Suicide Prevention Resource Center
Promoting a public health approach to suicide prevention

The nation’s only federally supported resource center devoted to advancing the National Strategy for Suicide Prevention.
Integrating Alcohol and Other Drug Use Treatment and Prevention Approaches with Suicide Prevention Efforts

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Suicide Prevention Resource Center
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Goals of the Session

• Review what we know about alcohol and suicide in youth.

• Look at the relationship between substance abuse and suicide.

• Identify barriers and opportunities for collaboration on campus.

• Activity
Alcohol Use and Depression in College Students
Depression Preceding Alcohol Use

Alcohol Use Preceding Depression

- Fergussen et al (2009)
- Owens & Shippee (2009)
- Brook et al (2002)
- Gilman & Abraham (2001)
- Wang & Patten (2001b)
So… what came first?
Alcohol Use Preceding Depression

• Brain effects
• Biphasic effect
• Causing/intensifying other depression triggers

Repetto et al (2004); Mason (2008); Hufford (2001)
Alcohol Use Constricts Thinking

Alcohol “myopia”

Range of concentration

Blood Alcohol Concentration

Cherpitel et al (2004); Hufford (2001); Sher (2005); Steele & Josephs (1990)
Risk Factors for Suicidal Behavior

- Depression, anxiety
- Hopelessness
- Job or financial loss
- Relational or social loss
- History of trauma or abuse
  
  ....and others

SPRC (2003); HHS (2001)
Alcohol as a Risk Factor for Suicide

Aseltine et al. (2009); Swahn & Boassarte (2007); Hallfors et al. (2004); Windle (2004); Cherpitel et al. (2004); Hufford (2001); Powell et al. (2001); Borowsky et al. (2001); Gould (1998); Brent et al. (1988)
Alcohol Use & Mental Health Issues as Suicide Risk Factors

- Alcohol Use
- Other risk factors

→ Suicide
Alcohol Use & Mental Health Issues 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)
Alcohol Environment and Suicide

• Lower MLDA associated with increased suicide risk among 18-21 year olds

• Increased alcohol consumption associated with increased suicide mortality rates

• Restricting alcohol availability may reduce suicide mortality

Birckmayer & Hemingway (1999); Brady (2006); Mann et al( 2006); Pridemore & Snowden (2009); Varnik et al (2006)
Alcohol Prevention as Suicide Prevention

- Alcohol Use
- Depression
- Other risk factors
- Suicidal Behavior
Questions?
Collaboration on Campus
Facilitators to Collaboration

• Leadership

• Coalitions and task forces

• Shared understanding of the continuum of care (prevention, treatment and maintenance)
Barriers to Collaboration

• Differing philosophies and funding streams between mental health and substance abuse professionals
• Campus readiness for change
• Lack of leadership
• “Turf” issues
## Examples

<table>
<thead>
<tr>
<th>Campus A</th>
<th>Have comprehensive approach to alcohol prevention but doesn’t carry over into mental health.</th>
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<tbody>
<tr>
<td>Campus B</td>
<td>Staff work together but there is still limited understanding of the relationship between high-risk alcohol use and suicide.</td>
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<td>Campus C</td>
<td>Different offices on campus were contacted to see how student problems presented there in order to inform developing a comprehensive program.</td>
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Activity
SPRC/Jed Foundation Approach

- Identify Students at Risk
- Increase Help-seeking Behavior
- Promote Social Networks
- Develop Life Skills
- Restrict Access to Potentially Lethal Means
- Provide Mental Health Services
- Follow Crisis Management Procedures

Comprehensive Approach to Suicide Prevention and Mental Health Promotion
Contact Information

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