



MONITORING SUICIDAL THOUGHTS AND ACTIONS IN ALLEGAN COUNTY

Allegan County Suicide Prevention Coalition

ABSTRACT

A presentation of data gathered and analyzed by the Allegan County Suicide Prevention Coalition related to suicidal thoughts and actions in Allegan County during 2015.

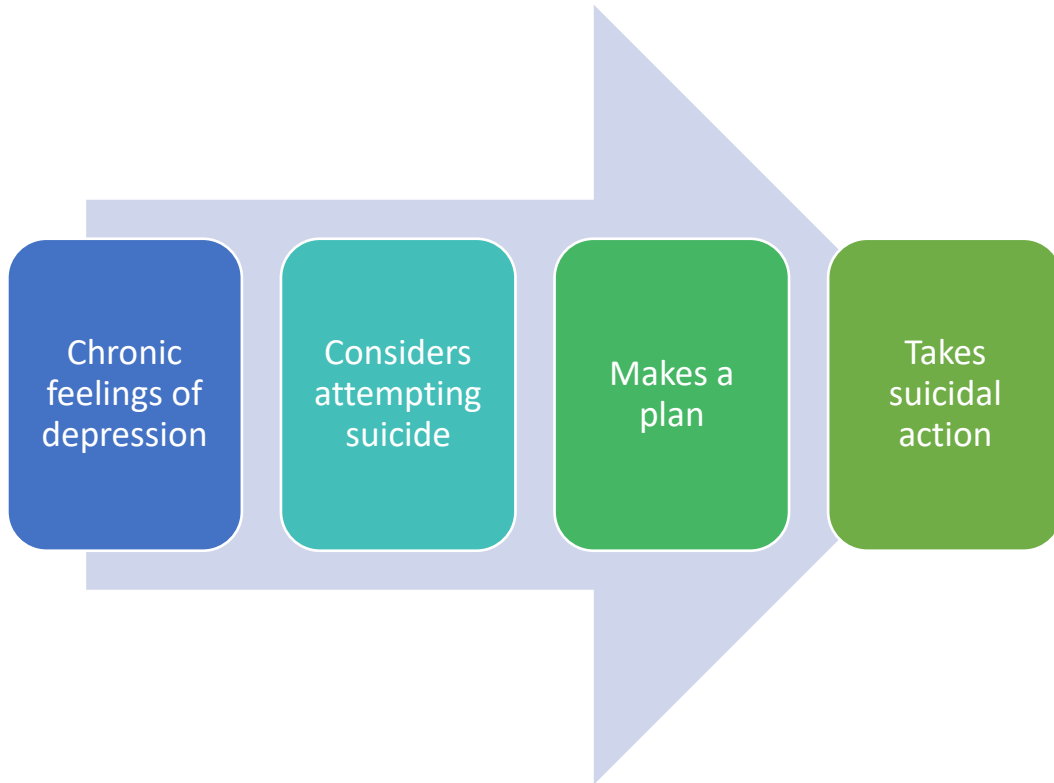
This report was prepared by:

ReFocus,
L.L.C.

Suicide Prevention Data 2015

Suicidal thoughts and actions among Allegan youth (MiPHY Survey Results)

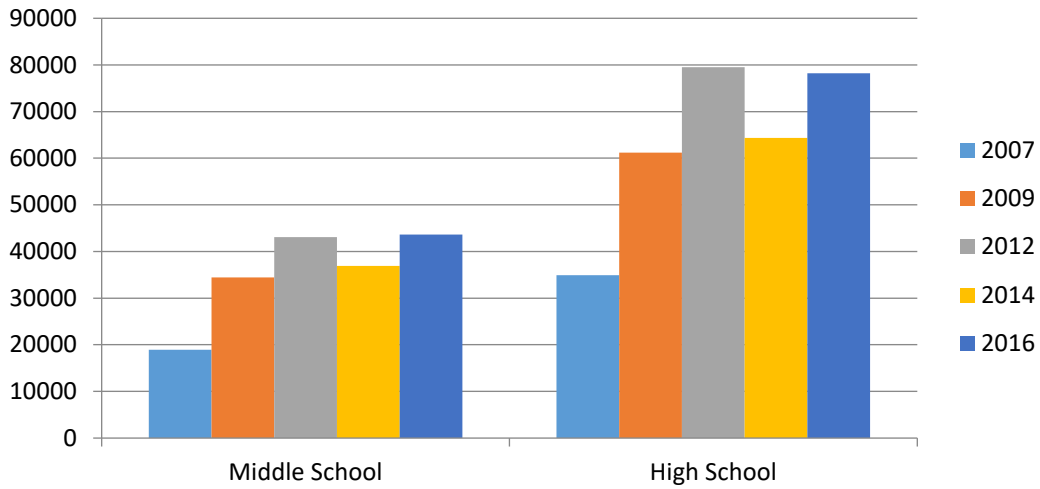
The Allegan County Suicide Prevention Coalition utilizes portions of the biennial Michigan Profile for Healthy Youth (MiPHY) as a way to monitor the degree to which feelings of depression may lead to negative actions against oneself among the County's middle and high school students. The MiPHY is a survey administered online to students in seventh, ninth, and eleventh grade in school districts volunteering to participate in the survey. Countywide results are published by the State of Michigan. Survey questions cover a wide range of risk and protective factors, including substance use, bullying, connection to community, sexual behavior, health, and suicidal ideation. The charts presented below show Allegan County results compared to results in the State of Michigan in aggregate on the MiPHY questions related to suicidal ideation and action. They assume a progression of self-harmful thinking and action, beginning with questions about depression progressing toward questions about taking suicidal action. It should be remembered when reviewing these data that the MiPHY results are based upon students' self-report. This information should be considered as indicators of perception among student respondents rather than as factual information (e.g. the percent of students *reporting* having attempted suicide rather than the percent of students having attempted suicide).



