



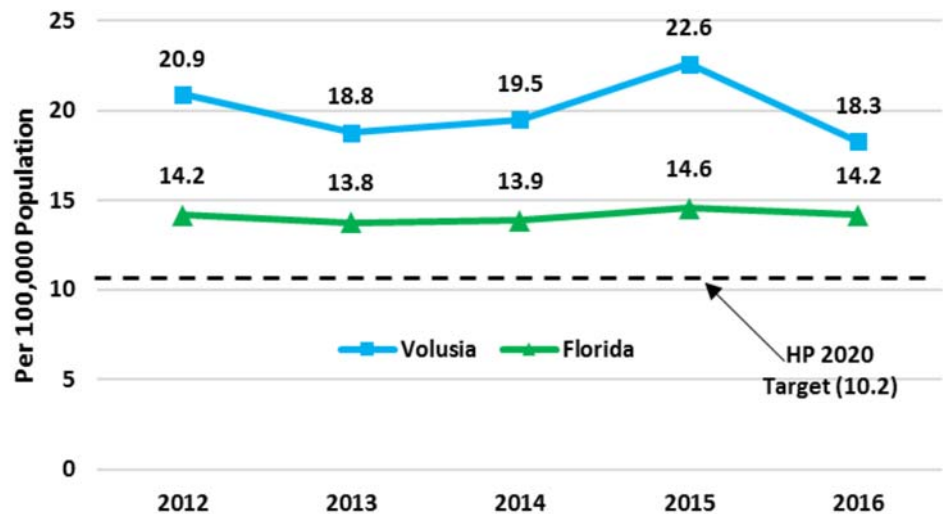
Special Report



MENTAL HEALTH AND SUICIDE IN VOLUSIA COUNTY

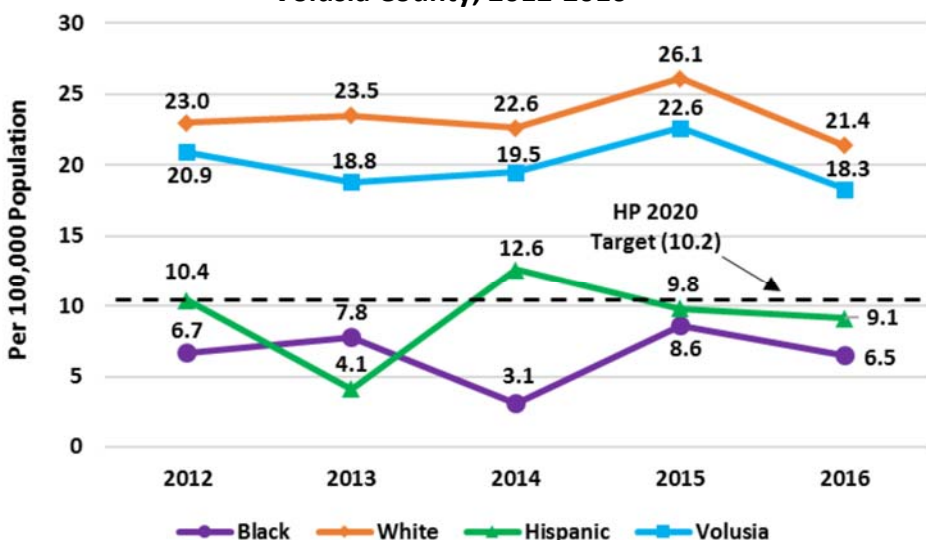
The Centers for Disease Control and Prevention defines mental health as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. Mental health issues such as feelings of hopelessness, isolation and barriers to mental health treatment are leading risk factors for suicide. Healthy People 2020 (HP 2020) has identified as one of their mental health status objectives reducing the national suicide rate to 10.2 suicides per 100,000 population. Currently, Florida and Volusia County have not yet met this goal, as displayed in the graph below.

