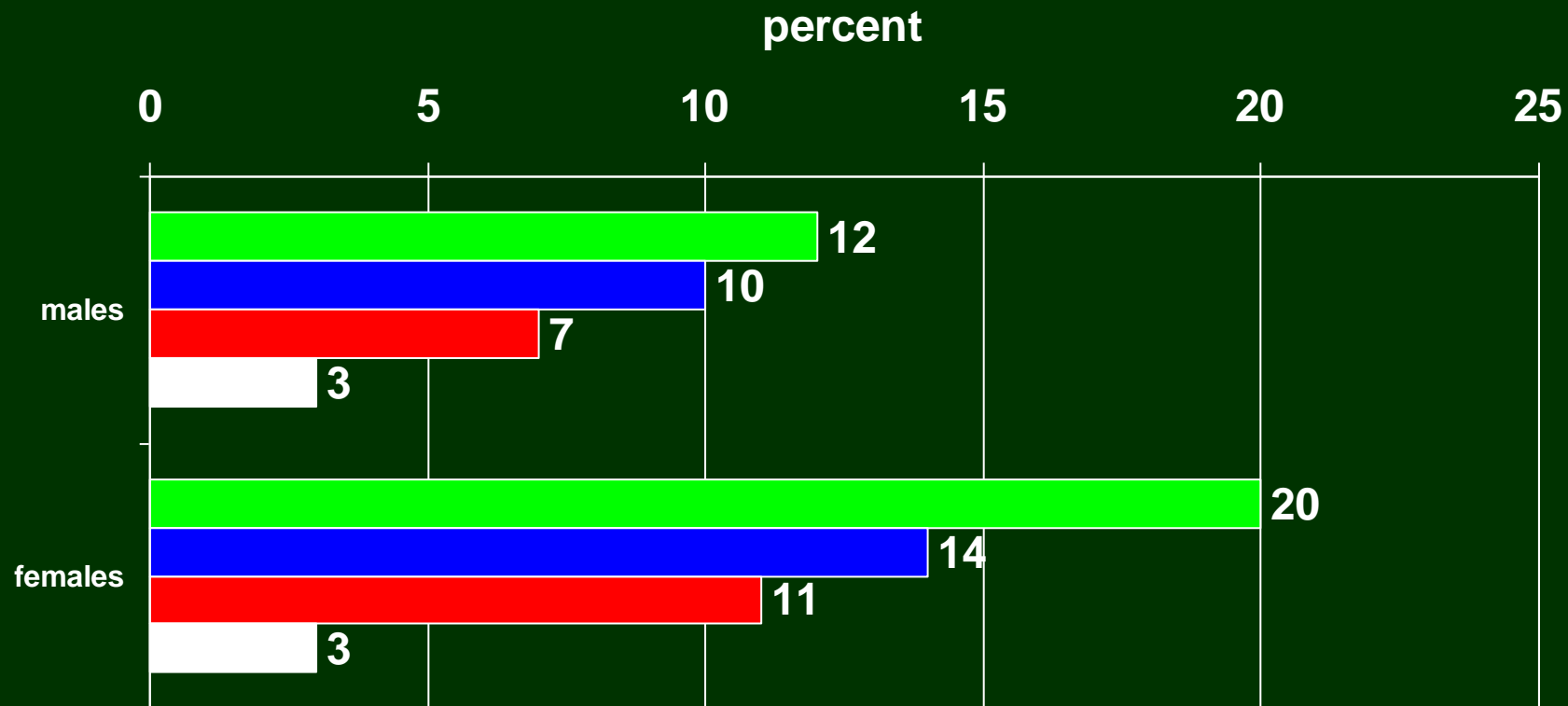


- suicide thoughts
- suicide plans
- suicide attempts
- required medical attention after attempt

