Over the following pages are the findings and recommendations of the Montana Suicide Mortality Review Team and is based on the review of 555 suicides that occurred in Montana between January 1, 2014 and March 1, 2016.
Table of Contents

Suicide – A Public Health Issue that isn’t going away—US Data (2014)........3
Suicide Mortality Review Team findings (all populations).................................5
Montana Youth Suicides (ages 11-17)...............................................................20
Montana Youth Risk Behavior Survey...............................................................30
Suicide among Montana’s American Indians.......................................................33
Suicide among Montana’s Veterans.................................................................43
Recommendations of the Montana Suicide Mortality Review Team..............50
Crisis Resource Poster..........................................................................................54
Suicide — A Public Health Issue that isn’t going away

United States

Since 2000, the rate of suicide has increased 28% in the United States. Increases in the rates of suicide among certain age, gender, and ethnic groups have changed. Suicide rates among adolescents and youth in some areas of the nation have increased dramatically. However, in 2014, suicide rates remain the highest among white males over the age of 45. Differences are also occurring in some racial groups with the rates of suicide among young African American males showing significant increases.

Approximately 1,069,325 people a year in the United States attempt suicide. Suicide has a devastating and, often lasting, impact on those that have lost a loved one as a result of suicide. While suicide rates in the U.S. place it near the mean for industrialized nations, the rates within the U.S. are highly variable by region and state. The intermountain western states have the highest rates of suicide as a region and Montana ranks persistently at the top of the rate chart annually. The following information was taken from the 2014 National Vital Statistics Report (2015) and the Center for Disease Control-WISQARS (2016). 2014 is the most recent national numbers available.

In the United States for 2014:

- Suicide was the 10th leading cause of death for all ages, 2nd for young people
- Suicides accounted for 1.6% of all deaths in the U.S.
- 42,773 suicides occurred in the U.S. This is the equivalent of 117 suicides per day; one suicide every 12 minutes or a crude rate of 13.4 suicides per 100,000 people.
- In the United States, Whites have the highest rate of suicide (15.4) followed by Native Americans (10.8).
- Middle aged people (45-64 years) have the highest rate of suicide (19.5), followed by the elderly (16.6) and the young (11.6).

### 2014, United States

**Suicide Injury Deaths and Rates per 100,000**

<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population</th>
<th>Crude Rate</th>
<th>Age-Adjusted Rate**</th>
</tr>
</thead>
<tbody>
<tr>
<td>42,773</td>
<td>318,857,056</td>
<td>13.41</td>
<td>12.93</td>
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</table>

Compared to 29,350 suicides and a crude rate of 10.43 in 2000, a rate increase of 28%
Suicide among the Young (ages 15-24)
- In 2014, 5,079 youth between 15 and 24 completed suicide in the US
- Suicide is the 2nd leading cause of death for 15 to 24 year olds
- Male youth die by suicide over four times more frequently than female youth
- Native American/Alaska Native youth (15-24) have the highest rate with 16.74 per 100,000. White youth are next highest with 12.60 per 100,000
- In the US, the majority of youth who died by suicide used firearms (45%). Suffocation was the second most commonly used method (40%).

According to the 2015 National Youth Risk Behavior Survey:
- During the 12 months before the survey, 14.6% of students nationwide had made a plan about how they would attempt suicide
- 8.6% of all high school students had attempted suicide one or more times during the 12 months before the survey.

Suicide among the Elderly (US for 2014)
- There were 7,693 suicides of people over age 65 for a rate of 16.6 per 100,000. That equates out to 21 elderly suicides every day in the United States.
- The highest rate of suicide is among White males over the age of 85 (1,024 suicides for a rate of 54.39)
- Males over 65 have a rate of suicide 6.2 times higher than females over 65 (31.39 compared to 5.04)
- A White male over the age of 65 has a rate of suicide 2.6 times higher than a American Indian male over the age of 65 (34.68 compared to 13.38)

Source: CDC WISQARS website (http://webappa.cdc.gov/sasweb/ncipc/mortrate10_us.html). Obtained June, 2016)
Suicide continues to be a major public health issue in the state. Montana has been at or near the top in the nation for the rate of suicide for nearly four decades. In the past ten years (2005-2014), the crude rate of suicide in Montana is 22.33 per 100,000 people (the national rate during that period is 12.22 per 100,000). Between 2005 and 2014, 2,199 Montana residents have died by suicide for an average of 220 people per year.

For all age groups for data collected for the year 2014, Montana had the highest rate of suicide in the United States (American Association of Suicidology, Dec., 2015). Montana has been in the top five for nearly 40 years.

- In Montana, between 2005 and 2014, suicide was the number two cause of death for children ages 10-14, adolescents ages 15-24, and adults ages 25-44, behind only unintentional injuries (CDC, 2016)
- Access to lethal means (firearms), alcohol, a sense of being a burden, social isolation, altitude, undiagnosed and untreated mental illness, lack of resiliency and coping skills, and a societal stigma against depression, all contribute to the long-term, cultural issue of suicide in Montana.
- In 2015, 29.3% of high school students in Montana reported they felt so sad or hopeless almost every day for two weeks or more that they stopped doing some of their usual activities (Montana YRBS, 2015).
- For 2014 and 2015, the highest rate of suicide in Montana is among American Indians (35.5 per 100,000) followed by Caucasians (28.1 per 100,000).
Suicide in Montana Counties

The suicide rate in Montana’s counties varies from year to year due to small populations in the rural counties that greatly influence the rate of suicide with even one death by suicide. Based on analysis of county rates between 2005-2014, only four counties were found to have a suicide rate statistically higher than the Montana rate during that period of time. For information on the rate of suicide in other Montana counties over the last 20 years (1995-2014), please see the proceeding page.
### Age Adjusted Suicide Rates (per 100,000), Montana Residents, 1995-2014

**DATA PROVIDED BY OFFICE OF EPIDEMIOLOGY AND SCIENTIFIC SUPPORT, MT DPHHS**

<table>
<thead>
<tr>
<th>County</th>
<th>Deaths</th>
<th>Population</th>
<th>Age-Adjusted Rate</th>
<th>County</th>
<th>Deaths</th>
<th>Population</th>
<th>Age-Adjusted Rate</th>
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<td>Golden Valley</td>
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<td>Silver Bow</td>
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<td>100,342</td>
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<td>15</td>
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<td>Lake</td>
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<td>Treasure</td>
<td>† 12,993</td>
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<tr>
<td>Lewis &amp; Clark</td>
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<td>Liberty</td>
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<td></td>
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<td>Madison</td>
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<td>Yellowstone</td>
<td>405</td>
<td>2,239,334</td>
<td>14.5</td>
</tr>
</tbody>
</table>


† Fewer than five events;
‡ Rates are not calculated for fewer than 20 events; Data do not meet standards of precision or reliability.
Firearm Deaths in Montana 2010-2014

- Firearm Suicides, 745, 88%
- Other Firearm Deaths, 106, 12%

Montana Suicides by Education (1/1/14 - 3/1/16)

- High School Diploma/GED, 211, 38%
- 9th-12th Grade, 57, 10%
- 8th Grade or less, 26, 5%
- Associates Degree, 30, 5%
- Bachelors Degree, 74, 13%
- Masters Degree, 14, 3%
- Doctorate Degree, 13, 2%
- Not Stated, 3, 1%

76% of the suicides had less than a college degree
53% of the suicides were between the ages of 35-64.
Montana Suicides with Identified Mental Health Issues

- None Reported, 52, 17%
- Mental Health Issues, 261, 83%

Based on 313 suicides that provided mental health information.

