

Substance Abuse Prevention IS Suicide Prevention: The Link Between Alcohol Use and Suicide Risk

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Prevention First

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Suicide Prevention Resource Center

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Substance Abuse Prevention IS Suicide Prevention: The Link Between Alcohol Use and Suicide Risk

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Acknowledgements

- ✓ Jason Kilmer, PhD, University of Washington
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Agenda

- ✓ Suicide risk and protective factors, and warning signs
- ✓ General relationship between AOD use and suicide
- ✓ Effects of AOD use on suicidal thinking
- ✓ Alcohol as a risk factor for suicide
- ✓ Impact of environmental alcohol prevention on suicide
- ✓ The Environmental Management framework



Poll I: Your Role/Profession



Poll 2: Risk Factors



Poll 3: Warning Signs



Risk and Protective Factors and Warning Signs

For a list of expert-recommended warning signs, see the fact sheet at the Best Practices Registry for Suicide Prevention (BPR): <http://www.sprc.org/bpr/section-II/warning-signs-suicide-prevention>

Table 1. Examples of Risk and Protective Factors and Warning Signs for Heart Attack and Suicide

	Heart Attack	Suicide
Examples of Risk Factors (Individual level) Indicate that someone is at higher risk for heart attack or suicide	<ul style="list-style-type: none"> • Tobacco use • Obesity • High LDL cholesterol • Physical inactivity 	<ul style="list-style-type: none"> • Prior suicide attempt • Mood disorders • Substance abuse • Access to lethal means
Examples of Protective Factors (Individual level) Indicate that someone is at lower risk for heart attack or suicide	<ul style="list-style-type: none"> • Exercise • Sound diet • High HDL cholesterol • Stress management 	<ul style="list-style-type: none"> • Connectedness • Availability of physical and mental health care • Coping ability
Examples of Warning Signs Indicate that someone is having a heart attack or is seriously considering suicide	<ul style="list-style-type: none"> • Chest pain • Shortness of breath • Cold sweat • Nausea • Lightheadedness 	<ul style="list-style-type: none"> • Threatening to hurt or kill oneself • Seeking a means to kill oneself • Hopelessness • Increasing alcohol or drug use • Dramatic mood changes



Relationship between Alcohol Use and Suicide



Proximate Risk Factors for Suicide

Sleep difficulties	92%
Severe anxiety	92%
Panic/anxiety attacks	80%
Prevailing sad or depressed mood	80%
Recent loss of someone close	78%
<i>Alcohol or substance abuse</i>	68%
Feelings of hopelessness	64%
Feelings of helplessness	62%

Hall et al., 1999



Blood Alcohol Level

- .02% Relaxed
- .04% Relaxation continues, Buzz develops
- .06% Cognitive judgment is impaired

Kilmer, 2014



“Alcohol Myopia”

Impelling Cues



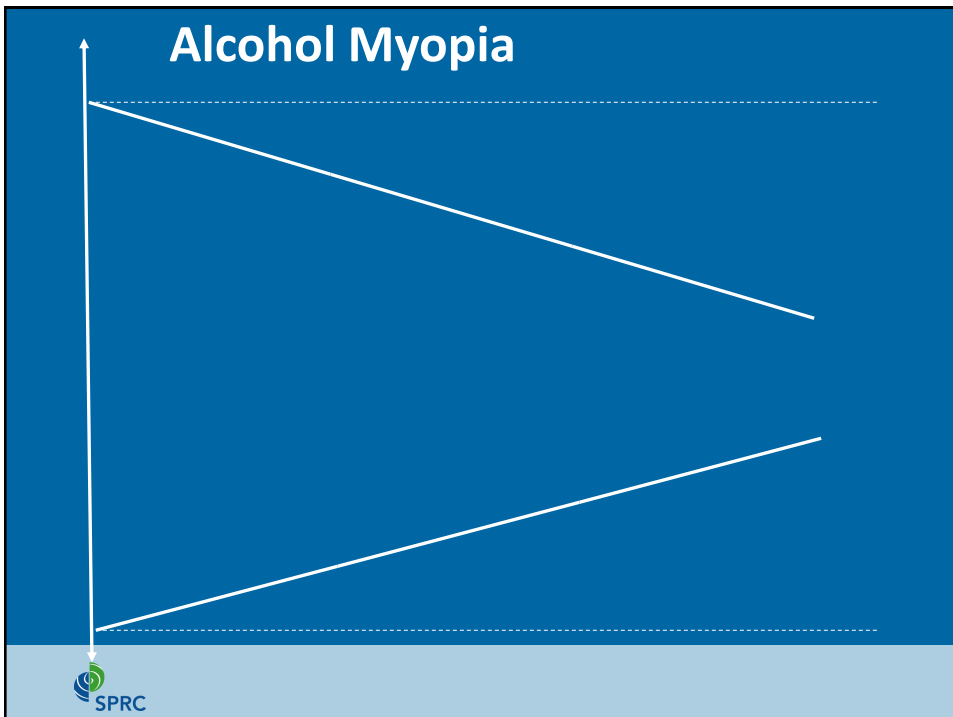
Alcohol impairs information processing, **narrowing attention** to only the most salient internal and environmental cues.

