



Gobierno de Puerto Rico

COMISIÓN PARA LA
PREVENCIÓN DEL SUICIDIO

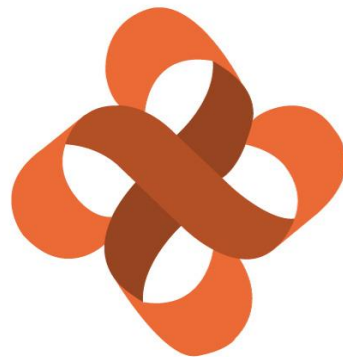
Departamento de Salud

Commission on Suicide Prevention

Puerto Rico Department of Health

Friday, December 15, 2023

DEPARTAMENTO DE
SALUD



Gobierno de Puerto Rico

**COMISIÓN PARA LA
PREVENCIÓN DEL SUICIDIO**

Departamento de Salud

Objectives

Introduce

Introduce the Commission on Suicide Prevention.



Present

Present the epidemiology of suicide in Puerto Rico.



Discuss

Discuss the Commission's current work and collaborations.



Gobierno de Puerto Rico

COMISIÓN PARA LA PREVENCIÓN DEL SUICIDIO

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Who are we?

Commission on Suicide Prevention, Puerto Rico Department of Health

Commission on Suicide Prevention

Puerto Rico Department of Health



Created by **Act 227 of 1999** known as “Law for the Implementation of Public Policy on Suicide Prevention”.



Responsible for the development and implementation of **suicide prevention public policy**.



Design strategies for **suicide prevention from a public health approach** and promote public awareness.

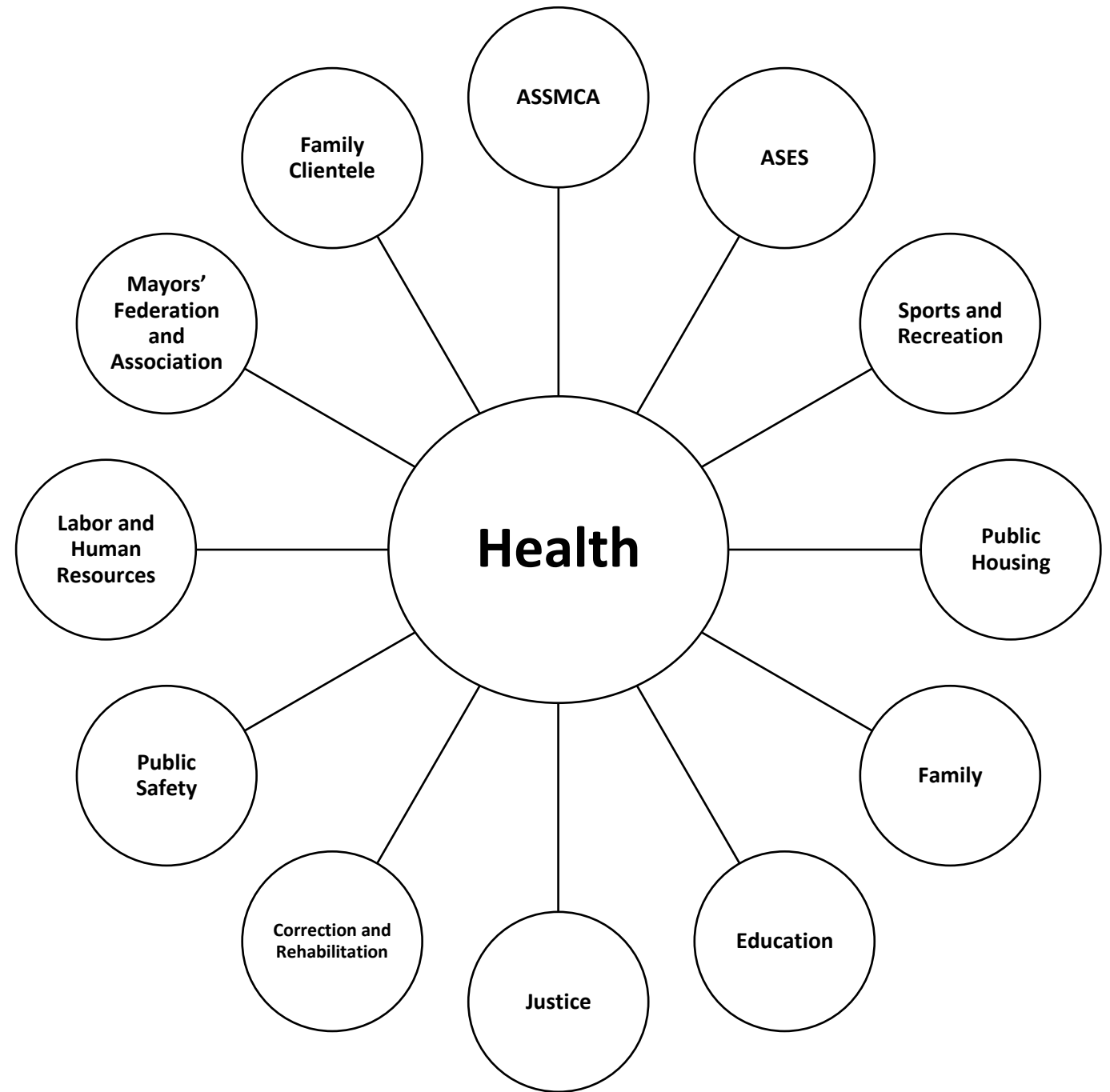


Develop and publish the **Puerto Rico Monthly Suicide Report**.



