



Suicide Prevention: What's Happening in Wisconsin?

Erica Steib (she/her), MPH
*State Suicide Prevention
Program Manager*

Prism Program Founder

Mental Health America (MHA)
of Wisconsin

Erica@mhawisconsin.org

Language Matters

Choosing Compassionate & Accurate Language



Died of/by Suicide *vs* Committed Suicide

Suicide *vs* Successful Attempt

Suicide Attempt *vs* Unsuccessful Attempt

Describe Behavior *vs* Manipulative/Attention Seeking

Describe Behavior *vs* Suicidal Gesture/Cry for Help

Diagnosed with *vs* they're Borderline/Schizophrenic

Working with *vs* Dealing with Suicidal Patients



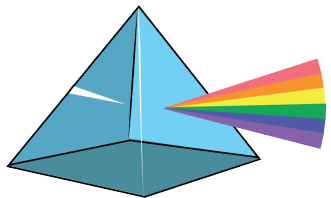


[MHA of WI](#)

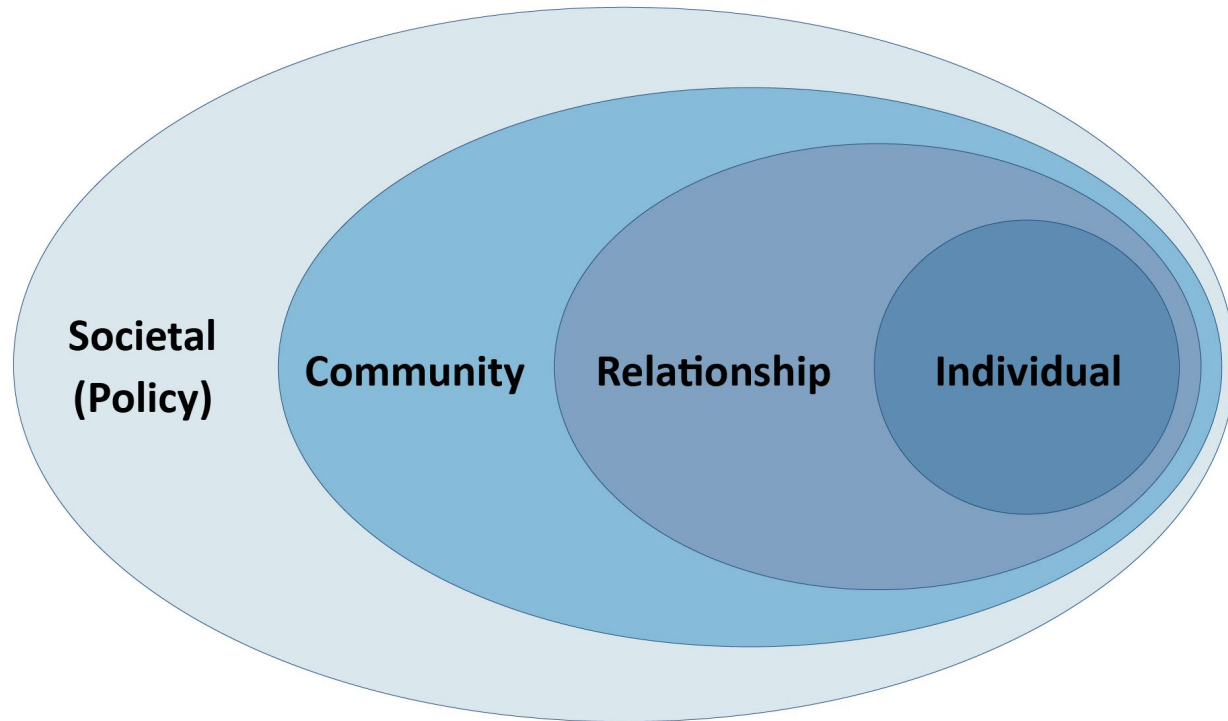
Education, advocacy, service



- [Information & Assistance](#)
- [Strong Families Healthy Homes](#)
- [Wellness Counseling Clinic](#)
- [Coalition for Children's Mental Health](#)
- [Peer Run Respite for Veterans](#)
- [Suicide Loss Support Groups](#)
- [Alternatives to Suicide Groups](#)
- [The PRISM Program](#)
- [Prevent Suicide Wisconsin](#)
- [UpliftWI](#)