# Suicidal thoughts, plans and attempts by gender

## Results from Michigan 2006 Youth Behavioral Risk Factor Survey

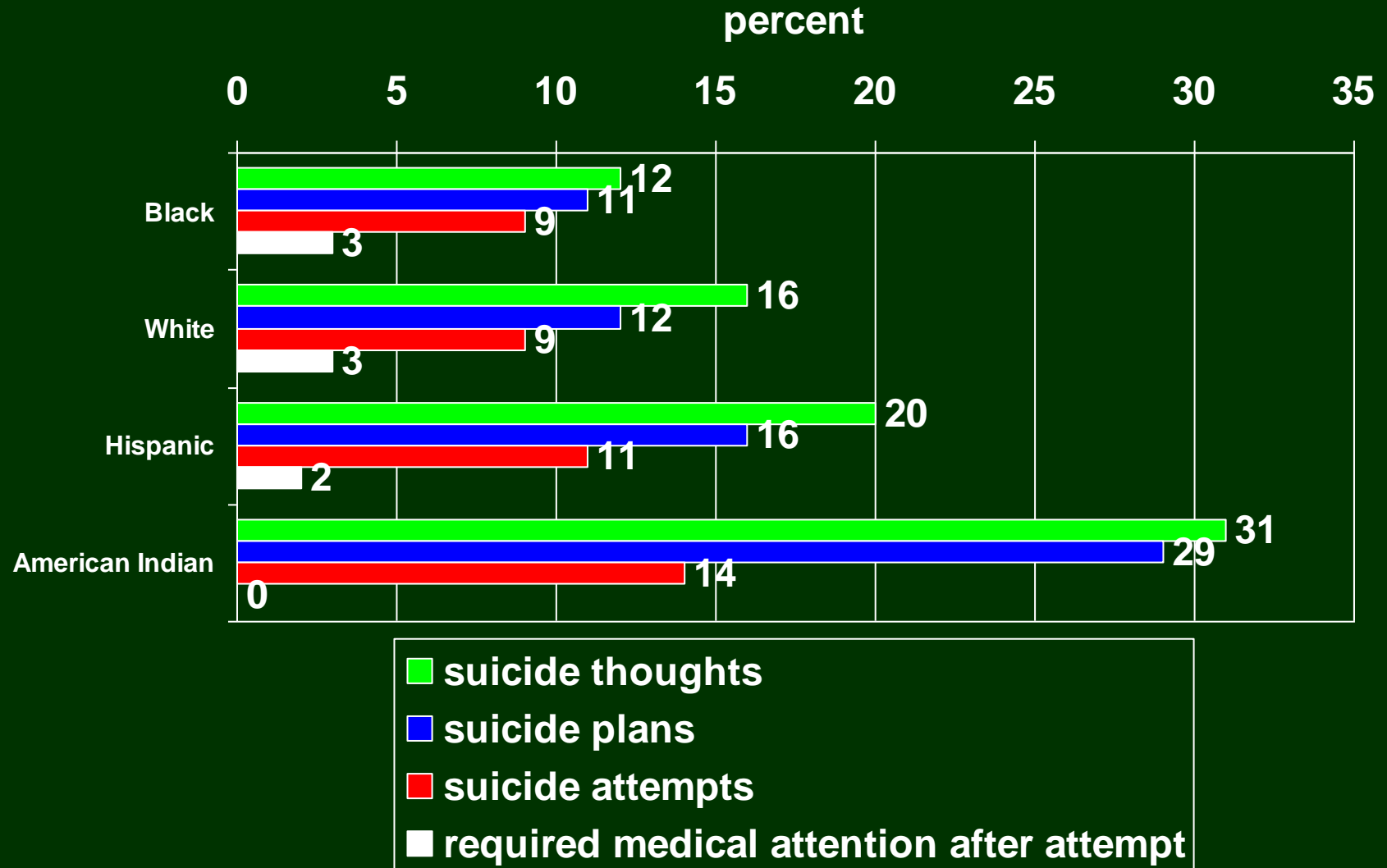
### High School Students



- suicide thoughts
- suicide plans
- suicide attempts
- required medical attention after attempt

