



KANSAS HEALTH INSTITUTE

YOUTH SUICIDE RATES IN KANSAS

February 16, 2023

Kansas Health Institute



Who We Are



- Nonprofit, nonpartisan educational organization based in Topeka.
- Established in 1995 with a multi-year grant by the Kansas Health Foundation.
- Committed to convening meaningful conversations around tough topics related to health.



Hello!

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Acknowledgments

We recognize the following individuals for their contributions:



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President & CEO



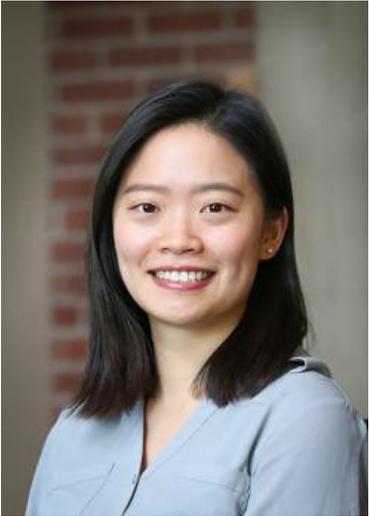
Acknowledgments

We recognize the following individuals for their contributions:



Kaci Cink

Research Assistant



Angela Wu

Analyst



Stewart Cole

Graphic Designer



Wen-Chieh Lin

Director of Research



Introduce Yourself

In Chat

- Name
- Organization or Community
- Where you're joining from today

Example:

Wyatt Beckman, Kansas Health Institute, KCK



Our Agenda

1) Our Findings

- State Youth Suicide Rates
- Trend
- Means of Suicide

2) Prevention Strategies & Approaches



988 Suicide & Crisis Lifeline

If you or someone you know needs support now, **call or text 988** or chat 988lifeline.org

Learn More: [988 Fact Sheet](#)



Background

Our Recent Work

- Deaths by Suicide: Disparities in the Sunflower State ([2018](#))
- Rising Stress-Related Deaths in Kansas ([2018](#))
- Urban-Rural Differences in Suicide Rates and Leading Means in Kansas ([2021](#))
- Federal Efforts to Prevent Suicide in Rural Communities ([2021](#))
- State Efforts to Prevent Suicide in Rural Communities ([2021](#))
- Suicide in Rural and Frontier Kansas – Virtual Event ([2021](#))
- Youth and Young Adult Mental Health: Challenges & Opportunities in the Sunflower State ([2022](#))
- **Suicide Among Adolescents and Youths in Kansas ([2022](#))**



Our Findings



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Background

Methods

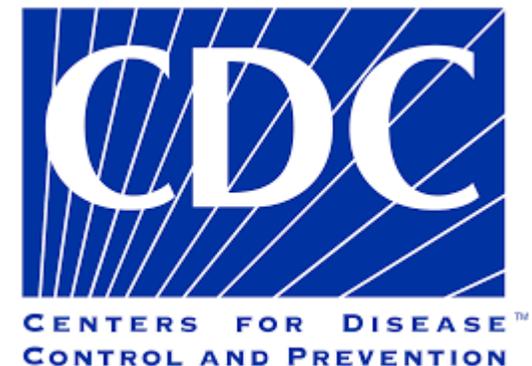
- Trend in Suicide Rates and Means of Suicide
- Data from KDHE Vital Statistics, KIC and CDC WONDER
- 20 Years from 2001-2020
- Data aggregated to five-year periods

We recognize Lauren Gracy, Epidemiologist, KDHE, for her contributions.