Montana Suicides By Type of Mental Health Disorder

- Depression, 202, 69%
- Bipolar, 24, 8%
- Anxiety, 21, 7%
- PTSD, 22, 8%
- Psychotic Disorder, 9, 3%
- Other, 15, 5%

55 of the 261 (21%) had multiple mental health issues.
A higher % of suicides occurred in January, August, and September.
A lower % of suicides occurred in February and December.

Montana Suicides by Relationship Status
(1/1/14 - 3/1/16)

- Widow, 28, 5%
- Not Stated, 5, 1%
- Single, 180, 33%
- Married, 190, 34%
- Divorced, 152, 27%

Adults who are separated, divorced, or widowed had a significantly higher rate of suicide than both married adults and single adults. Single adults had a significantly higher rate of suicide than married adults.
Montana Suicides based on Criminal History  
(1/1/14 - 3/1/16)

Based on 460 records where criminal charges were identified. Of these, 86% had a criminal record.

- N/A, 66, 14%
- DUI, 106, 23%
- PFMA, 34, 8%
- Drug Charges, 171, 37%
- Other criminal charges, 83, 18%

Montana Suicides with identified Warning Signs

In the 74% of the suicides where warning signs were identified, at least 3 warning signs were present in each suicide.

- Warning Signs Identified, 411, 74%
- No Identified Warning Signs, 144, 26%
Montana Suicides by Identified Health Issues
(1/1/14-3/1/16)

- Chronic Health/Pain, 194, 35%
- Minor Health Problems/None, 266, 48%
- N/A (no information provided), 95, 17%

Most Frequent Health Issues identified in Montana Suicides
(based on 194 with identified health issues)

- Arthritis (severe): 5
- Asthma (severe): 4
- Back Injury: 20
- Cancer: 24
- Chronic Pain: 50
- COPD: 8
- Dementia: 5
- Diabetes: 27
- Head Injury: 5
- Heart Disease: 21
- Hypertension: 41
- Obesity: 3
- Seizures: 9
- Sleep/Insomnia: 21
- Stroke: 11
- Thyroid: 5

91 out of the 194 identified as having chronic health problems, had multiple issues health.
Montana Suicides based on Toxicology Reports
(based on 359 toxicology reports, between 1/1/14 and 3/1/16)

15% (53) of the screens were negative.
Of the positive screens, 65% had multiple substances in the body
(excluding caffeine, nicotine, and OTC pain medications).

Montana Suicides that received Publically Funded Mental Health Services

Of the 111 approved for services, 67% (74) received services in mental health, chemical dependency or with primary care since 2013.

Did not receive public mental health services, 444, 80%
No statistically significant difference was noted between any of the regions.
Montana Suicides by County of Residence
(1/1/14 - 3/1/16)

Number of suicides in identified county

- Yellowstone Valley: 77
- Treasure: 3
- Toole: 2
- Teton: 3
- Sweet Grass: 3
- Stillwater: 8
- Silver Bow: 18
- Sheridan: 1
- Sanders: 5
- Rosebud: 6
- Roosevelt: 7
- Richland: 9
- Ravalli: 20
- Prairie: 2
- Powell: 7
- Powder River: 1
- Pondera: 2
- Phillips: 5
- Park: 19
- Musselshell: 4
- Missoula: 8
- Mineral: 3
- Meagher: 1
- McConaughy: 1
- Madison: 6
- Lincoln: 15
- Lewis & Clark: 27
- Lake: 25
- Jefferson: 10
- Hill: 11
- Granite: 4
- Glacier: 5
- Gallatin: 30
- Flathead: 41
- Fergus: 6
- Fallon: 1
- Deer Lodge: 11
- Dawson: 3
- Daniels: 2
- Custer: 10
- Choteau: 4
- Cascade: 29
- Carter: 1
- Carbon: 8
- Broadwater: 1
- Blaine: 5
- Big Horn: 3
- Beaverhead: 6
Montana Youth Suicides
Ages 11-17
(Data compiled through the Montana Suicide Mortality Review Team and the CDC’s WISQARS)

Based on 27 identified suicides between January 1, 2014-March 1, 2016

The information presented on the following pages are based on death certificates identifying that the deceased was between the ages of 11 and 17. Additional information was obtained from coroner reports, supplemental questionnaires, health records, and information obtained from families. **DUE TO THE SMALL SAMPLE SIZE, NO INFERENCES SHOULD BE MADE CONCERNING THE DATA PRESENTED. THIS IS ONLY MEANT TO GIVE NUMBERS AND PERCENTAGES CONCERNING YOUTH SUICIDES IN MONTANA.**
Youth Suicides (11-17)
United States compared to Montana

2005 - 2014, United States
Suicide Injury Deaths and Rates per 100,000
All Races, Both Sexes, Ages 11 to 17
ICD-10 Codes: X80-X84, Y87.0-U03

<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
<th>Crude Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>10,609</td>
<td>295,866,475</td>
<td>3.59</td>
</tr>
</tbody>
</table>

2005 - 2014, Montana
Suicide Injury Deaths and Rates per 100,000
All Races, Both Sexes, Ages 11 to 17
ICD-10 Codes: X80-X84, Y87.0-U03

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<thead>
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<th>Number of Deaths</th>
<th>Population***</th>
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<tr>
<td>80</td>
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Youth Suicides (11-17)
United States compared to Montana for Firearm Suicides

2005 - 2014, United States
Suicide Firearm Deaths and Rates per 100,000
All Races, Both Sexes, Ages 11 to 17
ICD-10 Codes: X72-X74

<table>
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2005 - 2014, Montana
Suicide Firearm Deaths and Rates per 100,000
All Races, Both Sexes, Ages 11 to 17
ICD-10 Codes: X72-X74

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<td>50</td>
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Youth Suicides (11-17)
Males compared to Females in Montana

2005 - 2014, Montana
Suicide Injury Deaths and Rates per 100,000
All Races, Females, Ages 11 to 17
ICD-10 Codes: X80-X84, Y87.0-U03

<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
<th>Crude Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>29</td>
<td>436,553</td>
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2005 - 2014, Montana
Suicide Injury Deaths and Rates per 100,000
All Races, Males, Ages 11 to 17
ICD-10 Codes: X80-X84, Y87.0-U03