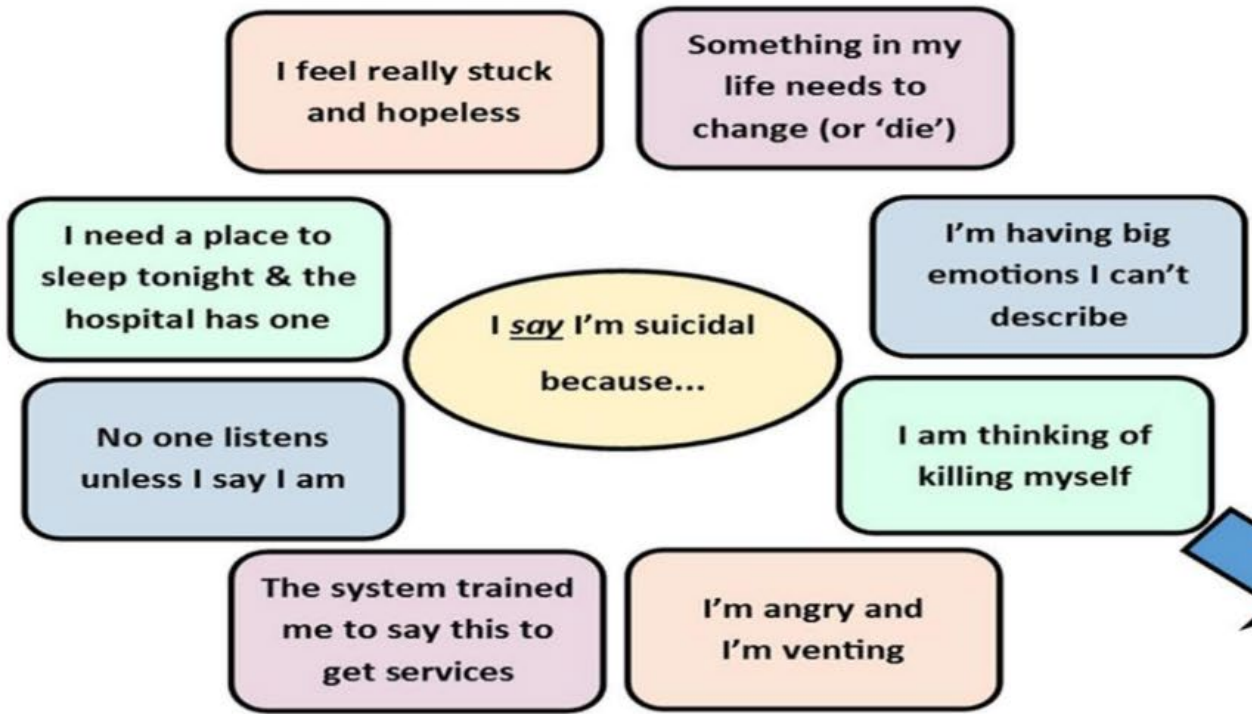
Why is suicide a public health concern?



- WHO estimates that 700,000 die by suicide globally each year
 - Estimated 49,500 people died by suicide in the US in 2022
- Suicide is a complex issue with multiple contributing factors
- Suicide is not just an individual issue, but affects relationships, communities, and society at large



Art by Alyse Ruriani



Just a handful of the many reasons and meanings...

Prevent Suicide Wisconsin

- First state suicide prevention plan released by DHS (2002) and advisory group formed (2009)
- Administered by MHA via DHS contract, the [PSW Steering Committee](#) serves as the Advisory Body for the [Wisconsin Suicide Prevention Plan](#)
- [Website](#), [e-newsletters](#), [Facebook](#), [Instagram](#)
- Annual conference



