

# Humboldt County **Suicide Fatality Review** Annual Report 2022

Humboldt County Board of Supervisors Meeting,  
April 4, 2023

Presenters:

Dr. Candy Stockton, Medical Director/Health Officer

Briana Sherlock, Senior Program Manager



# SFR Purpose



- Prevent future deaths by suicide in Humboldt County
- Identify risk and protective factors for suicide specific to Humboldt
- Make recommendations for local policy and practice changes
- Reduce suicide risk
- Promote safety

# Suicide Fatality Review (SFR) Annual Report 2022

## First annual report since SFR began in 2019,

### Includes:

1. Data on risk factors identified in 72.7% of suicide deaths between 2019-2022
2. Recommendations for system improvements
3. Best practice tools, guidance, and resources

### Where to find the report:

<https://humboldt.gov.org/DocumentCenter/View/115654/Humboldt-SFR-Annual-Report-2022-PDF>

Or, simply Google "Humboldt Suicide Prevention"







## Humboldt County Suicide Fatality Review (SFR)

Annual Report 2022

### Suicide in Humboldt County

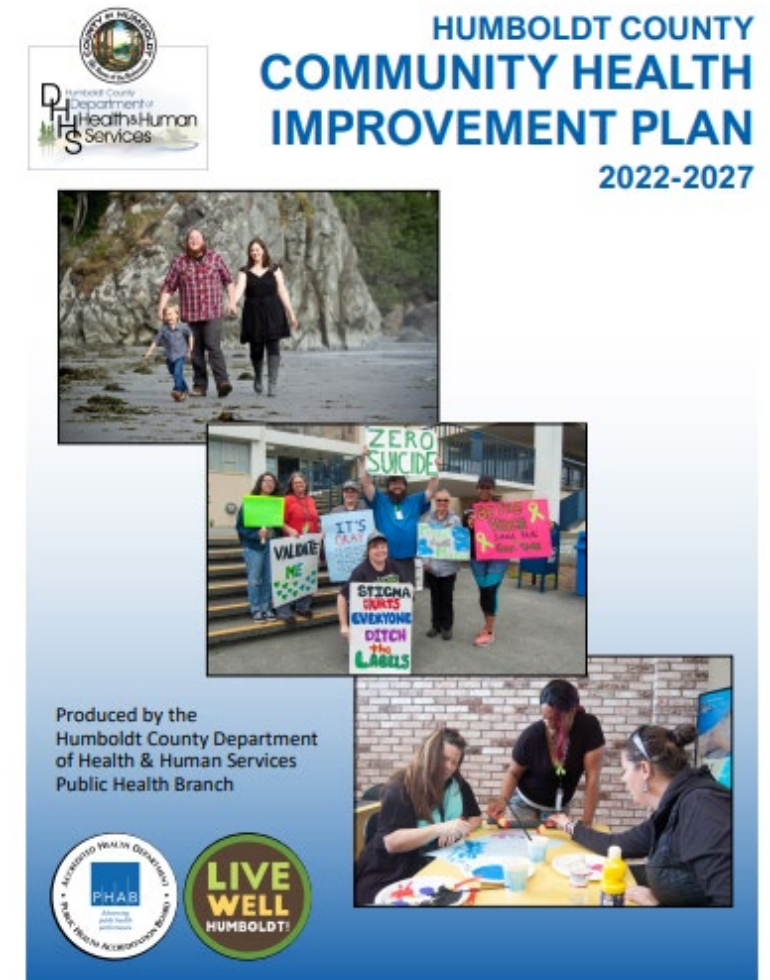
Humboldt ranks #5 for highest suicide rate in California and has a suicide rate that is more than double the state average.<sup>3</sup>

	2021	2022
# Number of suicide deaths <sup>1</sup>	28	38
 Male	86%	84%
 Female	14%	16%
 Firearms were used	50%	61%
 Average age at death	52	52

# Humboldt County Community Health Improvement Plan (CHIP)

The priority areas for the 2022 - 2027 CHIP are:

- Behavioral Health (**suicide** and substance use)
- Housing Instability and Homelessness
- Healthy Beginnings and Adverse Childhood Experiences (ACEs)



# CHIP Suicide Prevention Goals & Strategies

1. Establish a suicide prevention infrastructure
2. Minimize risk for suicidal behavior by promoting safe environments, resiliency, and connectedness
3. Increase early identification of suicide risk and connection to services based on risk
4. Improve suicide-related services and supports