KDHE Vital Statistics Link: <https://www.kdhe.ks.gov/1165/Office-of-Vital-Statistics>

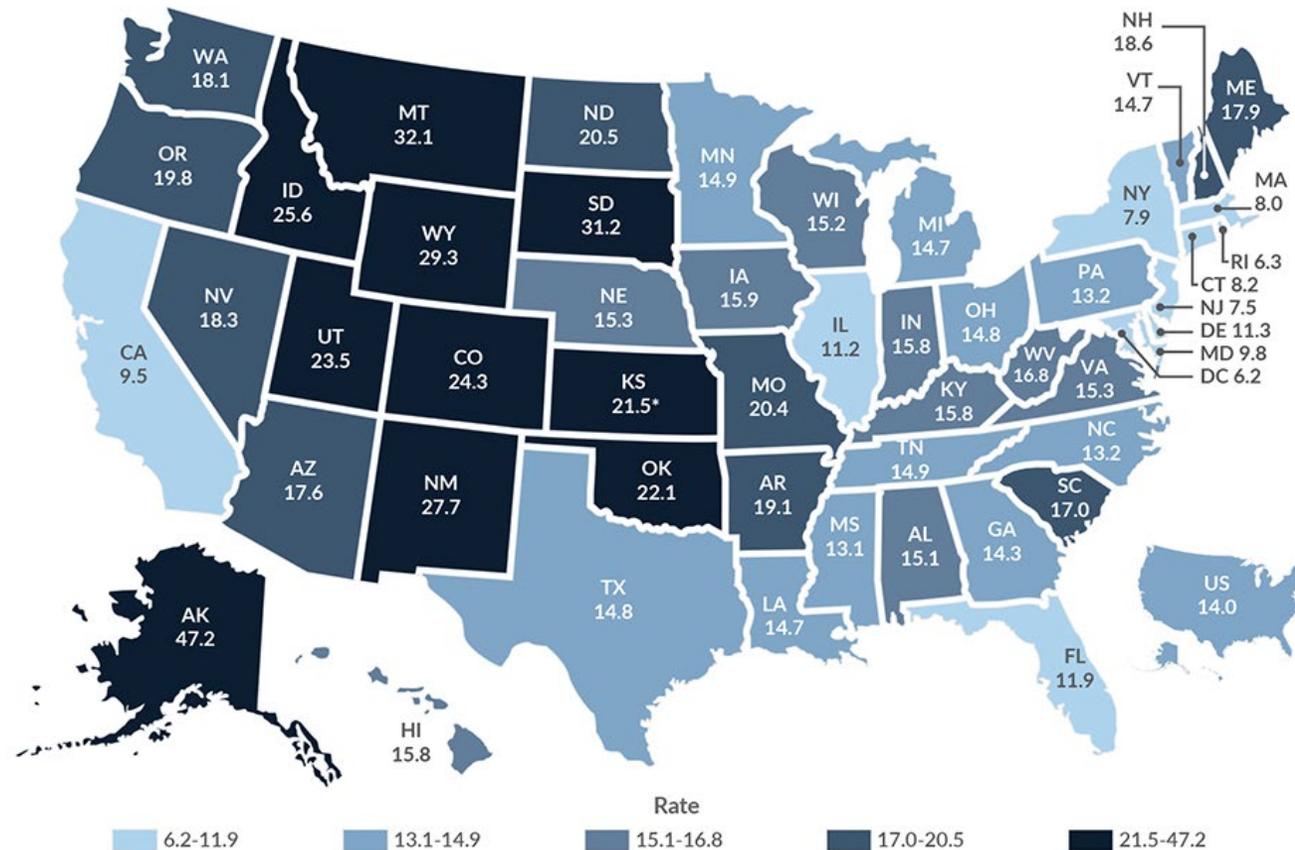
KDHE KIC Link: http://kic.kdheks.gov/death_new.php

CDC WONDER Link: <https://wonder.cdc.gov/>



Suicide Rates Among Kansas Youths

Figure 1: Rates of Suicide (Per 100,000) Among Individuals Age 15-24 by State, 2016-2020