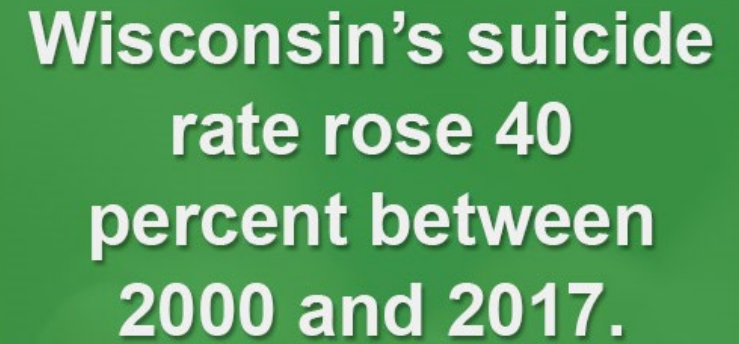


Suicide in Wisconsin: Impact
& Response

Wisconsin Data & the
State Suicide Prevention Plan

Key Findings

- Most people hospitalized or presenting at the ED with self-harm injuries were **female** (2016-2017).
- Most suicide deaths were **male** (2013-2017).
- The suicide rate was highest among ages **45-54** (2013-2017).
- Suicidal ideation was reported by approximately **1 in 6 WI high school students** (YRBS, 2017).
- LGBTQ+ youth report higher thoughts and attempts of suicide compared to cisgender, straight youth (YRBS, 2017)



Wisconsin's suicide rate rose 40 percent between 2000 and 2017.



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Key Findings Continued

- Suicide rates were highest among **American Indians/Alaska Natives and Whites**, 2013–2017.
- Suicide rates were higher in **rural counties** than urban/suburban counties (2013-2017).
- **Veterans** accounted for almost 1 in every 5 suicide deaths (2013-2017).

In 2021, 905 Wisconsin residents died by suicide.

2022 data is not yet complete, but projected to be similar or higher.



Suicide in Wisconsin: Impact & Response

1

Strategy 1: Increase and Enhance Protective Factors

2

Strategy 2: Increase Access to Care for At-Risk Populations

3

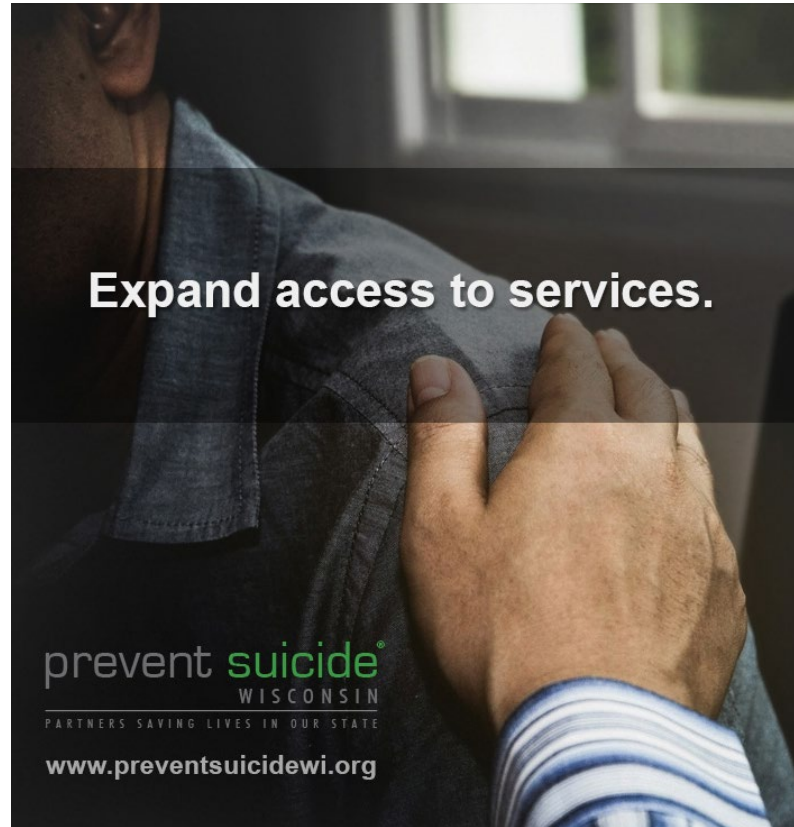
Strategy 3: Implement Best Practices for Prevention in Health Care Systems