?

Inhibiting Cues



Kilmer, 2014



Absorption and Oxidation of Alcohol

- Factors affecting absorption
 - What one is drinking
 - Rate of consumption
 - Effervescence
 - Food in stomach
- Factors affecting oxidation
 - Time!

Kilmer, 2014

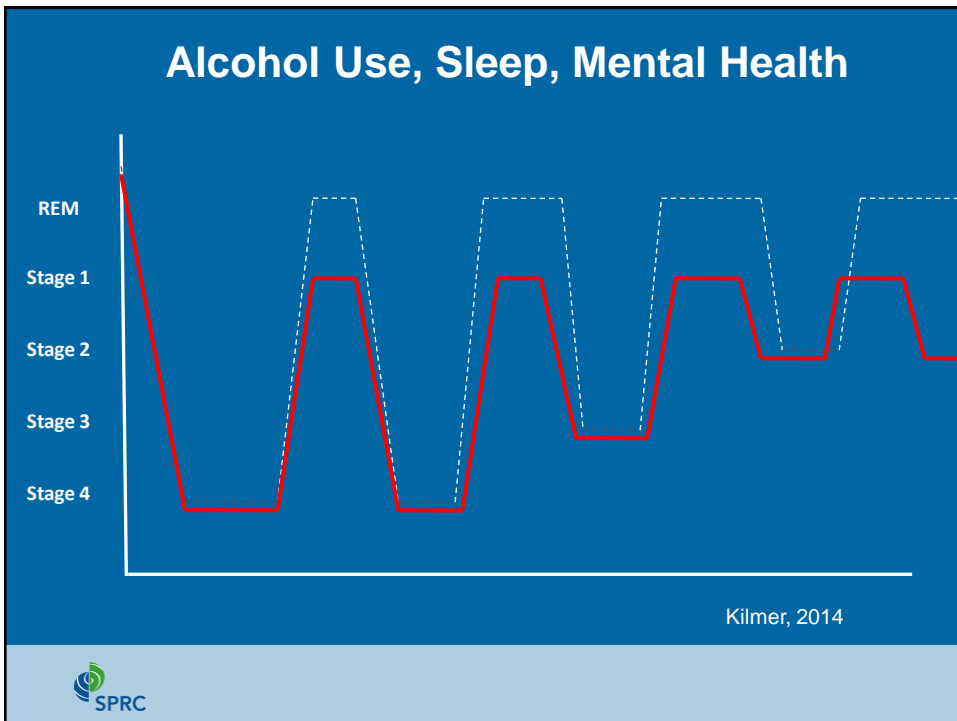
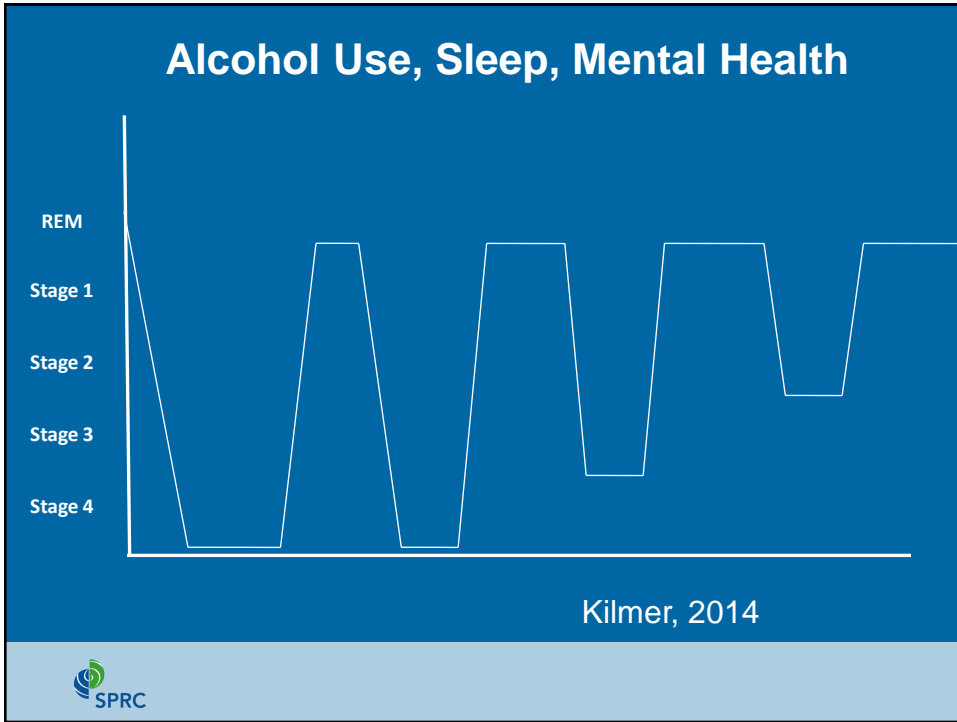


