

# Riverside County Youth Suicide Prevention

Decreasing suicide risk is a complex undertaking. Multiple strategies, initiatives and services contribute to decreasing suicide risk and increasing resiliency in the community.

Listed below are some of the activities underway in Riverside County.

## YOUTH ENGAGEMENT

### TEEN SUICIDE AWARENESS AND PREVENTION PROGRAM

school based suicide prevention program training students, school faculty, parents, and community members

**13,667** youth trained  
**2017-2021**

### DIRECTING CHANGE

engages youth in creating public service announcements through film, focused on mental health and suicide prevention

**2,044** youth participants  
**2017-2021**

### STUDENT RESILIENCE TRAINING

school based program providing training in self-care and resilience building strategies

**3,128** youth trained  
**2022-2023**

## School District Partnerships Include:

**District 1:** Alvard, Riverside **District 2:** Corona Norco **District 3:** Murrieta, Hemet, Temecula, San Jacinto **District 4:** Coachella, Desert Sands, Palm Springs **District 5:** Banning, Beaumont, Moreno Valley, Menifee, Nuvview, Perris, Val Verde

## YOUTH CRISIS RESPONSE

RUHS-BH Mobile Crisis Response Teams  
MCRT - 60% of crisis response is for youth 25 and under.



*585 crisis requests from schools during FY 21/22*

## RIVERSIDE COUNTY SUICIDE PREVENTION COALITION (SPC)

SPC is a collaboration between county organizations, non-profit, private, faith-based organizations, school districts, higher education institutions, healthcare, and first responders designed to work together to eliminate suicide deaths and suicide attempts and increase resources/supports.

## GATEKEEPER TRAININGS 2011 - 2022

Evidence based training on suicide alertness and intervention continues to be provided county-wide for general community as well as school personnel.

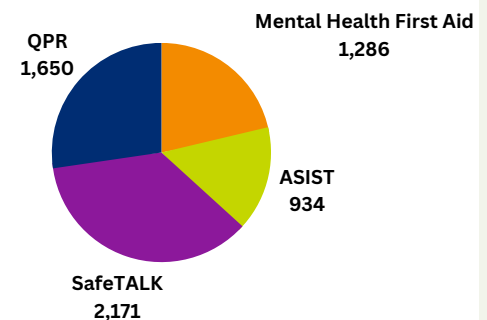
Trainings include:

**Mental Health First Aid** - is 6-hour skills-based training course that teaches participants about mental health and substance-use issues

**ASIST** - 2-day suicide intervention training

**SafeTALK** - 4-hour suicide alertness training

**Question Persuade Refer (QPR)** - 2-hour suicide awareness training



## UPCOMING SUICIDE PREVENTION EFFORTS:

- 2-year CA Department of Public Health funded project to support enhanced surveillance of youth suicide attempts and fatalities.
- Funding for local helpline to support additional crisis line operators.
- Joint project with RCOE to further develop a county-wide suicide risk assessment tool for schools.
- Additional school staff training in suicide risk assessment.
- Development of a community crisis response toolkit

## Challenges:

*Post COVID, schools are limiting outside services citing safety concerns. In addition, increase in school staff burnout, stress and high turnover has left many school personnel overwhelmed. For these reasons strategies for school engagement continues to be a challenge.*

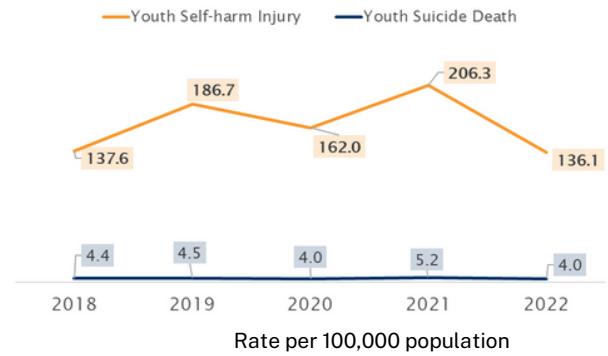
## Efforts led to address youth suicide provided by:



# Riverside County Suicide Related Outcomes

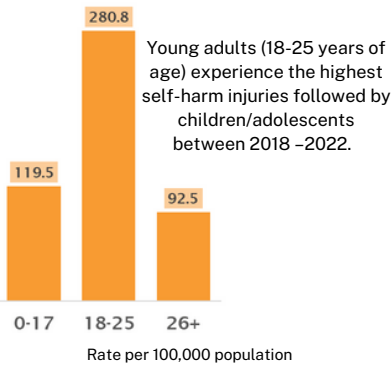
## RIVERSIDE COUNTY SUICIDE YOUTH AGE-SPECIFIC (<26 YEARS OLD) RATES

From 2018 to 2022, 1,393 suicide deaths and 14,576 non-fatal self-harm injuries occurred countywide. For youth 25 and younger, there were 195 (14%) deaths from suicide and 7,306 (50%) non-fatal self-harm injuries during this same period. Youth suicide death rates have remained consistent, ranging from 4.0 to 5.2 per 100,000 youth, while non-fatal self-harm injury rates have fluctuated yearly from 2018 to 2022.