Oversee and offer technical assistance for the proper implementation of the **Suicide Prevention Protocol**.

Commission's Board of Directors



What do we do?

Suicide prevention from a
public health approach



1

Emphasis on data

Data informs our efforts.
Allows us to know more about suicide in Puerto Rico.

2

Population approach

Address interpersonal, familial, community, and social factors.

3

Multi-disciplinary perspective

Integration of different professionals and sectors.

4

Primary prevention

Identify risk and protective factors that impact suicide behavior.

Suicide Prevention from a Public Health Approach

Emphasis on data

- Forensic Sciences Institute
- ASSMCA's Línea PAS
- Centro de Control de Envenenamiento de Puerto Rico (*Poison Help*)
- To access the Monthly and Annual Reports on Suicides in Puerto Rico developed and published by the Commission on Suicide Prevention, visit the Puerto Rico Department of Health's website: <https://www.salud.gov.pr/CMS/446>.



INFORME MENSUAL DE SUICIDIOS EN PUERTO RICO JUNIO 2022

Comisión para la Prevención del Suicidio
Departamento de Salud

Population approach



El suicidio se puede prevenir

COMISIÓN PARA LA PREVENCIÓN DEL SUICIDIO Departamento de Salud Calendario – agosto a diciembre 2022

Charla: “Cuidándonos: Estrategias de autocuidado para prevenir y atender la fatiga emocional”

FECHA	HORARIO	HOJA DE INSCRIPCIÓN
Viernes, 5 de agosto de 2022	1:30 pm – 3:00 pm	https://forms.gle/CtYsdvP8wFnimDqj9
Viernes, 2 de septiembre de 2022	1:30 pm – 3:00 pm	https://forms.gle/EysNX427EpP4NUhZA
Viernes, 7 de octubre de 2022	1:30 pm – 3:00 pm	https://forms.gle/wtfwCjoX8WghJM1r5
Viernes, 4 de noviembre de 2022	1:30 pm – 3:00 pm	https://forms.gle/4VXeZvfnHvrE6r2A9
Viernes, 2 de diciembre de 2022	1:30 pm – 3:00 pm	https://forms.gle/SS9jtOvTf7n6nKtp9

Conozca qué es el la fatiga emocional o *burnout* y cómo prevenirla a través de estrategias de autocuidado. Esta charla es abierta al público general mayor de 18 años.

Para información adicional debe escribir a: prevencionsuicidio@salud.pr.gov



El suicidio se puede prevenir

COMISIÓN PARA LA PREVENCIÓN DEL SUICIDIO Departamento de Salud Calendario de talleres – agosto a diciembre 2022

Taller: “Prevención de suicidio en niños, niñas y jóvenes”

FECHA	HORARIO	HOJA DE INSCRIPCIÓN
Viernes, 12 de agosto de 2022	10:00 am – 12:00 pm	https://forms.gle/8DSmAz789oEK9U5j9
Viernes, 16 de septiembre de 2022	10:00 am – 12:00 pm	https://forms.gle/Bm9G8xRtxrPtgBLo9
Viernes, 14 de octubre de 2022	10:00 am – 12:00 pm	https://forms.gle/Yv1ysYqJw3Kx4nLH6
Viernes, 18 de noviembre de 2022	10:00 am – 12:00 pm	https://forms.gle/71hz6FbZww6dJAZy5
Viernes, 9 de diciembre de 2022	10:00 am – 12:00 pm	https://forms.gle/YW7SfqXdYSOxMHG67

Únete y participa de este taller sobre la prevención del suicidio en niños, niñas y jóvenes. Conozca las leyes que aplican en el entorno escolar, así como las señales de peligro más comunes, los factores de riesgo, los factores protectores y cómo ayudar a esta población.

Para información adicional debe escribir a: prevencionsuicidio@salud.pr.gov



El suicidio se puede prevenir

COMISIÓN PARA LA PREVENCIÓN DEL SUICIDIO Departamento de Salud Calendario de talleres – agosto a diciembre 2022

Taller: “Desarrollo e Implementación del Protocolo Uniforme para la Prevención del Suicidio”

FECHA	HORARIO	HOJA DE INSCRIPCIÓN
Jueves, 18 de agosto de 2022	10:00am – 12:00pm	https://forms.gle/GWk6SFDYzEJhJWK18
Jueves, 15 de septiembre de 2022	10:00am – 12:00pm	https://forms.gle/c6MhArZGZJF3vFt9
Jueves, 20 de octubre de 2022	10:00am – 12:00pm	https://forms.gle/yxHrKHH6SrHVkaVd7
Jueves, 17 de noviembre de 2022	10:00am – 12:00pm	https://forms.gle/JMMbANF8VgyhYSdG9
Jueves, 15 de diciembre de 2022	10:00am – 12:00pm	https://forms.gle/zfJ8AVVV9BVjqv5

Este taller va dirigido a representantes de Recursos Humanos, Programa de Ayuda al Empleado (PAE) o cualquier funcionario encargado de la implantación del Protocolo para la Prevención del Suicidio de toda agencia gubernamental, corporación pública, municipio y cualquier otra entidad u organización que reciba fondos del Gobierno de Puerto Rico.

En este taller no se discutirán los pasos a seguir ante situaciones de riesgo suicida, sino que se abordarán los requisitos, anejos y formularios que debe contener todo Protocolo Uniforme para la Prevención del Suicidio, según lo establece la Ley 76 de 2010 (<https://bvirtualogp.pr.gov/ogp/Bvirtual/leyesreferencia/PDF/2/0076-2010.pdf>).