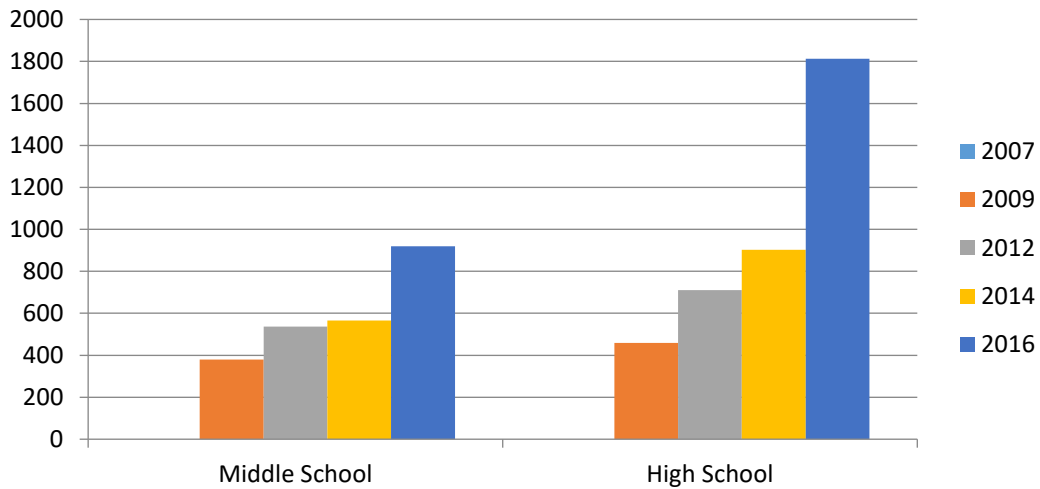
Compared to the State of Michigan in aggregate, where the count of Middle and High School students completing the MiPHY survey increased in 2016 from 2014 but is consistent with 2012 numbers, the count of Allegan County students completing the MiPHY increased substantially in 2016 and has shown substantial increases each year since the MiPHY administration began in Allegan County. A total of 2,732 Allegan County Middle and High School students participated in the MiPHY in 2016.