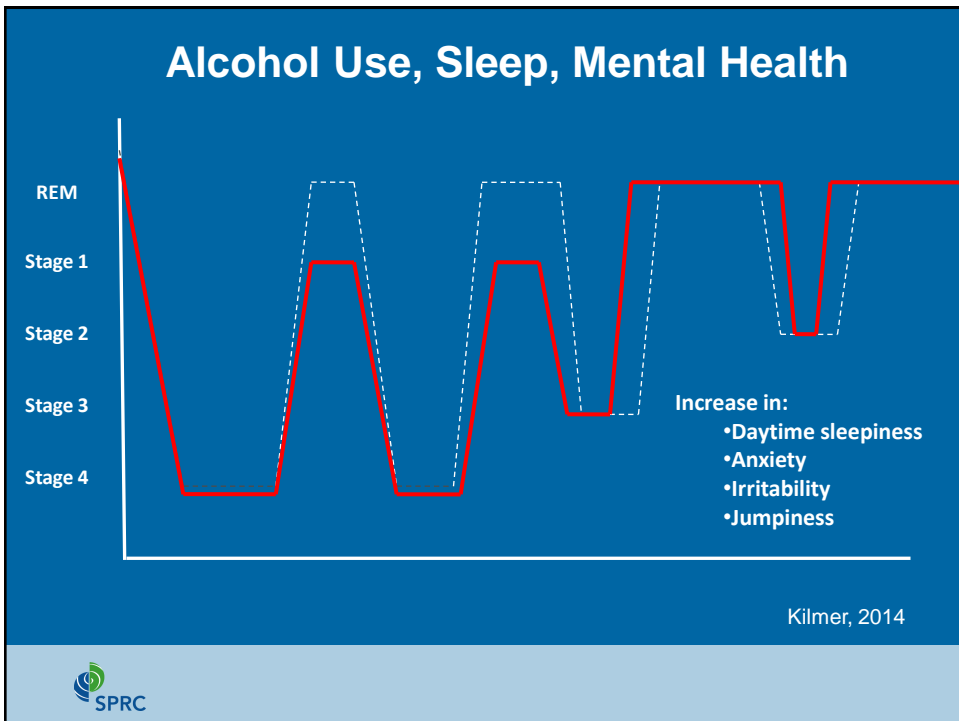
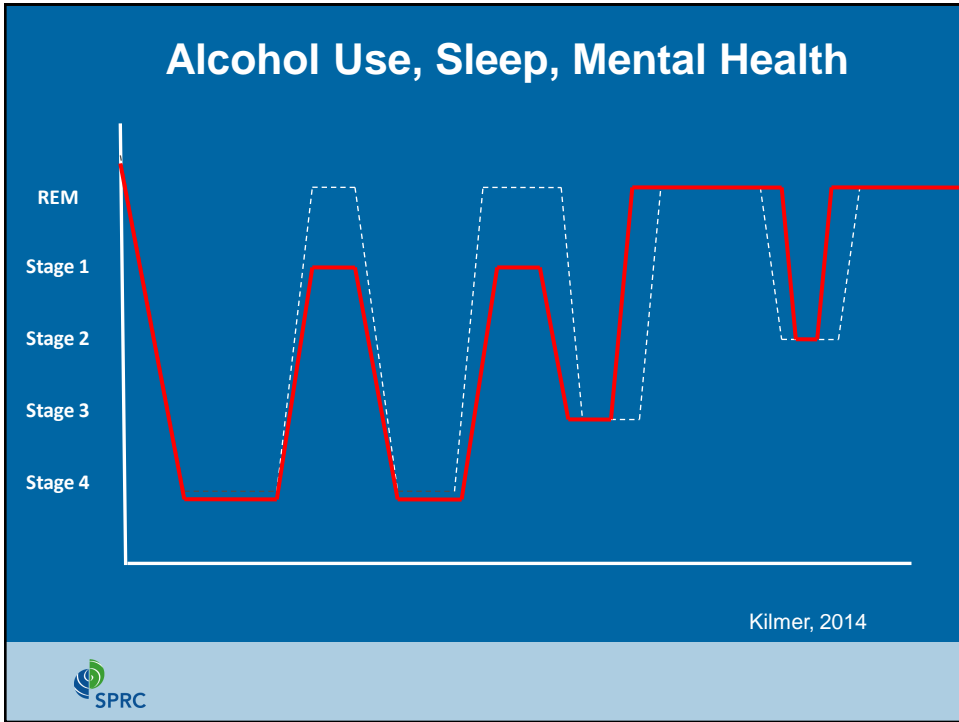
Time to get back to .000%