Para información adicional debe escribir a: protocolosuicidio@salud.pr.gov



Multidisciplinary and multisectoral perspective



Primary Prevention

Señales de peligro en niños/as

- ✓ Dibujos, imágenes o comentarios relacionados a la muerte o el suicidio.
- ✓ Cambios en conducta o ánimo.
- ✓ Comportamiento agresivo o pasivo.
- ✓ Miedo a la separación.
- ✓ Conductas infantiles (orinarse encima, chupar dedos, pataletas).
- ✓ Poco aprovechamiento escolar.

Debemos estar atentos a la comunicación no verbal

Zoom interface elements: Mute, Start Video, Security, Participants (250), Polls, Chat, Share Screen, Record, Reactions, Leave.



Mes de la Prevención del Suicidio 2022

Cuidarnos para vivir

El suicidio se puede prevenir

Cuidarse es un acto de amor y responsabilidad por uno mismo y por los demás. Paso a paso, día a día tenemos una oportunidad de cuidar de nuestra:

- Salud mental**
Cuidarnos emocionalmente nos ayuda a manejar el estrés y tomar decisiones saludables. Descansa y muéstrate compasión.
- Salud física**
La actividad física y comer saludable tiene numerosos beneficios para la salud y nuestro estado de ánimo. Encuentra una rutina de ejercicios que disfrutes.
- Relaciones**
Conecta con personas que compartan tus valores e intereses. Para cuidar de nuestras relaciones, es necesario darnos tiempo, espacio y respetar las diferencias.
- Comunidad**
Prestar atención y ofrecer una escucha empática es parte de cuidarnos en comunidad. Conecta a personas vulnerables con redes de apoyo y recursos de ayuda.
- Límites**
Respetemos nuestros límites, a veces es necesario buscar ayuda. Establecer límites es una forma de cuidarnos y cuidar de otros.

Comisión para la Prevención del Suicidio

Departamento de Salud

Si usted o alguien que conoce necesita apoyo emocional o está en riesgo de suicidio es importante buscar ayuda. La Línea PAS está disponible 24/7, libre de costo y confidencial:
988
TTY 1-888-672-7622

Logo: Comisión para la Prevención del Suicidio, Departamento de Salud

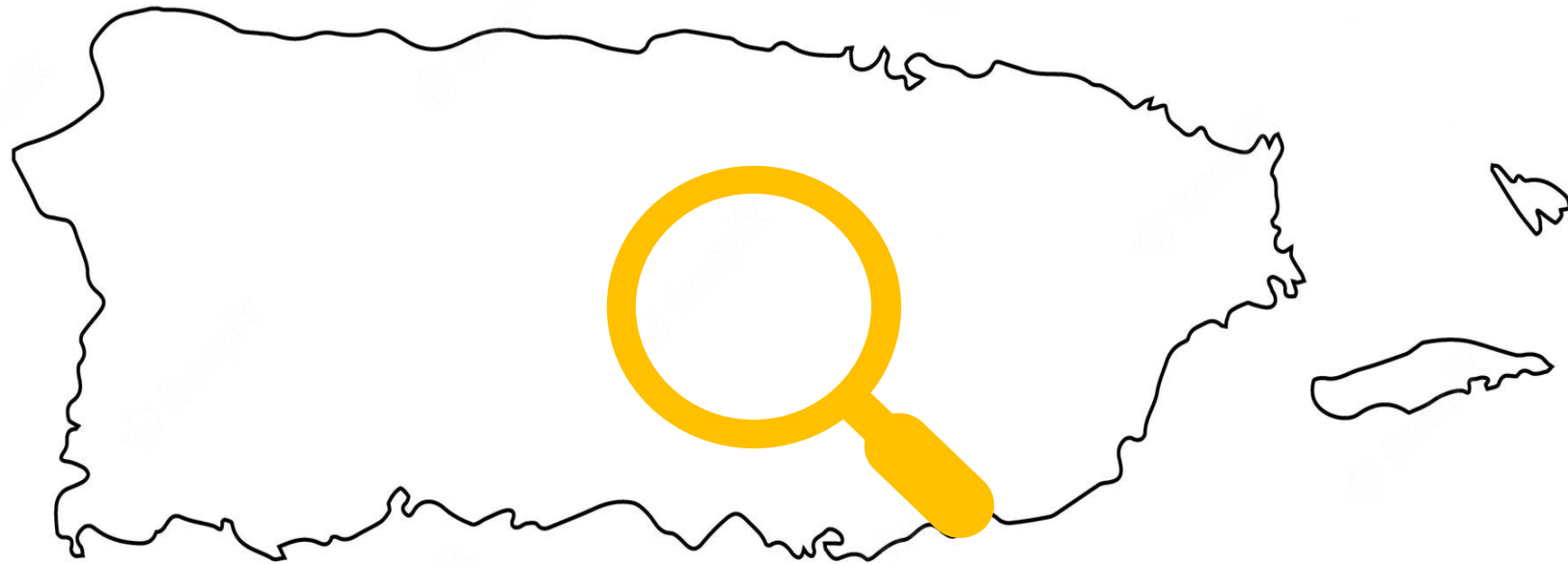
Campaign - Suicide Prevention Month



[Youth Suicide Prevention Video - YouTube](#)



[Adult Suicide Prevention Video - YouTube](#)