Suicide Prevention Data 2015

Count of Youth Participating in MiPHY Survey (by year) - Michigan

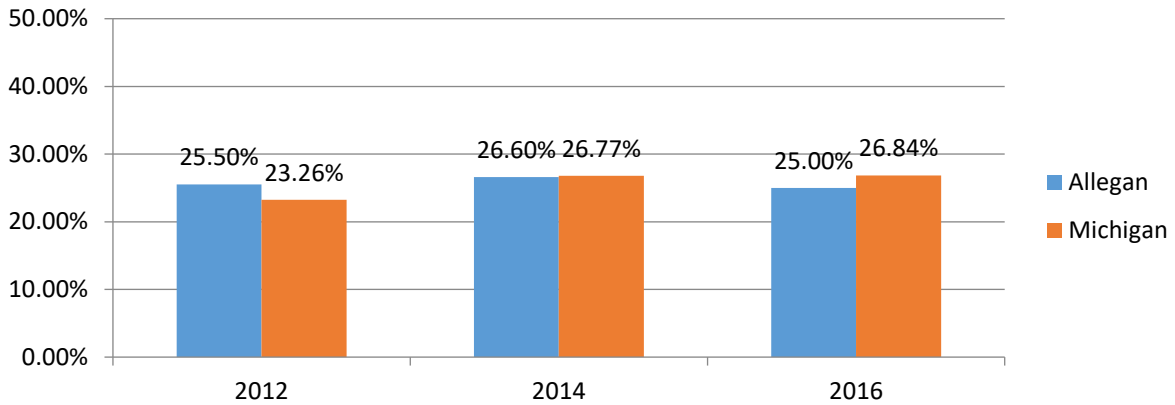


Count of Youth Participating in MiPHY Survey (by year) - Allegan

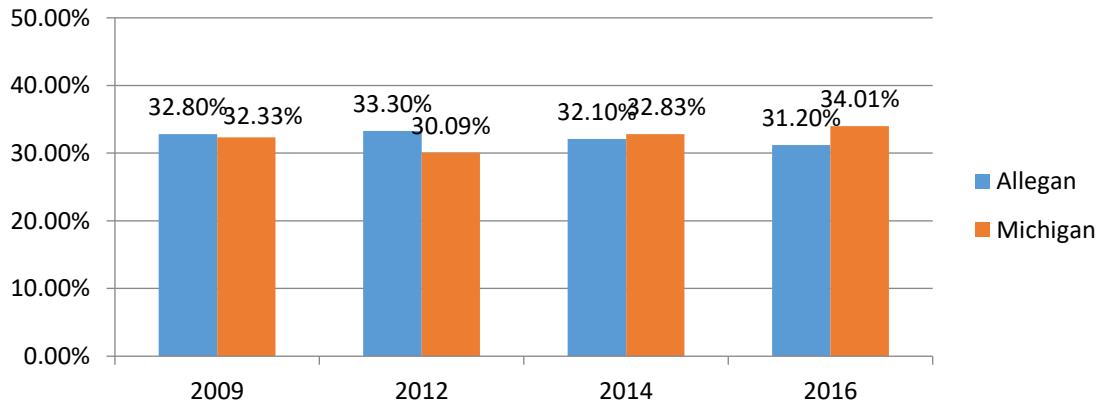


Suicide Prevention Data 2015

MS: % of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months

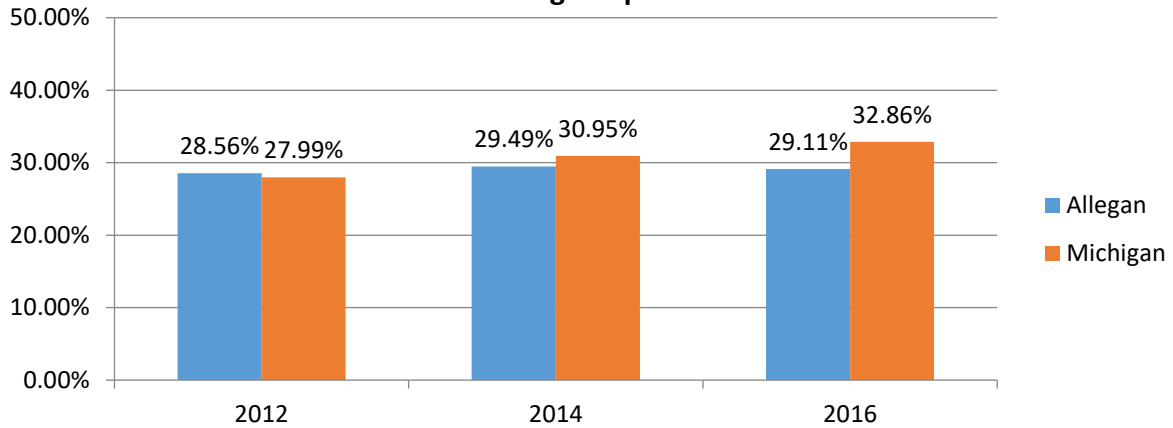


HS % of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months

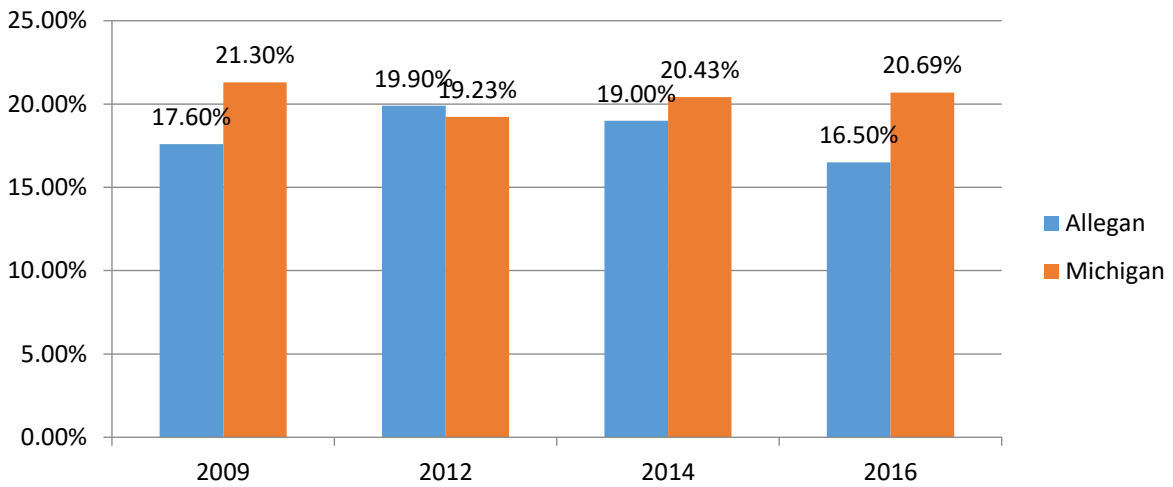


Suicide Prevention Data 2015

Total % of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months

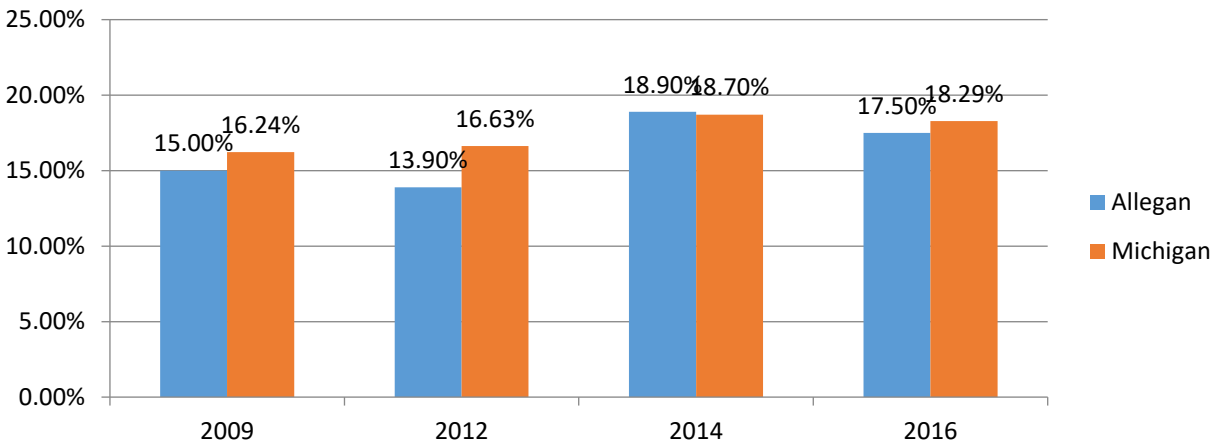


MS % of students who ever seriously considered attempting suicide

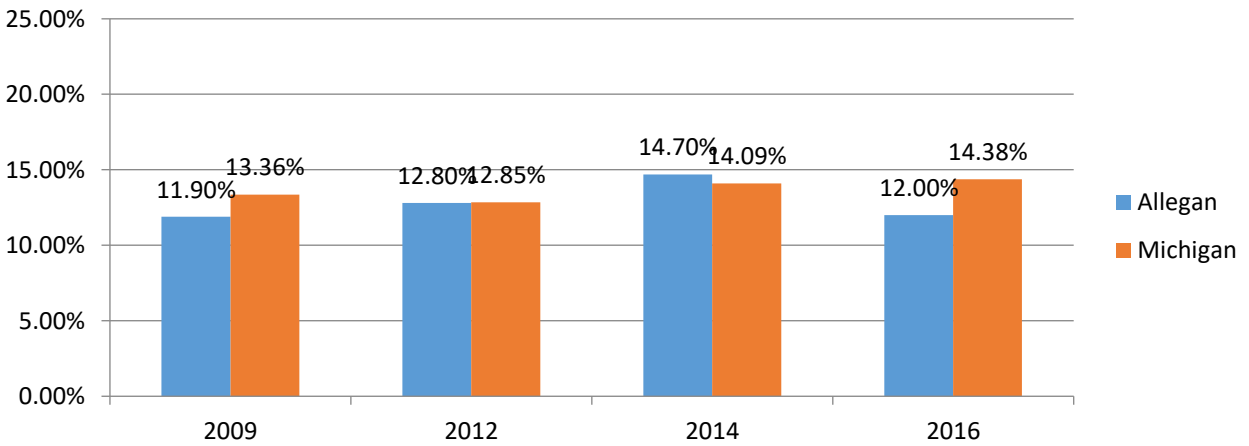


Suicide Prevention Data 2015

HS % of students who seriously considered attempting suicide during the past 12 months