Age-Adjusted* Suicide Rates, 2012-2016



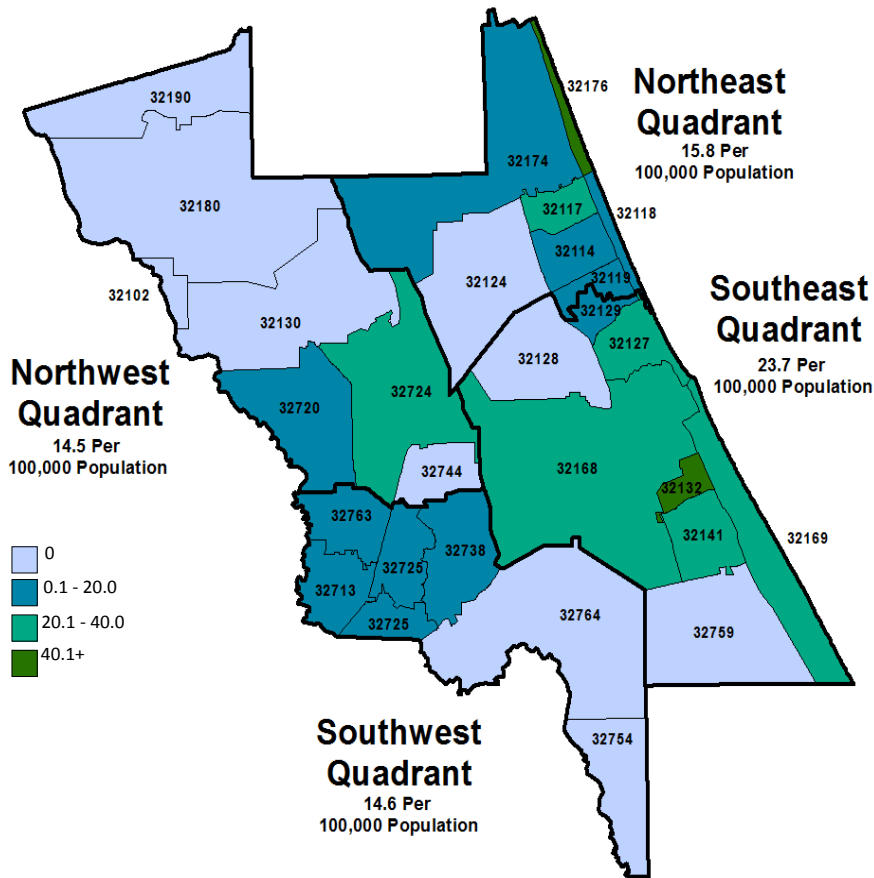
- ◇ Volusia County's 2016 suicide rate (18.3) was nearly twice as high as the Healthy People 2020 national target of 10.2 deaths per 100,000 persons
- ◇ The Volusia County suicide rate trended downward from 2012 to 2016, but remained consistently higher than the rate for Florida

Age-Adjusted* Suicide Rates by Race/Ethnicity, Volusia County, 2012-2016



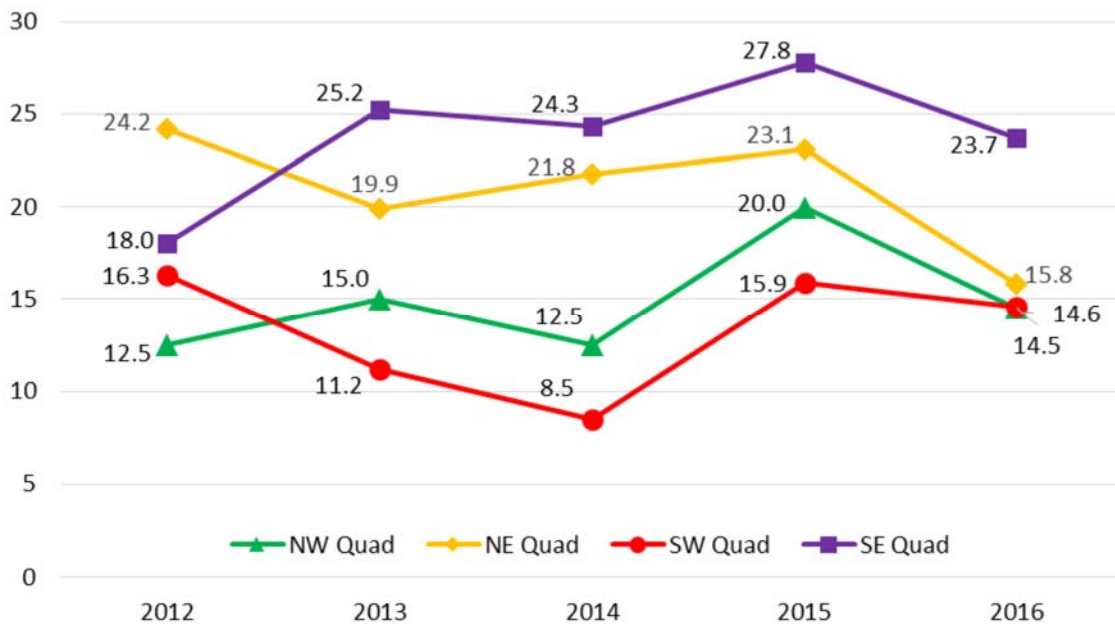
- ◇ Over the five-year period, white residents had consistently higher suicide rates than those seen in the county as a whole
- ◇ The suicide rate among white residents was twice as high as the Healthy People 2020 target each year
- ◇ Volusia County Black residents' suicide rates fell below the Healthy People 2020 target each year

