

State of Nevada Suicide Prevention Efforts Youth Focus

Misty Vaughan Allen
Statewide Suicide Prevention Coordinator
Nevada Children's Behavioral Health Consortium
Feb.1.2024



NEVADA DIVISION of PUBLIC
and BEHAVIORAL HEALTH



Office of
Suicide
Prevention
Department of Health
and Human Services

ALL IN GOOD HEALTH.

Suicide Statistics



NEVADA DIVISION of PUBLIC
and BEHAVIORAL HEALTH

United States, 2021

- 48,183 suicide deaths, up 4.8%
- Firearms used in over 54.64% (up 4%) of suicides
- 3.9 male deaths to every female death
- A suicide every 10.91 minutes

Nevada, 2021

- 9th highest rate, (691) up 14.6%
- 12-17, 13th rate in the nation, up 22.22%
- 18-24, 6th rate in the nation, up 27.42%
- 25-64, 16th rate in the nation, up 15%
- 65+, 3rd rate in the nation, up 7.33%
- Firearms used in over 59.77% (down 11%) of suicides
- More suicides than homicides (264), transportation deaths (422) combined.

Nevada Suicide Predictive Data



NEVADA DIVISION of PUBLIC
and BEHAVIORAL HEALTH

Nevada	2018 to 2020	2020 to 2021	2021 to 2022	2022 to 2023
○ 17 and under	○ 25% Decrease	○ 11.1% Increase	○ 0%	○ Probable Decrease
○ 18 to 24	○ 21% Increase	○ 17.3% Increase	○ 0%	○ Probable Decrease
○ 25 to 64	○ 11.8% Decrease	○ 1.8% Increase	○ 15.74% Increase	○ Probable Decrease
○ 65 and above	○ 8.7% Increase	○ 10.2% Increase	○ 7.28% Decrease	○ Increase

OSP Efforts



NEVADA DIVISION of PUBLIC
and BEHAVIORAL HEALTH

In 2023, the Office of Suicide Prevention trained over 5,000 people in various suicide prevention programs held across the state of Nevada. This number does not reflect conferences, presentations, resource tabling events, or roundtable discussions that the team frequently attends and presents at throughout the year. Our Strategic Plan Initiatives include:

- **Suicide Postvention Toolkit:** In partnership with the Office for Safe and Respectful Learning Environments with the Nevada Department of Education, the Nevada Postvention Toolkit has been in development and will be released in 2024 for school districts, community partners and agencies to have a cohesive framework for providing support in the aftermath of a suicide.
- **Safe Messaging on Suicide:** Studies show the way we talk about suicide has a profound impact on suicide attempt and loss survivors, as well as those living with mental health challenges. In 2023, the office debuted the Safe Messaging on Suicide training to help Nevadans learn about updated language regarding suicide and how to better support lived experience. It is our goal to expand this training statewide in the coming year.

OSP Efforts



NEVADA DIVISION of PUBLIC
and BEHAVIORAL HEALTH

- **Diversity, Equity, and Inclusion:** OSP has been collaborating through town halls and stakeholder partnerships to improve resources and outreach for Hispanic and Latino communities, Native Tribes, the Deaf and Hard of Hearing community, Rancher/Farmer Populations. Suicide can impact anybody of all ages, cultures, and demographics. The Office of Suicide Prevention aims to expand our reach on prevention efforts to underserved communities where there has previously been limited support or training opportunities.
- **Reducing Access to Lethal Means:** The CDC reports firearms continue to be the leading means for suicide, with 54% of all United States suicide deaths being attributed to firearms. However, lethal means can be anything that can cause death or harm to a person, and could be medication, motor vehicles, and other household items. It is important to educate communities on how to remove or limit access to lethal means especially during times of high risk. The Nevada Office of Suicide Prevention has statewide partnerships to provide gun safes, gun locks, and medication deactivating bags to support Nevadans in reducing access to lethal means. We are also partnering with Northern Nevada Public Health's CHIP efforts.
- **Crisis Response Systems: 988, Mobile Crisis and Crisis Stabilization Centers:** In partnership with the Crisis Response Unit within the Department of Public and Behavioral Health, our team has provided training and support for crisis line responders and the staff with various hospitals through the Nevada Zero Suicide Initiative. We will also strengthen the collaboration with the Washoe County Community Health Improvement Plan focusing on the Zero Suicide Initiative and supporting statewide crisis response.

