

Firearm Violence in NH

2008 - 11

Homicides	29 deaths	.55/100,000
Suicides	344 deaths	6.53/100,000

11.8 suicides for every homicide in NH

For all methods the ratio is 9.5:1

NH Approach

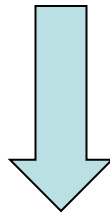
Add **Reducing Access to Lethal Means** to our larger suicide prevention strategy

Seek non-legislative approaches

- CALM – for clinicians and providers
expanding to First Responders, etc.
- Gun Shop Project – to engage gun retailers and firearm community

Reducing Access to Lethal Means of Suicide

Make highly lethal means less accessible



Attempt suicide with less lethal means

or

Delay suicide attempt

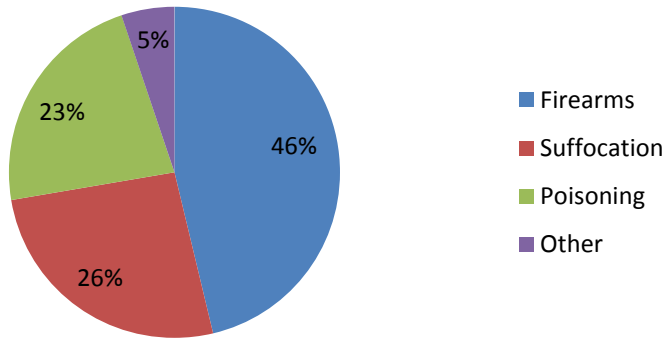
Pesticides – Sri Lanka

- Pesticides are the leading suicide method in Asia, with an estimated 300,000 deaths annually worldwide.
- In Sri Lanka, suicide rates rose 8-fold from 1950 to 1995.
- Restrictions were placed on sales of the most highly human-toxic pesticides in the late '90s.
- Suicide rates dropped 50% from 1996 to 2005.
- Nonfatal poisonings and other suicides did not.