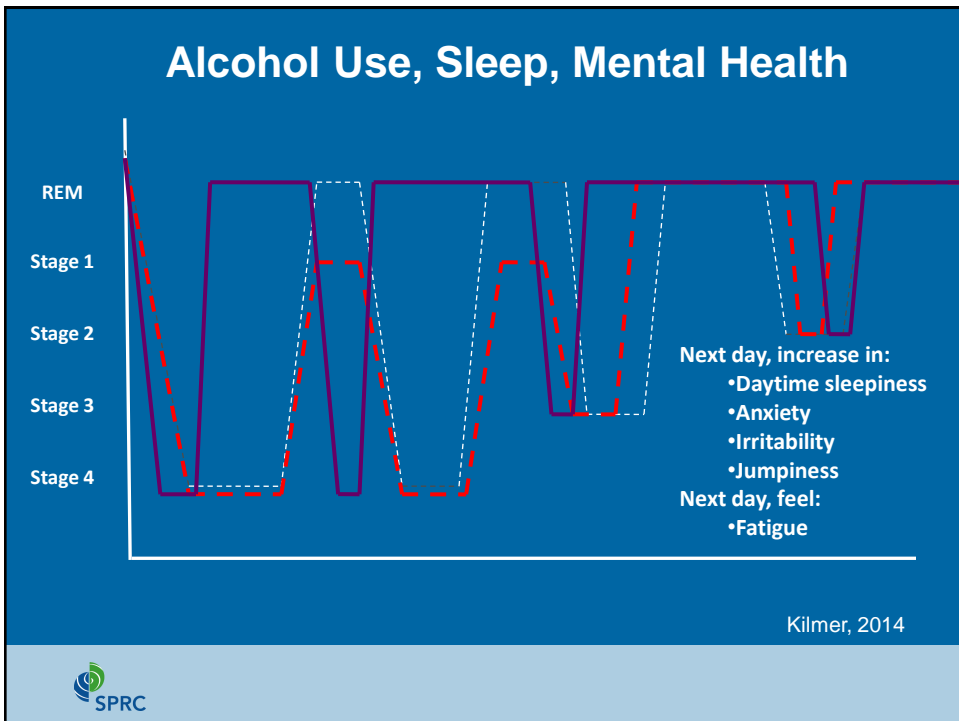
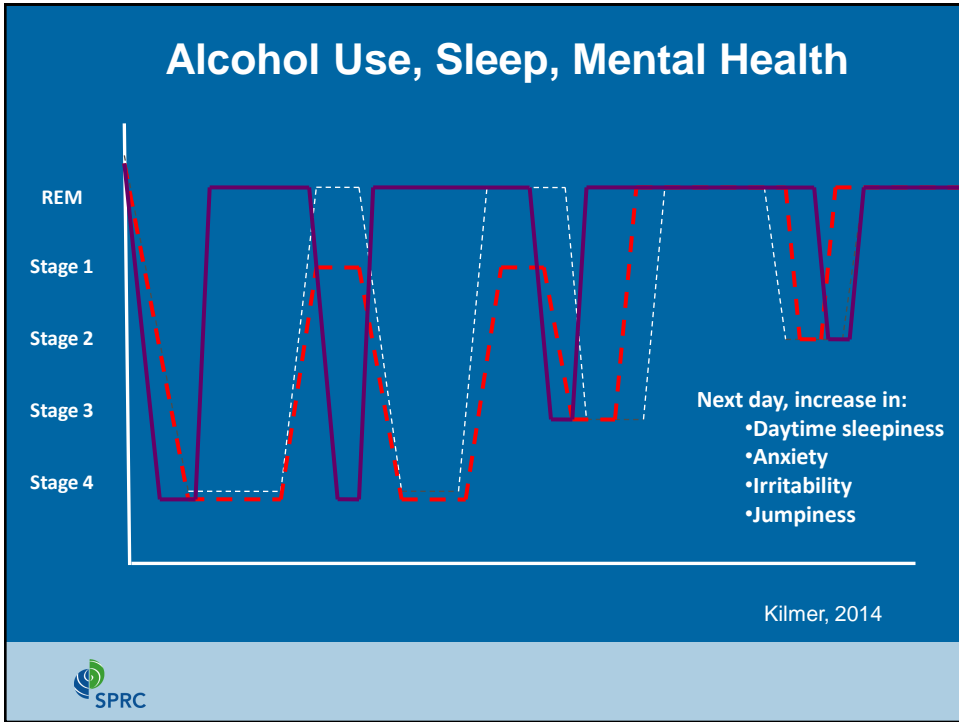
- .08%?
 - 5 hours
(.080%....064%....048%....032%....016%....000%)
- .16%?
 - 10 hours
(.160%....144%....128%....112%....096%....080%...
.064%....048%....032%....016%....000%)
- .24%?
 - 15 hours
(.240%....224%....208%....192%....176%....160%...
.144%....128%....112%....096%....080%....064%...
.048%....032%....016%....000%)