<table>
<thead>
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<th>Number of Deaths</th>
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<th>Crude Rate</th>
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<td>51</td>
<td>462,765</td>
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Youth Suicides (11-17)  
Males compared to Females in Montana

2005 - 2014, Montana  
Suicide Injury Deaths and Rates per 100,000  
All Races, Females, Ages 11 to 17  
ICD-10 Codes: X60-X84, Y87.0,*U03

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<tbody>
<tr>
<td>29</td>
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<td>6.64</td>
</tr>
</tbody>
</table>

2005 - 2014, Montana  
Suicide Injury Deaths and Rates per 100,000  
All Races, Males, Ages 11 to 17  
ICD-10 Codes: X60-X84, Y87.0,*U03

<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
<th>Crude Rate</th>
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<tbody>
<tr>
<td>51</td>
<td>462,765</td>
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Youth Suicides (11-17)  
Montana by Ethnicity

2005 - 2014, Montana  
Suicide Injury Deaths and Rates per 100,000  
White, Both Sexes, Ages 11 to 17  
ICD-10 Codes: X60-X84, Y87.0,*U03

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<thead>
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2005 - 2014, Montana  
Suicide Injury Deaths and Rates per 100,000  
Am Indian/AK Native, Both Sexes, Ages 11 to 17  
ICD-10 Codes: X60-X84, Y87.0,*U03

<table>
<thead>
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Youth Suicides (11-17)  
Montana Males by Ethnicity

2005 - 2014, Montana  
Suicide Injury Deaths and Rates per 100,000  
White, Males, Ages 11 to 17  
ICD-10 Codes: X60-X84, Y87.0,*U03

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2005 - 2014, Montana  
Suicide Injury Deaths and Rates per 100,000  
Am Indian/AK Native, Males, Ages 11 to 17  
ICD-10 Codes: X60-X84, Y87.0,*U03

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<tr>
<td>11</td>
<td>46,844</td>
<td>23.48*</td>
</tr>
</tbody>
</table>
# Youth Suicides (11-17)

## Montana Females by Ethnicity

### 2005 - 2014, Montana Suicide Injury Deaths and Rates per 100,000

- **White, Females, Ages 11 to 17**
  - ICD-10 Codes: X60-X64, Y87.0, *U03
  
<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
<th>Crude Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>16*</td>
<td>382,225</td>
<td>4.19</td>
</tr>
</tbody>
</table>

- **Am Indian/AK Native, Females, Ages 11 to 17**
  - ICD-10 Codes: X60-X84, Y87.0, *U03
  
<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
<th>Crude Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>13*</td>
<td>44,908</td>
<td>28.95*</td>
</tr>
</tbody>
</table>

## Youth Suicide (11-17) by Gender

(January 1, 2014-March 1, 2016)

- **Male, 22, 81%**
- **Female, 5, 19%**

**Male, 22, 81%**

**Female, 5, 19%**
Youth Suicides (11-17) by Race
(January 1, 2014-March 1, 2016)

- White, 21, 78%
- American Indian, 5, 18%
- Asian Indian, 1, 4%

Youth Suicides (11-17) by Age
(January 1, 2014-March 1, 2016)

- 17 year olds: 7
- 16 year olds: 5
- 15 year olds: 4
- 14 year olds: 4
- 13 year olds: 4
- 12 year olds: 1
- 11 year olds: 2
In the United States, 39% of youth suicides (11-17) are by firearms.

Handguns, 12, 71%
Rifle/Shotgun, 5, 29%

Youth Suicides (11-17) by Means
(January 1, 2014-March 1, 2016)

Youth Suicides (11-17) by Type of Firearm
(January 1, 2014-March 1, 2016)
Youth Suicides (11-17) with Identified Mental Health Issues
(January 1, 2014-March 1, 2016)

- Depression, 5
- None, 8
- No Information, 14

Youth Suicides (11-17) with identified Warning Signs
(January 1, 2014-March 1, 2016)

- Yes, 20, 74%
- None reported, 7, 26%
Toxicology Findings on Youth Suicides  
(January 1, 2014-March 1, 2016)

Youth Suicides (11-17) with known Relational Conflicts  
(January 1, 2014-March 1, 2016)

In 4 of these deaths, the suicide occurred within minutes of the conflict.
Youth Suicides (11-17)
where a note was left
(January 1, 2014-March 1, 2016)

- Yes, 9, 33%
- No, 18, 67%

Youth Suicides (11-17) by Time of Day
(January 1, 2014-March 1, 2016)

- Midnight-4 am: 3
- 4:01 am-8 am: 3
- 8:01 am-12 pm: 1
- Noon-4 pm: 5
- 4:01 pm-8 pm: 6
- 8:01 pm-11:59 pm: 6
- Unknown: 3
Youth Suicides (11-17) by Day of the Week
(January 1, 2014-March 1, 2016)

Youth Suicides (11-17) by County of Residence
(January 1, 2014-March 1, 2016)
The Montana Youth Risk Behavior Survey is administered by the Montana Office of Public Instruction every two years to 7th and 8th grade students and to high school students. The purpose of the survey is to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence. For the purpose of this report, the 2015 survey is referenced with the focus on depression and suicidal behavior.

### 2015 Montana Youth Risk Behavior Survey Results

#### Comparative Tables

Table (left to right): High School ~ Grades 7-8 ~ American Indian Students on Reservations (AI-R) American Indian Students in Urban Schools (AI-U) ~ Nonpublic Accredited Schools (NPA) Alternative Schools (ALT) ~ Students with Disabilities (SWD)

<table>
<thead>
<tr>
<th>Injury and Violence</th>
<th>Percentage of students who:</th>
<th>High School</th>
<th>Grades 7-8</th>
<th>AI-R</th>
<th>AI-U</th>
<th>NPA</th>
<th>ALT</th>
<th>SWD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt sad or hopeless for 2 or more weeks in a row that they stopped doing some usual activities during the past 12 months</td>
<td>29.3</td>
<td>26.1</td>
<td>37.5</td>
<td>41.1</td>
<td>25.1</td>
<td>53.5</td>
<td>42.9</td>
<td></td>
</tr>
<tr>
<td>Seriously considered attempting suicide during the past 12 months</td>
<td>18.8</td>
<td>17.1</td>
<td>24.0</td>
<td>30.3</td>
<td>15.2</td>
<td>36.6</td>
<td>31.4</td>
<td></td>
</tr>
<tr>
<td>Made a plan about how they would attempt suicide during the past 12 months</td>
<td>15.5</td>
<td>14.2</td>
<td>20.9</td>
<td>25.3</td>
<td>12.5</td>
<td>33.5</td>
<td>24.2</td>
<td></td>
</tr>
<tr>
<td>Attempted suicide during the past 12 months</td>
<td>8.9</td>
<td>11.6</td>
<td>19.3</td>
<td>19.8</td>
<td>10.9</td>
<td>25.8</td>
<td>20.0</td>
<td></td>
</tr>
<tr>
<td>Had a suicide attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or a nurse during the past 12 months</td>
<td>3.1</td>
<td>3.3</td>
<td>6.5</td>
<td>6.5</td>
<td>3.9</td>
<td>8.0</td>
<td>8.4</td>
<td></td>
</tr>
</tbody>
</table>