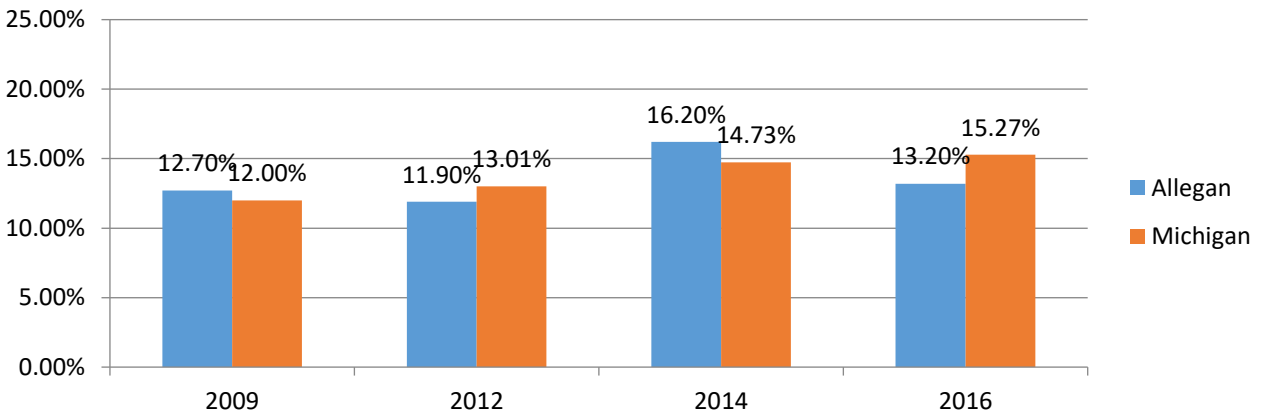


MS % of students who ever made a plan about how they would attempt suicide

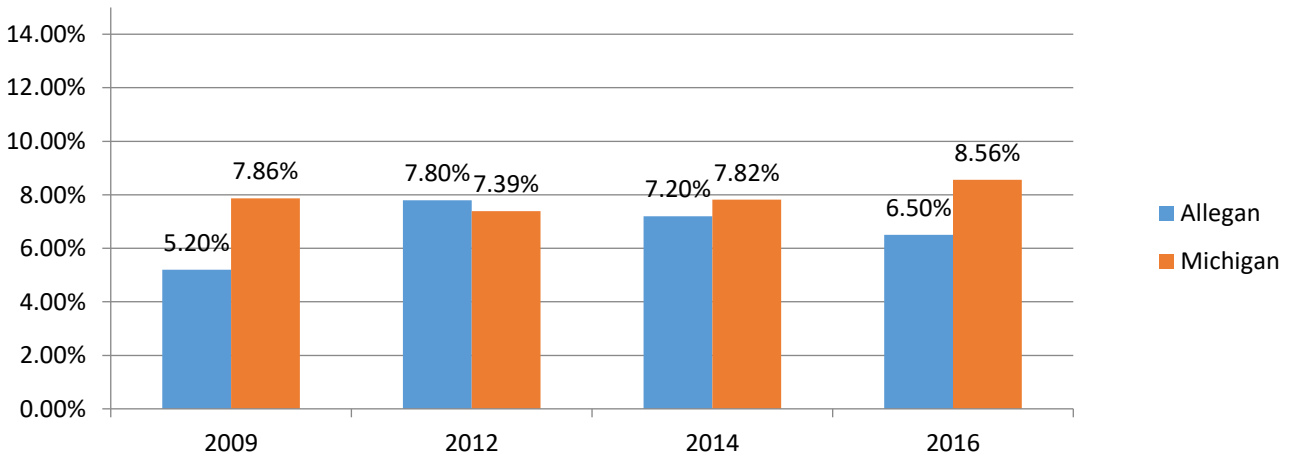


Suicide Prevention Data 2015

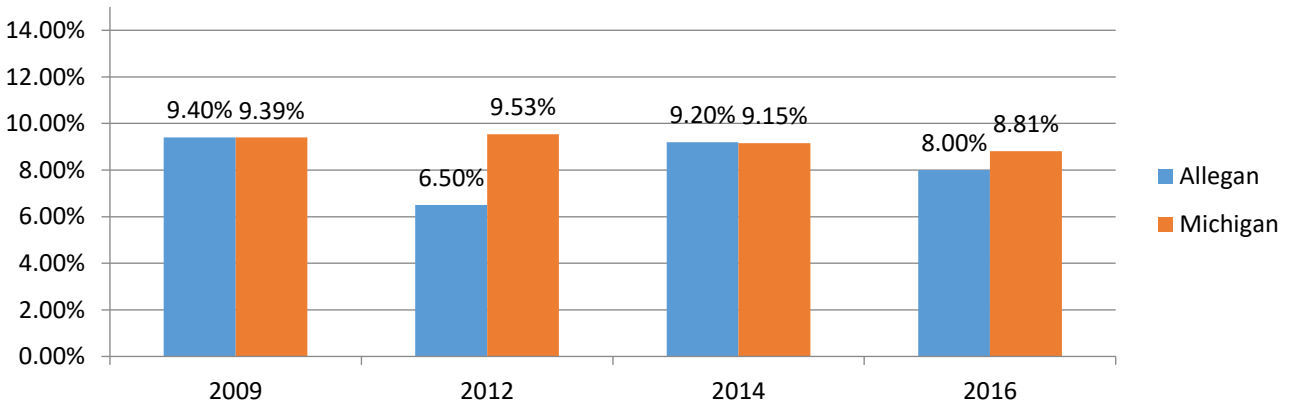
HS % of students who made a plan about how they would attempt suicide during the past 12 months



MS % of students who ever tried to kill themselves

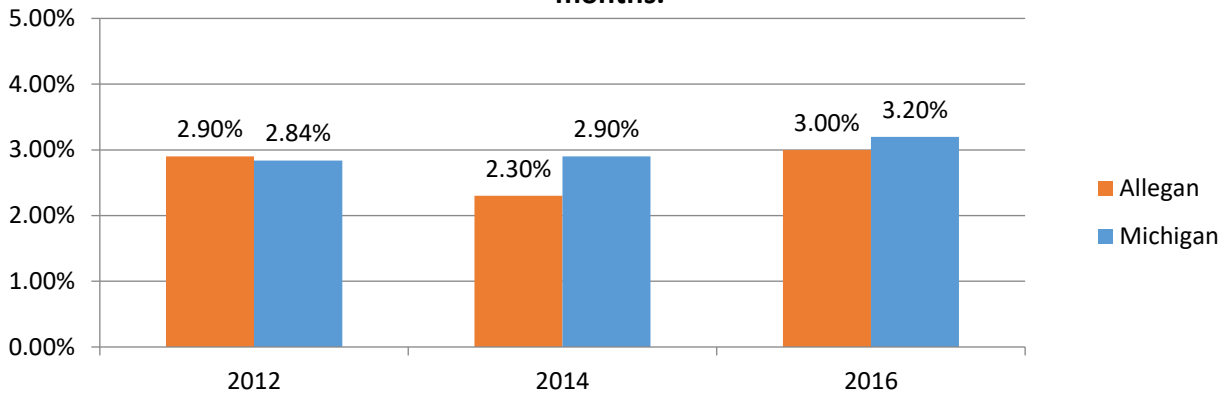


HS % of students who actually attempted suicide one or more times during the past 12 months

