

## Pima County Suicide Prevention Task Force

### Minutes

#### Logistics

Time:	3:00 PM – 4:00 PM
Date:	January 31, 2023
Invitees:	Pima County Collaborative Partners
Attendees:	<p><b>Julie Mack</b>, Arizona Complete Health  <b>Arisia Lee</b>, Pima County Health Department  <b>Gina Gillis</b>, American Foundation for Suicide  <b>Erin Gibson</b>, Pima County Sheriff's Department  <b>Franz Rischard</b>, UA Pulmonary and Critical Care; TOMF sub-committee lead on substance use &amp; mental health  <b>Mayra Jeffery</b>, Pima County Health Department  <b>Chad Myler</b>, UA Life &amp; Work Connections  <b>Dedra Clark-McGee</b>, Pima County Health Department  <b>Hollie Watson-Smith</b>, Pima County Health Department  <b>Mark Person</b>, Pima County Health Department  <b>Elizabeth Stamm</b>, Pima County Health Department  <b>Julia Chavez</b>, Arizona Complete Health, Tribal Programs Specialist  <b>Morgan Hines</b>, Teen Lifeline  <b>Dorelle Dushime</b>, Pima County Health Department  <b>Ernestina Limon</b>,  <b>Marta Peralta</b>, We Embrace Life Suicide Prevention Team, Pascua Yaqui Tribe  <b>Cindy Ruich</b>, Director of Student &amp; Family Support Services, Marana Unified School District  <b>Chrissy Lieberman</b>, UA Assoc. Dean of Students Student Assistance &amp; Accountability  <b>Jennifer Kent</b>, RN Banner Health  <b>Karen Ring</b>, Pima Council on Aging  <b>Monica Rivera</b>  <b>Katie Wilkinson</b></p>
Meeting Purpose:	Overview / Purpose of Task Force
Location:	ZOOM Meeting

## Agenda

Item #	Description	Presenter
1	<b><u>INTRODUCTIONS</u></b> <ul style="list-style-type: none"><li>• New Members</li><li>• Participants signed in using Chat Box</li><li>• Meeting Purpose</li></ul>	All
2	<b><u>MEETING PURPOSE</u></b> <p>Meetings will be quarterly</p> <p>Goal – Look at what’s happening in Pima County. Offer Postvention services.</p> <p>History: Rex Scott approached Julie’s supervisor to see what’s going on in Pima County and initiated beginning this group.</p>	Julie Mack
3	<b><u>AGENCY UPDATES</u></b> <b>Pima County Health Department (PCHD) Annual Work Plan Review</b> <p>Increase prevention and postvention knowledge and services were identified as the two Task Force Goals.</p> <p>Arisa shared the most recent iteration of work plan and asked for group input on items. Feel free to email her between our meetings if you have activities or programs to share. <a href="mailto:Arisia.Lee@pima.gov">Arisia.Lee@pima.gov</a></p> <p><b>Link to Action Plan:</b></p>	Arisia Lee PCHD (Healthy Pima) and group



3 cont.	<p><b>Arizona Complete Health</b></p> <ul style="list-style-type: none"> <li>• AZ Complete Health has funds to take the QPR self- class and would pay for the course to become a trainer for QPR. Offering a spot for a TOT to become an instructor for Question Persuade and Refer.</li> <li>• Weekly Spark publication specific to issue s about suicide.</li> </ul> <p><b>Pima County Health Department</b></p> <ul style="list-style-type: none"> <li>• Recommendation: increasing membership</li> <li>• Next meeting: presentation from the Suicide Mortality Review Board for 15 mins.</li> </ul> <p><b>Pima County Sheriff's Department</b></p> <ul style="list-style-type: none"> <li>• Recommendation: Have a guest speaker. Someone who has been affected by suicide.</li> <li>• Let the group know what should have been in play, what worked, and what resources would have been helpful.</li> <li>• Gina has someone who can speak at the July meeting.</li> </ul> <p><b>Pascua Yaqui</b> is conducting a TOT for a NAMI program on postvention.</p>	<p>Julie Mack</p> <p>Mark Person</p> <p>Erin Gibson</p> <p>Marta Peralta</p>
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**PIMA COUNTY HEALTH DEPARTMENT SUICIDE TRENDS**

Data Updates  
High Level Overview

\*See end of document for graphs

**Aggregate Totals of Suicides since 2017**

2017: 223

2018: 221

2019: 253

2020: 225

2021: 220

2022: 244 (preliminary number, will go up because there is a data lag. Expectation is that it will be similar to 2019.