### 2015 Youth Risk Behavior Survey Results

#### Montana – 10-year Trend Analysis Report

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt sad or hopeless for 2 or more weeks in a row that they stopped doing some usual activities during the past 12 months</td>
<td>25.6</td>
<td>25.8</td>
<td>27.3</td>
<td>25.2</td>
<td>26.4</td>
<td>29.3</td>
<td>Increased</td>
<td>Increased</td>
<td></td>
</tr>
<tr>
<td>Seriously considered attempting suicide during the past 12 months</td>
<td>17.5</td>
<td>15.1</td>
<td>17.4</td>
<td>15.2</td>
<td>16.8</td>
<td>18.8</td>
<td>No change</td>
<td>Increased</td>
<td></td>
</tr>
<tr>
<td>Made a plan about how they would attempt suicide during the past 12 months</td>
<td>14.6</td>
<td>13.2</td>
<td>13.4</td>
<td>12.3</td>
<td>13.6</td>
<td>15.5</td>
<td>No change</td>
<td>Increased</td>
<td></td>
</tr>
<tr>
<td>Attempted suicide during the past 12 months</td>
<td>10.3</td>
<td>7.9</td>
<td>7.7</td>
<td>6.5</td>
<td>7.9</td>
<td>8.9</td>
<td>No change</td>
<td>No change</td>
<td></td>
</tr>
<tr>
<td>Had a suicide attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or a nurse during the past 12 months</td>
<td>3.1</td>
<td>2.7</td>
<td>2.8</td>
<td>2.4</td>
<td>2.6</td>
<td>3.1</td>
<td>No change</td>
<td>No change</td>
<td></td>
</tr>
</tbody>
</table>
### Health Risk Behavior - percentage of students

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Students Who Attempted Suicide</th>
<th>Students Who Did Not Attempt Suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never or rarely wore a seat belt when riding in a car driven by someone else</td>
<td>18.4% (13.7-23.1)</td>
<td>8.1% (6.8-9.4)</td>
</tr>
<tr>
<td>Never or rarely wore a seat belt when driving</td>
<td>13.9% (10.0-17.8)</td>
<td>6.9% (5.5-8.2)</td>
</tr>
<tr>
<td>Rode with a driver who had been drinking during the past 30 days</td>
<td>43.0% (37.3-48.7)</td>
<td>20.8% (19.0-22.6)</td>
</tr>
<tr>
<td>Drove when drinking alcohol during the past 30 days</td>
<td>26.6% (17.6-35.6)</td>
<td>9.0% (7.4-10.7)</td>
</tr>
<tr>
<td>Texted or e-mailed while driving a car or other vehicle during the past 30 days</td>
<td>57.5% (49.5-65.4)</td>
<td>54.6% (51.2-58.0)</td>
</tr>
<tr>
<td>Talked on a cell phone while driving during the past 30 days</td>
<td>57.4% (49.5-65.3)</td>
<td>58.3% (55.3-61.4)</td>
</tr>
<tr>
<td>Carried a weapon such as a gun, knife, or club during the past 30 days</td>
<td>39.9% (34.8-45.0)</td>
<td>24.4% (22.5-26.3)</td>
</tr>
<tr>
<td>Did not go to school because they felt unsafe at school or on their way to or from school during the past 30 days</td>
<td>19.9% (15.1-24.7)</td>
<td>3.4% (2.7-4.2)</td>
</tr>
<tr>
<td>Were threatened or injured with a weapon on school property during the past 12 months</td>
<td>19.9% (14.9-25.0)</td>
<td>3.7% (2.9-4.5)</td>
</tr>
<tr>
<td>Ever physically forced to have sexual intercourse when they did not want to</td>
<td>31.6% (26.7-36.6)</td>
<td>6.1% (5.3-7.0)</td>
</tr>
<tr>
<td>Were bullied on school property during the past 12 months</td>
<td>54.5% (49.9-59.2)</td>
<td>22.6% (20.7-24.6)</td>
</tr>
<tr>
<td>Were electronically bullied (e-mail, chat rooms, instant messaging, websites, or texting) during the past 12 months</td>
<td>49.4% (43.6-55.3)</td>
<td>15.8% (14.4-17.3)</td>
</tr>
<tr>
<td>Were the victim of teasing, name calling, or bullying because someone thought they were gay, lesbian, or bisexual during the past 12 months</td>
<td>36.2% (30.7-41.7)</td>
<td>12.6% (11.4-13.9)</td>
</tr>
<tr>
<td>Felt sad or hopeless almost every day for 2 or more weeks in a row during the past 12 months</td>
<td>79.3% (74.6-84.1)</td>
<td>24.8% (23.1-26.5)</td>
</tr>
<tr>
<td>Seriously considered attempting suicide during the past 12 months</td>
<td>85.4% (81.3-89.4)</td>
<td>12.7% (11.4-14.0)</td>
</tr>
<tr>
<td>Ever tried cigarette smoking</td>
<td>64.2% (57.1-71.2)</td>
<td>35.8% (32.4-39.2)</td>
</tr>
<tr>
<td>Smoked a cigarette during the past 30 days</td>
<td>34.7% (27.9-41.5)</td>
<td>10.7% (9.1-12.3)</td>
</tr>
<tr>
<td>Used smokeless tobacco (chewing tobacco, snuff, or dip) during the past 30 days</td>
<td>19.5% (14.5-24.6)</td>
<td>10.9% (9.7-12.1)</td>
</tr>
<tr>
<td>Smoked cigars, cigarillos, or little cigars during the past 30 days</td>
<td>21.4% (16.6-26.3)</td>
<td>11.2% (9.9-12.5)</td>
</tr>
<tr>
<td>Ever used electronic vapor products (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens such as blu, NJOY, or Starbuzz)</td>
<td>70.2% (65.0-75.5)</td>
<td>48.9% (46.5-51.3)</td>
</tr>
<tr>
<td>Used electronic vapor products during the past 30 days</td>
<td>51.4% (44.1-58.7)</td>
<td>27.1% (25.1-29.1)</td>
</tr>
</tbody>
</table>
For the purpose of this report, youth that are classified as having attempted suicide are those Montana youth in 2015 that reported attempting suicide one or more times during the 12 months prior to taking the YRBS. Forty-five separate risk behaviors were queried for association with the attempted suicide question.