4

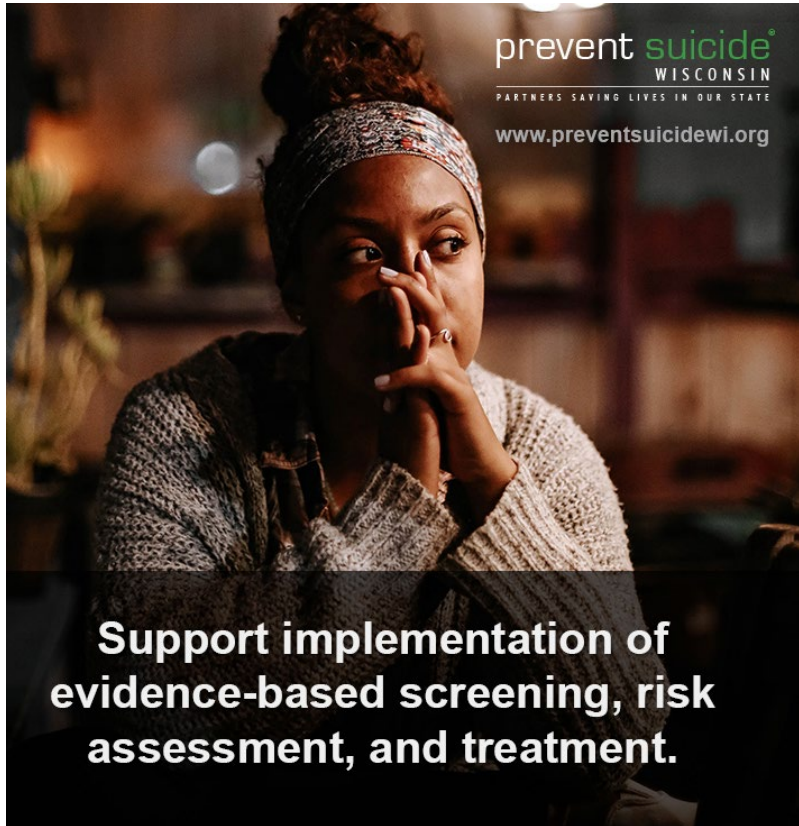
Strategy 4: Improve Surveillance of Suicide and Evaluation of Prevention Programs



Strategy 1: Increase & Enhance Protective Factors



Strategy 2: Increase Access to Care for At-Risk Populations




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Support implementation of evidence-based screening, risk assessment, and treatment.



Improve care transitions.

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Promote a systematic “Zero Suicide” approach, rooted in the understanding that suicide is preventable in people receiving treatment services.

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Strategy 3: Implement Best Practices for Prevention in Health Care Systems



Strategy 4:
Improve Surveillance of Suicide and Evaluation of Prevention Programs

Suicide Prevention Trainings

When Conversation Turns to Suicide by the [Wildflower Alliance](#)

[ASIST](#) (Applied Suicide Intervention Skills Training)

[Talk Saves Lives](#) by the American Foundation for Suicide Prevention

[QPR](#) (Question, Persuade, Refer)

The [UW Green Bay Behavioral Health Training Partnership](#) offers a variety of clinical suicide care trainings each year

Tips for Holding
Space for Those
Thinking of
Suicide

**"THE TRUTH IS, RARELY
CAN A RESPONSE MAKE
SOMETHING BETTER. WHAT
MAKES SOMETHING
BETTER IS CONNECTION."**

B R E N É B R O W N

VALIDATION	CURIOSITY	VULNERABILITY	COMMUNITY
It makes so much sense that your feeling this way.	What does that mean to you? How does that look in your life?	When something like that happened to me...	Do you know other people who've struggled with...
Thank you for trusting me enough to share...	What has kept you alive so far?	When I have felt really angry like that, I...	Have you asked anyone else about...
I'd be [anger, sad, disappointed, scared] too in those circumstances	What happened around the time you started feeling that way?	I'm feeling afraid, but I want to be here with you...	Who are the people in your life that have helped in the past...
It's so terrible that happened to you. I'm so sorry.	Are there things you want to do before you die?	I just want to be upfront that I have some limitations...	Are there places or moments where you don't feel this way...?

