

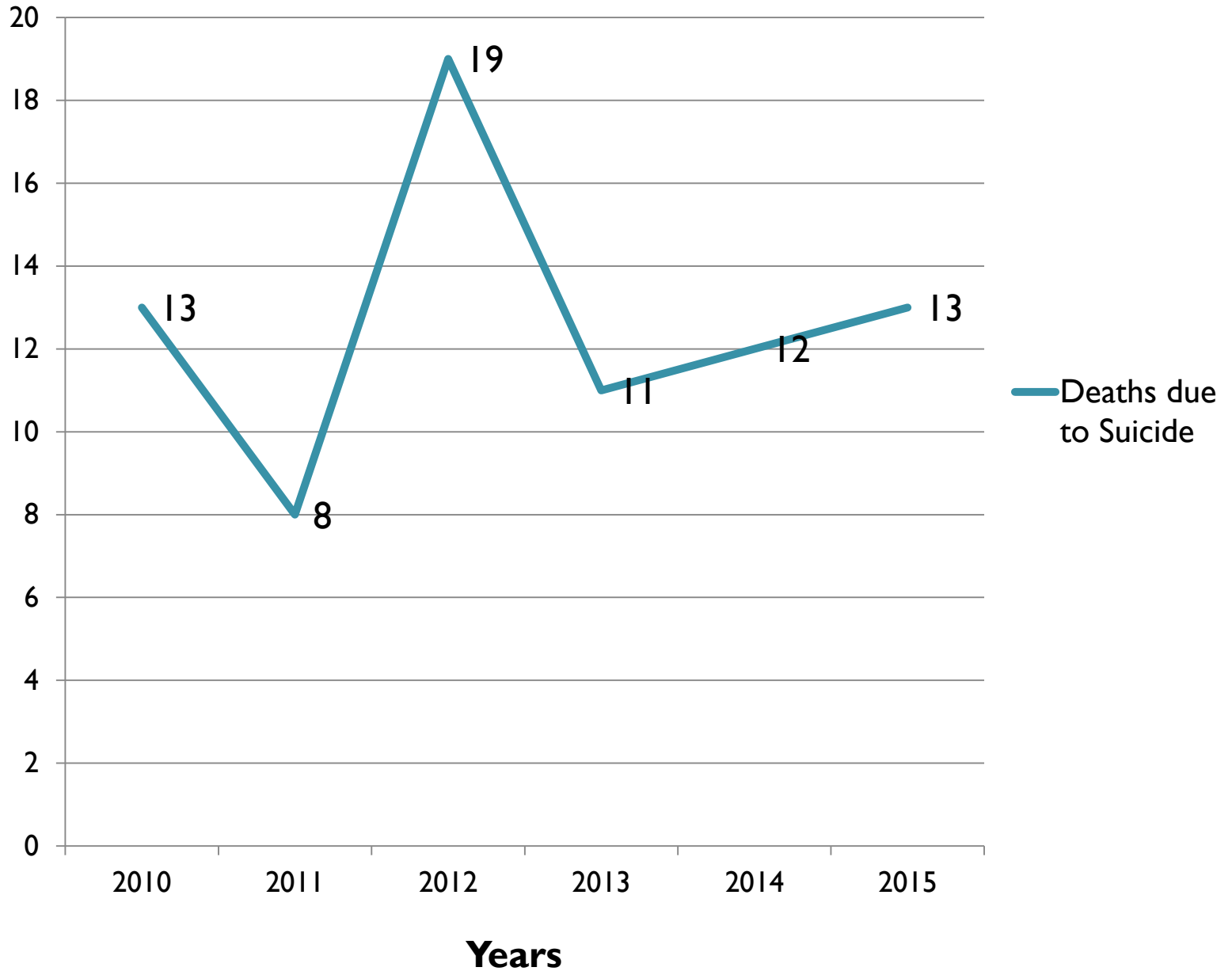
# Suicide Prevention: Means Restriction