**Highlights of 2022**

**Suicides by Month**

- Trend: small shifts between the months low to mid 20's
- Holidays: it is thought that they drive up suicides, but the data tends not to show this. There historically is not a big surge. During 2022 in November and December, the data shows similar numbers to the months with the lowest numbers.
- Trends have shown that seasonal suicide ideation is affected by the school year.

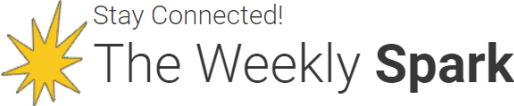

**Suicides by Method**

- Firearms predominate (are always number one), next are hangings and overdoses. Hangings and overdoses frequent flip flop.

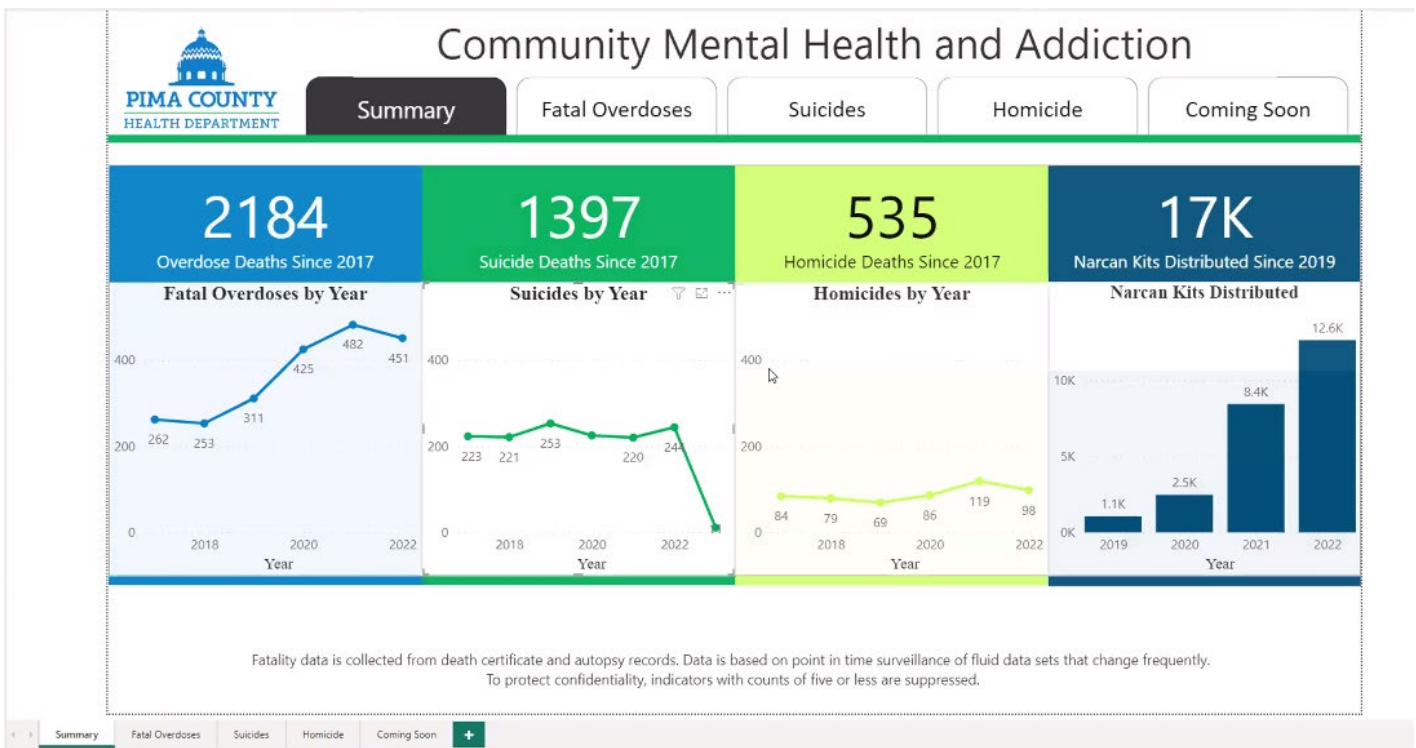
**Suicides by Age Group**

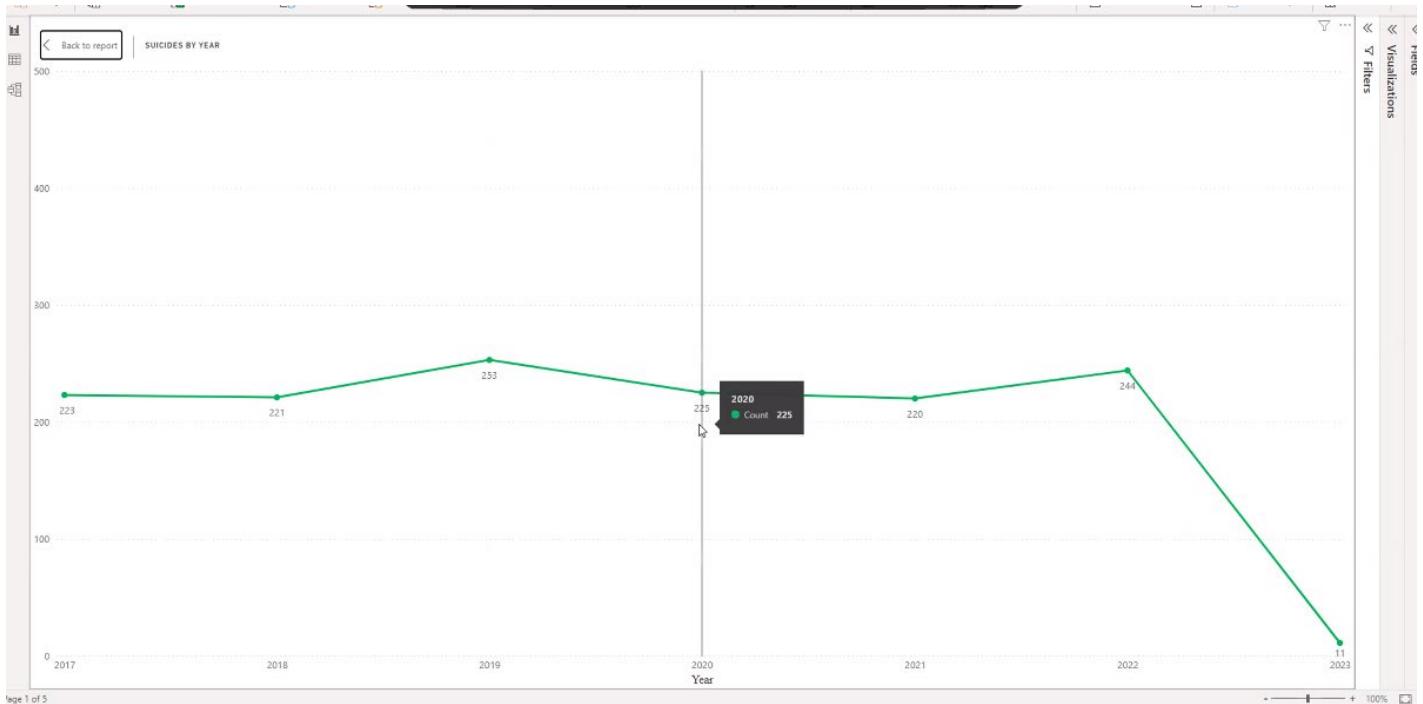
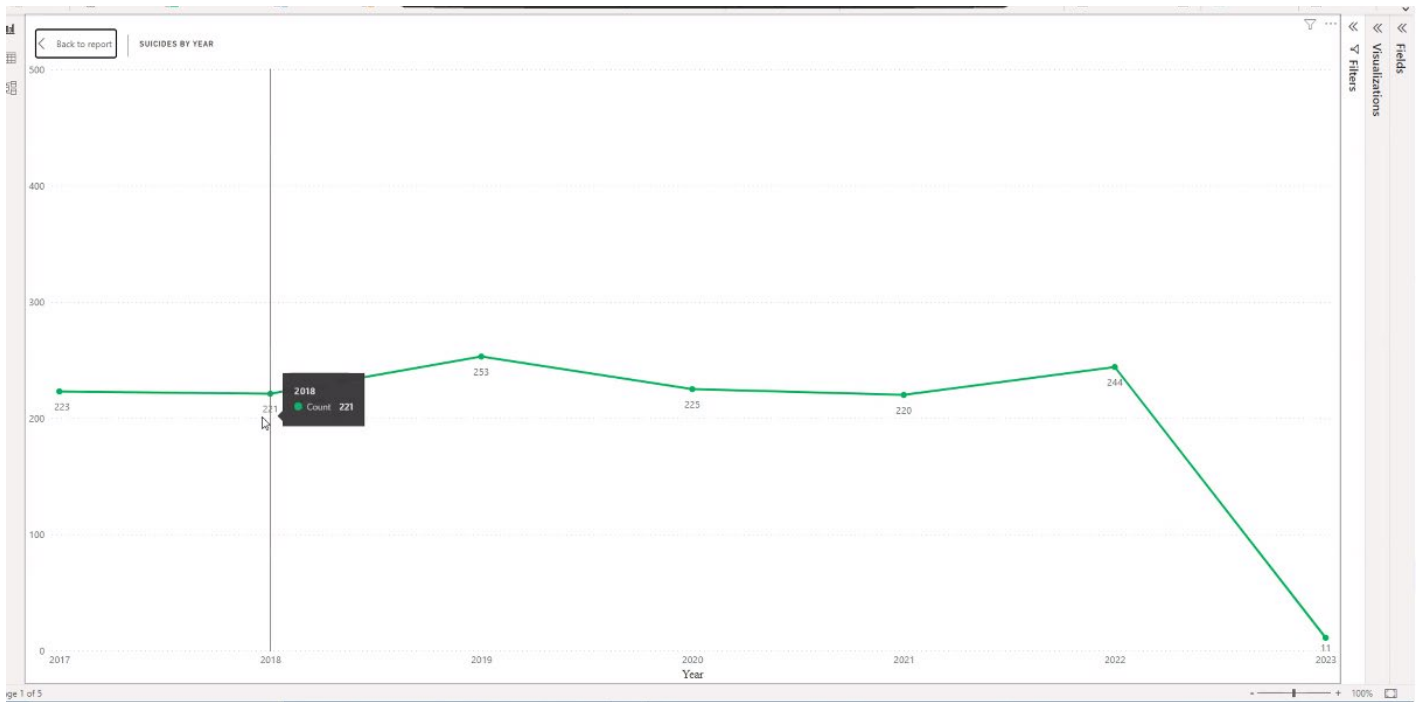
- The data will not show ages below 13 because the numbers are low and it would be too easy to identify the person.
- 20–29-year-olds are the highest age group with a 45 completed suicides.
- 70–79-year-olds have 42 completed suicides.
- There are spikes in young adults and older adults.
- Risk factors for older adults include: disability, chronic disease, pain, cancer. Quality of life becomes a factor for this population. In some cases it is an end of life stge decision.
- Arizona does not have a dignity in death law. Some people in their 90's are just ready, even if they do not have a chronic disease
- Folks int heir 20s have stress transitioning into adulthood. Stresses can include starting a career and having setbacks. This is a time when mental health issues are diagnosed.

