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NVPN Monthly Newsletter

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CDC Resource on Suicide Prevention

CDC released [Preventing Suicide: A Technical Package of Policy, Programs, and Practices](#) to help states and communities prioritize efforts to prevent suicide.

A technical package is a collection of strategies that represents the best available evidence to prevent or reduce public health problems like suicide. This package highlights 7 strategies to prevent suicide:

- ◆ Strengthen economic supports
- ◆ Strengthen access and delivery of suicide care
- ◆ Create protective environments
- ◆ Promote connectedness
- ◆ Teach coping and problem-solving skills
- ◆ Identify and support people at-risk
- ◆ Lessen harms and prevent future risk

The strategies are intended to work in combination and reinforce each other. Their implementation requires a collective effort across sectors. The technical package describes the approaches to advance each strategy and the evidence behind them.

The strategies in the technical package support the goals and objectives of the *National Strategy for Suicide Prevention*, the *National Action Alliance for Suicide Prevention* and *American Foundation for Suicide Prevention's* goal to reduce the annual rate of suicide by 20% by 2025.

Action Alert: Ask Your Members of Congress to Sign Dear Colleague Letter to Expand NVDRS

NVPN is actively engaged in the congressional policy making process. We need your help to protect the recent gains we've made in expanding the Centers for Disease Control and Prevention's (CDC) National Violent Death Reporting System (NVDRS). **This effort will not be successful without your active engagement.**



Sen. Richard Blumenthal (D-CT) and Rep. Mike Quigley (D-IL) are circulating "[Dear Colleague](#)" letters within their respective chambers asking that appropriators provide \$23.5 million to the CDC to complete the nationwide expansion of NVDRS.

Please call your U.S. Senators and Representative now to urge that they sign the "Dear Colleague" letter in support of the NVDRS program. You can find your Senators' and Representative's contact information by your address [here](#).

If you would like the email address for the specific staff member in your Senator's or Representative's office who handles this issue, email Kate McFadyen directly at KMcfadyen@acpm.org and she would be happy to pass along all the relevant contact information.

To make it easy, a sample email can be found [here](#).

Please let Kate know when you contact members of your congressional delegation so we can follow up with those offices.

NVDRS State Spotlight



[Alaska Violent Death Report System \(AKVDRS\)](#) recently published a [bulletin](#) on the summary of violent deaths between 2012 –2015. Here are some of the highlights:

- ◆ Between 2012-2015, 998 violent deaths were identified
- ◆ Suicide accounted for most (707, 71%) of the deaths, followed by homicide/legal intervention deaths (194, 19%)
- ◆ The highest rates by sex and age were among males aged 20– 24 years and females aged 45–49 years
- ◆ The highest rates by race were among American Indian/Alaska Native people , followed by Blacks, Whites, Asian/Pacific Islanders, and people of two or more races
- ◆ Of the 998 violent deaths 611 (61%) involved a firearm

The following Alaska deaths are included in AKVDRS: suicides, homicides, deaths from legal intervention, deaths of undetermined intent, and unintentional firearm fatalities. Established in 2003, the Alaska Violent Death Reporting System (AKVDRS) is an active surveillance system that supports programs and policies designed to reduce and prevent violent deaths and injuries at the national, state, and local levels .