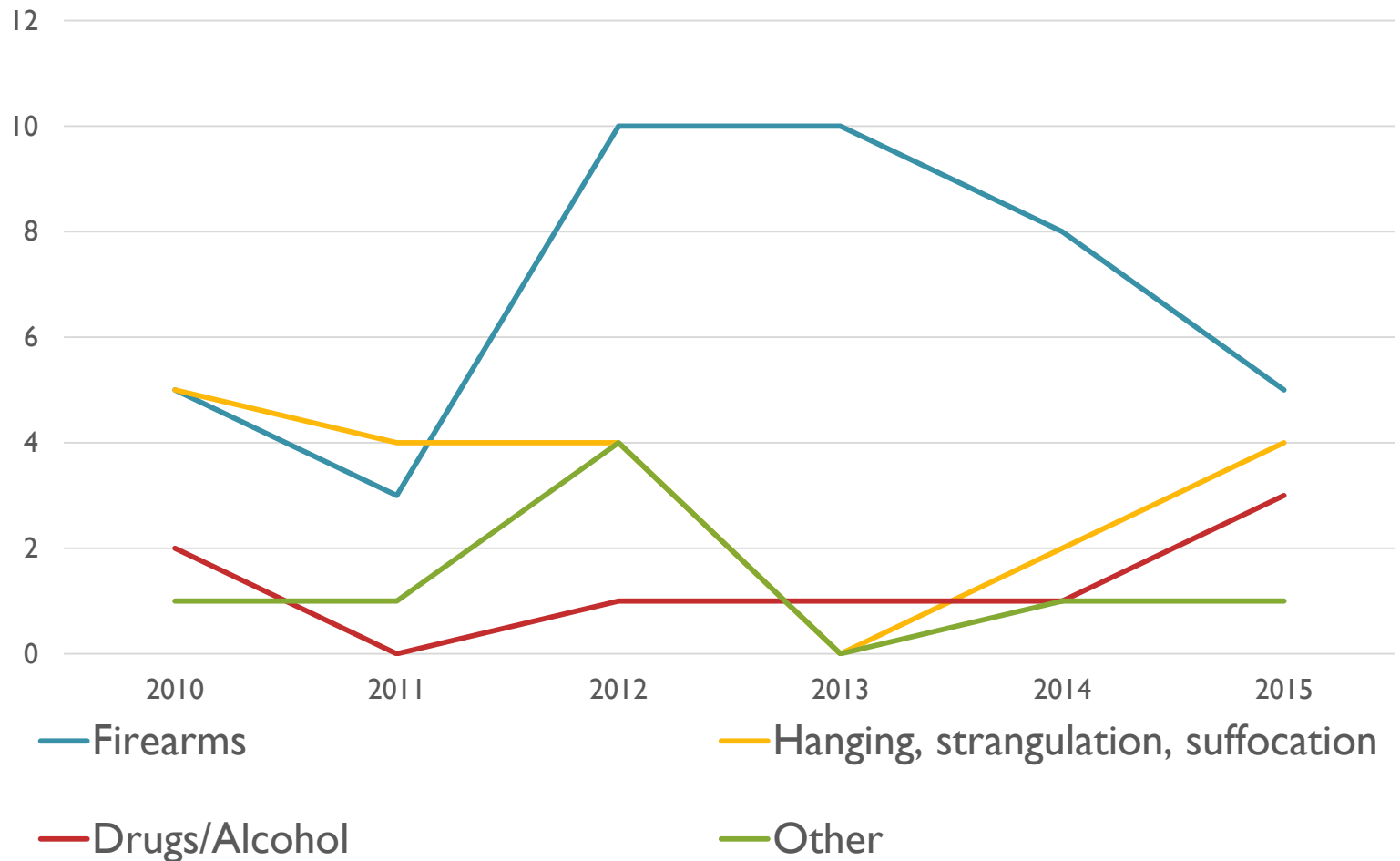
Jenita Joe  
SMCHD Student Intern  
8/12/16