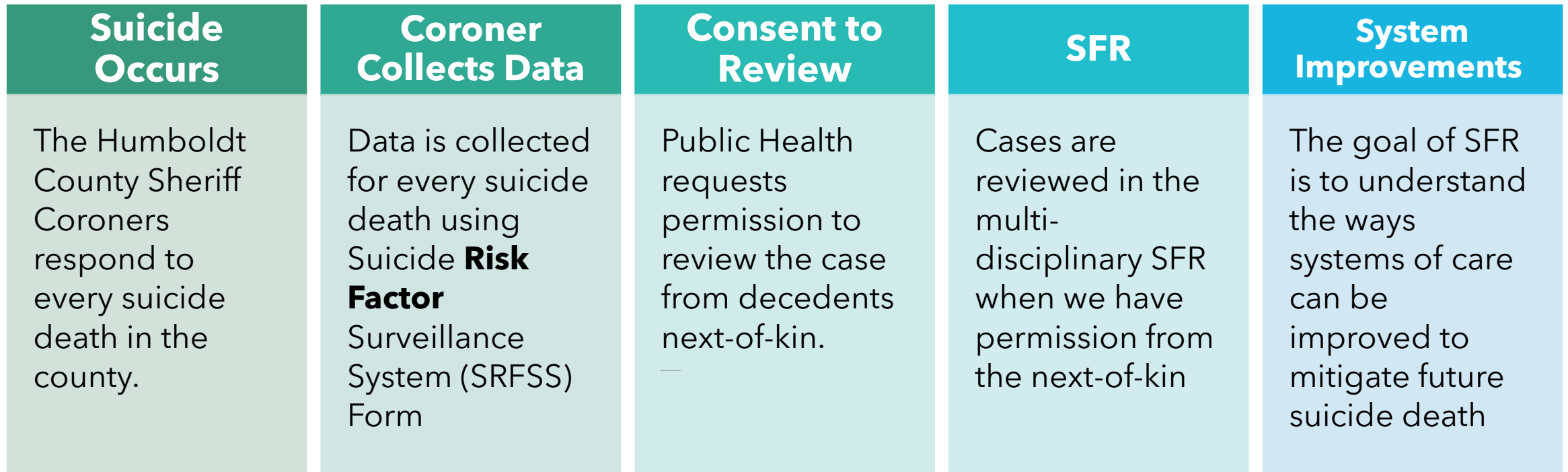


**SFR falls primarily  
under Goal 1**

# Age-Adjusted Suicide Rates, 2018-2020

	Count	Rate	Rank Highest to Lowest Rate
California (Overall)	13,073	10.5	-
<b>Humboldt</b>	<b>93</b>	<b>22.7 **</b>	<b>5</b>
Mendocino	60	20.8**	8
Del Norte, Lassen, Modoc, Plumas, Sierra, Siskiyou, and Trinity	112	23.1**	4

# SFR Process



# SFR is a Multi-Disciplinary Effort

## **Humboldt County Suicide Fatality Review Team**

- Humboldt County Sheriff's Office - Coroner's Office
- DHHS Humboldt County Public Health
- DHHS Humboldt County Behavioral Health
- United Indian Health Services, Inc.
- Open Door Community Health Centers
- Humboldt Independent Practice Associates / Priority Care
- San Francisco Veterans Healthcare Administration - Eureka
- North Coast Emergency-Medical Services
- Southern Humboldt Community Healthcare District
- Cal Poly Humboldt Counseling & Psychological Services





# Recommendations

1

Increase the use of routine **screening** tools for suicide prevention

2

Increase suicide prevention and intervention **skills**

3

Increase the use of brief intervention **safety planning**

4

Improve **care coordination** and follow up for community members at risk of suicide

# Resources

## Crisis

- Humboldt County Behavioral Health 24-hour Crisis Line, Ph: **1-707-445-7715**
- Crisis Text Line: Text HOME to **741741**
- 988 Suicide & Crisis Lifeline: Dial **988**
  - Press "1" for Veterans

## Grief & Bereavement

- **Friends For Survival** - Offering Help After a Suicide Death, (916) 392 - 0664
  - Toll Free: (800) 646-7322
- **Healing Conversations**, AFSP, [healingconversations@afsp.org](mailto:healingconversations@afsp.org)
- For local suicide loss grief information, contact the Humboldt Suicide Prevention Network at [humboldtspn@gmail.com](mailto:humboldtspn@gmail.com)



# Connect with Public Health on Suicide Prevention Efforts



Google "Humboldt Suicide Prevention" or call 707-268-2132

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Trainings

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Resources

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Lethal Means Safety

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Gun Shop Project

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Messaging / Social Media Tools

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Suicide Prevention Network (SPN)

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Suicide Fatality Review (SFR)



Suicide and Violence Prevention (SVP) Program

Healthy Communities Division of Public Health

## Requestable Trainings

Suicide prevention and intervention trainings for service providers, those working with at-risk populations, and the general community. No prior experience expected or necessary. Trainings range from 60-90 minutes.

- **Question-Persuade-Refer (60-90 min)** This training is designed to increase one's ability to recognize suicidal thoughts and behaviors, and to refer the person who is at-risk to a professional resource. Classes range in length and are free of charge. QPR is a dynamic curriculum that can be adapted to meet the unique needs of any group or organization.
  - **Question-Persuade-Refer + Lethal Means Safety** QPR with an additional learning module on what lethal means are, how they impact suicide risk, and safe storage strategies.
  - **Question-Persuade-Refer + Safety Planning** QPR with an additional learning module that details what a safety plan is and how to implement one.

**The Humboldt County Suicide Fatality Review (SFR) would not be possible without the support of the many families who have allowed us to review the death of their loved one.**

**We are grateful for their willingness to allow us to confidentially discuss and share information.**

**Thank you.**