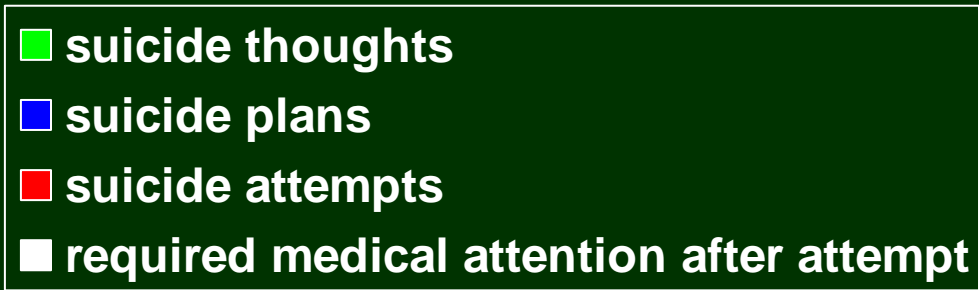
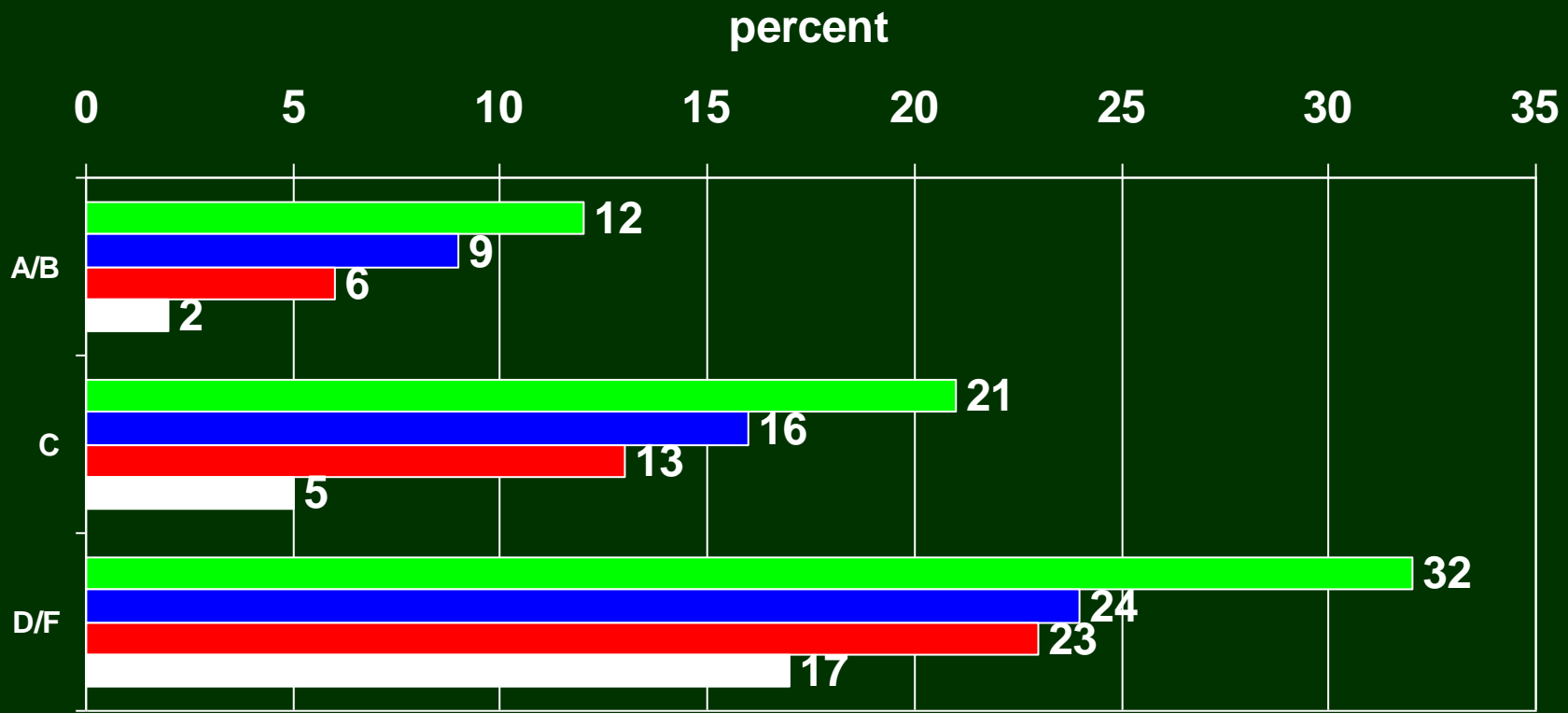
# Suicidal thoughts, plans and attempts by race