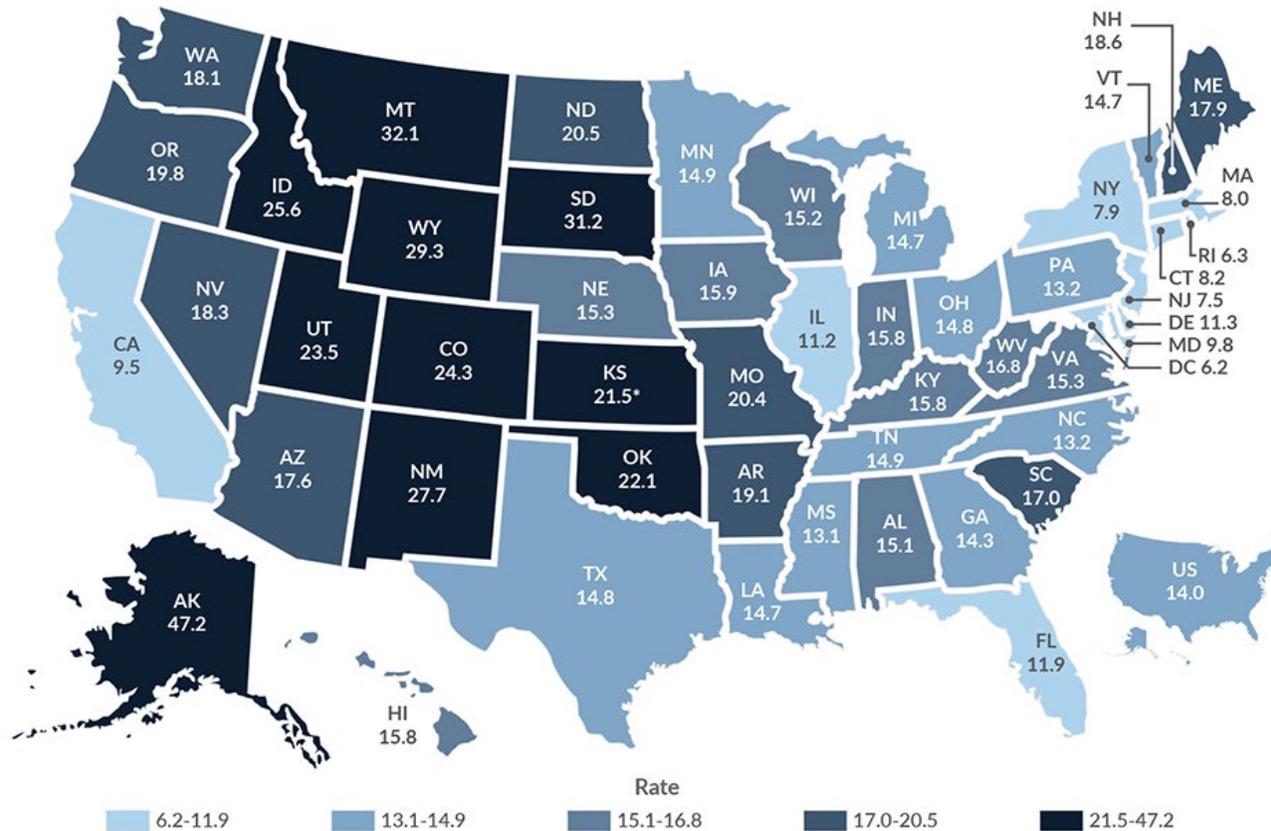
Note: Data were aggregated to a five-year period (2016-2020) due to small sample sizes. Rates are presented as per 100,000 population. *Data from the CDC WONDER Database may differ from those reported by states due to inclusion criteria regarding primary state of residence at time of death (e.g., 21.5 compared to 21.3 per 100,000 for Kansas). Differences are minor and do not change the overall findings in Kansas.

Source: Kansas Health Institute analysis of Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System, Mortality 1999-2020 on CDC WONDER Online Database, 2016-2020.



Suicide Rates Among Kansas Youths

Figure 1: Rates of Suicide (Per 100,000) Among Individuals Age 15-24 by State, 2016-2020



1. Alaska (47.2)
2. Montana (29.3)
7. Colorado (24.3)
- 10. Kansas (21.5)**
20. South Carolina (17.0)
26. Nebraska (15.3)
30. Minnesota (14.9)
40. Mississippi (13.1)
45. California (9.5)
51. Washington D.C. (6.2)

