



Suicide Related Outcomes in Riverside County

Equity and Justice Taskforce Presentation

February 2023

Content Warning

- The content and discussion in this presentation may be emotionally and intellectually challenging to engage with.
- Please take the time you need to care for yourself during and after this presentation if the content is triggering in any way.
- If you or someone you know is struggling or in crisis, help is available locally through Inland SoCal Crisis & Suicide Helpline: Text or Call **951-686-HELP** (4357)

Presentation Overview

1. General Overview on Suicide Outcomes (by the numbers)
2. Trends in Suicide Deaths (2011-2020)
3. Trends in Suicide Attempts (2016-2020)
4. Behavioral Health Interventions

Suicide Outcomes in Riverside County by the numbers

13th

leading cause of
all deaths

30%

increase in suicide
deaths between
2014-2019



White middle-aged
men had the highest
rates of deaths



Black/African Americans
Native American/Alaska Natives
had disproportionate rates of
deaths

31

years of potential
life lost (YPLL)

FIREARM

the most common
mechanism among
men

POISONING

the most common
mechanism among
women

Trends in Suicide Deaths 2011-2020

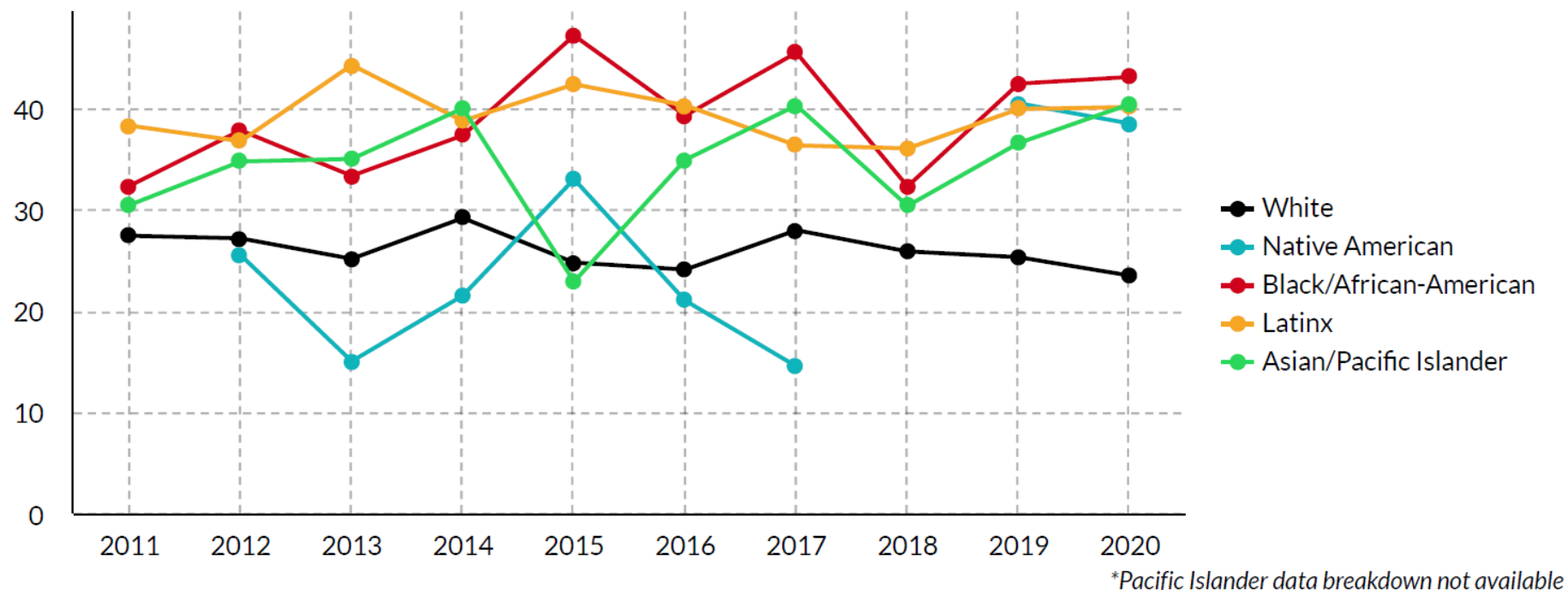
Data Source: California Integrated Vital Records System (Cal-IVRS)

