

# SUICIDE PREVENTION NETWORK OF ALABAMA

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Presented by Katie Beaugez, MEd, ALC and  
Lauren Blanding, MPH

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# Katie Beaugez, ASPARC

- Degree in Clinical Mental Health Counseling and work as a licensed counselor
- Grant Coordinator for Alabama Suicide Prevention and Resources Coalition
- ASPARC – focus on suicide prevention training and resources

# Lauren Blanding, ADMH

- Degree in Public Health
- Opioid Prevention Manager
- ADMH liaison for Alabama's suicide prevention services and programs

# SUICIDE DEATH IN ALABAMA

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# Suicide Facts & Figures:

## Alabama 2020



**On average, one person died by suicide every 11 hours in the state.**

**More than three times as many people died by suicide in Alabama in 2018 than in alcohol related motor vehicle accidents.**

The total deaths to suicide reflected a total of 17,092 years of potential life lost (YPLL) before age 65.



Suicide cost Alabama a total of **\$790,902,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,164,804 per suicide death.**



### leading cause of death in Alabama

#### 3rd leading

cause of death for ages 10-34

#### 4th leading

cause of death for ages 35-44

#### 6th leading

cause of death for ages 45-54

#### 10th leading

cause of death for ages 55-64

#### 17th leading

cause of death for ages 65+

### Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Alabama	823	16.47	23
Nationally	48,344	14.21	

CDC, 2018 Fatal Injury Reports (accessed from [www.cdc.gov/injury/wisqars/fatal.html](http://www.cdc.gov/injury/wisqars/fatal.html) on 3/1/2020).



# Resources Available in Alabama

1. The Crisis Center – Birmingham
    - 205-323-7777 (24 hrs)
  2. Crisis Services of North Alabama – Huntsville
    - 256-716-1000
  3. Lifelines Counseling Services– Mobile
    - 251-602-0909
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- Community Mental Health centers
  - Emergency services (911)

# Additional Support: ADMH



ALABAMA DEPARTMENT OF  
**MENTAL HEALTH**

# COVID 19

**During late June, 40% of U.S. adults reported struggling with mental health or substance use\***

ANXIETY/DEPRESSION SYMPTOMS



31%

STARTED OR INCREASED SUBSTANCE USE



13%

TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS



26%

SERIOUSLY CONSIDERED SUICIDE†



11%

\*Based on a survey of U.S. adults aged ≥18 years during June 24-30, 2020

†In the 30 days prior to survey

For stress and coping strategies: [bit.ly/dailylifecoping](https://bit.ly/dailylifecoping)

CDC.GOV

[bit.ly/MMWR81320](https://bit.ly/MMWR81320)

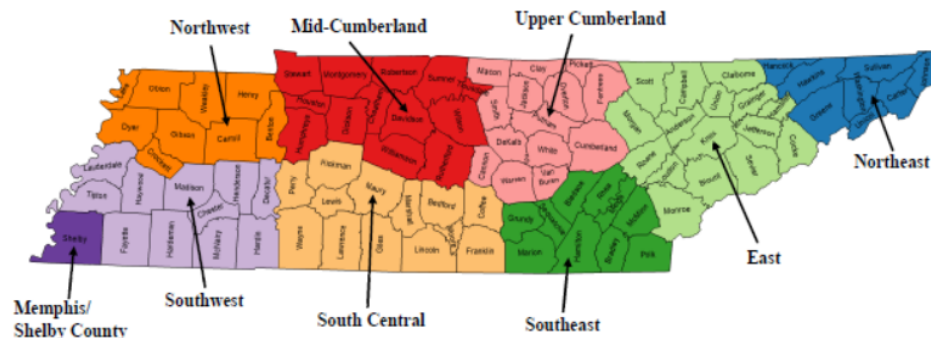
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# Suicide Prevention Infrastructure

- Garrett Lee Smith Grant – Alabama Department of Public Health
- American Foundation for Suicide Prevention
- Grassroots suicide prevention organizations

# TSPN

- Through education efforts and events, our goal is to expose as many people as we can to the facts and numbers of suicide – and to debunk the myths.
- We have a plethora of resources on our website as well, everything from downloadable brochures to crisis hotline numbers **(855-CRISIS-1)**.