### Health Risk Behavior by percentage of students

<table>
<thead>
<tr>
<th>Health Risk Behavior</th>
<th>Students Who Attempted Suicide</th>
<th>Students Who Did Not Attempt Suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever had a drink of alcohol in their lifetime</td>
<td>84.9% (79.9-89.9)</td>
<td>68.7% (66.7-70.6)</td>
</tr>
<tr>
<td>Had a drink of alcohol during the past 30 days</td>
<td>57.3% (50.0-64.6)</td>
<td>32.1% (29.9-34.3)</td>
</tr>
<tr>
<td>Had 5 or more drinks of alcohol within a couple hours during the past 30 days</td>
<td>38.4% (34.7-45.2)</td>
<td>19.1% (17.5-20.6)</td>
</tr>
<tr>
<td>Ever used marijuana in their lifetime</td>
<td>66.3% (59.0-73.6)</td>
<td>34.3% (30.7-38.0)</td>
</tr>
<tr>
<td>Used marijuana during the past 30 days</td>
<td>42.4% (35.6-49.3)</td>
<td>17.0% (14.8-19.2)</td>
</tr>
<tr>
<td>Ever used methamphetamine in their lifetime</td>
<td>11.7% (7.1-16.3)</td>
<td>1.9% (1.3-2.5)</td>
</tr>
<tr>
<td>Ever used ecstasy in their lifetime</td>
<td>17.8% (13.1-22.6)</td>
<td>4.6% (3.7-5.5)</td>
</tr>
<tr>
<td>Ever took prescription drugs without a doctor’s prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax)</td>
<td>41.1% (35.0-47.2)</td>
<td>12.7% (11.3-14.1)</td>
</tr>
<tr>
<td>Ever had sexual intercourse in their lifetime</td>
<td>71.3% (65.0-77.5)</td>
<td>41.3% (38.2-44.5)</td>
</tr>
<tr>
<td>Had sexual intercourse with four or more persons during their life</td>
<td>29.2% (23.2-35.1)</td>
<td>11.8% (10.1-13.5)</td>
</tr>
<tr>
<td>Had sexual intercourse during the past 3 months</td>
<td>57.6% (50.9-64.3)</td>
<td>29.7% (27.2-32.3)</td>
</tr>
<tr>
<td>Drank alcohol or used drugs before last sexual intercourse</td>
<td>31.1% (23.3-38.8)</td>
<td>17.3% (15.0-19.6)</td>
</tr>
<tr>
<td>Did not eat fruit or drink 100% fruit juice during the past 7 days</td>
<td>8.5% (5.3-11.8)</td>
<td>4.5% (3.6-5.3)</td>
</tr>
<tr>
<td>Did not eat green salad, potatoes, carrots, or other vegetables during the past 7 days</td>
<td>10.5% (4.0-17.1)</td>
<td>4.3% (3.5-5.2)</td>
</tr>
<tr>
<td>Drank a can, bottle, or glass of soda or pop daily during the past 7 days</td>
<td>30.0% (25.2-34.8)</td>
<td>17.0% (15.6-18.5)</td>
</tr>
<tr>
<td>Did not drink milk during the past 7 days</td>
<td>20.3% (16.3-24.2)</td>
<td>15.1% (13.7-16.4)</td>
</tr>
<tr>
<td>Did not eat breakfast during the past 7 days</td>
<td>22.7% (17.9-27.6)</td>
<td>11.5% (10.4-12.5)</td>
</tr>
<tr>
<td>Were physically active at least 60 minutes per day on 5 or more of the past 7 days</td>
<td>44.7% (38.2-51.1)</td>
<td>55.1% (53.0-57.0)</td>
</tr>
<tr>
<td>Watched 3 or more hours of TV on an average school day</td>
<td>30.2% (24.3-36.1)</td>
<td>21.1% (19.2-23.0)</td>
</tr>
<tr>
<td>Played video or computer games 3 or more hours per day on an average school day</td>
<td>42.2% (36.6-47.8)</td>
<td>34.1% (32.4-35.9)</td>
</tr>
<tr>
<td>Played on at least one sports team during the past 12 months</td>
<td>52.1% (44.7-59.5)</td>
<td>63.2% (61.3-65.2)</td>
</tr>
<tr>
<td>Had 8 or more hours of sleep on an average school night</td>
<td>20.3% (16.0-24.6)</td>
<td>33.4% (31.7-35.1)</td>
</tr>
<tr>
<td>Made mostly A’s or B’s in school during the past 12 months</td>
<td>60.5% (54.4-66.7)</td>
<td>77.2% (75.1-79.4)</td>
</tr>
<tr>
<td>Received help from a resource teacher, speech therapist, or other special education teacher during the past 12 months</td>
<td>25.1% (20.7-29.4)</td>
<td>10.9% (9.6-12.2)</td>
</tr>
</tbody>
</table>
Suicide Among American Indians
Based on 42 identified suicides between January 1, 2014 and March 1, 2016

Although nationally, Caucasians have the highest rate of suicide (15.4/100,000), with American Indians/Alaskan Natives being second (10.8/100,000), the rates are quite different when we talk about Montana, especially among American Indian youth. Over the past 10 years, Montana is averaging approximately 19 American Indian suicides a year, for a rate of 27.3/100,000 compared to 200 suicides for Caucasians in Montana over the same period of time for a rate of 22.11/100,000. This rate is largely due to the difference in population size. American Indians only constitute approximately 6% of Montana’s population, compared to 90% Caucasian.

Over the next few pages, the data concerning American Indian suicides in Montana is presented. Initially, comparing Montana American Indians to those nationally. This is based on numbers collected by the Center for Disease Control. This will be followed by the statistics collected by the Montana Suicide Mortality Review Team concerning American Indian suicides from January 1, 2014 through March 1, 2016. This will be followed by known risk and protective factors, along with recommendations to be made at the community level.

DUE TO THE SMALL SAMPLE SIZE, NO INFERENCES SHOULD BE MADE CONCERNING THE DATA PRESENTED. THIS IS ONLY MEANT TO GIVE NUMBERS AND PERCENTAGES CONCERNING AMERICAN INDIAN SUICIDES IN MONTANA.
# Suicides among American Indians, US vs MT

(Based on the CDC’s WISQARS)


## 2005 - 2014, United States

**Suicide Injury Deaths and Rates per 100,000**

*Am Indian/AK Native, Both Sexes, All Ages*

*ICD-10 Codes: X60-X84, Y87.0,*U03*

<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
<th>Crude Rate</th>
<th>Age-Adjusted Rate**</th>
</tr>
</thead>
<tbody>
<tr>
<td>4,440</td>
<td>41,165,530</td>
<td>10.79</td>
<td>10.63</td>
</tr>
</tbody>
</table>