Suicides increased nearly 30% between 2014-2019



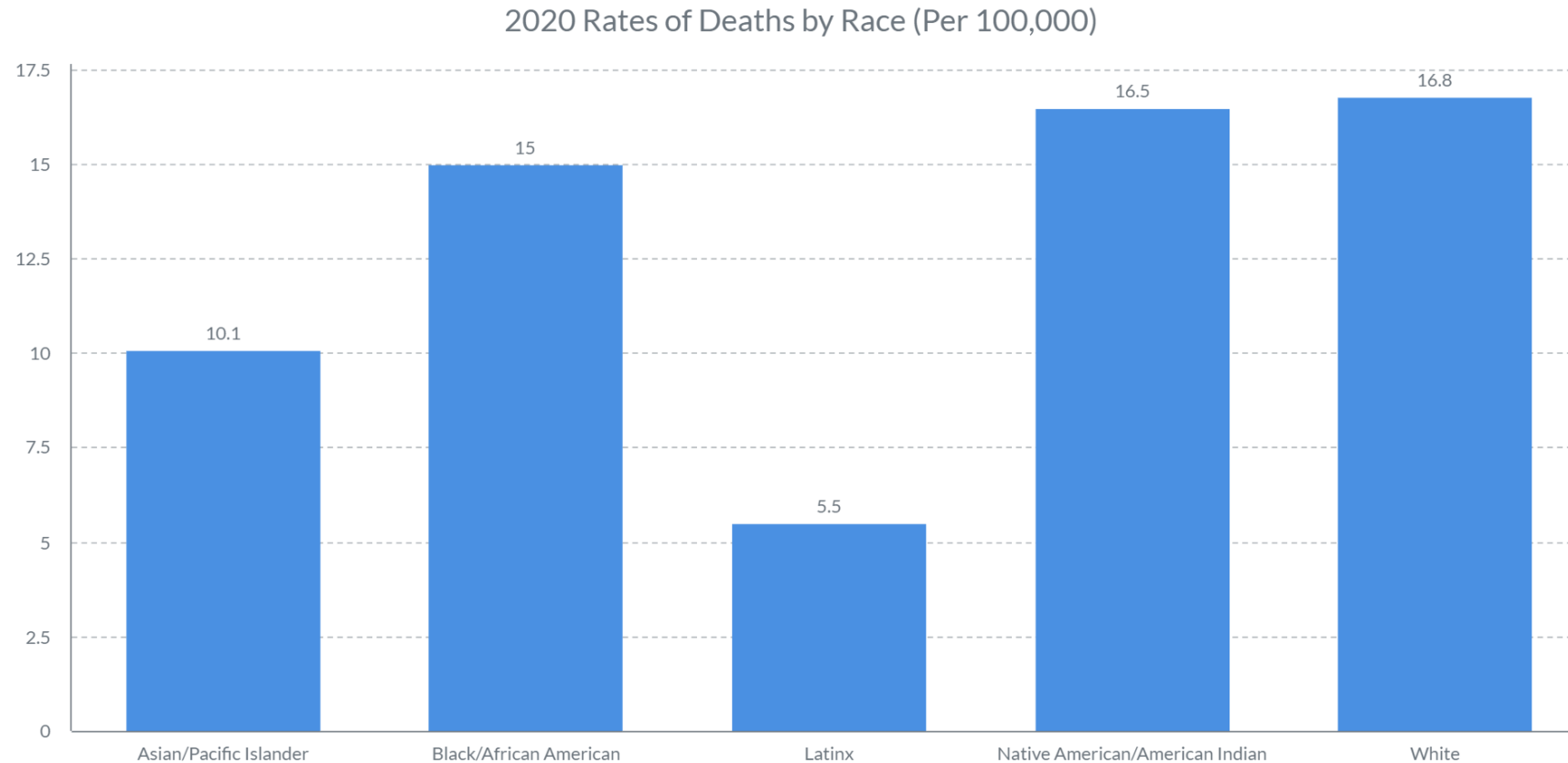
- Between 2011 and 2020 there were **2,640** total deaths by suicide, with adults between the ages of 25-59 having the highest rates of deaths year after year.
- 2020 saw a decrease in the number of suicides overall, except for adults over 60.

