

# Mental Health Awareness Month

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NEVER LET  
a STUMBLE  
IN THE ROAD  
BE THE  
END OF YOUR  
JOURNEY

## Suicide Overview

Suicide is a serious problem in Wisconsin. Suicide is the 11<sup>th</sup> leading cause of death in the state, and the second leading cause of death due to injury. Over the last 10 years, the number of suicides each year continues to increase. Suicide and people thinking about suicide cause a lot of pain for communities, families, and individuals. For every death by suicide, there are more than 10 emergency department visits and hospitalizations for self-inflicted injury, and this does not include the number of people in Wisconsin who go to outpatient clinics or do not seek medical treatment following a suicide attempt.

Some populations and communities have a higher risk for suicide and suicide attempts. Men are at a greater risk of dying from suicide at all ages. The age group at greatest risk of suicide for both men and women is 45-54. Another age group with high rates of suicide is men 85 and older. Other groups at higher risk include non-Hispanic Whites, American Indians, people with low education attainment, veterans, divorced individuals, and those living in a northern and western region of Wisconsin. It is important, especially for those at greater risk of dying from suicide, that everyone can feel comfortable seeking help.

Teens have the highest rates of self-inflicted injuries. Among Wisconsin high school students, one out of seven have seriously considered attempting suicide. High school students of ethnic and racial minority background are more likely to have suicidal thoughts and behaviors than their classmates.

During the 2007-2011 time periods, the three primary means of suicide in Wisconsin were firearms (45.4%), hanging, strangulation, or suffocation (25%), and poisoning (19.5%). The primary reasons people were hospitalized or in the emergency department for self-injury were poisoning (67.1%) and injury from sharp instruments (21.5%).

Six out of 10 people who died from suicide had an indication for a current depressed mood, and more than half had an indication of a current mental health problem. In Wisconsin, nearly one in four adults reported four or more poor mental health days in the last month. Similarly, nearly three in ten high school students reported that their mental health was not good four or more days in the past month.

Adverse childhood experiences (ACEs) considerably increase the risks of suicidal behaviors. In one study it was found that nearly two-thirds (64%) of suicide attempts among adults were attributable to ACEs and 80% of suicide attempts during childhood/adolescence were attributed to ACEs. Researchers have found that toxic stress during childhood, such as ongoing childhood abuse or neglect, impacts how the brain works, which makes it harder to resist impulses and increases the likelihood of engaging in risk behaviors. Data shows that 57% of Wisconsin residents have at least one ACE, which makes it clear that Wisconsin needs to continue exploring the connection between childhood adversity and suicide.

### References:

Wisconsin Department of Health Services, Division of Mental Health and Substance Abuse Services. Wisconsin Suicide Prevention Strategy. 2015. Available at <http://www.sprc.org/sites/default/files/Wisconsin%202015.pdf>

Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system. Injury Mortality Module. Available at <https://www.dhs.wisconsin.gov/wish/mortality/index.htm>  
Centers for Disease Control and Prevention. (2013) Youth Risk Behavior Survey Questionnaire. Available at [www.cdc.gov/yrbs](http://www.cdc.gov/yrbs).

Wisconsin Department of Health Services, the Injury Research Center at the Medical College of Wisconsin, and Mental Health America of Wisconsin. The Burden of Suicide in Wisconsin. 2014. Available at <https://www.dhs.wisconsin.gov/publications/p0/p00648-2014.pdf>.

Dube, S.R., Anda, R.F., Felitti, V.J., Chapman, D.P., Williamson, D.F., & Giles, W.H. (2001). Childhood abuse, household dysfunction, and the risk of attempted suicide throughout the life span: Findings from the Adverse Childhood Experiences Study. *Jama*, 286(24),3089-3096.

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## Summer Mental Health Event in Rib Lake

**Youth Mental Health First Aid** - An 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR helps you assist an individual having a heart attack - even if you have no clinical training - Mental Health First Aid helps you assist someone experiencing a mental health related problem. In the Mental Health First Aid Course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. You will gain a basic understanding of what different mental illnesses and addictions are, how they can affect a person's daily life, and what helps individuals experiencing these challenges get well.

Friday June 8 2018  
8:00 am - 4:30 pm  
Rib Lake Elementary School

Professional staff in attendance will receive a stipend of \$125.00. Support staff will receive a stipend of \$75.00. Lunch will be provided.

Registration: May 1, 2018 - May 15, 2018

This is a county wide endeavor and seating and materials are limited so register early.

- For more information, see Michelle or Elizabeth

[Click here](#) to sign up for this event



## Summer Mental Health Events in Medford

### **NASP PREPaRE Level 1: Crisis Prevention and Preparedness: Comprehensive School Safety Planning**

Monday July 30 and Tuesday July 31

8:00 am to 3:00 pm

Taylor County Education Center - 624 College St. Medford

This workshop is appropriate for all school personnel who need to understand how the comprehensive school crisis team is organized and functions. This can include but is not limited to school mental health professionals, administrators, teachers, other pupil services personnel, security officers, front office staff, transportation directors, and before and after school activities coordinators.



One in four people has a **mental illness**.  
You can be the **one** that helps.

### **WISE Training - Wisconsin Initiative for Stigma Elimination of Mental Health**

WISE is a statewide coalition of organizations and individuals promoting inclusion and support all affected by mental illness by advancing evidence-based practices for stigma reduction efforts.

#### Part 1: Introduction

Tuesday August 14, 2018

1:00 pm to 4:00 pm

Taylor County Ed. Center - 624 College St. Medford

#### Part 2: Honest, Open and Proud or Compassion Fatigue Facilitator

Wednesday August 15, 2018

9:00 am to 3:30 PM

Honest, Open and Proud - Medford Area Public School District Office Board Room

Compassion Fatigue Facilitator - Taylor County Ed Center

### **Walk Together for Suicide Awareness and Prevention**

Friday August 24, 2018

5:30 pm

Medford City Park

\* Form more information on any of these events see Elizabeth or Michelle.

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# Mental Health Grants RLSD is Pursuing

## CARES Model - School Based Clinical Mental Health Counseling

A collaborative partnership between: Rib Lake School District, Counseling Connection of Medford and Aspirus of Medford

### Purpose of this grant:

- Provides a comprehensive School Based Mental Health Counseling services for more children and adolescents in school settings
- Offer options for mental health services at Universal, Targeted, and/or Intensive Levels
- To provide treatment services to children and families identified to need primary mental health services to students and families
- Allow better access to mental health services for students and families.

### Overview:

- Licensed Mental Health and AODA counselors are available during select hours of the school day to provide counseling for students in each building.
- Outpatient treatment for individuals dealing with issues of adjustment, reaction to stress, personal tragedy, anger management, mental health issues, grief or loss, addiction to alcohol or drugs, anxiety, coping skills, and many other reasons

## School Based Mental Health Grant

This is a county wide grant still in the planning stages

### Purpose of this grant thus far:

- Pay a Community Mental Health Provider to
  1. Attend Student Service Team, 504, and IEP meetings in each building
  2. Lead trainings for school staff on select topics.
  3. Co-facilitate AODA and mental health group(s) with a school counselor
- Increasing student knowledge and understanding leading to suicide prevention and stigma elimination, etc
- Promoting school wide initiatives and activities related to positive mental health
- Train school staff through WISE to help end stigma of mental health
- Provide resources and supports to parents and families
- Create collaborative teams across agencies and systems