## 2005 - 2014, Montana

**Suicide Injury Deaths and Rates per 100,000**

*Am Indian/AK Native, Both Sexes, All Ages*

*ICD-10 Codes: X60-X84, Y87.0,*U03*

<table>
<thead>
<tr>
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<th>Crude Rate</th>
<th>Age-Adjusted Rate**</th>
</tr>
</thead>
<tbody>
<tr>
<td>188</td>
<td>689,001</td>
<td>27.29</td>
<td>28.16</td>
</tr>
</tbody>
</table>
## Suicides among American Indians by Race

### 2005 - 2014, Montana
### Suicide Injury Deaths and Rates per 100,000

**All Races, Both Sexes, All Ages**

ICD-10 Codes: X60-X84, Y87.0,*U03

<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
<th>Crude Rate</th>
<th>Age-Adjusted Rate**</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,199</td>
<td>9,848,579</td>
<td>22.33</td>
<td>21.70</td>
</tr>
</tbody>
</table>

### 2005 - 2014, Montana
### Suicide Injury Deaths and Rates per 100,000

**White, Both Sexes, All Ages**

ICD-10 Codes: X60-X84, Y87.0,*U03

<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
<th>Crude Rate</th>
<th>Age-Adjusted Rate**</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,990</td>
<td>9,001,143</td>
<td>22.11</td>
<td>21.07</td>
</tr>
</tbody>
</table>

### 2005 - 2014, Montana
### Suicide Injury Deaths and Rates per 100,000

**Am Indian/AK Native, Both Sexes, All Ages**

ICD-10 Codes: X60-X84, Y87.0,*U03

<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
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<tbody>
<tr>
<td>188</td>
<td>689,001</td>
<td>27.29</td>
<td>28.16</td>
</tr>
</tbody>
</table>
Suicides among American Indians by Gender

2005 - 2014, Montana
Suicide Injury Deaths and Rates per 100,000
Am Indian/AK Native, Females, All Ages
ICD-10 Codes: X60-X84, Y87.0,*U03

<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
<th>Crude Rate</th>
<th>Age-Adjusted Rate**</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>347,454</td>
<td>14.39</td>
<td>14.17</td>
</tr>
</tbody>
</table>

2005 - 2014, Montana
Suicide Injury Deaths and Rates per 100,000
Am Indian/AK Native, Males, All Ages
ICD-10 Codes: X60-X84, Y87.0,*U03

<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
<th>Crude Rate</th>
<th>Age-Adjusted Rate**</th>
</tr>
</thead>
<tbody>
<tr>
<td>138</td>
<td>341,547</td>
<td>40.40</td>
<td>43.28</td>
</tr>
</tbody>
</table>

Gender of American Indian Suicides in Montana
(1/1/14-3/1/16)

- Males, 35, 83%
- Females, 7, 17%
## Suicide among American Indians, ages 11-24

### 2005 - 2014, United States
**Suicide Injury Deaths and Rates per 100,000**
*All Races, Both Sexes, Ages 11 to 24*
*ICD-10 Codes: X60-X84, Y87.0,*U03*

<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
<th>Crude Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>48,186</td>
<td>601,605,595</td>
<td>8.01</td>
</tr>
</tbody>
</table>

### 2005 - 2014, Montana
**Suicide Injury Deaths and Rates per 100,000**
*White, Both Sexes, Ages 11 to 24*
*ICD-10 Codes: X60-X84, Y87.0,*U03*

<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
<th>Crude Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>246</td>
<td>1,654,999</td>
<td>14.86</td>
</tr>
</tbody>
</table>

### 2005 - 2014, Montana
**Suicide Injury Deaths and Rates per 100,000**
*Am Indian/AK Native, Both Sexes, Ages 11 to 24*
*ICD-10 Codes: X60-X84, Y87.0,*U03*

<table>
<thead>
<tr>
<th>Number of Deaths</th>
<th>Population***</th>
<th>Crude Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>76</td>
<td>177,489</td>
<td>42.82</td>
</tr>
</tbody>
</table>
Age Ranges of American Indian Suicides in Montana
(1/1/14-3/1/16)

- 75-84: 6
- 65-74: 1
- 55-64: 2
- 45-54: 5
- 35-44: 8
- 25-34: 9
- 15-24: 10
- 11-14: 1

Means of American Indian Suicides in Montana
(1/1/14 - 3/1/16)
- Hanging, 19, 45%
- Firearms, 16, 38%
- Poison, 5, 12%
- Stabbing, 1, 3%
- Self-harm, 1, 2%

Educational Level of American Indian Suicides in Montana
(1/1/14-3/1/16)
- 8th or less: 3
- 9th-12th: 9
- High School Diploma: 16
- Some College: 8
- Associates Degree: 5
- Master's Degree: 1

67% of the American Indian suicides had a high school diploma or less

Unlike national and Montana percentages where firearms are the most common means of suicide, among Montana’s American Indians, hanging was the most prominent means used.
### Toxicology reports of American Indian Suicides for 2014-2015

(% based on 25 received toxicology reports)

<table>
<thead>
<tr>
<th>Substance</th>
<th>Percent in Blood</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychotropic Medication</td>
<td>24</td>
</tr>
<tr>
<td>Pain Medication</td>
<td>20</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>36</td>
</tr>
<tr>
<td>Marijuana</td>
<td>20</td>
</tr>
<tr>
<td>Alcohol</td>
<td>56</td>
</tr>
</tbody>
</table>

Percent of suicides that had the identified substance in their blood

This is based on a small number of toxicology reports and only represents a percentage of those reports received. In 17 of the 25 toxicology reports, multiple substances were found (excluding caffeine, nicotine, and OTC medications.)

### American Indian Suicides that had a History of DUI's

(2014-2015)

- DUI's, 11, 26%
- No, 31, 74%

### American Indian Suicides by Relationship Status

- Married, 13, 31%
- Divorced, 6, 14%
- Widowed, 1, 2%
- Single (includes 4 under age 18), 20, 48%
- Unknown, 2, 5%

64% of American Indian suicides were either divorced, widowed, or single.
### American Indian Suicides that were Veterans
(1/1/14 - 3/1/16)