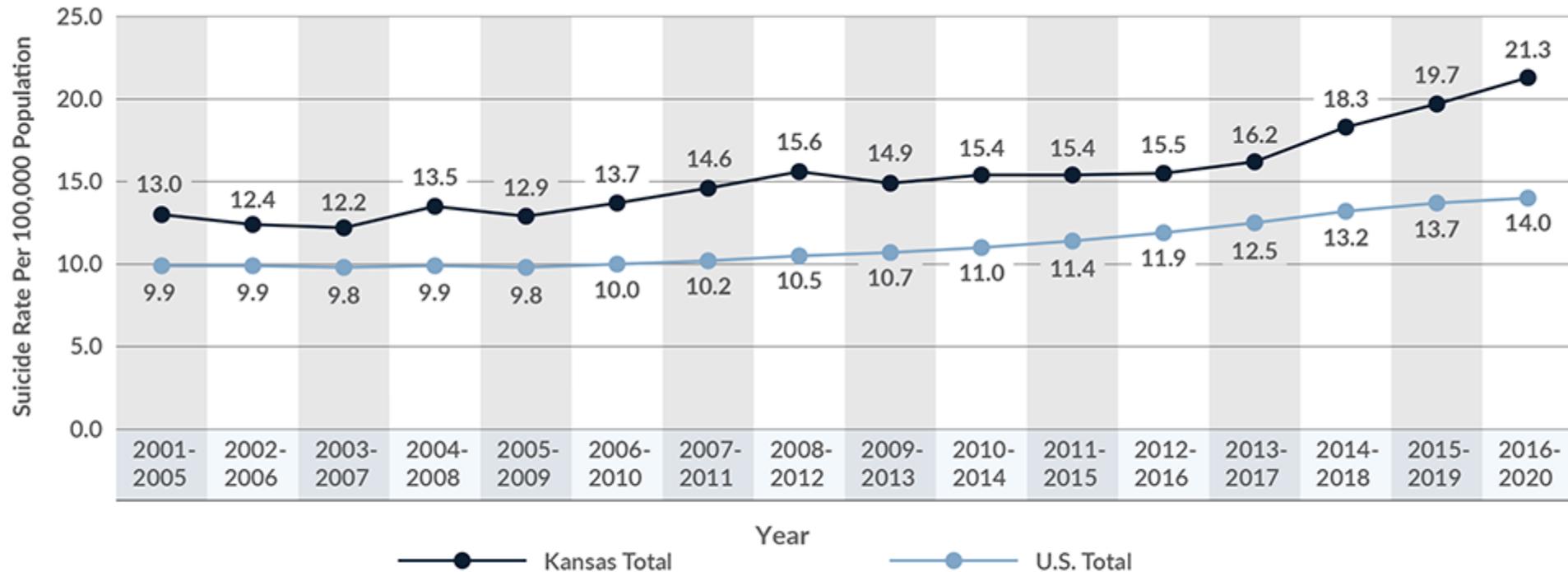
Note: Data were aggregated to a five-year period (2016-2020) due to small sample sizes. Rates are presented as per 100,000 population. *Data from the CDC WONDER Database may differ from those reported by states due to inclusion criteria regarding primary state of residence at time of death (e.g., 21.5 compared to 21.3 per 100,000 for Kansas). Differences are minor and do not change the overall findings in Kansas.

Source: Kansas Health Institute analysis of Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System, Mortality 1999-2020 on CDC WONDER Online Database, 2016-2020.



Trend in Youth Suicide Rates

Figure 2: Rates of Suicide (Per 100,000) Among Youths Age 15-24 in Kansas and the U.S., 2001-2020