Office of Suicide Prevention Training Opportunities Over 140 Thousand Community Members Trained



- Resource Introduction (15 – 60 minutes)
- Suicide Prevention Trainings:
- Nevada Suicide Prevention 101 for Specialized Training Environments, 2.5 Hrs.
- Nevada Suicide Prevention Safe Messaging, 2.5 Hrs.
- Nevada Suicide Prevention, Community and Parents Gun Safety, 2.5 Hrs.
- Nevada Internet & Social Media influence on Suicides over the Past Decade, 2.5 Hrs.
- Signs of Suicide Middle and High School training programs and screenings
- safeTALK: (Suicide Alertness For Everyone) 4 Hrs.
- Youth or Adult Mental Health First Aid, 8 Hrs.
- ASIST: (Applied Suicide Intervention Skills Training) Two day workshop

Resources for People at Risk for Suicide



NEVADA DIVISION of PUBLIC
and BEHAVIORAL HEALTH

- Suicide Prevention Lifeline: 988
- Mobile Crisis—SN/Rural:
702-486-7865, NN: 775-688-1670
- Nevada Teen Peer Support Text Line
775-296-8336 (Also online live chat at
namiwesternnevada.org)
- Nevada Caring Contacts:
To refer email
caringcontacts.namiwnv@gmail.com
- Veterans Crisis Line: 988, press 1
- Problem Gamblers HelpLine
800-522-4700
- The Trevor Lifeline:
866-488-7386
- NAMI WarmLine 775-241-4212
- Nevada Peer Support Network
for 1st Responders - 866-267-
2267
- Counseling programs, private
therapists
- Emergency services, 9-1-1, local
hospitals
- Others?



NEVADA DIVISION of PUBLIC
and BEHAVIORAL HEALTH

How to Help

9-8-8

In an acute crisis, call **9-1-1**.
Do not leave the individual alone.

1-800-273-TALK (8255)

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org

Reno Crisis Call Center
Text Listen to 839863



CONTACT

Nevada Office of Suicide Prevention

- 4600 Kietzke Lane, B-114
Reno, NV 89502, Fax: (775) 689-0565
- **Misty Vaughan Allen**
State Suicide Prevention Coordinator
mvallen@health.nv.gov (775) 684-2236
- **Taylor Morgan**
Suicide Prevention Training/Outreach Facilitator
t.morgan@health.nv.gov (775) 684-2238
- **Vacant**
Zero Suicide Project Specialist
@health.nv.gov (775) 745-3652
- **Emma White**
Suicide Prevention Messaging Specialist
e.white@health.nv.gov (775) 546-8103
- **Alexandra Rivera**
Youth Suicide Prevention Specialist
arivera@health.nv.gov (775) 684-2237
- **Vacant**
Suicide Prevention Administrative Assistant
@health.nv.gov (775) 684-2242

**3811 West Charleston Blvd. Suite 210
Las Vegas, NV 89102**

Richard Egan

Suicide Prevention Training/Outreach Facilitator
regan@health.nv.gov (702) 486-8225

■ **Elizabeth Willis**

Suicide Prevention Office Manager/Admin IV
ecwillis@health.nv.gov (702) 486-3563

■ **Vacant**

South Zero Suicide Project Specialist
@health.nv.gov (702) 486-5250

■ **Thomas Mendenhall**

Suicide Prevention Volunteer/Instructor
tmendenhall@health.nv.gov (702) 486-4679

■ **Cathy Fry**

Suicide Prevention Volunteer/Instructor
cfry@health.nv.gov
(702) 486-5250

QUESTIO --- NS?



**NEVADA DIVISION of PUBLIC
and BEHAVIORAL HEALTH**



**NEVADA DIVISION of PUBLIC
and BEHAVIORAL HEALTH**