# Deaths due to Suicide among St. Mary's County Residents

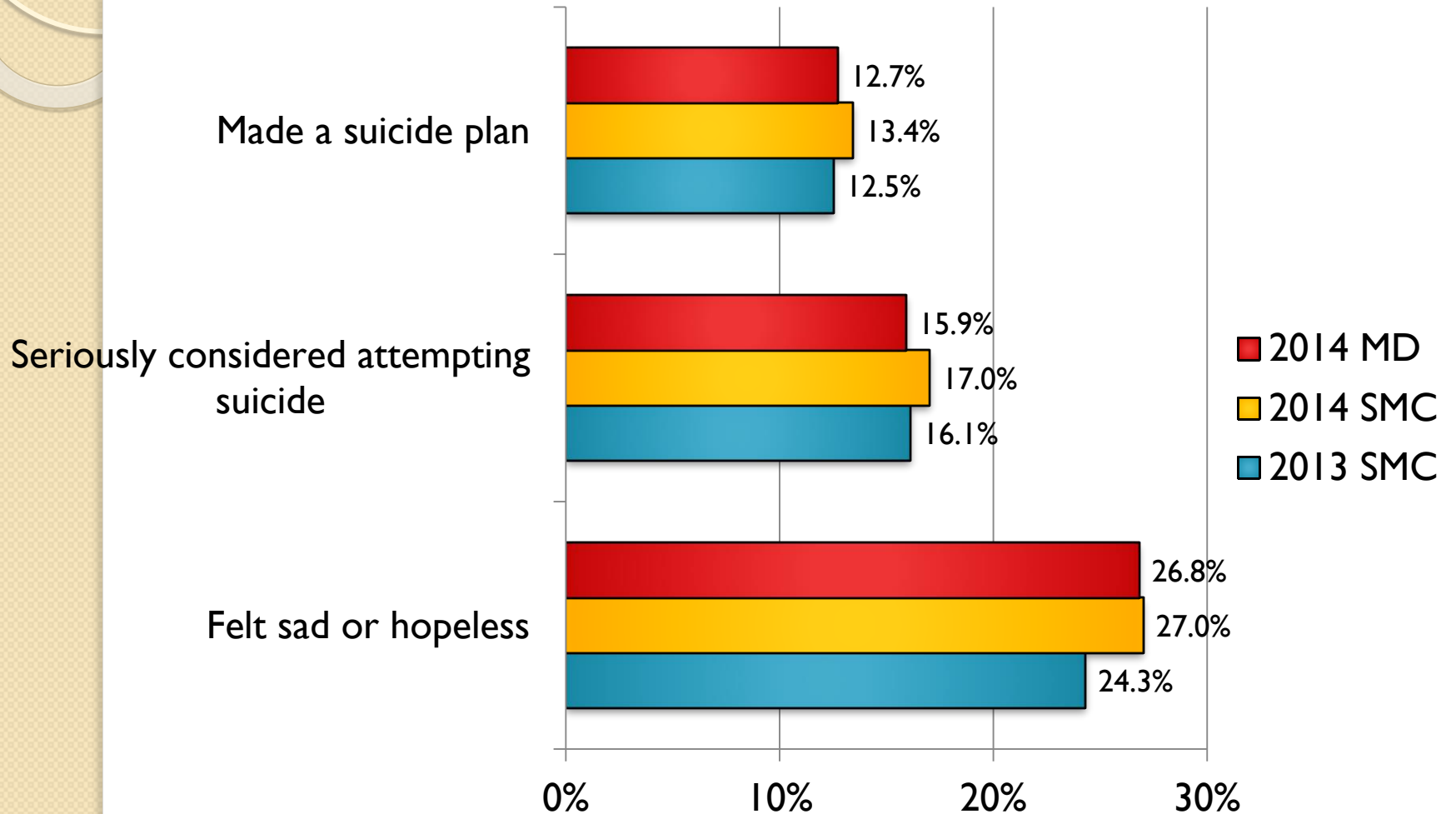
Number of Suicides



# Suicides by Means 2010-2015



# YRBS MENTAL HEALTH DATA





# What is Means Restriction?

Reducing a suicidal individual's access to highly lethal and commonly used suicide methods

# Why Means Restriction works?

1. Many suicide attempts are short-lived.
1. The method that people choose to commit suicide depends largely on its availability.
1. The amount of suicide attempts that result in death depends on the lethality of the method.
2. 90% of attempters who survive a nonfatal attempt will not go on to die by suicide after.

# Types of Means Restriction

- Guns – gun locks, lock and store ammunition separately
- Overdose – medication take-back, lock meds
- Jumping – barriers at high bridges/places
- Carbon monoxide – catalytic converters
- Hanging/strangulation – avoid publicizing in traditional and social media
- Educating ED/UC, PCP, and mental health treatment providers about Means Restriction counseling

# Focus on Guns

- Distributing Gun Locks and/or safety boxes to lock up ammunition
- Educating ED, UC, PCP, and mental health treatment providers about Means Restriction
- Educating families about suicide and Means Restriction

# Who can get involved?

- Gun owners
- Gun shop owners
- Gun safety educators
- ED and UC clinicians and mental health treatment providers
- Families of suicidal individuals
- BHAT of HSMP
- Local law enforcement
- Military base command personnel