- **Veteran**: 8, 19%
- **Non-Veteran**: 34, 81%

### American Indian Suicides by Occupation
(1/1/14-3/1/16)

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agriculture/Ranching</td>
<td>2</td>
</tr>
<tr>
<td>Automotive</td>
<td>2</td>
</tr>
<tr>
<td>Bullrider</td>
<td>1</td>
</tr>
<tr>
<td>Childcare/Daycare</td>
<td>3</td>
</tr>
<tr>
<td>Construction</td>
<td>3</td>
</tr>
<tr>
<td>Disabled/Unemployed</td>
<td>3</td>
</tr>
<tr>
<td>Education</td>
<td>2</td>
</tr>
<tr>
<td>Firefighter</td>
<td>2</td>
</tr>
<tr>
<td>Food/Hospitality</td>
<td>3</td>
</tr>
<tr>
<td>Healthcare</td>
<td>2</td>
</tr>
<tr>
<td>Laborer</td>
<td>4</td>
</tr>
<tr>
<td>Management</td>
<td>2</td>
</tr>
<tr>
<td>Student</td>
<td>7</td>
</tr>
<tr>
<td>Tribal Council</td>
<td>1</td>
</tr>
<tr>
<td>Truck Driver</td>
<td>2</td>
</tr>
<tr>
<td>County of Residence</td>
<td>Number of Suicides</td>
</tr>
<tr>
<td>---------------------</td>
<td>--------------------</td>
</tr>
<tr>
<td>Yellowstone</td>
<td>2</td>
</tr>
<tr>
<td>Teton</td>
<td>1</td>
</tr>
<tr>
<td>Silver Bow</td>
<td>1</td>
</tr>
<tr>
<td>Rosebud</td>
<td>1</td>
</tr>
<tr>
<td>Roosevelt</td>
<td>6</td>
</tr>
<tr>
<td>Ravalli</td>
<td>1</td>
</tr>
<tr>
<td>Missoula</td>
<td>2</td>
</tr>
<tr>
<td>Mineral</td>
<td>1</td>
</tr>
<tr>
<td>Lewis and Clark</td>
<td>1</td>
</tr>
<tr>
<td>Lake</td>
<td>6</td>
</tr>
<tr>
<td>Jefferson</td>
<td>1</td>
</tr>
<tr>
<td>Hill</td>
<td>4</td>
</tr>
<tr>
<td>Glacier</td>
<td>3</td>
</tr>
<tr>
<td>Flathead</td>
<td>1</td>
</tr>
<tr>
<td>Fergus</td>
<td>2</td>
</tr>
<tr>
<td>Choteau</td>
<td>2</td>
</tr>
<tr>
<td>Cascade</td>
<td>2</td>
</tr>
<tr>
<td>Blaine</td>
<td>3</td>
</tr>
<tr>
<td>Big Horn</td>
<td>2</td>
</tr>
</tbody>
</table>
American Indian English

Assiniboine
Blackfeet
Chippewa Cree
Choctaw
Crow
Ft. Peck
Northern Cheyenne
Little Shell Chippewa
Lakota Sioux

Suicides in Montana
(1/1/14 - 3/1/16)
Statistics concerning Veteran Suicides in Montana.

The following information was obtained by the Montana Suicide Mortality Review Team and includes 121 veteran suicides that occurred in Montana between January 1, 2014 and March 1, 2016.

The information is based on death certificates identifying that the deceased was in the armed services. Additional information was obtained from coroner reports, supplemental questionnaires, health records, and information obtained from families.

DUE TO THE SMALL SAMPLE SIZE, NO INFERENCES SHOULD BE MADE CONCERNING THE DATA PRESENTED. THIS IS ONLY MEANT TO GIVE NUMBERS AND PERCENTAGES CONCERNING VETERAN SUICIDES IN MONTANA.
69% of the Veteran suicides are over the age of 55.
Montana Veteran Suicides by Means

- Carbon Monoxide: 2 (2%)
- Cutting: 1 (<1%)
- Drug Overdose: 6 (5%)
- Explosion: 1 (<1%)
- Firearm: 93 (77%)
- Hanging: 17 (14%)
- Jumped in Traffic: 1 (<1%)

Montana Veteran Suicides by Relationship Status

- Married: 46 (38%)
- Single: 16 (13%)
- Separated: 3 (3%)
- Widowed: 11 (9%)
- Divorced: 45 (37%)

62% of suicides were committed by individuals who were not married.

Toxicology findings of Montana Veteran Suicides

(% is based on 56 toxicology reports received)

- Alcohol: 23 (41%)
- Meth/Amphetamine: 4 (7%)
- Prescription Pain: 16 (29%)
- Psychotropic: 16 (29%)
- OTC Medication: 12 (21%)
- THC: 4 (7%)
Montana Veteran Suicides with Chronic Pain/Health Issues

- Chronic Pain/Health Issues, 64, 53%
- None reported, 57, 47%

Montana Veteran Suicides by Education Level

- High School, 54, 45%
- Some High School, 4, 3%
- Bachelor's Degree, 15, 12%
- Associate's Degree, 7, 6%
- Some College, 24, 20%
- 8th grade or less, 7, 6%
- Doctorate Degree, 4, 3%
- Master's Degree, 6, 5%

74% of the Veterans who died by suicide had less than a college degree

Montana Veteran Suicides with identified Mental Health Issues

- Depression, 45, 71%
- Anxiety/PTSD, 14, 22%
- Bipolar, 6, 9%
- N/A, 58
- Psychotic Disorder, 3, 5%
- Unspecified, 4, 6%

Percentages based only on those coroner reports that identified mental health issues. 63/121 of the suicides were identified as having mental health issues.

19% (12/63) had more than one diagnosis
Montana Veteran Suicides with Criminal History

- None, 66
- DUI, 15
- Drug Possession, 3
- PFMA/Dom Vio, 7
- N/A, 29
- Sexual Assault, 1

Montana Veteran suicides with history of previous suicidal behavior (% based on n=56)

- No Suicidal Behavior, 24, 43%
- N/A (blank), 65
- Suicidal Behavior, 32, 57%
Montana Veteran Suicides by Occupation

- Agriculture/Farming: 10
- Aeronautics: 3
- Automotive: 3
- Business: 18
- Construction Industry: 19
- Disabled: 3
- Education: 1
- Engineer: 3
- Environment/Forest: 3
- Farrier: 2
- Food/Hospitality: 2
- Gun Expert: 1
- Healthcare: 8
- Iron Worker: 2
- Laborer: 14
- Law Enforcement: 3
- Management: 1
- Military: 6
- Mining/Oil: 3
- Research: 1
- Student: 4
- Tribal Government: 1
- Truck Driver: 5
- Unemployed/Retired: 2
- Unknown: 3
Policy Level Interventions

- **Depression Screening** – It is recommended that Montana Medicaid write policy that requires universal screening for depression for all patients, 12 and older, and require reporting of its use by all organizations that bill Montana Medicaid.

  Examples of a depression screen would be the PHQ-9 (right) and the PHQ-A (adolescent). The PHQ-9 is a multipurpose instrument for screening, diagnosing, monitoring and measuring the severity of depression. The PHQ-9 incorporates depression diagnostic criteria with other leading major depressive symptoms into a self-report tool. The PHQ-9 is brief and useful in clinical practice. The PHQ-9 is completed by the patient in minutes and is rapidly scored by the clinician. The PHQ-9 can also be administered repeatedly, which reflect improvement or worsening of depression in response to treatment.