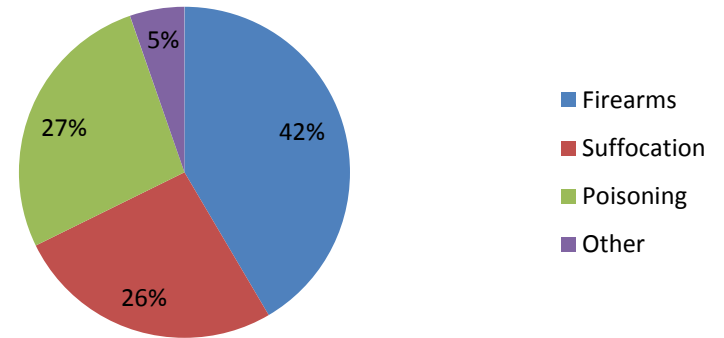


NH Suicide Deaths by Method 2009 - 2011

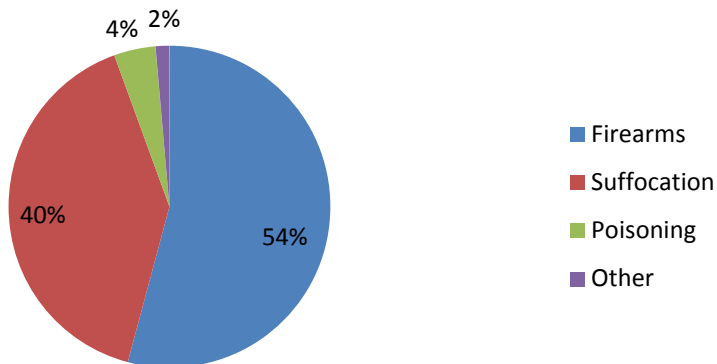
All Ages



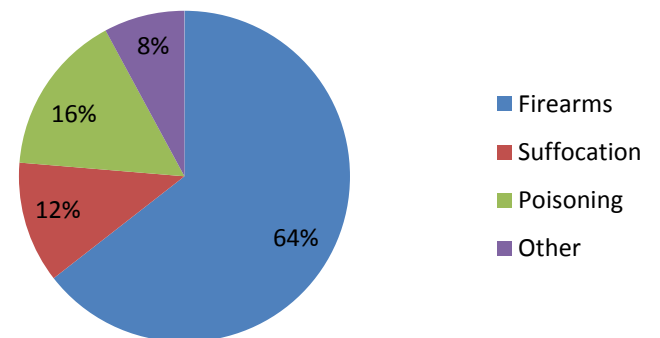
Ages 25 - 64



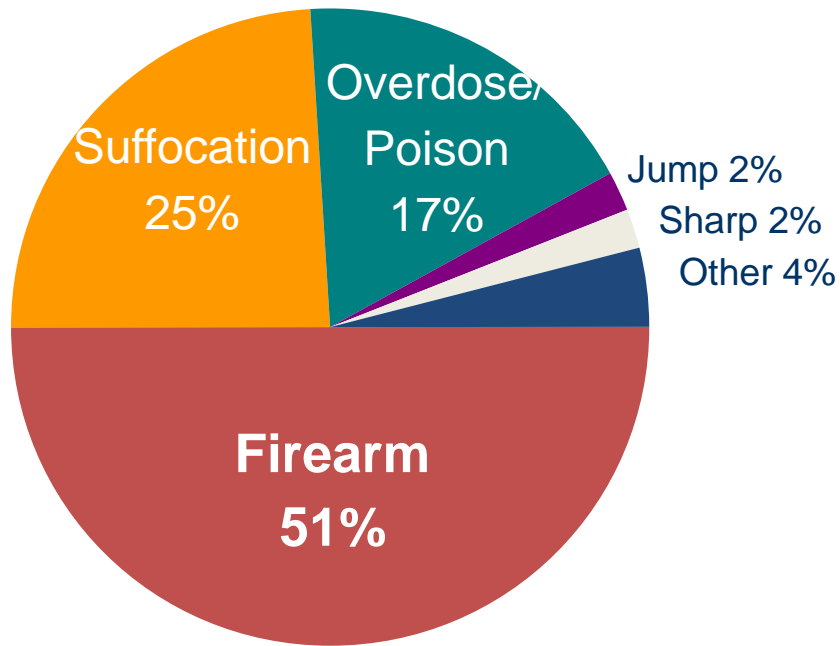
Ages 24 and under



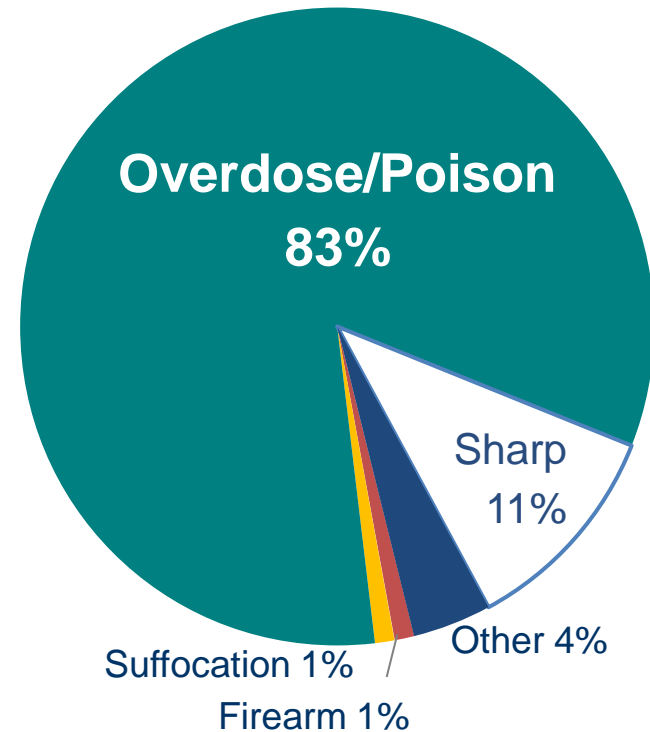
Ages 65 +



Methods of Self-Harm, U.S.



Suicide



Nonfatal Self-harm

Decision Time

Among survivors of near fatal suicides, when asked about time from their decision to complete suicide and the attempt:

- 24% said less than 5 minutes
- 47% more said an hour or less

**Putting time and distance
between a suicidal person
and lethal means MAY save a life**

Ambivalence

Suicidal Behavior Among College Students

Among the 5% who seriously considered attempting, past 12 mos	n=1321
Began attempt, then reconsidered	15%
Carried through an attempt	12%

Drum, Brownson, Denmark, Smith. *Professional Psychology: Research & Practice*, 2009

Preventability

- 90% of those who survive a nearly lethal attempt do not go on to die by suicide
- 92% of those prevented from jumping off the Golden Gate Bridge did not die by suicide

Steps to Take

- Express your concern directly to client/family and explain that you believe the individual is at risk for suicide
- Inquire about access to firearms and medications (and other lethal means as indicated)
- Inform the client/family that restricting access **reduces** risk
- Discuss how to accomplish this as well as the need for ongoing supervision, treatment and follow up

