

The Vermont Suicide Prevention Center (VTSPC) is a public-private partnership with Agency of Human Services, foundations, individuals and organizations that works to create health promoting communities, in which people have the knowledge, attitudes, skills and resources to reduce the risk of suicide in Vermont.

## What is Suicide Costing the State of Vermont? Facts and Figures



ON AVERAGE, ONE PERSON DIES BY SUICIDE EVERY **THREE DAYS** IN VT

SUICIDE IS THE **EIGHTH** LEADING CAUSE OF DEATH ACROSS ALL AGES IN VT

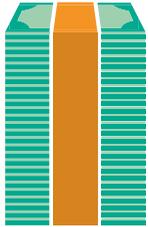
SUICIDE IS THE **SECOND** LEADING CAUSE OF DEATH FOR PEOPLE AGE 15-35 IN VT

**125** DEATHS BY SUICIDE IN 2018

**HALF** OF VERMONTERS WHO DIE BY SUICIDE ALSO HAVE A DIAGNOSIS OF DEPRESSION (48%)

VERMONTERS ARE DYING BY SUICIDE AT A RATE MORE THAN **35% HIGHER** THAN NATIONAL AVERAGE

AMONG VERMONT TEENS  
**1 IN 4** HIGH SCHOOL STUDENTS FEEL SAD OR HOPELESS  
**1 IN 10** MADE A SUICIDE PLAN **1 IN 20** ATTEMPTED SUICIDE

SUICIDE COST VERMONT A TOTAL OF **\$117,583,000** OF COMBINED LIFETIME MEDICAL AND WORK LOSS IN 2010, OR AN AVERAGE OF **\$1,109,277** PER SUICIDE DEATH

IN 2018, THE AGE ADJUSTED SUICIDE RATE WAS **13.5 PER 100,000** AND IN VERMONT IT WAS **18.8 PER 100,000**

### Intentional Self-Harm and Death by Suicide:

- In 2017, Vermont's intentional self-harm and suicide rates were significantly higher than the U.S.
- Over the past decade, intentional self-harm rates have significantly increased while death by suicide rates have not significantly changed.
- Hospital visits for intentional self-harm in youth and young adults are increasing.

## Firearm Storage Safety:



**43%**

OF ALL VERMONT HOUSEHOLDS STORE FIREARMS IN OR AROUND THE HOME



**17%**

OF HOUSEHOLDS WITH FIREARMS IN THE HOME KEEP A FIREARM LOADED



**65%**

OF HOUSEHOLDS WITH A LOADED FIREARM IN THE HOME KEEP IT UNLOCKED

**3 IN 5** INTENTIONAL SELF-HARM HOSPITAL VISITS ARE DUE TO POISONINGS

**3 IN 5** DEATHS BY SUICIDE ARE DUE TO FIREARMS

Source: Vermont Vital Statistics, 2016-2017. Vermont Uniform Hospital Discharge Data System, 2016-2017

## Veterans and Suicide:

**6,139** VETERANS DIED BY SUICIDE IN 2017 IN THE U.S.

THE NUMBER OF VETERAN SUICIDES HAS EXCEEDED 6,000 EACH YEAR FROM 2008-2017

**70.7%** OF MALE VETERAN SUICIDE DEATHS WERE BY FIREARMS IN 2017

**43.2%** OF FEMALE VETERAN SUICIDE DEATHS WERE BY FIREARMS IN 2017

VETERANS WHO DIE BY SUICIDE ARE **11 TIMES MORE LIKELY** TO BE **OLDER THAN 60 YEARS** AND **DIE BY FIREARM**

Source: Vermont Violent Death Reporting System (VTVDRS)

## Noted Risk Factors:

In Vermont, a 2015-2016 Vermont National Violent Death Reporting System (NVDRS) study reported:

**59%** OF THOSE WHO DIED BY SUICIDE NEVER RECEIVED A MENTAL HEALTH DIAGNOSIS

**48%** EXPERIENCED DEPRESSION

**32%** WERE CURRENTLY ENROLLED IN MENTAL HEALTH TREATMENT

**23%** HAD A PHYSICAL HEALTH PROBLEM

**20%** HAD A SUBSTANCE USE ISSUE

**16%** HAD A PREVIOUS SUICIDE ATTEMPT

In Vermont, there are several target populations to focus on for suicide prevention including teens and young adults, middle-aged and older Vermonters, LGBTQ persons, New Americans, and persons of color.

## Creating Prevention Prepared Schools and Communities:

**906 PEOPLE** were trained in Suicide Prevention by Vermont Suicide Prevention Center in 2019

**135 SCHOOLS** participated in suicide prevention, postvention and implementation of Lifelines curriculum grades 7-12



*Umatter: You may need help. You may provide help.*

**Umatter for Schools,  
Communities and  
Training of Trainers**  
**251 PARTICIPANTS**

**Umatter Youth and  
Young Adults (YJA)**  
**5 EVENTS**  
**272 PARTICIPANTS**

### **Umatter Youth and Young Adults Programs Community Action Projects:**

- Workshop on Reducing Stress
- Yellow Tulip Project - Reducing Stigma Around Mental Illness
- Mental Health Awareness Week
- Anxiety Management Awareness Campaign
- Workshops on Handling Stress, Body Image, and Knowing How to Help a Friend
- Community Forum on Substance Use and Suicide Prevention
- Workshops on Vaping, Anger and Stress Management, How to Help a Friend

### **What people are saying about Umatter:**

*"Thank you for putting on this training. It has been so helpful so far to think about language to use with students as well as adults around suicide and ideation, threats and attempts."*



## Zero Suicide: Creating Suicide Safe Pathways to Care

Evidence-based set of clinical practices and organizational policies and procedures creating suicide care pathways in health care. Provided leadership and clinical training for 24 healthcare organizations including BCBS of VT, OneCare VT, VTBlueprint for Health, UVM Medical Center and VT independent providers.

### 2019 Zero Suicide Trainings

**5 EVENTS 280 PARTICIPANTS**

### Zero Suicide Pilot Sites:

**225** CLINICIANS trained in Collaborative Assessment and Management of Suicidality (CAMS)

**160** CLINICIANS trained in Counseling on Access to Lethal Means (CALM)

Three Zero Suicide Pilot Sites conducted Organizational Self-Assessments and Workforce Development Surveys, established priority areas and outcome measures. For more information see: [Vermont Zero Suicide Pilot Project Lessons Learned 2016-2019](#)

### Public Information and Outreach:

2019 Suicide Prevention Day at the Vermont State House  
**105 PARTICIPANTS**



VTSPC Website  
**21,476** PAGE VIEWS  
**10,322** USERS  
**92.1%** NEW VISITORS



Vermont Crisis Text Line Website  
**3,374** PAGE VIEWS  
**2,368** USERS  
**91.1%** NEW VISITORS



VTSPC Facebook Page  
**790** "LIKES"

For more information contact [info@healthandlearning.org](mailto:info@healthandlearning.org)  
[vtspc.org](http://vtspc.org) | [vtcrisistextline.org](http://vtcrisistextline.org) | [youmatteryoucangethelp.org](http://youmatteryoucangethelp.org)