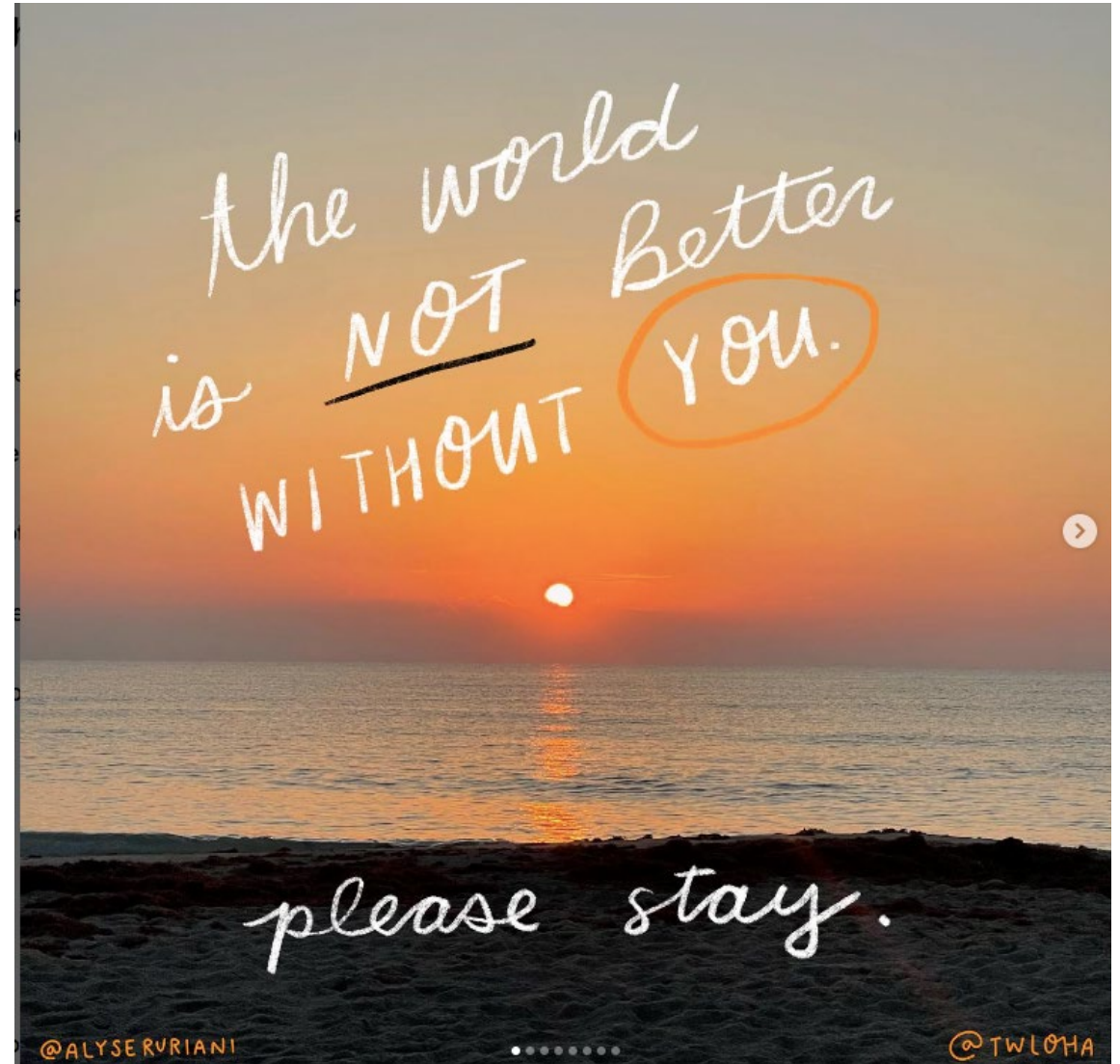
Closing the Conversation

VCVC	EXAMPLE
Validation	“Thanks so much for what you shared... it sounds like you are dealing with so much in your life right now....”
Curiosity	I’m wondering if you have thoughts on who/what might help you get through the next day?
Vulnerability	“We only have about x minutes left together. I’m still feeling a little worried, but good about this conversation.”
Community	I am wondering if you would be interested in checking out an ‘Alt2Su’ group where you talk more in-depth with people who have had similar experiences....”

VCVC model credited to the [Wildflower Alliance](#)

Summary

- Suicide is a public health issue not solely tied to mental health
- Wisconsin's strategies for prevention encompass a wide range of settings, sectors and populations
- Anyone can hold space for those thinking of suicide



Questions?

Contact: erica@mhawisconsin.org