Epidemiology of suicide in Puerto Rico

Suicide mortality and morbidity data informs our public health approach

An overview of suicides and mental health in Puerto Rico

- Since year 2000 more than **6,700** people have died by suicide.
- Annual average of **291** suicides.
- Age-adjusted rate of **8.1** per 100,000.
- Over the past six years, Puerto Rico has suffered an economic recession, two category five hurricanes, a series of earthquakes, the COVID-19 pandemic, and most recently hurricane Fiona.
- Mental health epidemiological study (Canino, 2019):
 - 7.3% of Puerto Rican adults suffer from a serious mental illness
 - 2 out of 10 report a psychiatric ailment of some kind
 - 1 in 10 suffer a severe depressive disorder, often without treatment
 - Social support affects disorder prevalence

Reference: [A comparison of the prevalence of psychiatric disorders in Puerto Rico with the United States and the Puerto Rican population of the United States - PubMed \(nih.gov\)](#)



Methods

Historically, in Puerto Rico, hanging has been the most common method used in suicides for men and women. This is one of the most significant epidemiological differences from suicides between the PR population and the US.



Men over **50 years** of age
in underserved communities are
disproportionately affected by
suicide.

Circumstances of deaths by suicide in Puerto Rico

Data Source: Puerto Rico Violent Death Reporting System (PR-VDRS)

FORMAL EDUCATION



63% did not obtain an education higher than high school.

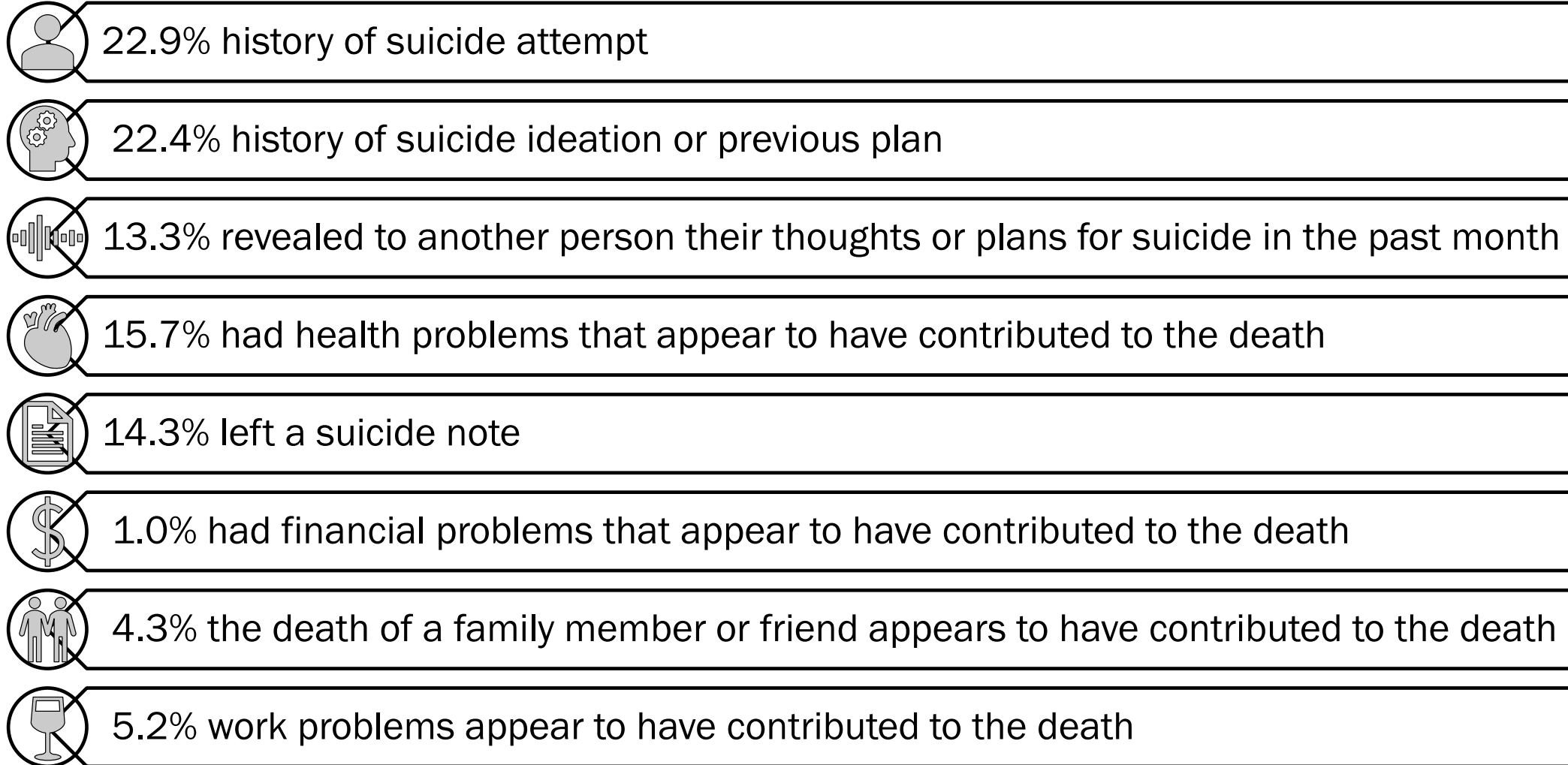


34% graduated from high school or earned a GED.

29% did not complete high school.