Mark Person  
Hollie Watson-Smith

5 cont..	<p><b>Suicides by Vulnerability</b></p> <ul style="list-style-type: none"> <li>• Trends are pretty even across the board</li> <li>• Census tracts with more poverty = higher on the scale of vulnerability.</li> <li>• Oro Valley/Catalina Foothills = least socially vulnerable.</li> <li>• 1 = least socially vulnerable.</li> <li>• 4 = most socially vulnerable/poverty stricken.</li> <li>• Suicides are not impacted as much by social vulnerability.</li> </ul> <p><b>Suicides by Assigned Sex</b></p> <ul style="list-style-type: none"> <li>• Males are at about 80%</li> <li>• Females are at about 20%</li> </ul>	
5	<p><b><u>REMINDER</u></b></p> <p>Weekly Spark is a publication from the Suicide Prevention Resource Center out of OK Health Science Center. It has great articles about suicide-related topics. I encourage people to sign up.</p> <div style="text-align: center;">  <p>Stay Connected! The Weekly <b>Spark</b></p> <p>Sign up to stay connected and informed: <a href="https://bit.ly/3jpV1Fq">https://bit.ly/3jpV1Fq</a></p>  </div>	
6	<p><b><u>POTENTIAL SPEAKERS</u></b></p> <p>Person who has been impacted by suicide – what support did they receive; what was helpful and what was not helpful.</p> <p>A member of the Suicide Mortality Review Board (SMRB) to discuss purpose of group. This group could be a great support to our efforts.</p>	All

6	<p><b><u>NEXT STEPS/CLOSURE</u></b> - invite partnering agencies or personal connections that you feel would be an asset to this group. If you have an idea and don't have a connection, send the idea to Julie and she will make contact.</p> <p>Who is missing? Who still needs to be here?</p> <p><b>2023 schedule</b>  <b>Last Tuesday of the month quarterly 3:00 – 4:00</b>  - 1/31/23  - 4/25/23  - 7/25/23  - 10/31/23</p>	All
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# Community Mental Health and Addiction

Summary

Fatal Overdoses

**Suicides**

Homicide

Coming Soon

Select Year

2017

2018

2019

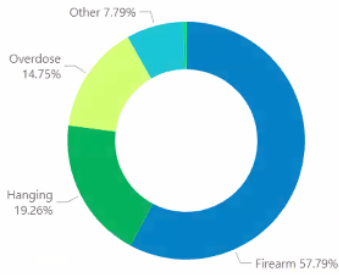
2020

2021

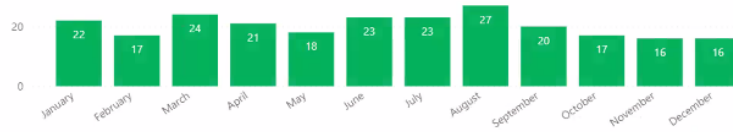
**2022**

2023

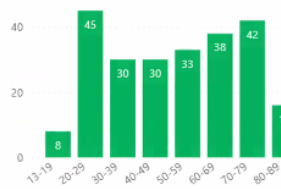
Suicides by Method



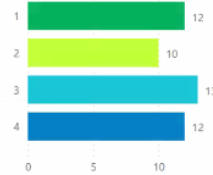
Suicides by Month



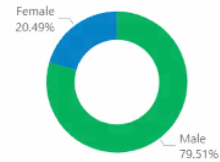
Suicides by Age Group



Suicides by Vulnerability



Suicides by Assigned Sex



To protect confidentiality, indicators with counts of five or less are suppressed, with exception of overall monthly counts. Fatality data is collected from death certificate and autopsy records. Data is based on point in time surveillance of fluid data sets that change frequently.