- **Safety Planning Intervention** – It is recommended that Montana Medicaid write policy that requires the use of this intervention as part of any patient who has been positively screened for depression. The purpose of the Safety Planning Intervention is to provide people who are experiencing suicidal ideation with a specific set of concrete strategies to use in order to decrease the risk of suicidal behavior. The safety plan includes coping strategies that may be used and individuals or agencies that may be contacted during a crisis. The Safety Planning Intervention is a collaborative effort between a treatment provider and a patient and takes about 30 minutes to complete. The basic steps of a safety plan include (a) recognizing the warning signs of an impending suicidal crisis; (b) using your own coping strategies; (c) contacting others in order to distract from suicidal thoughts; (d) contacting family members or friends who may help to resolve the crisis; (e) contacting mental health professionals or agencies; and (f) reducing the availability of means to complete suicide (Stanley & Brown, 2012).
• **Columbia Suicide Severity Rating Scale** (C-SSRS) – It is recommended that Montana Medicaid write policy that requires the use of this intervention as part of any patient who has been positively screened for moderate to severe depression. The C-SSRS is used extensively across primary care, clinical practice, surveillance, research, and institutional settings. It is available in over 100 country-specific languages, and is part of a national and international public health initiative involving the assessment of suicidality, including general medical and psychiatric emergency departments, hospital systems, managed care organizations, behavioral health organizations, medical homes, community mental health agencies, primary care, clergy, hospices, schools, college campuses, US Army, National Guard, VAs, Navy and Air Force settings, frontline responders (police, fire department, EMTs), substance abuse treatment centers, prisons, jails, juvenile justice systems, and judges to reduce unnecessary hospitalizations. The C-SSRS has been administered several million times and has exhibited excellent feasibility (Posner et al, 2011, Mundt et al, 2013) – no mental health training is required to administer it.

• **Conferences on Suicide Prevention** – Montana Department of Public Health and Human Services to continue to utilize existing budgets to support the education of communities, educators and professionals in basic interventions which are “best practices” in suicide prevention.

**State Legislature Interventions**

- The Montana Suicide Mortality Review team recommends **mandatory suicide prevention training and suicide risk assessment training for primary care providers**, to include physicians (those who have contact with patients), nurses, chiropractors, naturopaths, and behavioral health providers. This is based on research that indicates that nationally, 45% of the people who die by suicide saw their primary care providers within a month of their death, and 20% of those people saw their primary care provider within 24 hours of their death. 73% of those of the age of 65 who died by suicide, saw their primary care provider within a month of their death. Other recommendations concerning primary care providers include;
  - Enhance availability of tele-psychiatry
  - State financial support in the development of Integrated Behavioral Health to support primary care in providing mental health care and best practices in Perfect Depression Care.
School Prevention and Interventions – The Montana Suicide Mortality Review Team recommends a multi-level approach for all elementary and secondary students, utilizing programs that have been identified as evidence-based interventions according to SAMHSA’s National Registry of Evidence Based Programs and Practices (NREPP).

- At the elementary school level, resiliency and coping skills training is recommended for all 1st and 2nd grade students utilizing the PAX Good Behavior Game. For tribal schools, the Indigenous version of the PAX Good Behavior Game is recommended.
- At the middle school level, Question, Persuade, Refer (QPR) gatekeeper training for all education staff that includes teachers, support staff, bus drivers, custodians, and food service personnel is recommended. For all school counselors, Applied Suicide Intervention Skills Training (ASIST) is recommended. For all middle schools, the Signs of Suicide (SOS) School-based program for middle schools is recommended. Finally, based on the national recommendations made by the U.S. Prevention Task Force, it is recommended that all middle school students be screened for depression and that all schools develop district-wide crisis response protocols to respond to those students identified as being at higher risk.
- At the high school level, Question, Persuade, Refer (QPR) gatekeeper training for all education staff that includes teachers, support staff, bus drivers, custodians, and food service personnel is recommended. For all school counselors, Applied Suicide Intervention Skills Training (ASIST) is recommended. For all middle schools, the Signs of Suicide (SOS) School-based program for middle schools is recommended. For high schools, we also encourage the piloting of other promising practices, such as the Youth Aware of Mental Health program (YAM). Based on the national recommendations made by the U.S. Prevention Task Force, it is also recommended that all high school students be screened for depression and that all schools develop district-wide crisis response protocols to respond to those students identified as being at higher risk.

Standardize State Coroners – Recommend standardized training, standardized reporting and regular auditing of training and reporting due to a lack of adherence to standards and vast discrepancies between coroners in the reporting of suicide deaths in Montana.

Crisis Response – Continued support to phone and text-message crisis lines; enhance community coordination from crisis lines; support community specific crisis response protocols (Fort Peck Crisis Response Protocol); continued support of crisis response teams (CRT) and crisis homes; and continued support of Crisis Intervention Training (CIT) for law enforcement.
Federal Level Interventions

- **Drug Courts** – Drug courts are problem-solving courts that operate under a specialized model in which the judiciary, prosecution, defense bar, probation, law enforcement, mental health, social service, and treatment communities work together to help non-violent offenders find restoration in recovery and become productive citizens. Treatment success rate as high as 75%.
- **Veteran Courts** – The first veteran’s court opened in Buffalo, N.Y. in 2008. The veteran’s court model is based on drug treatment and/or mental health treatment courts. Substance abuse or mental health treatment is offered as an alternative to incarceration. Treatment success rate as high as 98%.
- **Native American Cultural Engagement** – change policy surrounding providing financial support of cultural practices (i.e., horsemanship, sweats, and feasts) that are relevant to suicide prevention efforts.

Suicide Research in Montana

- Perfect Depression Care – consider a follow-up study in a large (relatively-contained) Montana medical system (e.g., Billings Clinic)
- Ongoing pilot study at Montana State University with Youth Aware of Mental Health (YAM)

**Top 6 recommendations for 2017 state legislative action from the Montana Suicide Mortality Review Team (MSMRT)**

1. Renew the MSMRT and approve coordinated data sharing with American Indian Nations and the Montana University System and update the statute to include obtaining data from hospital systems on numbers and types of suicide attempts (important to have balanced leadership outside of government in suicide prevention; findings will ensure better interventions, better results and better expenditure of tax dollars).
2. PAX Good Behavior Game in every 1st or 2nd grade classroom ($55 return of investment for every dollar spent on this program; reduces youth suicide; increases the amount of time a teacher spends teaching instead of managing behavior problems; reduces teacher burnout).
4. Addition of an American Indian Suicide Prevention Coordinator (enhance longer-lasting relationship building and dedicated technical assistance that is culturally sensitive and meaningful).
5. A “Declaration of Firearm Safe Storage Standards for Children” (88% of all firearm deaths in Montana are suicides. Firearms are the means in 63% of youth suicides in Montana. Handguns constitute 89% of the firearm-related suicides in Montana).
6. Mandatory depression screening for all school children ages 11-17 (depression is the highest risk factor for youth suicide) and development of school district mental health crisis response protocols.
SUICIDE PREVENTION

CRISIS TEXT LINE |

Text MT to 741-741
A free, 24/7 text line for people in crisis.

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org