DOCUMENTED CIRCUMSTANCES



DOCUMENTED MENTAL HEALTH CIRCUMSTANCES



49.5% were identified with a current mental health problem.



46.7% were perceived as depressed.



32.4% had a history of treatment for a mental health or substance use problem.



22.9% were in treatment for mental health problems or problematic substance use.

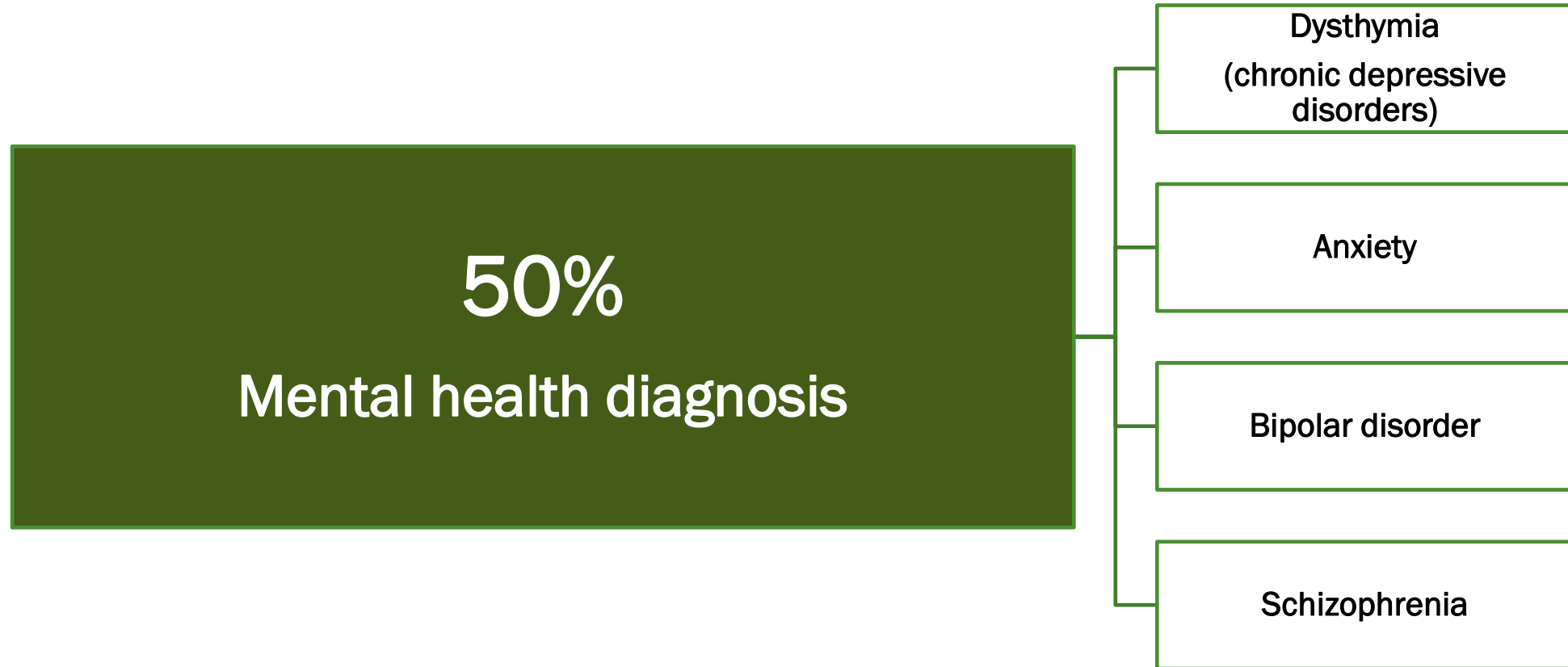


11.9% had a substance use problem.



12.4% had a related substance use problem (not alcohol).

