

Everyone Plays a Role in Suicide Prevention: Firearm Safety

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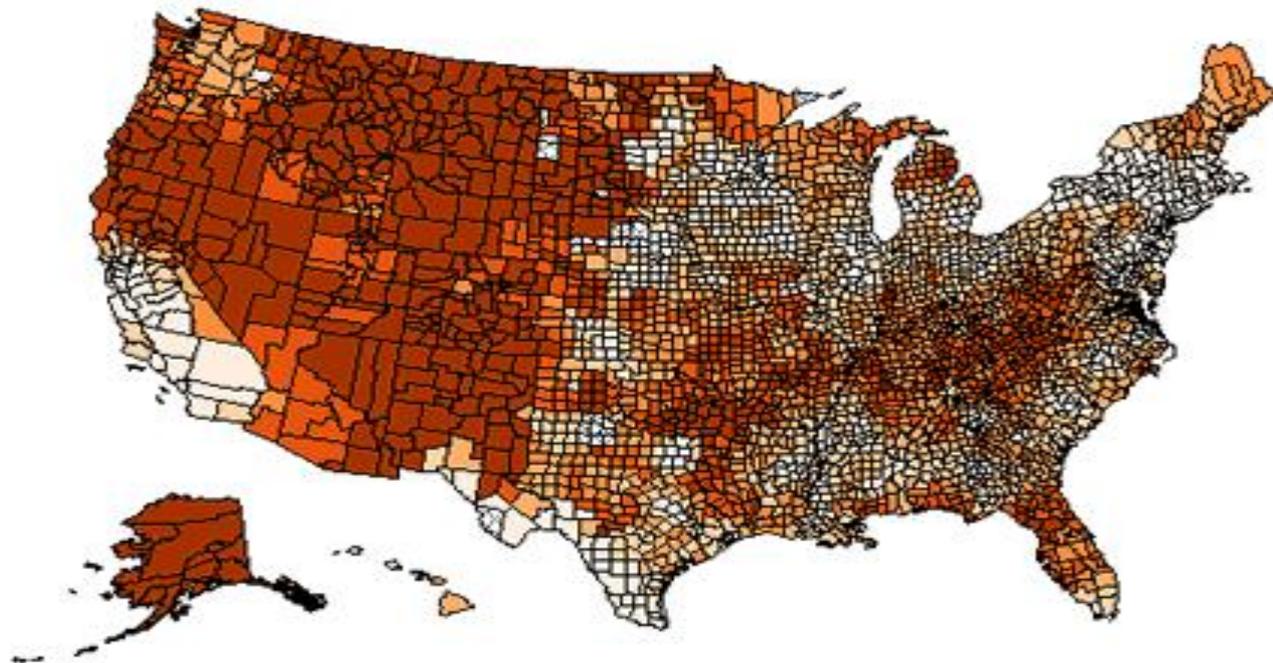
Utah Suicide Prevention Coordinator

utah department of
human services
Division of Substance Abuse and Mental Health

Overview

- Overview of suicide deaths local & national
- Firearm Safety Bill- HB 134
- Bonus Outcomes!