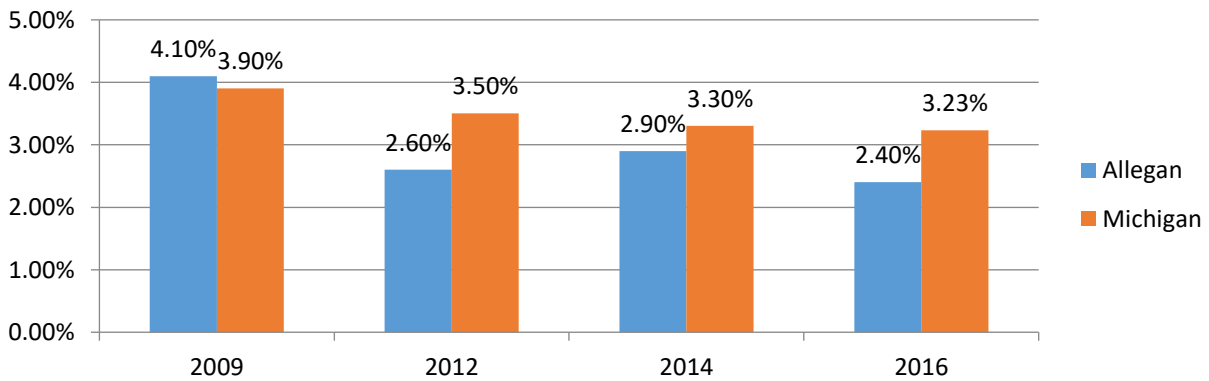


Suicide Prevention Data 2015

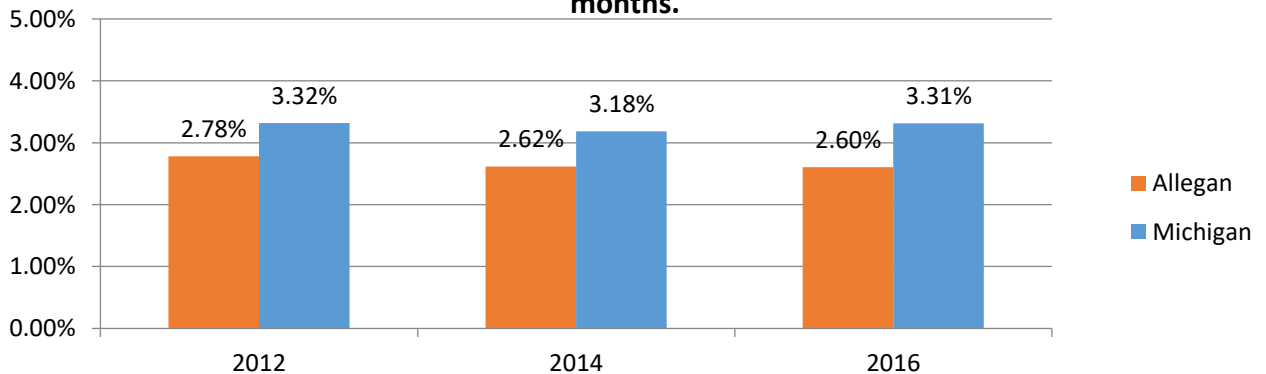
MS % of students whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the past 12 months.



HS % of students whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the past 12 months.



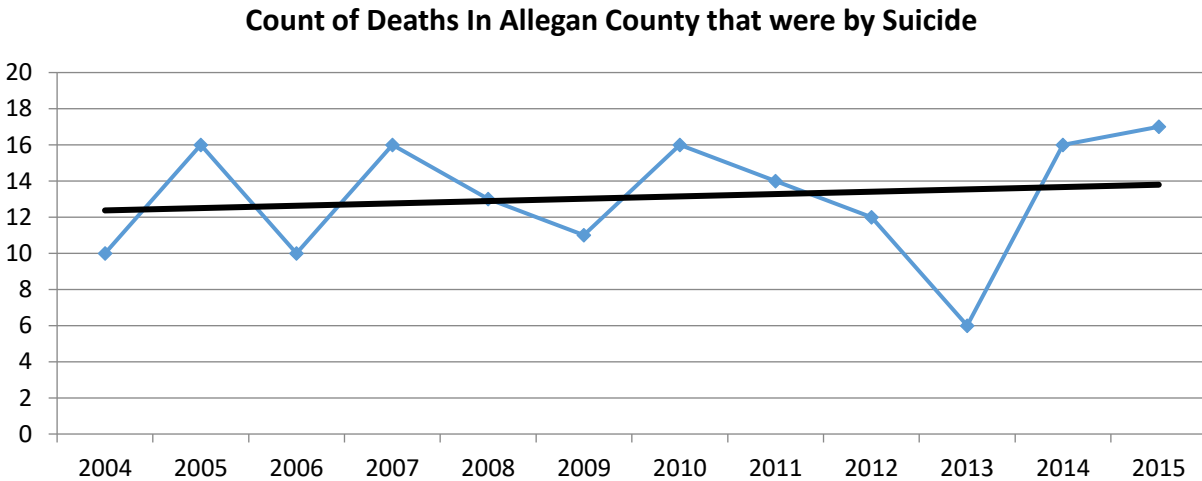
Total % of students whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the past 12 months.



Suicide Prevention Data 2015

Suicide completions in Allegan County

There were **17** deaths by suicide in Allegan County in 2015.¹ This represents a continued, noteworthy increase in the number of deaths by suicide in Allegan County over 2013 totals. The chart below displays the trend of suicides in Allegan County over the last 12 years. It shows that between 2010 and 2013 the count of deaths decreased each year and that the count of suicides in 2013 was the lowest since 2004. The chart also shows that the number of suicides in Allegan County between 2004 and 2015 is trending upward with the count of suicides in 2015 being higher than any previous year since the Suicide Prevention Coalition's measurement began. The average number of suicides per year in Allegan County between 2004 and 2015 is 13.08.