**DISTRIBUTING GUN  
LOCKS AND/OR SAFETY  
BOXES TO LOCK UP  
AMMUNITION**

# Partnering with Gun Store Owners

- Working with gun owner groups or gun store owners to incorporate means restriction message in firearm safety class, brochures, and website.
- Based on a program implemented in New Hampshire
- 48% of gun shops participated in their campaign

# Plan

- Create material to distribute to gun shops.
- Ask owners their opinions about materials.
- Educate owners about the importance of means restriction.
- Return back to check if materials are being displayed in stores.
- Clarify that means restriction does NOT equal gun control

# Gun Lock Campaign

- Providing gun locks to individuals that own guns but do not have anything to lock them up with.
- Based on a program in Montana in 2008
- They purchased around 1,400 gun locks with gun safety information on them

# Plan

- Start with a survey for gun owners to understand the number of people that protect their guns
- If needed, gun locks can be distributed first internally
- Advertise about the availability of gun locks
- Ask gun safety classes and gun owner groups to distribute gun locks
- Lastly, distribute gun locks at public events

# Cable Gun Locks

**What it is:** A device that blocks the chamber to prevent a cartridge from being fired.

**How it works:** Chamber locks are inserted in or through the magazine well or chamber, or are inserted through the gun barrel and chamber to block a cartridge from moving into position. A combination lock or key opens the lock.

**Features:** Metal cylinders, vinyl covered wire cables, or other designs. Locks may be "universal" or may only fit certain guns

## **Advantages:**

- Long cables may be threaded through several guns.
- Inexpensive

## **Disadvantages:**

- Thin cables could be cut



# Labeling of Gun Locks

- When gun locks are distributed they should include Suicide helpline stickers
- A 24/7 text line could also be developed similar to a program in Wisconsin called HOPELINE.
- Individuals can text in to receive emotional help for any situation before it becomes a crisis
- If developed the text line info could also be included on gun locks



**EDUCATING ED, UC, PCP,  
AND MENTAL HEALTH  
TREATMENT PROVIDERS  
ABOUT MEANS  
RESTRICTION**

# Educating Providers

- Help emergency room staff and mental health counselors implement counseling strategies to help individuals at risk of suicide and their families reduce access to lethal means
- CALM trainings were first developed in New Hampshire

# CALM Trainings

- Developed by Elaine Frank and Mark Ciocca as a project of Harvard Injury Control Research Center.
- Program includes:
  - An overview of youth suicide data and lethal means data
  - an introduction into firearms
  - a video presentation that models the counseling strategies
  - information on conducting a counseling session.

# Plan

- Schedule for a workshop to be conducted
- Plan out a possible place that can host the workshop
- Invite anyone who works with people in a clinical/counseling situation such as health and mental health
- Evaluate the effectiveness of the program



**EDUCATING FAMILIES  
ABOUT SUICIDE AND  
MEANS RESTRICTION**

# Strategies

- Train health care providers to give means restriction counseling and info to families
- Community-wide communications campaign about suicide risks and helpline
- Community-wide communications campaign about means restriction (guns)

**“You’re not alone.”**

**“We’re here to help you”**

**“I believe in you.”**

**“You’re so worth it.”**

**“Please don’t give up.”**



**Speak up,  
Reach out.**



**KEEP  
CALM,  
and  
CALL  
1-800-273-  
TALK**



# CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?

## ARE THEY SUICIDAL?

- Depressed, angry, impulsive?
- Going through a relationship break-up, legal trouble, or other setback?
- Using drugs or alcohol more?
- Withdrawing from things they used to enjoy?
- Talking about being better off dead?
- Losing hope?
- Acting reckless?
- Feeling trapped?

SUICIDES IN NH  
far outnumber homicides

FIREARMS ARE THE  
LEADING METHOD

ATTEMPTS WITH A GUN  
ARE MORE DEADLY  
than attempts with other methods



[www.nhfsc.org](http://www.nhfsc.org)

## HOLD ON TO THEIR GUNS

- Putting time and distance between a suicidal person and a gun may save a life.
- For other ways to help, call the National Suicide Prevention Lifeline: 1-800-273-TALK [8255].

# Key Points for Success

- Stress that we are enforcing gun safety not gun control
- Present suicide prevention as a combination message with safety
- Practice how to deal with resistant individuals
- Law Enforcement must be key partners

# Thoughts for Budget

- Costs for a program coordinator
- \$1.60 per gun lock (bulk order) through Regal Industrial Sales (not including logos/stickers about suicide helpline)
- \$750 for one CALM workshop (not including travel costs)



# Questions