Suicide Prevention: A Role for Gun Owners and Gun Shops

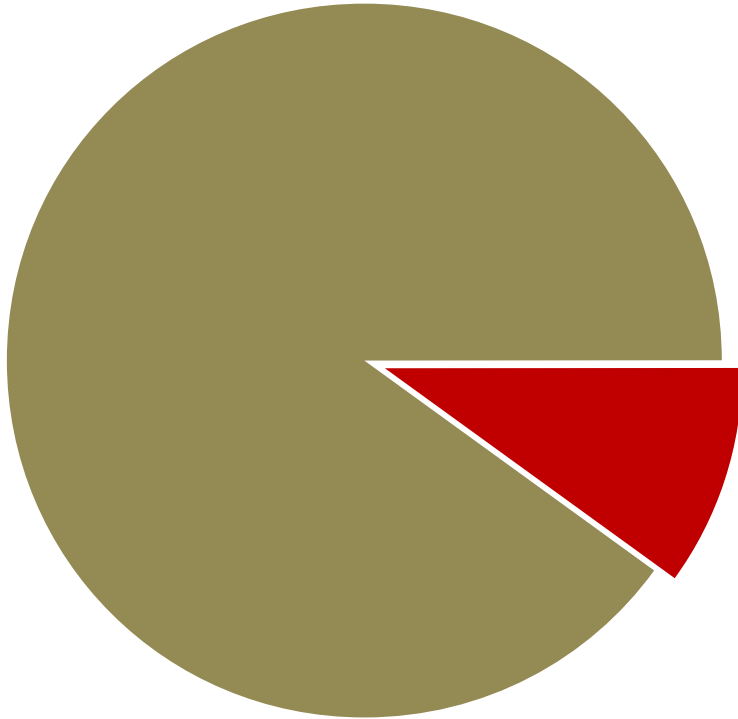


www.nhfsc.org or elaine.frank@dartmouth.edu

Project Impetus

- Three suicide deaths in six days within hours of gun purchase from a single NH gun shop
- Gun shop owner, firing range instructor, suicide prevention and firearm advocates and public health researchers met to determine if there is an effective way to respond
- Built on previous collaborative work of the NH Firearm Safety Coalition (gun shop owner was a member of this group)

Recent-purchase Suicides



- About one in ten (8%) firearm suicides in NH are with recent-purchase guns
- “Recent purchase” = buying or renting firearm within one week of suicide (usually within hours)
- 8% is likely a slight underestimate; in two-thirds of cases interval between acquisition and death was not noted

Source: Medical examiner reports on all 144 firearm suicides in NH over two-year period ending 6/30/09

Mission

Enlist gun shop owners in efforts to prevent suicides with either recently-purchased firearms or existing household firearms

- Educate gun shop owners about steps to avoid selling a firearm to a suicidal customer
- Educate their customers about making firearms less accessible if a friend or family member is suicidal
- Promote National Suicide Prevention Lifeline to link with local emergency services



CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?

ARE THEY SUICIDAL?

- Depressed, angry, impulsive?
- Going through a relationship break-up, legal trouble, or other setback?
- Using drugs or alcohol more?
- Withdrawing from things they used to enjoy?
- Talking about being better off dead?
- Losing hope?
- Acting reckless?
- Feeling trapped?

SUICIDES IN NH
for outnumber homicides

**FIREARMS ARE THE
LEADING METHOD**

**ATTEMPTS WITH A GUN
ARE MORE DEADLY**
than attempts with other methods



www.nrlbc.org

HOLD ON TO THEIR GUNS

- Putting time and distance between a suicidal person and a gun may save a life.
- For other ways to help, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).



GUN SAFETY RULES

11 → 10 COMMANDMENTS
OF GUN SAFETY

Look inside
to see
what's new!

11. Consider temporary off-site storage if a family member may be suicidal. When an emotional crisis (like a break-up, job loss, legal trouble) or a major change in someone's behavior (like depression, violence, heavy drinking) causes concern, storing guns outside the home for a while may save a life. Friends as well as some shooting clubs, police departments, or gun shops may be able to store them for you until the situation improves.

Evaluation Results

- 64 gun shops visited to measure use of any of our materials and to get feedback
- 48% of those visited were displaying at least one of the items
- Brochures and lifeline cards most likely to be used, followed by poster
- Materials and program being adapted for use in more than 20 states

Conclusions

- Suicide prevention is a good fit for gun owners who can be a powerful ally
- Most of us are neither strongly pro-gun nor strongly anti-gun but almost everyone is

ANTI-SUICIDE

- Getting across the idea that suicide is (mostly) preventable is essential!
- Work locally to get these messages out