Age-Adjusted* Suicide Death Rates by ZIP Code, Volusia County, 2016



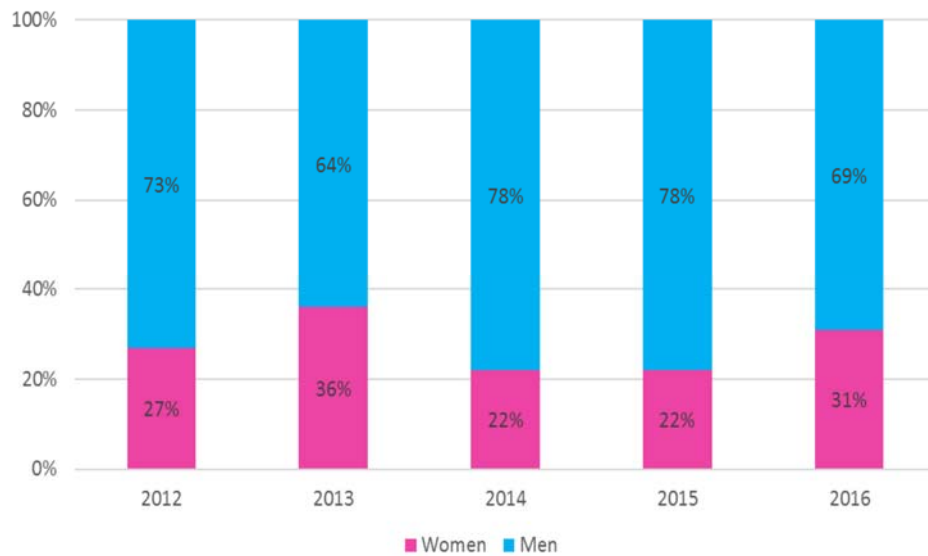
- ◇ ZIP Code 32132 had the highest suicide rate (59.9) in Volusia County
- ◇ The Southeast quadrant of Volusia County had the highest suicide rate of the four quadrants (23.7)
- ◇ There were 10 ZIP codes in Volusia County that had either none or fewer than 3 suicides in 2016

Age-Adjusted* Suicide Death Rates by Quadrant, Volusia County, 2012- 2016



- ◇ The Southeast quadrant presented an upward trend from 2012 (18.0) to 2016 (23.7)
- ◇ The Southeast quadrant has had the highest suicide rate of the four quadrants since 2013
- ◇ The Northwest and Southwest quadrants had the lowest rates of suicide from 2012 to 2016
- ◇ The Northeast quadrant presented a downward trend from 2012 (24.2) to 2016 (15.8)

Suicide by Gender, Volusia County, 2012-2016

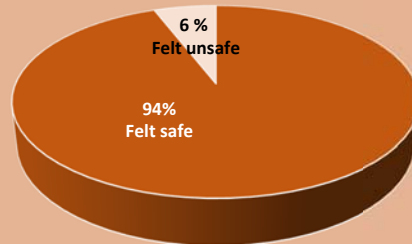
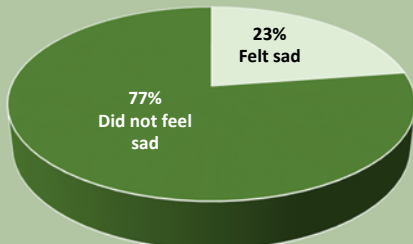


- ◇ Volusia County men accounted for the majority of suicide deaths from 2012 to 2016
- ◇ During this time period, suicide deaths among men were over twice as likely to occur