## Results from Michigan 2006 Youth Behavioral Risk Factor Survey High School Students



# Suicidal thoughts, plans and attempts by average grade

## Results from Michigan 2006 Youth Behavioral Risk Factor Survey – High School Students

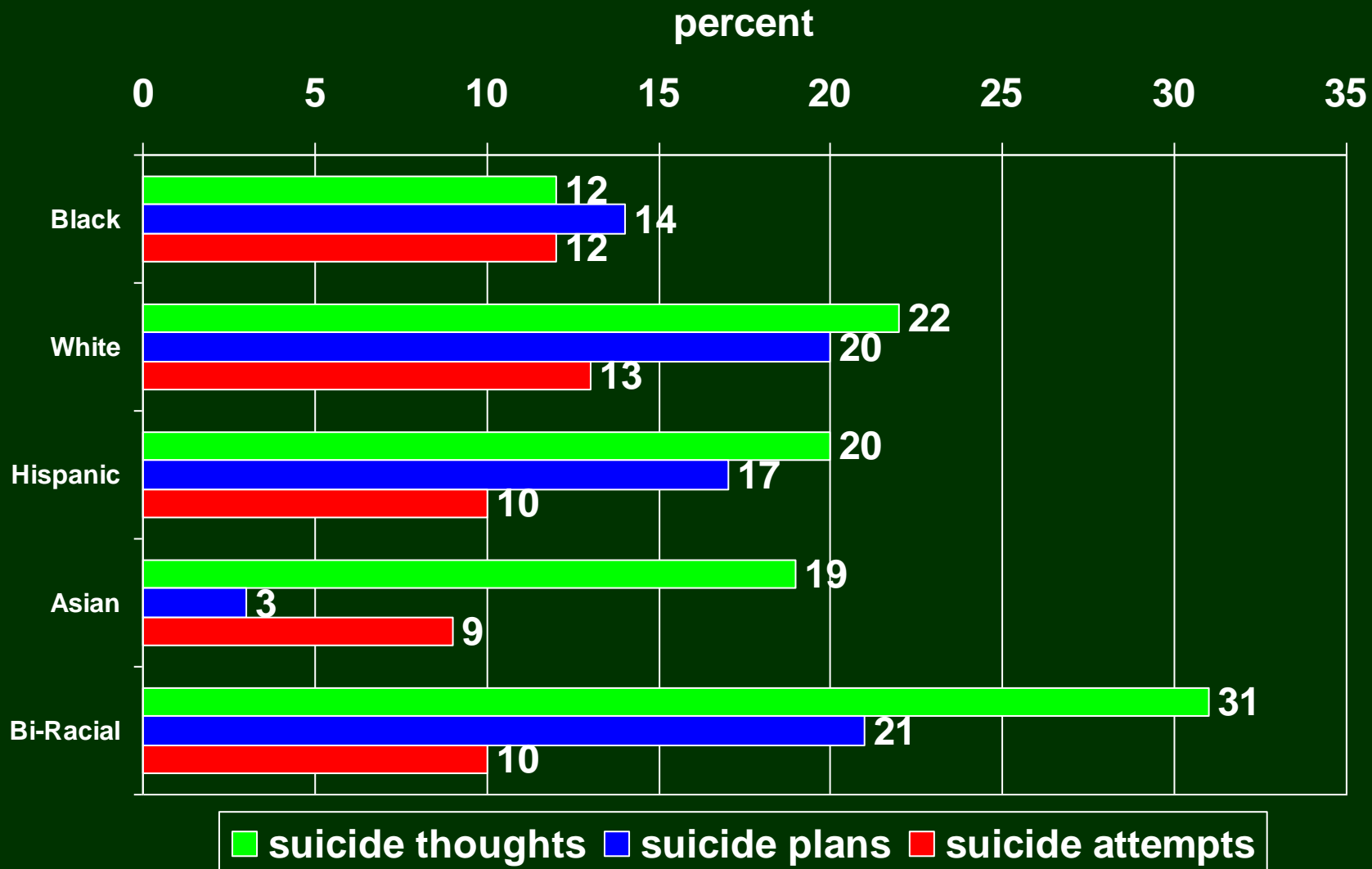