Kilmer, 2014









Alcohol as a Risk Factor for Suicide



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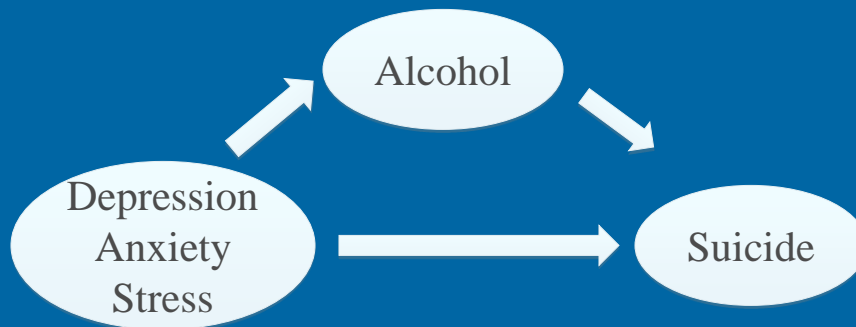
Alcohol & MH as Suicide Risk Factors

- Three patterns identified as co-occurring risk factors
 - Alcohol along with a mental health condition
 - Alcohol with other life stresses
 - Alcohol use at the time of death

*Logan, Hall & Karch, D.
(2011)*



One Way of Thinking



Alcohol is a risk factor for suicide

- Alcohol increases risk for depression
- Alcohol worsens depression outcomes
- Depression and alcohol risk factors for suicide
- Alcohol a proximate risk factor for suicide

Hufford, 2001 and SAMHSA, 2006; Hall et al., 1999; Hufford, 2001



Poll 4: Which comes first?