The average person who died by suicide lost 31 years of potential life (YPLL).

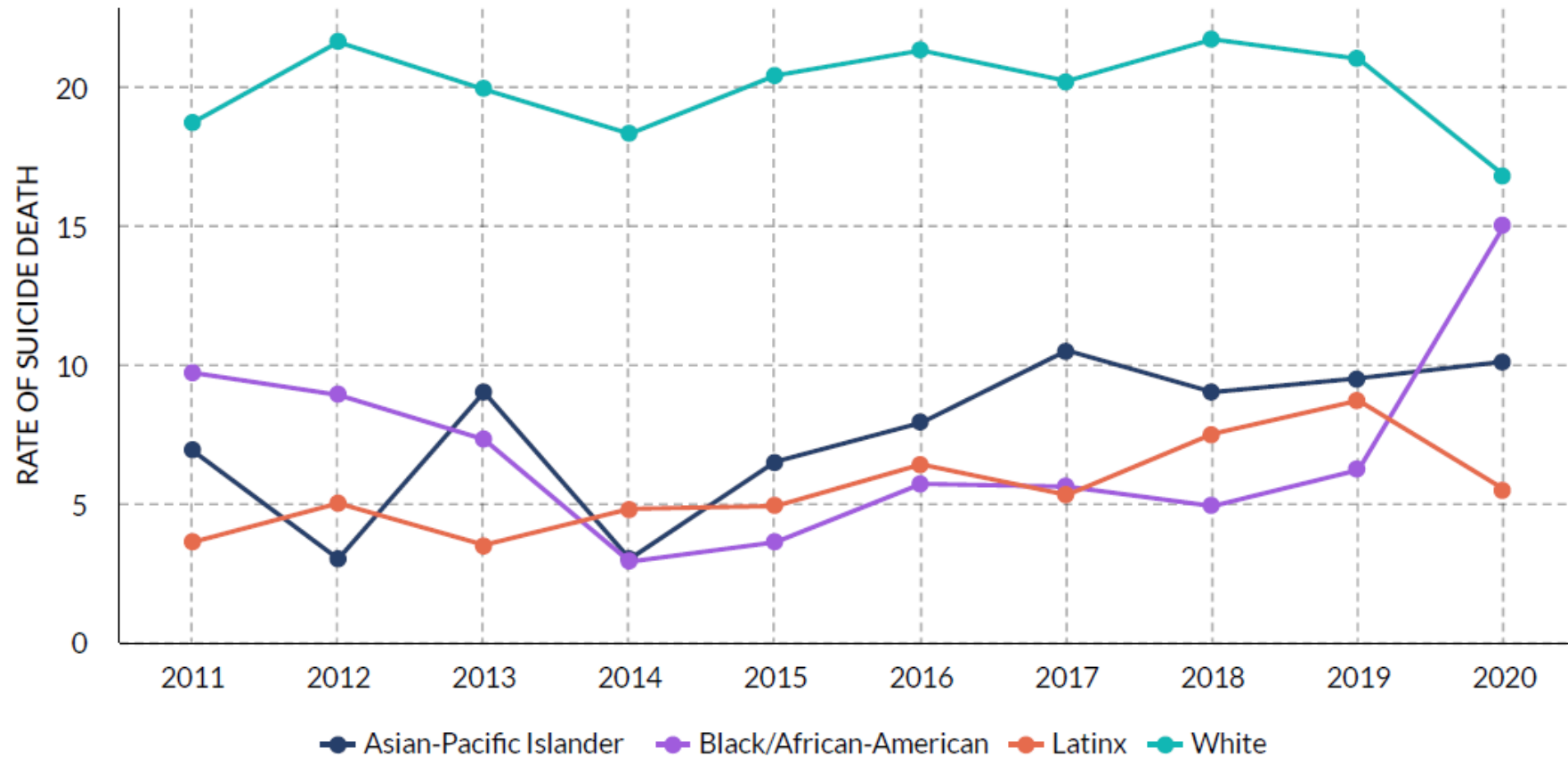


- Years of Potential Life Lost (YPLL) estimates the number of years of life lost due to premature death before 75 years old.
- Black/African-American, and Latinx individuals died by suicide at younger ages compared to other racial/ethnic groups, resulting in the highest YPLL for those groups.