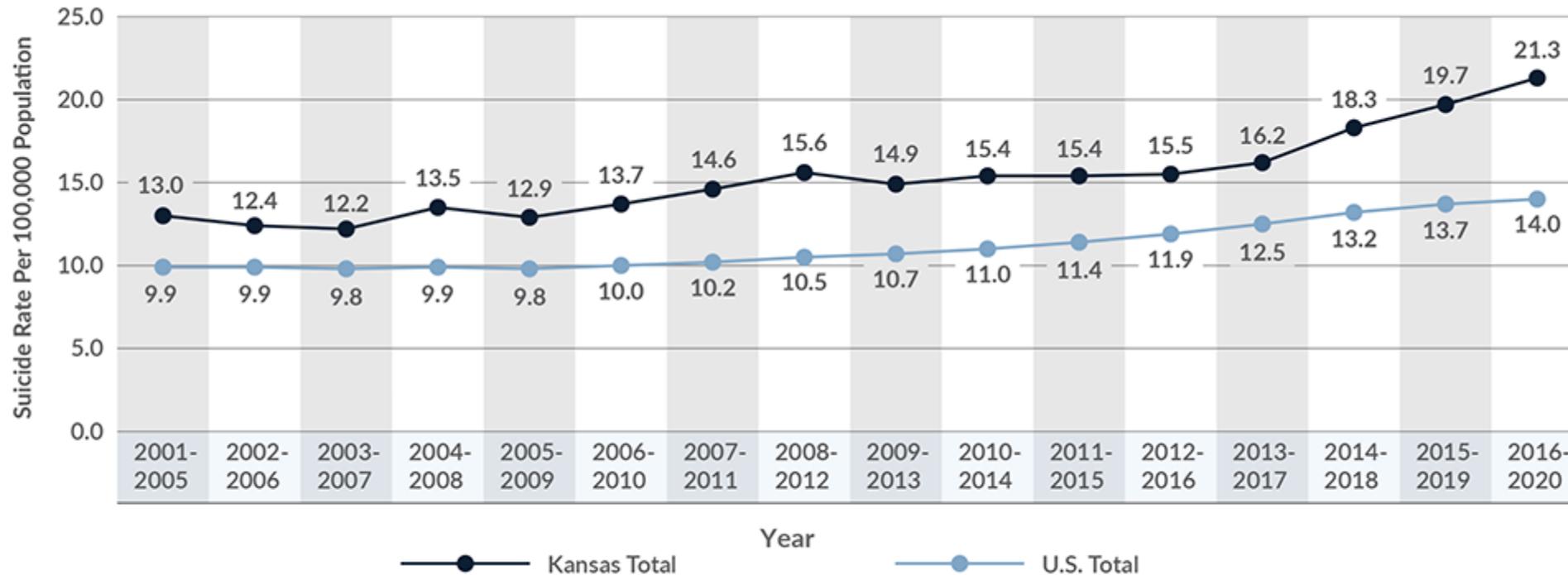
Note: Data were aggregated to five-year periods (e.g., 2016-2020) due to small sample size.

Source: Kansas Health Institute analysis of Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System, Mortality 1999-2020 on CDC WONDER Online Database, 2001-2020, and Kansas Department of Health and Environment, Office of Vital Statistics, Death Database, 2001-2020.



Trend in Youth Suicide Rates

Figure 2: Rates of Suicide (Per 100,000) Among Youths Age 15-24 in Kansas and the U.S., 2001-2020