# Three Washtenaw County Middle Schools – 734 students 2005-2006



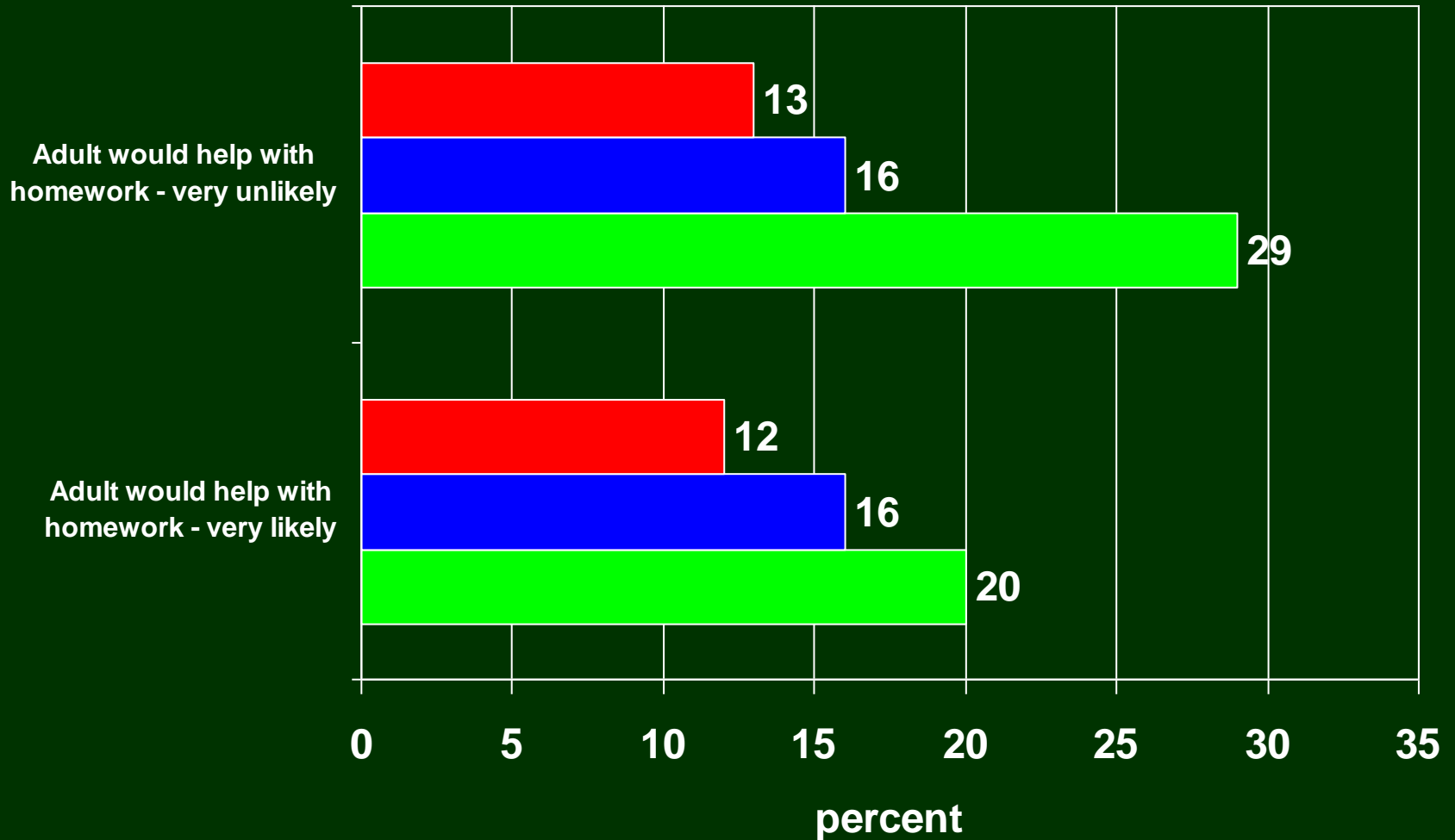
# Ever suicidal thoughts, plans and attempts by Race

Results from Behavioral Risk Factor Survey of Three Washtenaw County Middle Schools  
2005-2006