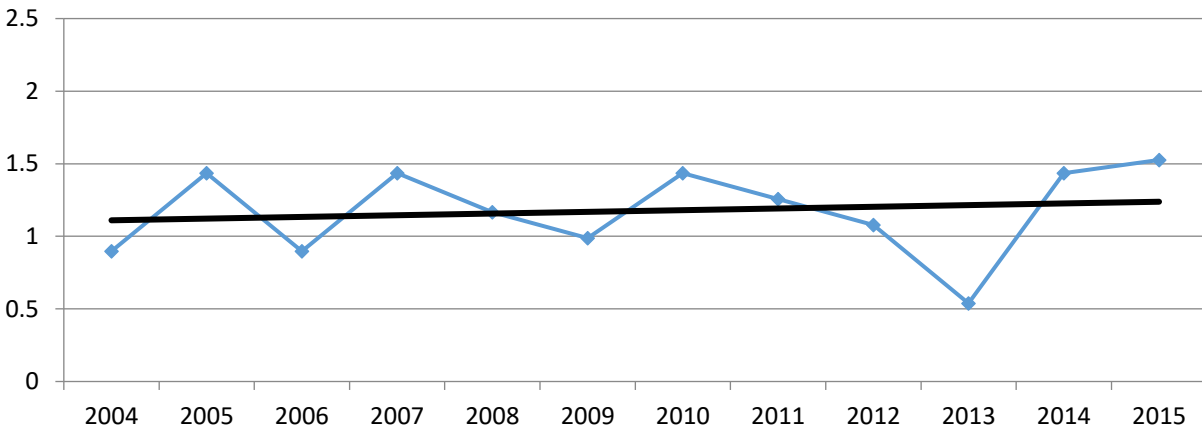


The chart below displays this same information, but the number of suicides in Allegan County is expressed as a ratio of Allegan County residents. It shows that there were 1.53 suicides in Allegan County per 10,000 residents in 2015. This is a slight increase from the ratio of 1.44 in 2014.

¹ Suicide data was provided to the Allegan County Suicide Prevention Coalition by the Medical Examiner's Office.

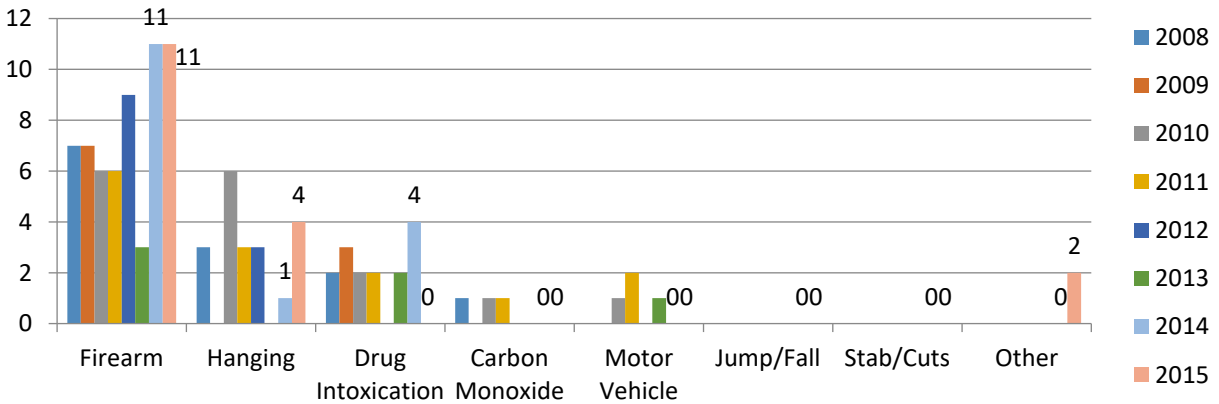
Suicide Prevention Data 2015

Suicides per 10,000 Allegan Residents



The chart below displays suicides in Allegan County by year between 2008 and 2015 by means used. It shows the count of suicides by firearm in 2015 is consistent with the count of suicides by firearm in 2014, which was a significant increase in the use of firearms from previous years. Eleven out of seventeen (64.71% of suicides) were by use of a firearm last year. There was also an increase in the number of suicides in 2015 by hanging, although the numbers each year under this category are small (less than six each year since the Suicide Prevention Coalition has begun gathering data). The count of suicides by drug intoxication decreased to zero in 2015 (from a high of four in 2014).

Means Used for Allegan Suicides

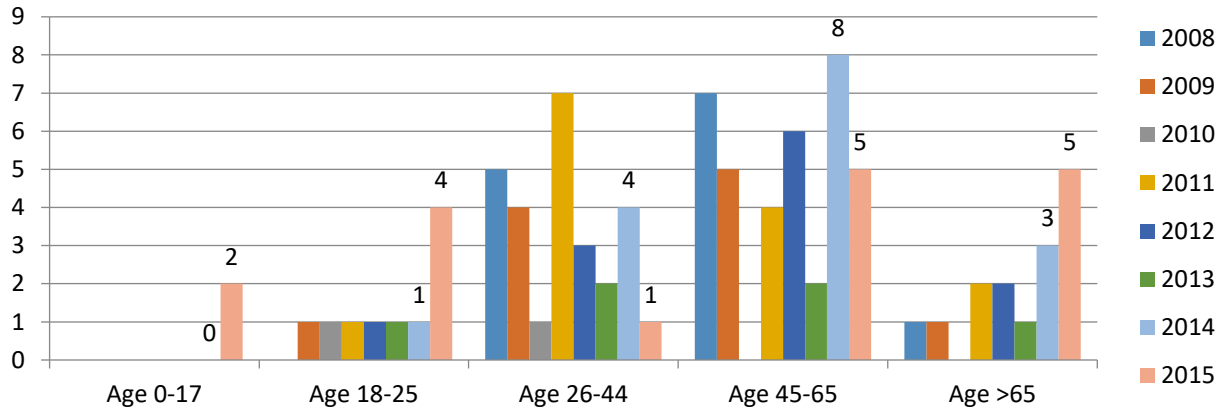


The chart below displays the count of suicides in Allegan County by age grouping. It shows that in 2015 two persons under the age of 18 completed suicide (both of these children were age 14, one male and one female. Both died by hanging). That, combined with the significant increase in the number of persons between ages 18 and 25 that completed suicide over all previous years that data has been collected, suggests a shift in suicidal behaviors toward persons of younger ages. The number of persons over age 45 that completed suicide did not significantly shift during 2015 from previous results;