↑ 63.8%

↑ 41.4%

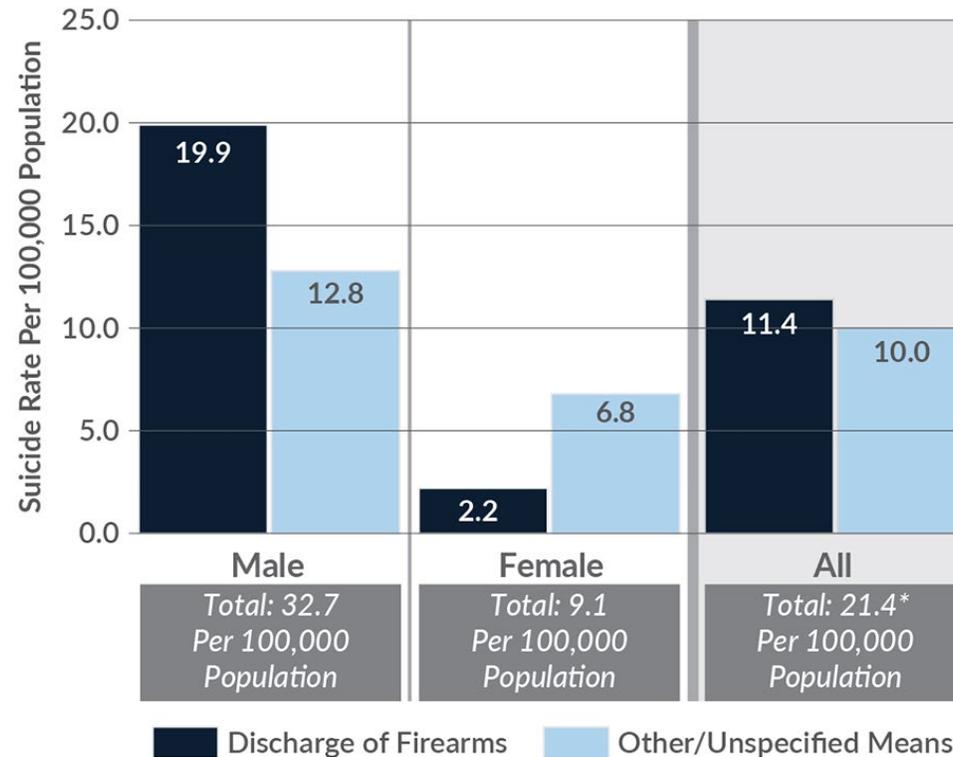
Note: Data were aggregated to five-year periods (e.g., 2016-2020) due to small sample size.

Source: Kansas Health Institute analysis of Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System, Mortality 1999-2020 on CDC WONDER Online Database, 2001-2020, and Kansas Department of Health and Environment, Office of Vital Statistics, Death Database, 2001-2020.



Means of Suicide Among Male and Female Youths

Figure 3: Means of Suicide Among Male and Female Youths Age 15-24 in Kansas, 2016-2020



Note: Data were aggregated to a five-year period (e.g., 2016-2020) due to small sample sizes. *The difference in total rate (21.4 per 100,00 compared to 21.3 per 100,000) is due to rounding.

Source: Kansas Health Institute analysis of Kansas Department of Health and Environment, Office of Vital Statistics, Death Database, 2001-2020.



Breakout #1



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Breakout Discussion #1

Discussion Questions

1. How do the findings we discussed align with or differ from your experience with youth mental health and suicide?
2. What takeaways did you have from the findings?



Report Out



Suicide Prevention Strategies and Approaches



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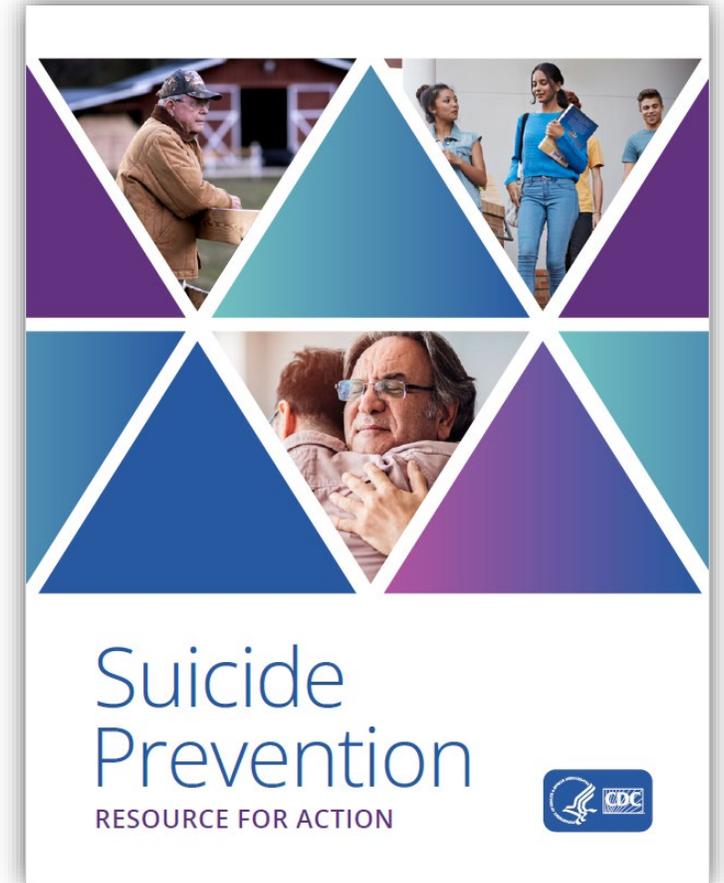
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Suicide Prevention Resource for Action

Released in 2022

Three Components

1. **Strategies** are the actions to achieve the goal of preventing suicide.
2. **Approaches** are the specific ways to advance each strategy.
3. **Policies, programs, and practices** included have evidence of impact on suicide, suicide attempts, or risk and protective factors.



