

Help Prevent Suicide In Idaho

**You can help by joining with us.
You can make a difference.**

Most people know of someone who has died by suicide. Many have been personally affected. Now you have an opportunity to join with others to bring this complex challenge forward and seek solutions.

For more information, contact SPAN Idaho.

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or

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Regional Development

From its beginning, SPAN Idaho, as a grassroots organization has encouraged and recognized the importance of regional involvement. We have spearheaded the development of SPAN chapters in each region that are spearheading regional activities surrounding the prevention of suicide. Regional meetings were held during the development of the statewide suicide prevention plan to solicit input from people who live in each region. We invite you to join in the suicide prevention activities that are happening in each region.



SPAN Idaho Accomplishments

- The completion of Idaho's Suicide Prevention Plan, a statewide effort comprised of many dedicated participants
- Annual, statewide SPAN suicide prevention conferences since 2001
- The development and distribution of the SPAN Idaho Suicide Prevention Took Kit
- SPAN Idaho was the impetus for the creation of the Governor-appointed Idaho Suicide Prevention Council to provide oversight for the Suicide Prevention Plan.



What is SPAN Idaho?

SPAN Idaho is a statewide 501(c)(3) organization dedicated to providing leadership for suicide prevention in Idaho. A group of interested citizens organized and incorporated an Idaho chapter of the National Suicide Prevention Action Network (SPAN USA) in June 2002.

Why SPAN Idaho?

SPAN Idaho's mission is to provide *Leadership for Suicide Prevention in Idaho* by building collaboration and promoting suicide prevention efforts in Idaho. Idaho has consistently been among the states with the highest suicide rates in the nation. Suicide is a complex and difficult problem. Solutions developed in other parts of the country may not address Idaho's needs. We work with the citizens and communities across the state to develop and implement strategies to reduce suicide and suicidal behavior.

SPAN Idaho's has developed and distributed a suicide prevention tool kit which includes a Resource Guide, a Guide to Prevention Programs and many other prevention, intervention and postvention resources. The kit is available on our Web site.



What is SPAN USA?

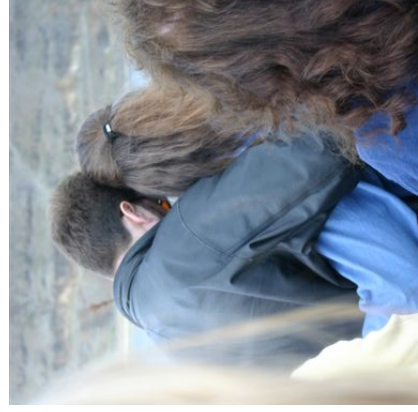
The Suicide Prevention Action Network USA is best defined by what it does. In its own words, this is "working hard to reduce the number of completed suicides in this country." It was started in 1996 by Jerry and Elsie Weyrauch, survivors of the suicide of their 34-year-old physician daughter, Terri. Their goal was to create a way for survivors of suicide - those who have lost someone to suicide - to transform their grief into positive action to prevent future tragedies.

One of the important appeals of SPAN USA is its emphasis on survivor support and involvement, and mission to provide a simple accessible way for survivors to become involved in helping others. The organization was created to raise awareness, build political will, and call for action with regard to creating, advancing, implementing and evaluating a national strategy to address suicide in our nation.

SPAN Idaho is proud to be the first state affiliate to join the national network. We are sharing the vision of saving lives by developing a state network and recruiting members and resources.

Do you know...

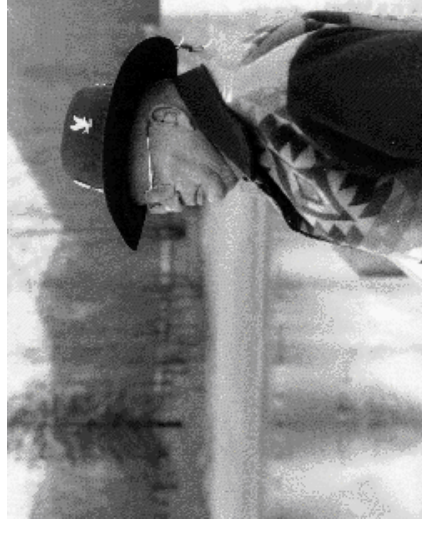
- In 2005 (the most recent year available), Idaho had the 7th highest suicide rate in the nation; 45% higher than the national average.
- Suicide is the 2nd leading cause of death for adolescents and young adults in Idaho.
- In 2006, 218 Idahoans completed suicide.
- 66% of Idaho suicides involve a firearm; the national average is 52%.
- In 2006, 81% of suicides in Idaho were by men.
- 15.9% of Idaho youth attending traditional high schools reported seriously considering suicide in 2005. 8.9% reported making at least one attempt.
- In 2000, the suicides of those under 25 years of age in Idaho resulted in estimated direct costs of \$3.77 million, and lost earnings of \$81 million.
- Over 30,000 Americans die by suicide each year; 1 person every 17 minutes.
- Suicides consistently outnumber homicides 3 to 2.
- One million people die by suicide each year worldwide.



Groups at Highest Risk for Completing Suicide

The rate of suicide completion in Idaho is: 14.9 per 100,000 persons (2006)

- *Native American Young Men, age 15-17: 115.8, and for age 18-24: 88.1 (1992-2001)*
- *Elderly Males, 75 years and over: 81.2 (1999-2001)*
- *Working Age Males, age 18-64: 25.8 (1999-2001)*
- *Teenaged Males, age 15-17: 22.5 (1999-2001)*



SPAN Idaho has 5 areas of focus...

- Community Awareness
- Advocacy
- Survivor Support
- Research and Evaluation
- Resource Development