The highest rates of suicide were seen among White people, followed by Native American/American Indian and Black/African American people.



Black/African-American individuals saw the highest increase in rates of deaths by suicide between 2019-2020.



*Pacific Islander data breakdown not available

Males have higher rates of deaths by suicide compared to females

76% of deaths were male



24% of deaths were female

- Out of all suicide deaths in Riverside County in 2020, 76% were male and 24% were female.
- Currently data on rates of suicide by transgender and gender non-conforming individuals are unavailable for Riverside County.

Trends in Suicide Attempts/Intentional Self-Harm 2016-2020

Data Source: Department of Health Care Access and Information (HCAI)
Emergency Department Data

Suicide Attempt-related ED Visits

7,443

Suicide Attempts/Self-Harm-related Emergency
Department **total visits** (2016-2020)

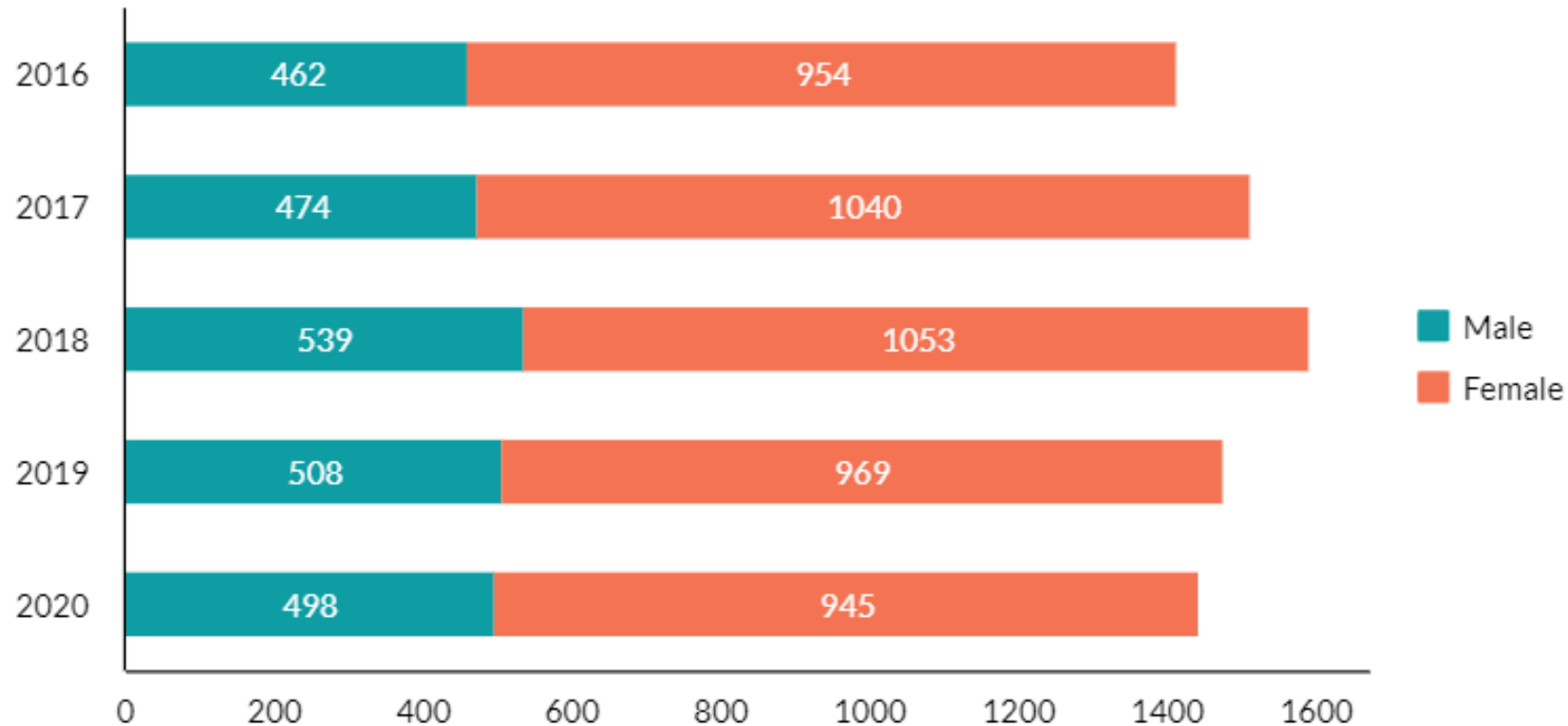
66%

Suicide Attempts/Self-Harm-related Emergency
Department visits were **Female**

92%

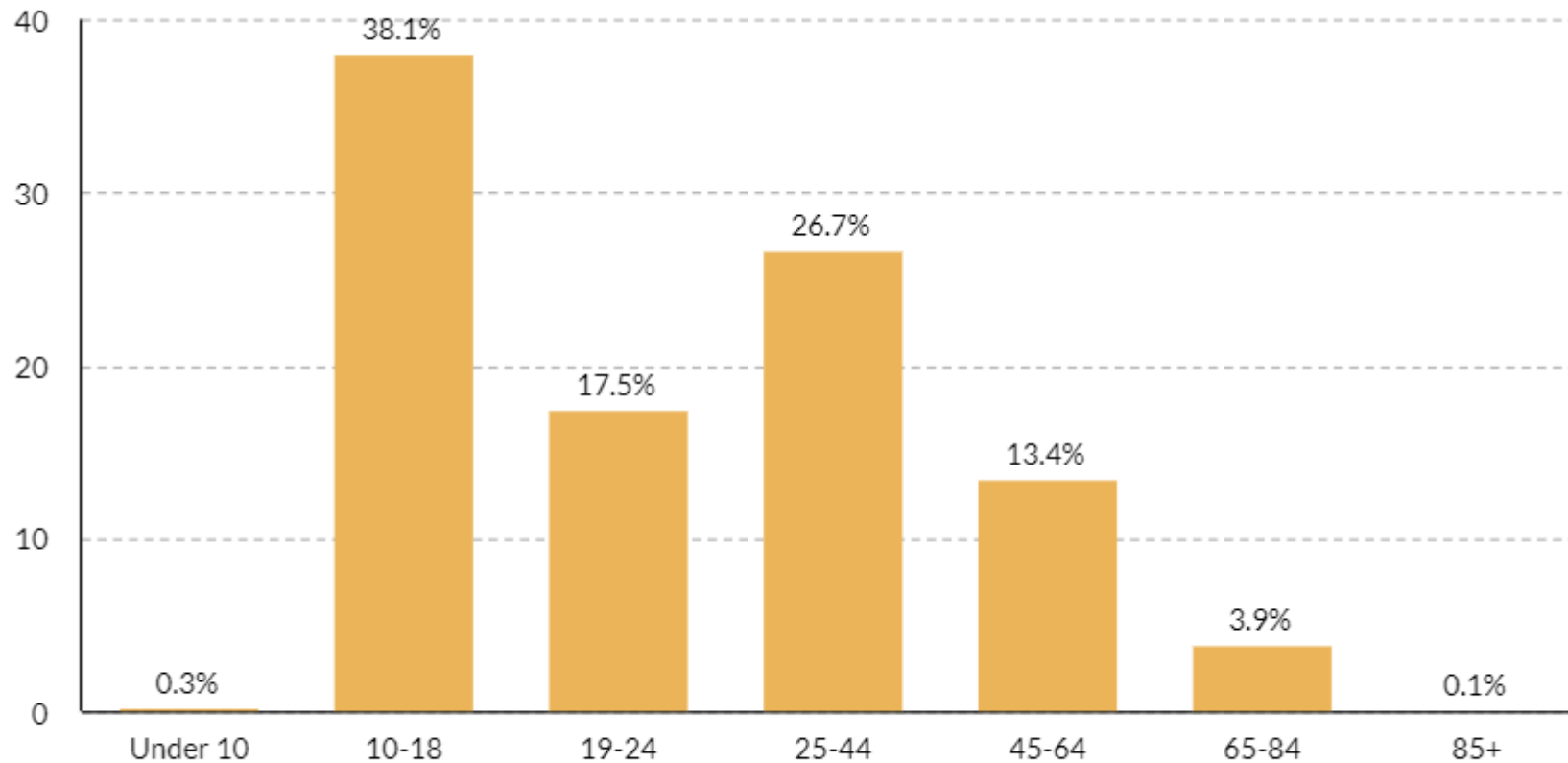
Suicide Attempts/Self-Harm-related Emergency
Department visits were due to **Poisoning**