Suicide Prevention Data 2015

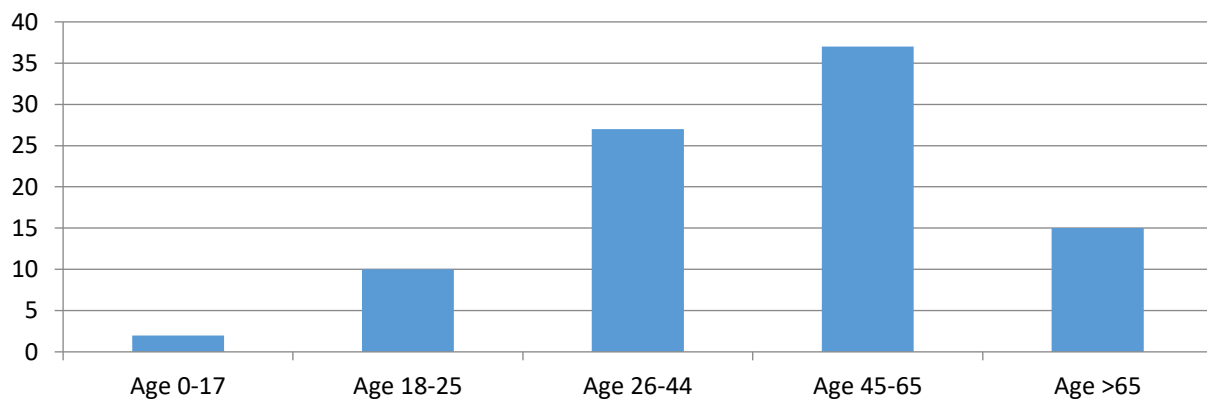
however, the increase in younger persons should be monitored in future years. More than thirty-five percent (35.29%) of suicides in Allegan County in 2015 were completed by persons younger than age 26; Nearly fifty-nine percent (58.82%) of 2015 suicides were by people between the ages of 45 and 65.

Counts of Allegan Suicides by Age Grouping



It should be noted while viewing this information that there appear to be no suicide trends by age grouping. Summing all suicides over the last eight years by age grouping, the graph below displays that the highest count of suicides was among persons between the ages of 45 and 65, followed by persons between the ages of 26 and 44. This is consistent with the same analysis completed in 2014.

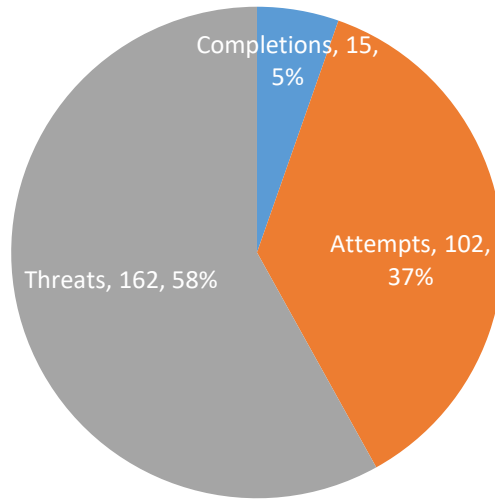
Count of Persons completing suicide by Age Grouping over past eight years



Suicide Prevention Data 2015

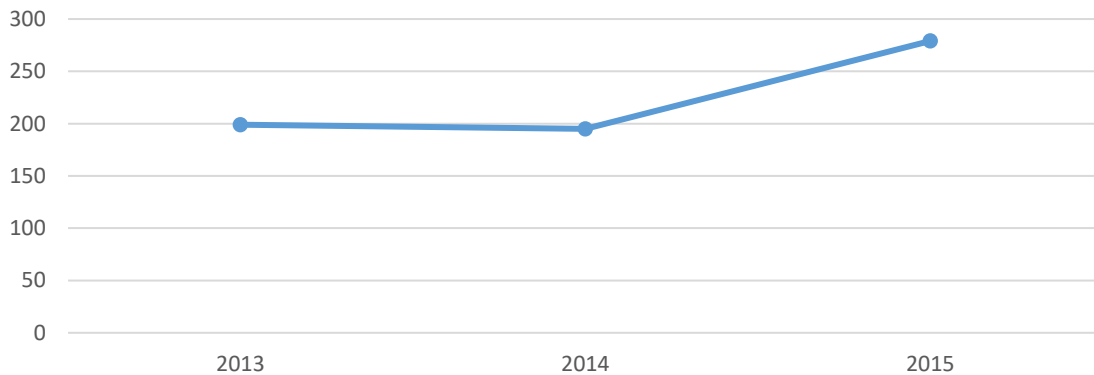
Allegan County Police Data

Suicide Related Police Calls 2015



Police responded to 279 suicide related calls during 2015. Forty-two percent of those were responding to suicide attempts or completions. The graph below shows that there was a significant increase in suicide related police calls in 2015 compared to the previous two years. The count of suicide related police calls in 2015 was a 43% increase over the count of call in 2014. It should also be noted that, based on the police data collected, these events were often drug and/or alcohol involved.

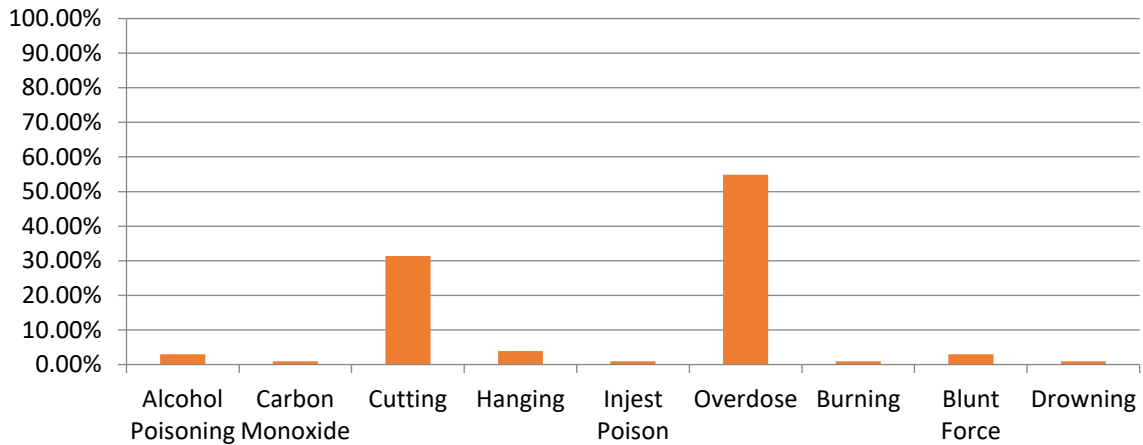
Total Count of Suicide Related Police Calls by Year



This finding is supported by the graph below, which displays suicide attempts by method. It shows that nearly fifty-five percent (54.9%) of attempts were by attempted overdose. An additional ten attempts were by means other than overdose, but drugs and/or alcohol was involved in the event. Thus, nearly sixty-five percent (64.7%) of suicide attempts reported by police were drug and/or alcohol involved.