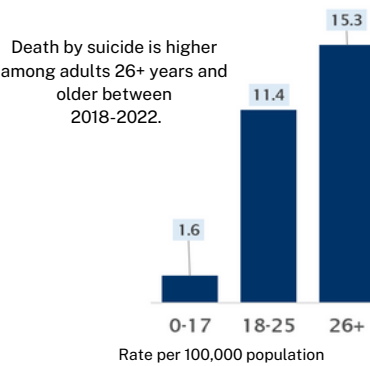


### 5-YEAR AVERAGE RATES BY AGE GROUP

#### Non-Fatal Self-harm Injuries



#### Suicide Mortality



### 5-YEAR AVERAGE RATES BY GENDER

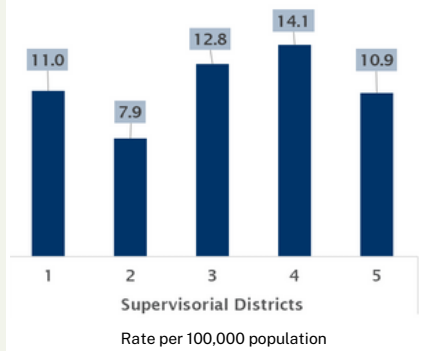


**Females** (140.9 per 100,000 population) experience higher rates of self-harm injury compared to male counterparts (4.7 per 100,000 population).



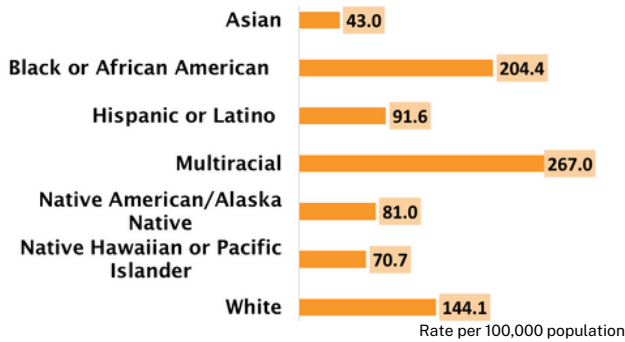
**Males** (96.6 per 100,000 population) have higher suicide mortality rates compared to females (18.2 per 100,000 population).

### SUICIDE MORTALITY 5-YEAR CRUDE RATE



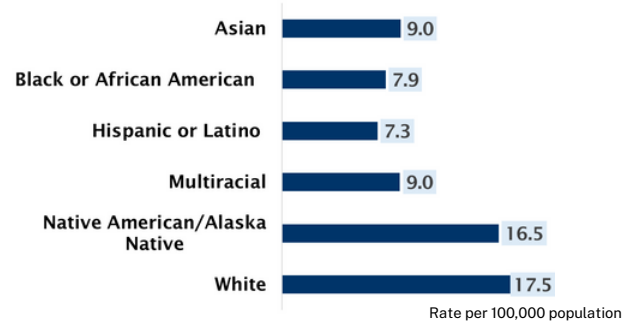
## 5-YEAR AVERAGE RATES BY RACIAL/ETHNICITY GROUPS

### All-Ages Non-Fatal Self-harm Injuries Rates



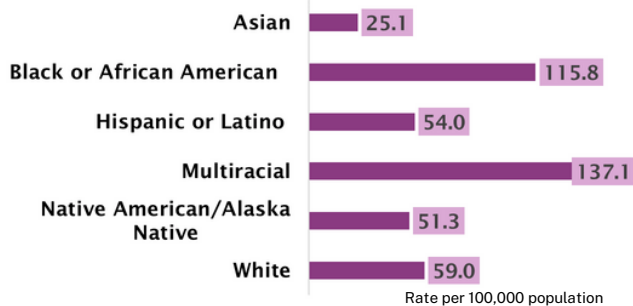
The highest 5-year average self-harm injury rate occurred among multiracial individuals followed by Black or African American.

### All-Ages Suicide Mortality Rates



5-year average suicide death rates among the overall population are just about doubled for American Indian/ Alaskan Native and White compared to other racial groups.

### Youth (0-25 years) Non-Fatal Self-harm Injuries Rates



Similar trends are found among our youth population.

### Youth (0-25 years) Suicide Mortality Rates



Asian youth (0-25 years of age) individuals have the highest suicide death rate in Riverside between 2018-2022.

\*Multiracial group is defined by individual identifying with one or more race option. Unstable rates occurred for racial groups (Native American/ Alaska Native, Native Hawaiian or Pacific Islander, or Multiracial) due to small population size for youth suicide mortality rates.

**Note:** All mortality and emergency department data from 2022 are considered provisional. Mortality data includes Riverside County residents who died within Riverside County and Out of County.

**Sources:** (1) California Integrated Vital Records System. (2022). Accessed June 15th, 2023. Riverside County, California. Retrieved from <https://casadm.calivers.org>, (2) Electronic Surveillance System for the Early Notification of community-Based Epidemics (ESSENCE). (2022). Accessed June 15th, 2022. Riverside County, California.