Females made up the majority of suicide-attempt/intentional self-harm ED visits between 2016-2020



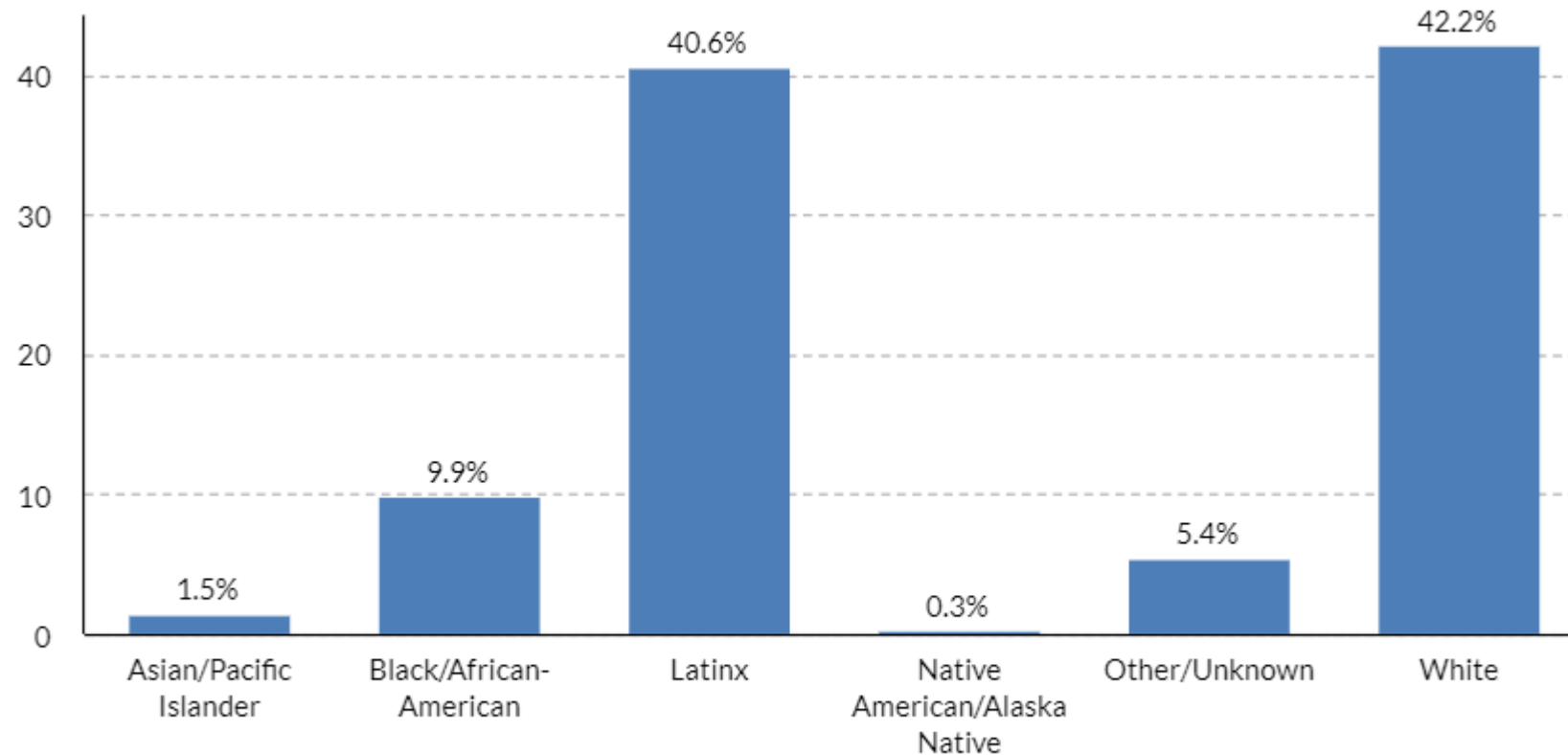
Suicide Attempts/Self-Harm by Gender

Youth between the ages of 10 and 18 have the highest rates of suicide attempts/self-harm.