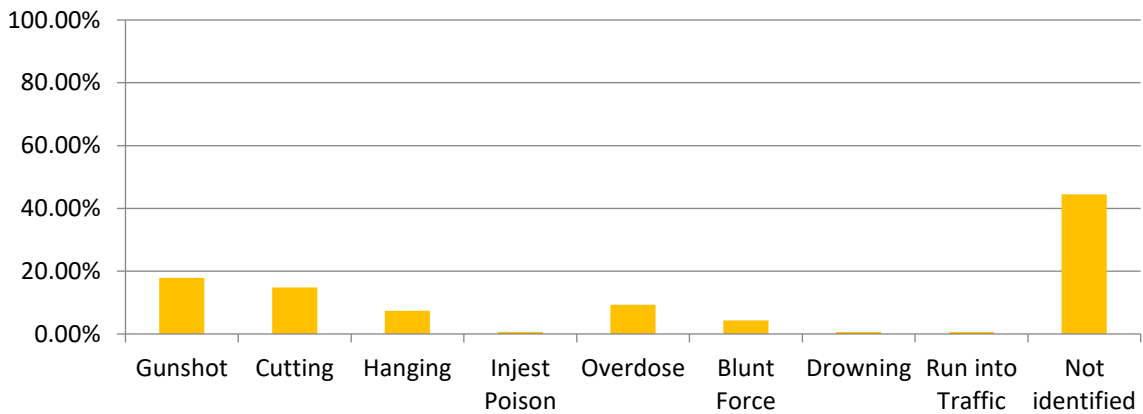
Suicide Prevention Data 2015

Suicide Attempts by Method



The graph below displays police calls related to threats of suicide by means. It does not show any noteworthy trends with the exception that more than forty-four percent (44.4%) of the suicide threats responded to did not indicate a means.

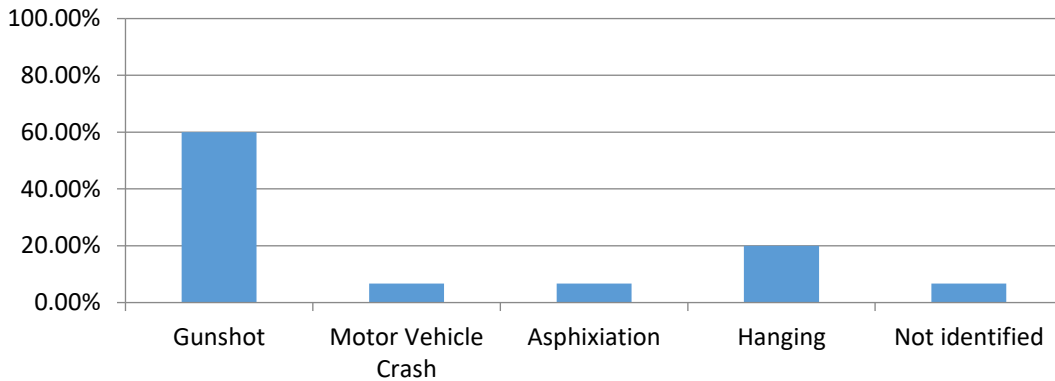
Suicide Threats by Method



Of the 15 completions that involved police in 2015, seven (46.7%) were reported by the Allegan County Sheriff’s Department and eight (53.3%) were reported by the Michigan State Police. Fourteen (93%) were completed by males and one (7%) by a female.

Suicide Prevention Data 2015

Police Involved Suicide Completions by Method



Suicides by Location: Nine suicides (all male) were completed by means of a gun and three (two males and one female) through hanging. As the map below displays, there were two noteworthy trends of completion by location. First, three out of the fifteen suicides (20%) were completed in Casco Township. Second two out of the fifteen suicides (13.3%) were completed within the Village of Hopkins.

★ = 2015 Completion



Suicide Prevention Data 2015

Threats, Attempts and Completions by Method: It is interesting to note the differences between the suicide completions reported and the suicide threats and attempts reported by police for the same period. The highest percentage of threats and attempts by means reported by police are cutting/stabbing (21.2%) and overdose (26.9%). These high percentages are consistent with 2014 results.

2015	Threat/Ideation	Attempt	Completion
Asphyxiation	0	0	1
Alcohol Poisoning	0	3	0
Blunt Force	7	3	0
Carbon Monoxide	0	1	0
Cutting or Stabbing	24	32	0
Drowning	1	1	0
Fire/Burning	0	1	0
Hanging	12	4	3
Overdose	15	56	0
Poisoning	1	1	0
Shooting	29	0	9
Unknown or Not Applicable	72	0	1
Vehicular Impact	1	0	1

Drugs/Alcohol Involvement: It should be noted that out of the 264 police calls for suicide attempts and threats reported, 115 (43.56%) involved drug and/or alcohol use either as a means or as a complicating factor. Among these, 73 (63.5%) attempts or threats identified the substance as the means

- 53 involved alcohol (with or without other drugs present) (46.1%)
- 59 involved prescription or over-the-counter medications (with or without alcohol use) (51.3%)
- 11 involved some other drug (licit or illicit), including methamphetamine and marijuana. (9.6%)

School Data – Allegan Area Educational Service Agency (AAESA) Districts’ Student Suicide Related Contacts – School Year 2014-2015

Seven School Buildings in five school districts reported 40 suicide related contacts during the 2014-2015 school year. This level of reporting is consistent with the level of reporting completed in the 2013-2014 school year. The chart below displays this count broken down by grade level.

Grade Level	Count
Elementary School	0
Middle School	11
High School	29

Suicide Prevention Data 2015

Reason for Referral: the chart below displays the percentage of students referred by reason(s) for referral. Students that were referred due to multiple reasons are counted (in the 2014-2015 data) for each reason listed. The percentage of students referred because they showed signs of depression supports the MiPHY data presented at the beginning of this dataset. Nearly sixty-three percent of referrals were due to a direct threat of suicide. Among those students, sixty percent (15 out of 25) were referred to Community Mental Health and/or an Emergency room.

Reason	Percent of Referrals 2013-2014	Percent of Referrals 2014-2015
Signs of Depression	31.9%	42.5%
Direct Threat	26.4%	62.5%
Indirect Threat	18.1%	30%
Self-Injurious Behavior	13.9%	25%
Change in Behavior/Mood	6.9%	20%
Previous Attempt	2.8%	25%
Stressors	0%	32.5%
Drug/Alcohol Abuse	0%	5%