# What we have done - SPNA

- Suicide Prevention Network of Alabama
- Goal: Build a network of state departments, nonprofit organizations, and universities to reduce Alabama suicide rates through education, crisis support, and advocacy.
- 4 regions

# Groups involved

- ASPARC
- AL Dept Mental Health
- AL Dept Public Health
- SAM Foundation
- AFSP
- NAMI
- Univ. of Alabama
- Athens State Univ
- UAB
- Univ. South Alabama
- Univ. of Montevallo
- Alabama Hospital Association
- Kristen Amerson Youth Foundation
- Crisis Services of North Alabama
- Lifelines Counseling Services
- Speak
- Behind the Smile
- Family Services of North Alabama
- MAXimizing Mental Health
- CED Mental Health
- Hill Crest Behavioral Health
- Troy Regional Medical Center
- Council on Substance Abuse
- SpectraCare
- Mobile Police Department

# Conference 2020



# Goals

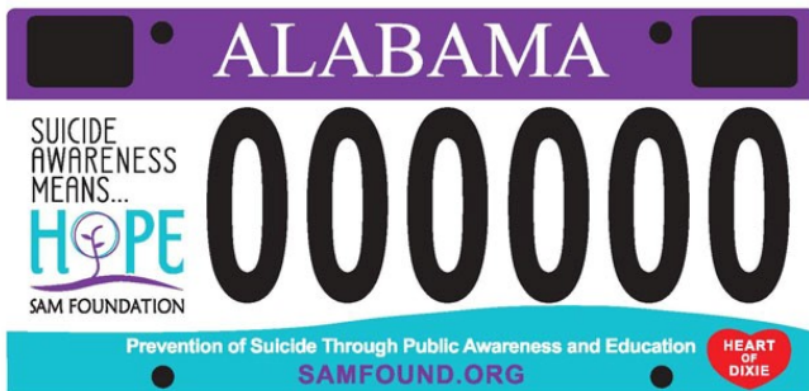
- **Crisis Support:**
  - Adequate support for locally-manned voice/online emotional support for suicide prevention (e.g. adequate staffing at crisis centers)
  - Work to ensure adequate crisis and mental health resources are available to effectively assist individuals who have been found to be suicidal, including a mental health professional in each of our schools and an effective mental health crisis continuum of care across the state.
  - Provide advocate/peer support system throughout the state to support those in crisis as they access emergency services
  - Create a statewide non-suicide mental health support line in order to reduce volume of calls to crisis centers for non-emergencies
- **Education**
  - Creating self-sufficient suicide prevention coalitions or committees within each county in Alabama (using a framework such as those provided by SPRC and the CDC)
  - Promotion of and access to a wide variety of free suicide prevention training for communities across Alabama
  - Provide a comprehensive suicide prevention and treatment resource directory for coordination purposes to assist populations in need (for direct services, suicide prevention activities, and suicide prevention training)
  - Actively promote suicide awareness and availability of suicide prevention resources through a website, social media, email, printed media, television, and radio.
  - Identify national guidelines and resources for suicide postvention and promote these resources throughout the state
  - Support and promote suicide survivor groups in each of Alabama's counties
  - Annual conference to promote education about suicide prevention in our state
- **Advocacy**
  - Promote legislation that
    - Requires suicide prevention training for health professionals via statute.
    - Requires suicide prevention on college campuses.
    - Provides for mental health parity and reporting.
    - Secures expanded funding for suicide prevention from the state budget, to be added to current funding for a suicide prevention coordinator position in the Department of Mental Health
  - Create a state suicide prevention plan alongside Department of Public Health
  - Create a committee for targeted outreach to faith communities to support their crisis response and general mental health awareness

# Next steps

- Incorporate as an entity in Alabama
- File for 501(c)3 status
- Develop new state suicide prevention plan
- Apply for grant funding
- Connect with new partners

# Things you can do

- Join SPNA with your organization
- Spread the word
- Donate by purchasing a car tag: <https://samfound.org/>



## SAVE A LIFE...RESERVE YOUR PLATE NOW!

We need your PRE-COMMITMENT to purchase the SAM Foundation License Plate. *Tags will not be manufactured if we do not reach our goal...*

**1,000 PRE-COMMITMENTS NEEDED BY October 31, 2020**

**STEP 1:** Complete the online "[Commitment to Purchase](#)" [Application here](#)

**STEP 2:** Pay the \$50 Pre-Commitment Fee

# MORE INFO

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Email [katie.beaugez@gmail.com](mailto:katie.beaugez@gmail.com)