Suicide Attempts/Self-Harm by Age Group (%)

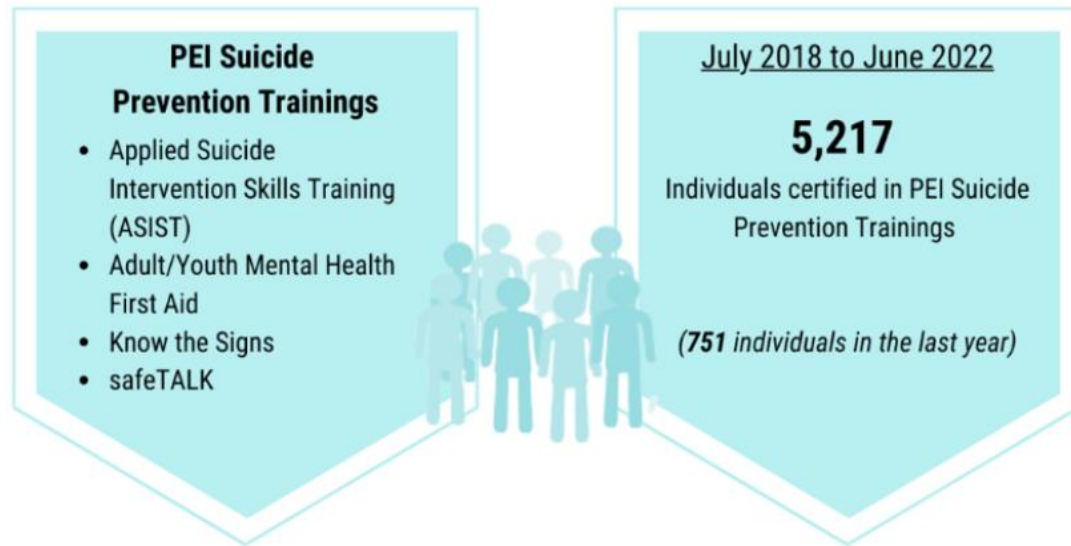
White and Latinx people had the highest percentage of ED visits due to attempted suicide/self-harm.



2020 Suicide Attempts/Self-Harm by Race/Ethnicity (%)

Behavioral Health Interventions

RUHS- Behavioral Health as part of the Riverside County Mental Health Plan provides a broad spectrum of services that support suicide prevention efforts and the work of the Suicide Prevention Coalition.



PEI Suicide Prevention Trainings



Behavioral Health Partner: Diana Gutierrez
Email: DAGutierrez@ruhealth.org

Multiple prevention strategies have been implemented in Riverside County. The following programs are a few of the many interventions associated with suicide prevention.

Community Mental Health
Promotion
Programs (CMHPP)
June 2019 to July 2021
899

Latinx
Black/African Americans
Asians
LGBTQ+

Directing Change
June 2017 to July 2021
1,808
Participants

Youth

Teen Suicide Awareness &
Prevention Program (TSAPP)
June 2017 to July 2021
13,665
Participants

Teens
Youth

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Crisis/Suicide Intervention Hotlines

HELPLine- 24/7 Crisis/Suicide Intervention

(951) 686-HELP (4357)

National Suicide Prevention Lifeline

Call or text 9-8-8 or chat [988lifeline.org](https://www.988lifeline.org)

Crisis Text Line

Text HOME to 741741

The Trevor Project (LGBTQ+ youth)

1-866-488-7386

www.thetrevorproject.org/get-help-now/

Friendship Line (Adults 60+ years)

1-800-971-0016





Riverside
University

HEALTH SYSTEM

Public Health