# Protective Factors

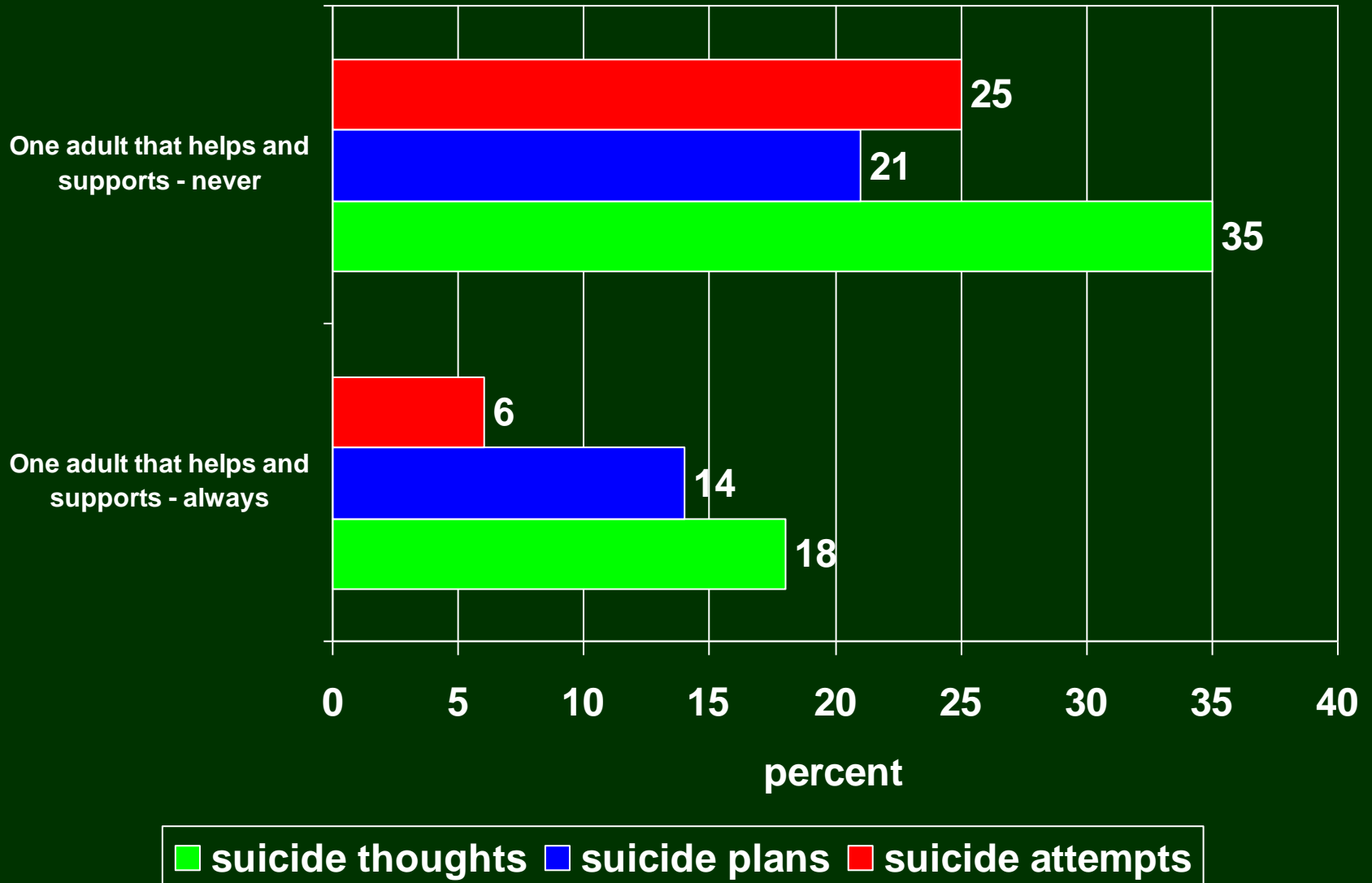
## Results from Two Washtenaw County Middle School Surveys 2005-2006



■ suicide thoughts ■ suicide plans ■ suicide attempts

# Protective Factors

## Results from Two Washtenaw County Middle School Surveys 2005-2006



# Suicide Risk and Protective Factors

- Risk Factors

- Family history
- History of trauma or abuse
- Previous suicide attempts
- Substance abuse
- Loss/grief
- Barriers to care
- Hopelessness
- Inadequate support

- Protective Factors

- Effective clinical care for physical, mental and substance abuse disorders
- Skills in problem solving, conflict resolution and non-violent handling of disputes
- Cultural and religious beliefs that encourage self preservation
- Family cohesion
- Connectedness
- Sense of competence
- Others