DOCUMENTED MENTAL HEALTH DIAGNOSIS





Suicides Associated with Disasters

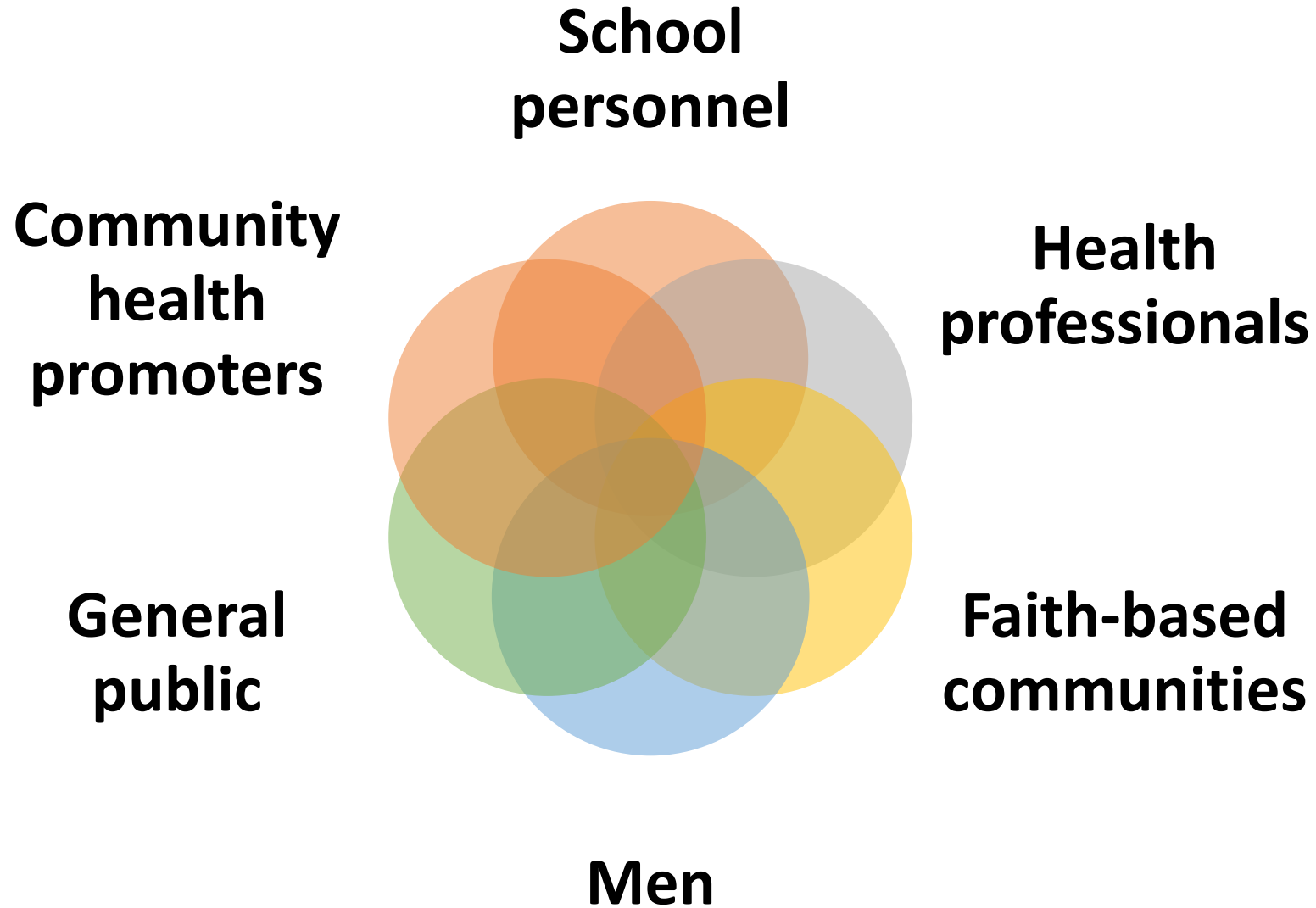
- The PR-VDRS documented **22** suicides in the six months after September 2017 where exposure to a disaster was perceived as a precipitating factor for suicide.
- Documentation reported that the victims, due to the hurricanes, had lost their belongings, had a lack of water and/or electricity, their businesses filed for bankruptcy, felt anxious in the aftermath of the hurricane, and had no resources to rebuild their homes.
- Additionally, 7 suicides were associated with disasters, 6 with the COVID-19 pandemic, and 1 associated with the 2020 earthquakes.

Raising Awareness Through Education

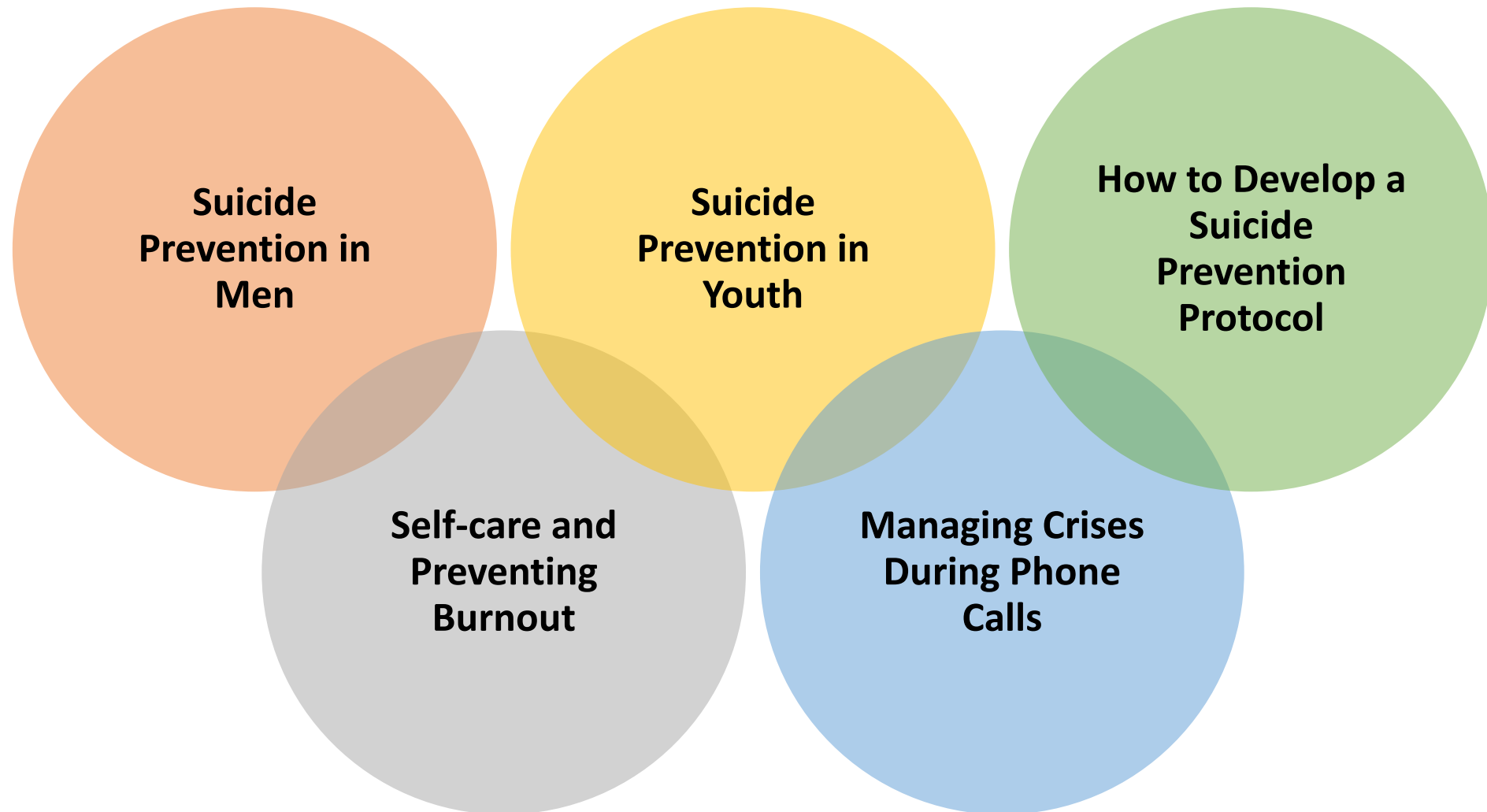
Addressing common myths, presenting up-to-date suicide data, increasing knowledge on how to identify, manage, and refer persons at risk for suicide are key elements of our educational activities.