Suicide in the United States



 Suppressed/undefined

 4.65-10.14

 10.15-11.23

 11.24-12.28

 12.29-13.64

 13.65-15.61

 15.62-71.89

Suicide in Utah

8th

leading cause
of death for
Utahns¹



Utah ranks



7th

in the nation²

10

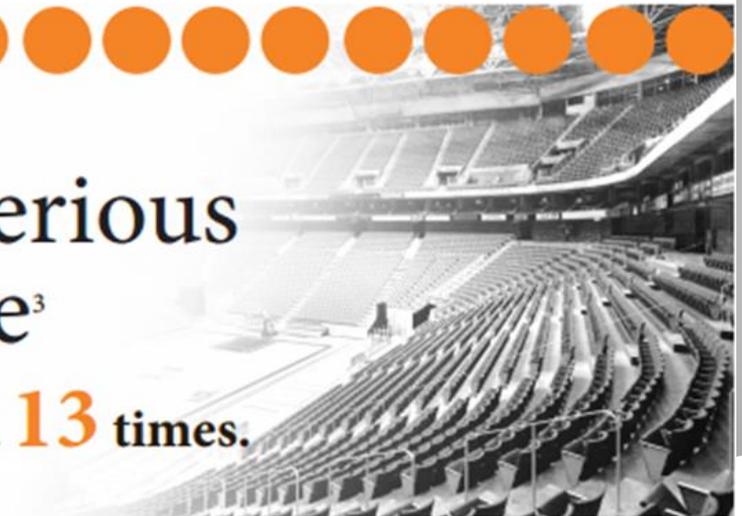
suicides
a week¹

1 in 15

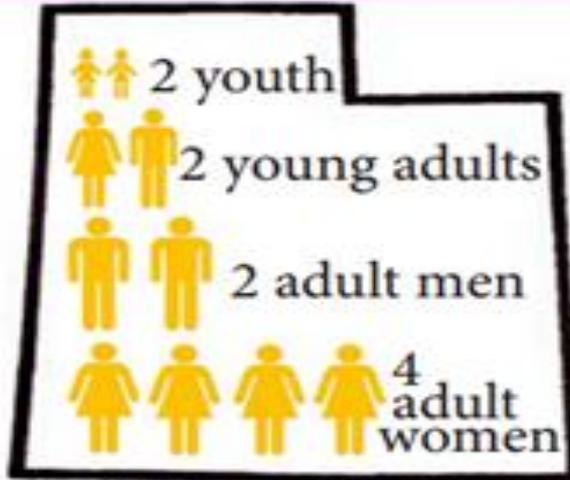


Utah adults have had serious
thoughts of suicide³

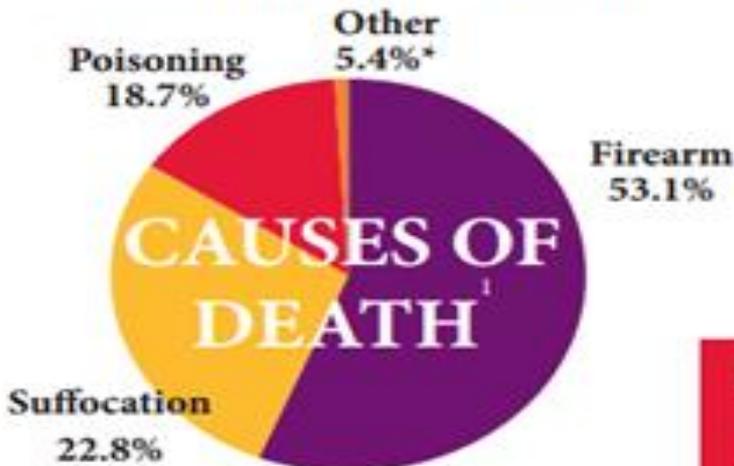
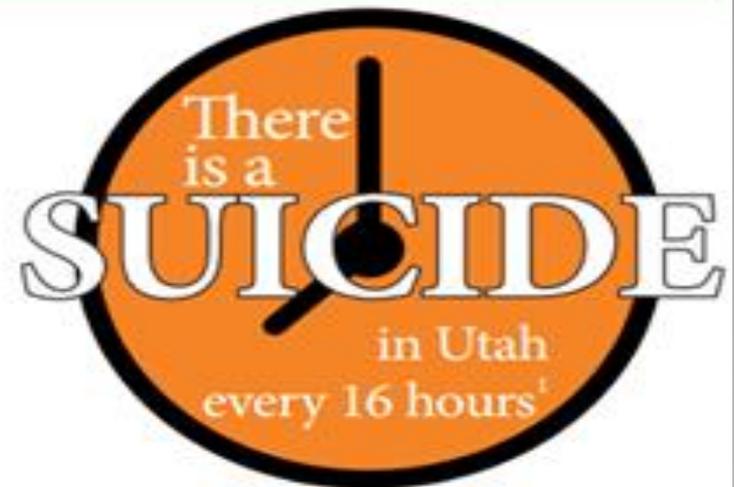
Enough to fill the Energy Solutions Arena **13** times.



EVERY DAY IN UTAH...



ARE TREATED FOR SUICIDE ATTEMPTS¹



*Other includes cut/pierce, drowning, fire, and fall.



Adult males who die by suicide are more likely to have job, financial, substance abuse, and relationship problems.⁴

Each suicide costs an average of
\$1 million
in medical and work loss costs.²

Suicide Prevention Policy in Utah

- 2012 legislation required licensed school staff to do suicide prevention training- <http://le.utah.gov/~2012/bills/static/HB0501.html>.
- 2013 legislation that created and funded two state positions for suicide prevention- one in Dept. Human Services and one in the State Office of Education. <http://le.utah.gov/~2013/bills/static/HB0154.html>
- 2013 legislation requires school districts to hold parent seminars on a range of topics including suicide prevention- <http://le.utah.gov/~2013/bills/static/HB0298.html>.
- 2014 legislation requires secondary schools to implement suicide prevention, intervention and postvention strategies and appropriated a small amount of funding for school based suicide prevention programs . <http://le.utah.gov/~2014/bills/static/HB0329.html>.
- 2014 legislation creates a voluntary firearm safety program for suicide prevention <http://le.utah.gov/~2014/bills/static/HB0134.html>.