**Individual at risk of HIV**

- \* IVDU
- \* MSM

**Exposure**

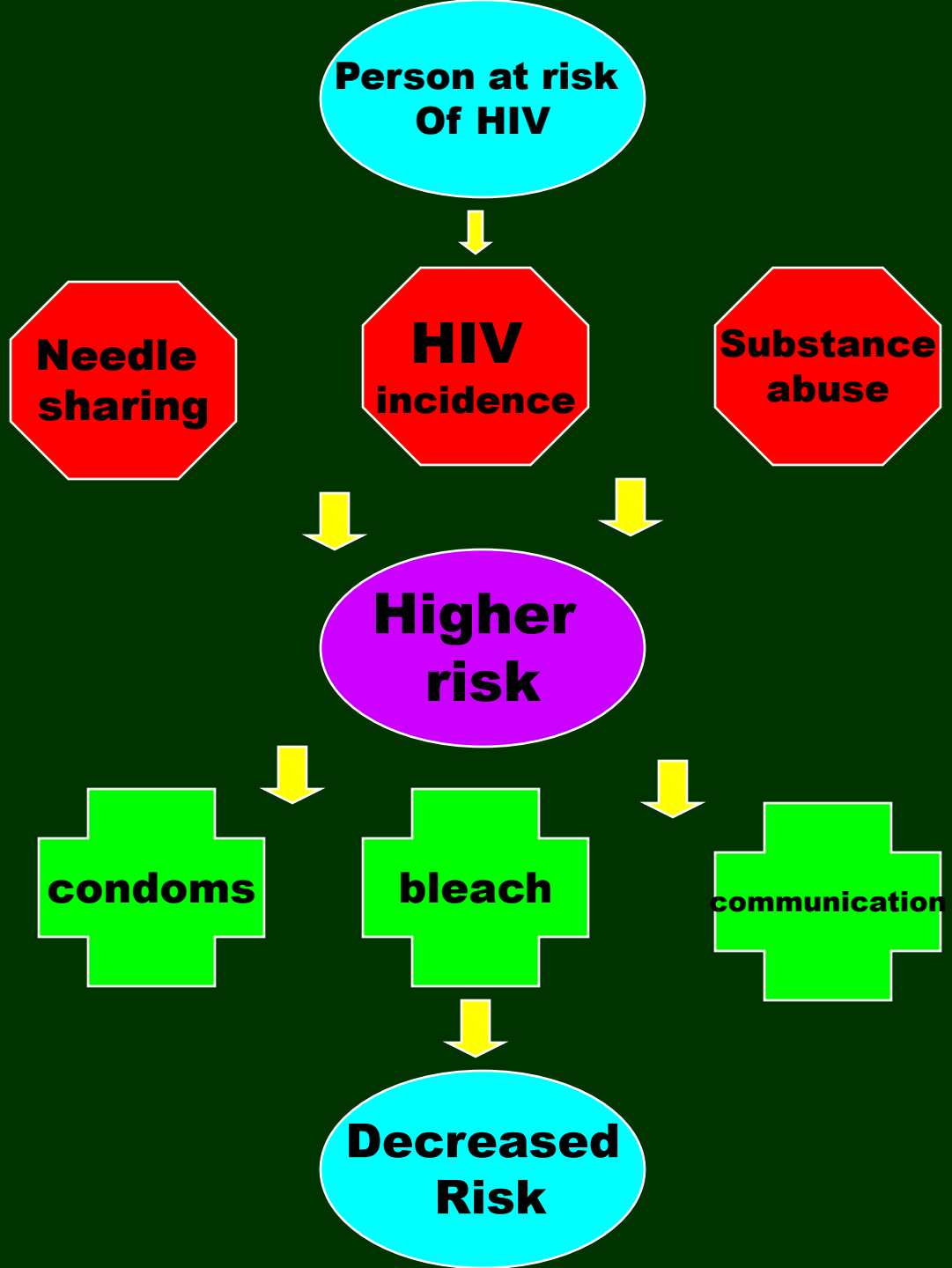
- \* needle sharing
- \* high prevalence community
- \* substance abuse