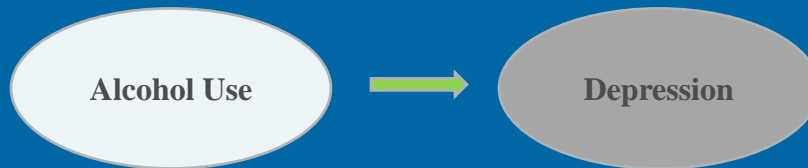
Which comes first?*

Compared to abstainers, increased risk for depressive symptoms:	OR (times more likely)
- light substance dabblers	1.86
- drinkers	2.45
- sex dabblers	2.65
- alcohol and sex dabblers	2.91
- multiple partners	3.73
- smokers	3.98
- binge drinkers	4.03
- heavy dabblers	4.77
- sex and drug combination	5.54
- high marijuana and sex	5.83
- sex for drugs or money	6.39
- marijuana	7.10
- marijuana and other drugs	7.29
- IV drug use	10.06



*Actual title of JAPH article by *Hallfors et al, 2004*

Another Way of Thinking



Fergusson et al (2009); Owens & Shippee (2009); Mason et al (2008); Hallfors et al (2005); Wang & Patten (2002); Brook et al (2002); Gilman & Abraham (2001); Wang & Patten (2001b); Harika et al (1991)



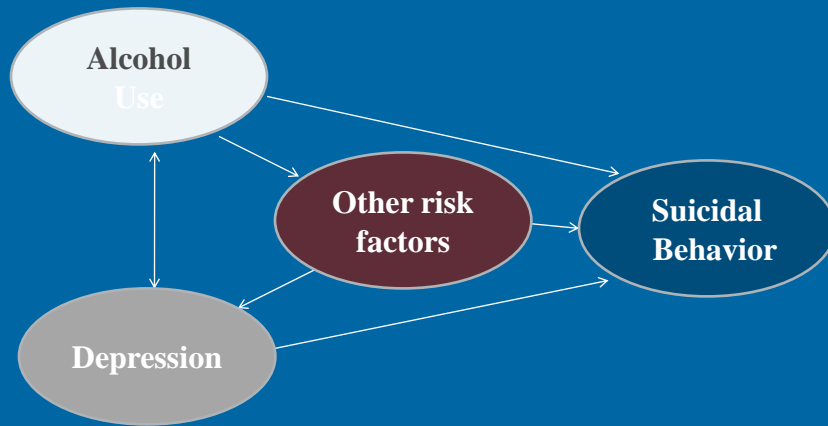
The Alcohol Environment & Suicide

- Lower MLDA associated with 18-21 y.o. suicide risk
- Increased alcohol consumption associated with increased suicide mortality rates
- Restricting alcohol availability may reduce suicide mortality

Brickmayer & Hemenway, 1999; Mann et al, 2006; Pridemore & Snowden, 2009 and Varnik et al, 2006



Alcohol Prevention as Suicide Prevention



Recap

- Alcohol constricts thinking
- Alcohol use is a risk factor for suicide
- In adolescents, alcohol may precede depression (i.e., not a self-medication model)
- Changing the alcohol environment may reduce suicide deaths
- *There is a proven framework for reducing alcohol consumption and consequences*

Framework for Environmental Alcohol Prevention

- Access
- Marketing
- Norms

http://www.alcoholpolicymd.com/alcohol_policy/effects_ep.htm



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Limiting Access to Alcohol

- Conditional use permits/land use ordinances
- Regulations or bans on home delivery
- Responsible Beverage Service Training
- Checking age identification
- Beer keg registration
- Alcohol restrictions at community events



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Changing Misperceptions (Norms)

- Social marketing campaigns
- Social norms campaigns



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Enforcement

- Compliance checks
- Party patrols
- Shoulder tap programs
- Enforce MLDA
- Enforce impaired driving laws
- Open container laws
- Etc.



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Discussion/Brainstorm

What are some barriers to implementing environmental prevention strategies?

What are some possible strategies to overcome those barriers?



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Underage Drinking Enforcement Training Center

A Project of Pacific Institute for Research and Evaluation

Contact us at:
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OJJDP

Community-Coalition Tools to Advance EUDL Work

The following section contains sample materials for communities and coalitions that the UDETC and/or communities have used to increase support for underage drinking enforcement efforts and improved compliance with minimum legal drinking age (MLDA) laws. Please feel free to modify them to fit your own community's needs. If you have any questions about how to use the information, or if you have sample materials that you would like to share with others, please contact us at udetc@udetc.org.

Sample Letters:

[Retailer Letter for High Risk Times-Template](#)

[Retailer Letter Failing Alcohol Purchase Survey-Template](#)

[Retailer Letter Passing Alcohol Purchase Survey-Template](#)

[Retailer Letter to Landlords in College Towns-Template](#)

[Notification Letter to Retailers about Compliance Check Operations](#)

This sample letter may be jointly signed by the law enforcement agency and community coalition, if appropriate. A consideration may be for either law enforcement, community coalition members, or both to hand deliver letters to retailers as an opportunity to engage retailers in prevention discussions.