Target Groups



Suicide Prevention Workshops



Suicide Prevention Online Courses

(Free of cost / Available 24/7 / in Spanish)

[Suicide prevention in disaster situations](#)



[The media's role in suicide prevention](#)





Special collaborations

Governor's Challenge in Puerto Rico

- Co-team leaders (Governor's office and the Commission).
- The Commission on Suicide Prevention, appointed by the Governor, serves as the point of contact throughout the Policy Academy process, and throughout the process of implementing the action plan.



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National Hispanic and Latino MHTTC

- Suicide Prevention Conference
 - Panel “The role of media in suicide prevention”
 - Suicide prevention in Puerto Rican males
- ToT “Latinos and Suicide: A Clinician’s Guide to Suicidal Behaviors Curriculum”
- Summit for Latina Community Health Workers



Department of Education



The Commission provided continued education to 75% of health professionals working in schools through the workshop
“Suicide Prevention in Children and Youth”

2,550

Nurses, Psychologists, Social Workers, and Professional Counselors

Police Department



- The Commission provided the workshop titled “**How to Report Deaths by Suicide in the Media**” for the directors of Criminal Investigations.
- In order to provide information on these incidents in a responsible manner, the Puerto Rico Police Department called upon all Criminal Investigations Directors and Assistants, Chiefs of Homicides, Directors of Domestic Violence, Directors of Sexual Crimes, and Press Officials of the 13 Police Areas of Puerto Rico.



Department of Corrections and Rehabilitation

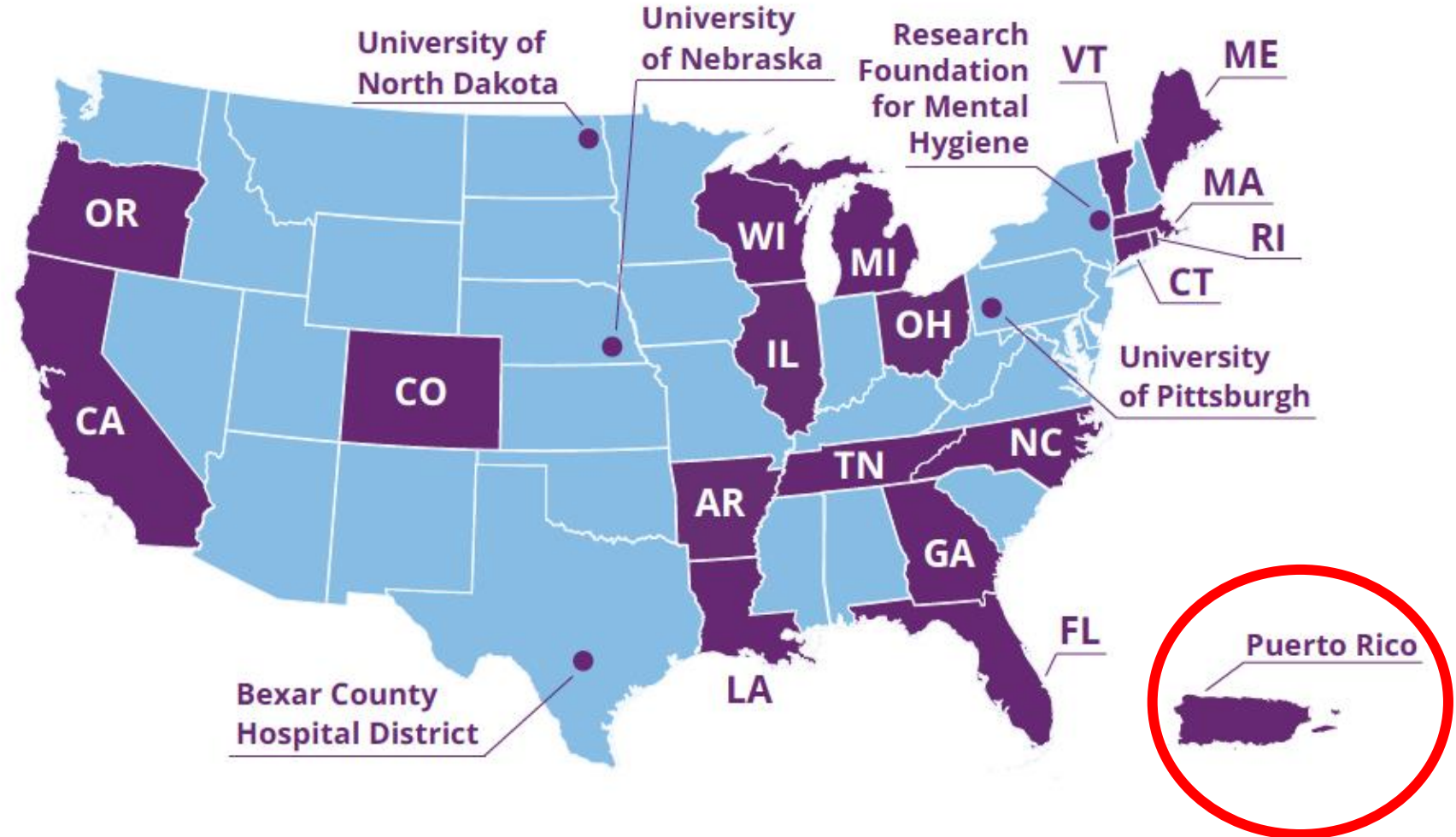
The Commission offered a virtual suicide prevention talk to groups of men and women in all correctional facilities throughout Puerto Rico: Bayamón (male and female correctional facilities), Guayama, Ponce and Mayagüez.





