



Secure Your Weapon: Promoting Gun Hygiene to Prevent Suicides

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Learning Objectives

- Recognize suicide warning signs, risks
- Identify solutions for securing weapons
- Understand behavioral health resources

SUICIDE PREVENTION ADVICE

WAIT!

W **Watch out** for signs of distress and changes in behaviour

A **Ask** "are you having suicidal thoughts?"

I **It will pass** – assure your loved one that, with help, their suicidal feelings will pass with time

T **Talk to others** – encourage your loved one to seek help from a GP or health professional

Call Samaritans
116 123



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Suicide Facts & Figures:

Arizona 2020



On average, one person died by suicide every six hours in the state.

More than five times as many people died by suicide in Arizona in 2018 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of 27,938 years of potential life lost (YPLL) before age 65.



Suicide cost Arizona a total of **\$1,246,006,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,139,987 per suicide death.**



8th leading cause of death in Arizona

2nd leading
cause of death for ages 10-34

3rd leading
cause of death for ages 35-44

5th leading
cause of death for ages 45-64

8th leading
cause of death for ages 55-64

13th leading
cause of death for ages 65+

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Arizona	1,438	19.21	14
Nationally	48,344	14.21	

CDC, 2018 Fatal Injury Reports (accessed from www.cdc.gov/injury/wisqars/fatal.html on 3/1/2020).

afsp.org/statistics



American Foundation for Suicide Prevention

Vernacular

Commit Suicide

Complete Suicide

Attempt Suicide

Successful Suicide

Died by Suicide

Fatal Suicide

Non-Fatal Suicide

Suicide Ideation

What does the data tell us?

Highest Rates

- Males
- Rural Setting
- 45+
- Native Americans
- Veterans

Mechanism

- Firearms
- 71% of gun deaths in AZ are suicides

Diagnosis Before Death

- Episodic and Chronic Depression
- Chest Pain
- Suicide Ideation

What To Look For

Loss

Isolation &
Withdrawals

Sleep and mood
changes

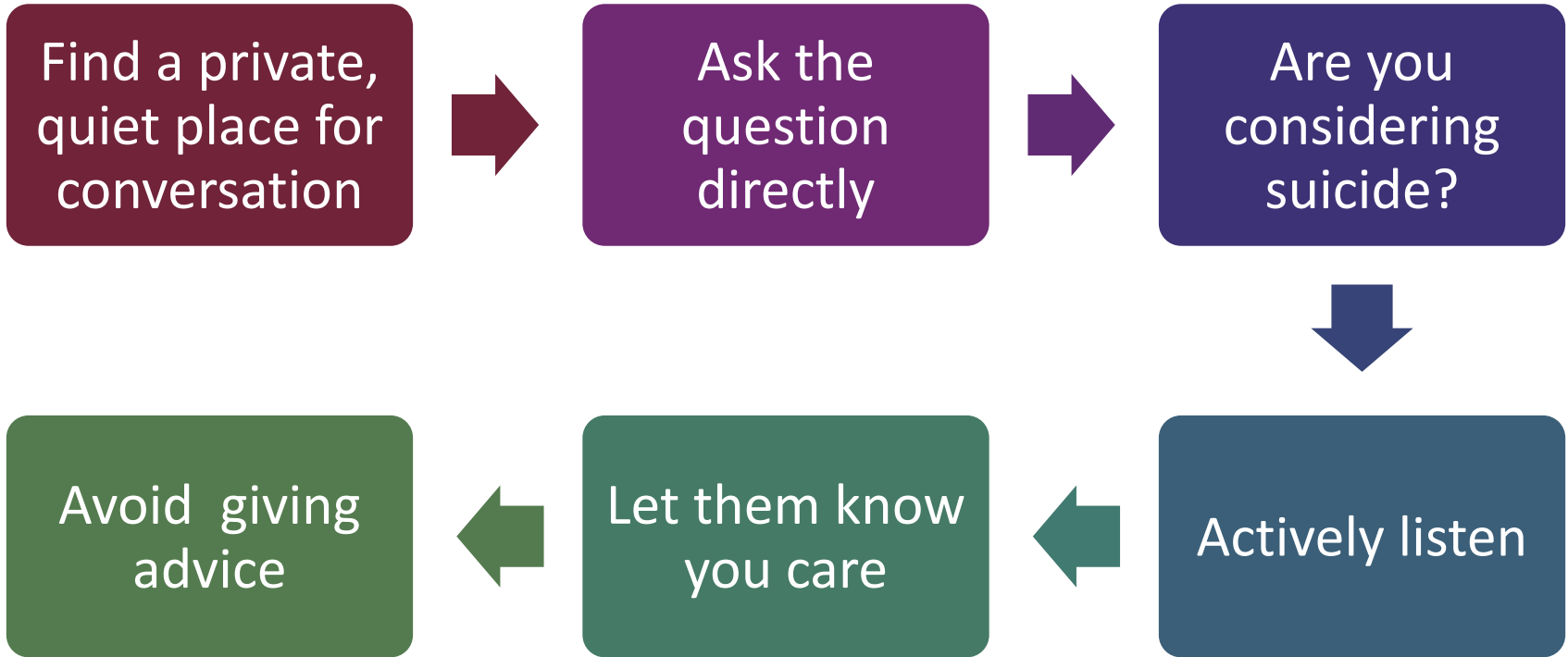
Substance use

Giving away
prized
possessions

Possible
planning

- Two weeks or more

What To Do



Then...

Do they have a plan?

Is it an emergency?

- Call crisis
- Go to the ER

Remove means

Never leave a suicidal person alone

Secure Your Weapon Toolkit

1. Referral guide -- how to get into behavioral health services if you have Medicaid, VA, or private insurance
2. Local list of VSOs, by county
3. Secure your weapon poster (downloadable)
4. Language for the media, including social media posts about the campaign
5. The workflow on how to actually secure a weapon including: locks, removal of ammunition, identifying a removal "buddy," when to remove alcohol and other means
6. How to contact your nearest Be Connected navigator
7. VA resources



Secure Your Weapon

SECURE YOUR WEAPON

Time-honored phrase
for a deeply ingrained
military standard:



USNI

Your weapon is on
your person or
secured, preferably
locked



Secure Your Weapon Initiative

Is a collaborative public education effort to enlist the military and veteran community to demonstrate safe handling, transport, and storage of weapons.

Strength Based Messaging



Key Message 1

- As a veteran and member of the military, your actions serve as an example to others.
-



1st Lt. Lakin Chaffer



Key Message 2

You are held to a higher standard
than the general public for weapon
safety

Key Message 3

- Your deliberate actions to ensure secure handling, transport, and storage of weapons communicates those norms and expectations to those around you.



What Would Be Useful for You?



How can you help?

- Get trained
- Listen
- Reach out
- Fight stigma
- Promote equity

Thank You.

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