**Individual at increased risk**

**Protective Factors**

- \* condoms
- \* bleach
- \* communication

**Individual risk decreased**



**Individual at risk of suicide (ongoing or chronic)**

- \*family hx
- \*mental illness

**Exposure to risk (situational or acute)**

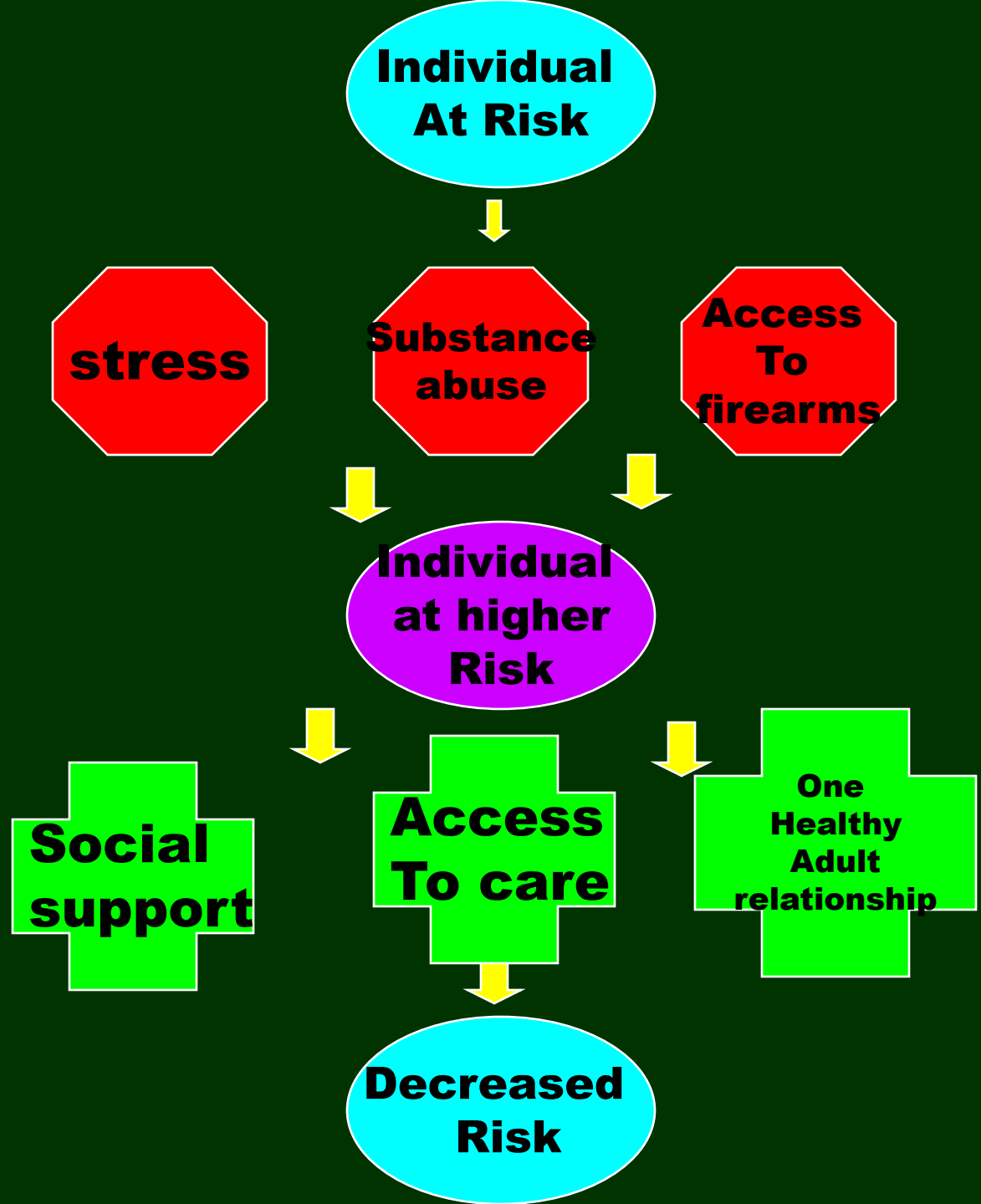
- \*stress
- \*loss/grief
- \*substance abuse
- \*firearms

**Individual at increased risk**

**Protective Factors**

- \*adequate social support
- \*access to care
- \*adult as mentor

**Individual risk decreased**



# What interventions work to prevent suicide?\*

- Adults

- Physician screening for depression
- Access to antidepressant drugs and talk therapy
- Limiting access to lethal means
- Increasing hope
- Social support
- Problem solving therapy
- Emergency contact card

- Youth

- Social support
- Coping skills
- Social skill development
- Education regarding help seeking

**\*According to Evidence Based Interventions recommended By the World Health Organization and the U.S. Substance Abuse and Mental Health**