Strengthening Puerto Rico's Suicide Prevention Infrastructure

CDC Comprehensive Suicide Prevention Program



A comprehensive approach to suicide prevention includes:



Strong leadership to convene and connect **multi-sectoral partners**



Using data to **identify groups** disproportionately affected by suicide, **understand contributors** to suicide and suicidal behaviors, and **track trends** in suicide deaths and suicidal behavior



Identifying gaps in existing suicide prevention programs



Implementing and evaluating **complementary strategies** with the best available **evidence** from CDC's Suicide Prevention Resource for Action



Communicating trends, progress, successes, and lessons learned to **partners**

AUGUST 2023



The Surgeon General's Call to Action TO IMPLEMENT THE NATIONAL STRATEGY FOR SUICIDE PREVENTION

A Report of the U.S. Surgeon General and of the
National Action Alliance for Suicide Prevention

SAMHSA's National Strategy for Suicide Prevention

- Through this grant, the Commission will implement suicide prevention strategies from a public health approach in the 5 **municipalities** with the highest suicide rates in Puerto Rico.
- We will partner with **primary care clinics** to increase suicide prevention workforce capacity.
- We will provide education **for policy makers** on upstream suicide prevention risk factors.
- We will develop an online course on **reducing access to lethal means** with an emphasis on hanging and firearms.

<https://www.samhsa.gov/grants-awards-by-state/PR/discretionary/2023/details?page=1>

Moving Forward:

Strengthening Suicide Prevention Infrastructure in Puerto Rico

For the first time, Puerto Rico will develop a suicide syndromic surveillance system in emergency departments.

Expand and strengthen multisectoral partnership and coalition.

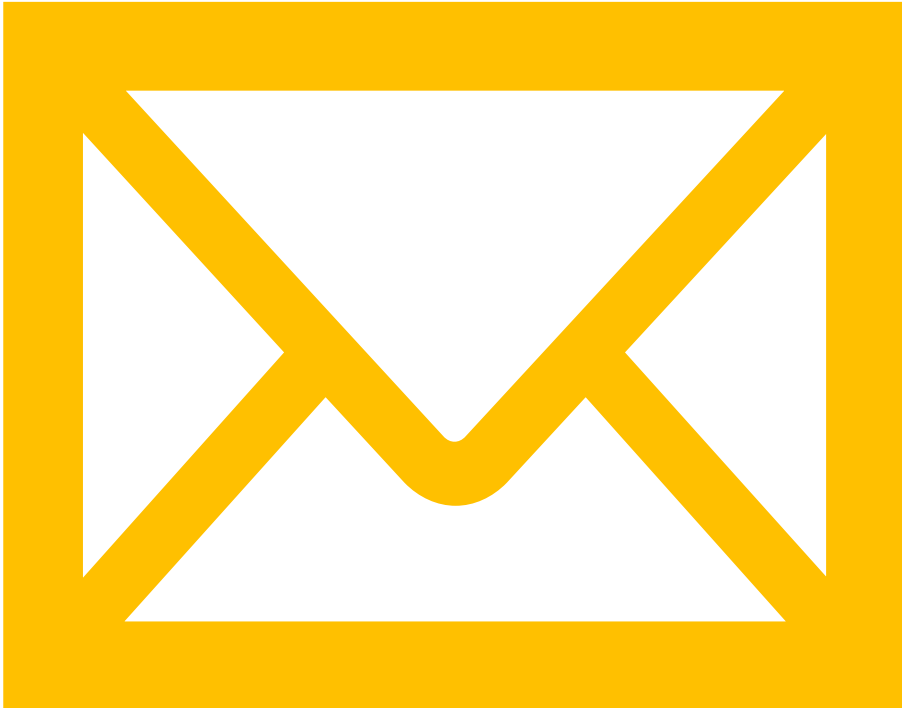
Implement and evaluate our efforts.

Aim for a 10% reduction in mortality and morbidity in males 50 years and older.



Questions

Contact information



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thank you