[Retailer Congratulatory Letter for Compliance Check Pass](#)

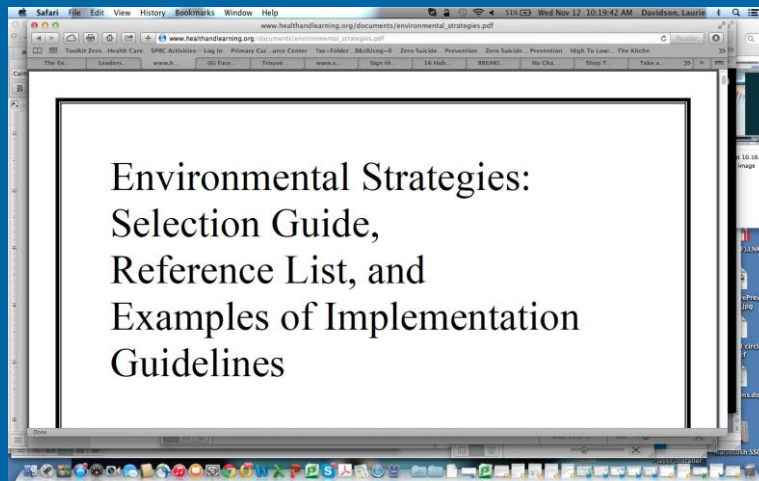
Coalitions may support law enforcement efforts by offering their cooperation by either having their information included in the letter along with the law enforcement agency to demonstrate their partnership to reduce underage drinking, offer assistance with merchant education outreach, and/or hand deliver the congratulatory letters in partnership with law enforcement officers to commend the retailers in being 'partners in prevention' to reduce underage drinking.

[Retailer Letter for Compliance Check Failure](#)

Coalitions may support law enforcement efforts by offering their assistance in having their information included in the letter along with the law enforcement agency to demonstrate their partnership to reduce underage drinking, offer assistance with merchant education outreach, and/or hand deliver the non-compliance letters in partnership with law enforcement officers to stress the importance of preventing sales to underage youth and request the retailer's cooperation in being 'partners in prevention' to reduce underage drinking.



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http://www.healthandlearning.org/documents/environmental_strategies.pdf



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Home » Who We Serve » States & Communities » Collaboration with Substance Abuse Partners

Welcome to the SPRC Substance Abuse and Suicide Prevention Collaboration Continuum

The SPRC Substance Abuse and Suicide Prevention Collaboration Continuum ([Click here for a printable graphic of the Collaboration Continuum](#)) is a Web-based resource designed to help suicide prevention programs in state, tribal, campus, and community settings build and strengthen connections with their substance abuse prevention and treatment counterparts. The Continuum contains a collection of practical tools and resources to help partners be effective and strategic in their work together.

You and your team or partners can also [use this worksheet](#) to find out where you are on the Continuum and to identify strengths, areas of improvement, and steps for reinforcing your partnership.

Click on a Continuum stage in the graphic below to learn what that phase of collaboration looks like. Each stage also features resources and stories from the field that can help you move your collaborative efforts to the next level.

SPRC Substance Abuse and Suicide Prevention Collaboration Continuum



Adapted from *Coalitions and Partnerships in Community Health* by Francis Butterfoss, 2007, San Francisco, CA US: Jossey-Bass. Copyright 2007 by John Wiley & Sons, Inc. Adapted with permission.

CAPT Resources



Substance Abuse and Mental Health Services Administration
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

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and Technical Assistance*

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Mobilizing Partnerships and Resources to Address Substance Abuse and Suicide

The second in a two-part series, this webinar was designed to prepare practitioners to work across disciplines to address substance abuse and suicide. Participants explored the essential ingredients of effective collaboration, and learned about some of the innovative ways practitioners are working together to prevent these related problems.

Date/Time: Wed, 10/08/2014 - 12:30pm

Webinar Recording:
[Mobilizing Partnerships and Resources to Address Substance Abuse and Suicide](#)

Transcript:
[Mobilizing Partnerships and Resources to Address Substance Abuse and Suicide](#)

Materials:
[Mobilizing Partnerships and Resources to Address Substance Abuse and](#)

Thank You!

For more information about this webinar, please contact:

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