Source: CDC. (2022). [Suicide Prevention Resource for Action: A Compilation of the Best Available Evidence](#). Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.



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Strategies and Approaches – Part 1

STRATEGY	APPROACH
 1 Strengthen Economic Supports	<ul style="list-style-type: none">• Improve household financial security• Stabilize housing
 2 Create Protective Environments	<ul style="list-style-type: none">• Reduce access to lethal means among persons at risk of suicide• Create healthy organizational policies and culture• Reduce substance use through community-based policies and practices
 3 Improve Access and Delivery of Suicide Care	<ul style="list-style-type: none">• Cover mental health conditions in health insurance policies• Increase provider availability in underserved areas• Provide rapid and remote access to help• Create safer suicide care through systems change

Source: CDC. (2022). [Suicide Prevention Resource for Action: A Compilation of the Best Available Evidence](#). Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.



Strategies and Approaches – Part 2



4 Promote Healthy Connections

- Promote healthy peer norms
- Engage community members in shared activities



5 Teach Coping and Problem-Solving Skills

- Support social-emotional learning programs
- Teach parenting skills to improve family relationships
- Support resilience through education programs



6 Identify and Support People at Risk

- Train gatekeepers
- Respond to crises
- Plan for safety and follow-up after an attempt
- Provide therapeutic approaches



7 Lessen Harms and Prevent Future Risk

- Intervene after a suicide (postvention)
- Report and message about suicide safely

Source: CDC. (2022). [Suicide Prevention Resource for Action: A Compilation of the Best Available Evidence](#). Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.



Breakout #2



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Breakout Discussion #2

In Your Breakout

1. Pick one of the 7 strategies for suicide prevention from the CDC's Resource for Action (page 16).
2. Describe potential challenges and opportunities implementing the approaches in that strategy.



Report Out



THANK YOU!

Any Questions?



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Additional Data, Policy and Program Resources



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Data Resources

Learn more about your city, county or population.

National Resources

- Centers for Disease Control and Prevention (CDC): [Suicide Prevention Data Sources](#)
- County Health Rankings: [2022 Measures](#)
- Mental Health America: [State of Mental Health in 2023](#)

Kansas Resources

- Kansas Communities that Care: [Student Survey Depression/Suicide Results](#)
- Kansas Department of Health and Environment (KDHE): [Kansas Information for Communities](#)
- Kansas Department of Health and Environment (KDHE): [Suicide-Related Data Dashboard](#)
- Kansas Health Matters: [Mental Health Index](#)



Policy and Program Resources

Explore policies, programs, strategies and resources.

National Resources

- Centers for Disease Control and Prevention (CDC): [Suicide Prevention Resource for Action](#)
- County Health Rankings: [What Works for Health - Mental Health Strategies](#)
- 988 Suicide & Crisis Lifeline: [Youth Resources](#)

Kansas Resources

- DCCA: [Mental Health First Aid Training](#)
- Kansas Department for Aging and Disability Services (KDADS): [Kansas Suicide Prevention Plan \(2021-2025\)](#)
- Kansas Department of Education (KSDE): [Kansas Suicide Prevention, Response and Postvention Toolkit](#)
- Kansas Department of Health and Environment (KDHE): [Zero Suicide in Health Systems](#)
- Kansas Health Institute (KHI) Health at the Capitol: [Kansas Legislative Health Policy Summaries](#)
- Kansas Office of the Attorney General: [Kansas - A Friend Asks Mobile Application](#)
- Kansas Suicide Prevention HQ: [Resource Center](#)