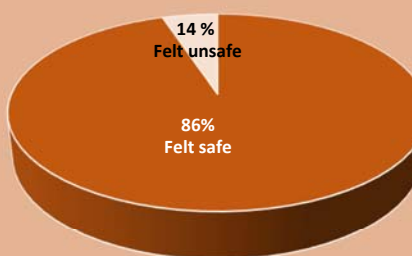
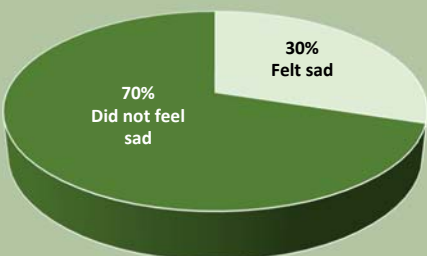
Adolescents & Mental Health

Research has shown that there are indicators of mental health, representing three domains of well-being: emotional, psychological and social. These indicators were partially captured on the middle and high school 2014 Florida Youth and Tobacco Survey in Volusia County.

Youth Mental Health Well-Being, Middle School Students, Volusia County, 2014



Youth Mental Health Well-Being, High School Students, Volusia County, 2014



Percent of students in the past 12 months who felt so sad or hopeless almost everyday for two weeks or more that they stopped doing some usual activities.

Percent of students in the past 30 days who did not go to school because they felt they would be unsafe at school or on their way to and from school.

Percent of students in the past 12 months who did something to purposefully hurt themselves without wanting to die, such as cutting or burning themselves.

Florida Linking Individuals to Care

Melissa Witmeier, Director of Training and Community Engagement

The Florida Linking Individuals Needing Care (FL LINC) Project has been actively involved in implementing suicide prevention efforts across the State of Florida since 2015. The Project partners with the Florida Statewide Office of Suicide Prevention, University of South Florida, University of Central Florida, Florida Council for Community Mental Health. In addition to these partners the program also partners with Lutheran Services Florida (LSF) Health Systems and Stewart-Marchman-Act Behavioral Healthcare in the Volusia County area. Through these partnerships youth between the ages of 10 and 24 that are actively thinking about suicide are identified and linked to services within the area. The FL LINC Project has Regional Suicide Prevention Specialists (RSPS) covering 17 counties and leading trainings on suicide prevention, intervention, post-intervention and care coordination strategies.

Each RSPS has partnered with a managing entity across the State to introduce and implement the Zero Suicide Initiative (zerosuicide.sprc.org) into community behavioral health organizations. In the Volusia County area LSF Health Systems has assisted with making these partnerships. The Zero Suicide Initiative is a precise, quality assurance framework for health and behavioral health organizations to intervene with people thinking about suicide that focuses on safety and error reduction using evidence based trainings and tools to screen, assess, intervene and follow-up with people at risk.

The FL LINC Project offers a variety of trainings. Over 500 community members, families and clinicians in Volusia County have been trained in suicide prevention and intervention, with hundreds more expected to be trained by 2019. Over 1100 suicide prevention informational booklets and resources have been disseminated across the Volusia county area at health fairs, back to school nights, community coalition meetings, mental health summits and conferences. Our goal is to continue to train and provide information to as many community agencies, family members and school personnel through September of 2019.

If you or your agency is interested in suicide prevention trainings, please contact Melissa Witmeier, Director of Training and Community Engagement with the FL LINC Project at melissa@fccmh.org.

NOTE: *Age-Adjusting

The frequency with which health events occur is almost always related to age. For example, mortality rates tend to increase after 40 years of age. The age-adjusted rate is a summary measure that eliminates the effect of the underlying age distribution of the population, allowing for comparisons between populations regardless of their age structure. Visit www.floridacharts.com for more information.

Data Sources:

Centers for Disease Control and Prevention, Healthy People 2020. https://www.cdc.gov/nchs/healthy_people/hp2020.htm; Centers for Disease Control and Prevention, Mental Health Basics. <https://www.cdc.gov/mentalhealth/basics.htm>; Florida Youth Tobacco Survey, Florida Department of Health. 2014. <http://www.floridahealth.gov/statistics-and-data/survey-data/f/>; Florida Agency for Health Care Administration, Hospitalization File. 2012-2016; Florida Department of Health, Vital Statistics, Death Files. 2012-2016



**Percent of Deaths Attributable to Suicide Among Residents
Ages 10-24, Volusia County, 2012-2016**