Why Means Reduction?



Means Matters Campaign

- Many suicide attempts occur with little planning during a short-term crisis.
- Intent isn't all that determines whether an attempter lives or dies; means also matter.
- 90% of attempters who survive do NOT go on to die by suicide later.
- Access to firearms is a risk factor for suicide.
- Firearms used in youth suicide usually belong to a parent.
- Reducing access to lethal means saves lives.

National Strategy For Suicide Prevention

Goal 6:

Promote efforts to reduce access to lethal means of suicide among individuals with identified suicide risk.

Utah Suicide Prevention Plan

Goal 7:

Promote efforts to decrease the risk of suicides by reducing access to lethal means.

Firearm Safety Amendments

HB 134

Bill Sponsor:



Rep. Eliason, Steve

Floor Sponsor:



Sen. Reid, Stuart C.

Substitute Sponsor: Sen. Reid, Stuart C.

- **CoSponsor(s):**

Ipson, D.

Chavez-Houck, R.

Greene, B.

Kennedy, M.

Ray, P.

Wilcox, R.

Cosgrove, T.

Barlow, S.

Handy, S.

Menlove, R.

Redd, E.

Firearm Safety Amendments

HB 134

This bill:

- reduces the concealed firearm permit fee for a resident's initial application;
- requires the Bureau of Criminal Identification, in consultation with the state suicide prevention coordinator, to implement and manage a firearm safety program, including:
 - producing a firearm safety brochure and firearm safety packet;
 - procuring cable-style gun locks;
 - distributing firearm safety packets;
 - administering a redeemable coupon program in which a Utah resident who has filed an application for a concealed firearm permit receives a redeemable coupon toward the purchase of a gun safe and receives a firearm safety brochure;
 - creates a restricted account known as the Concealed Weapons Account;
 - creates a restricted account known as the Firearm Safety Account; and
 - repeals certain provisions of this bill, subject to sunset review, on July 1, 2018.

Core Components

- Firearm safety brochure;
- Procure and distribute cable-style gun locks;
- Administer a redeemable coupon program in which a Utah resident who has filed an application for a concealed firearm permit receives a redeemable coupon toward the purchase of a gun safe and receives a firearm safety brochure

Firearm Safety Brochure

RULES TO FOLLOW IF YOU HAVE FIREARMS IN YOUR HOME

- Ensure all firearms are secured in a locked container (case, safe, etc.).
- As appropriate, store ammunition in a separate securely locked container.
- Keep the keys where children and others cannot find them.

The storage method chosen must provide an adequate level of protection to prevent unauthorized persons from accessing the firearms. Different types of locking mechanisms offer varying degrees of security and accessibility. Some storage methods include keyed locks, combination locks, lock boxes, firearm safes, etc.

You should securely lock up your firearms if you don't have children due to the possibility of theft. Firearms are a favorite target of burglars, and professional thieves know all the hiding places that you may think of.

Basic Firearm Safety Rules

1. Treat all firearms as if they are loaded.
2. Always keep your finger off the trigger until your sights are on target and you have made the decision to fire.
3. Never point a firearm at anything you are not willing to shoot/destroy.
4. Know your target, your target's environment, and any other safety hazard before you fire.

Other Safety Rules / Range Safety Rules

- Know how to use the firearm safely.
- Ensure the firearm is safe to operate.
- Use the correct ammunition for your firearm.
- Wear eye and ear protection appropriately.
- **Never** use alcohol or drugs before or while shooting. Alcohol and any other controlled substances will impair normal mental or physical bodily functions.
- **Never** handle a firearm in an emotional state such as anger or depression.



Call for help if you or someone you know has thought about or expressed suicidal thoughts.
HELP is available 24 hours a day 7 days a week.

If you live in Utah, call the Statewide Crisis Line at (801) 587-3000 or at 1-800-273-TALK (8255).
In case of emergency call 911 or visit your local emergency room.



DRAFT

WHAT WE ALL NEED TO KNOW



utah department
of human
services



publicsafety.utah.gov
www.utahsuicideprevention.org
www.health.utah.gov/vipp
www.suicidepreventionlifeline.org
www.utahshootingsportscouncil.org

This brochure is not intended to be a complete course on firearm safety/suicide prevention and is not a substitute for formal, qualified instruction in the handling, using or storing of firearms. Rather this brochure is a resource to promote firearm safety and to minimize the chance of an accident occurring, along with providing information on suicide prevention.

The Definition of Firearm Safety

A collection of rules and recommendations that can be applied when possessing, storing, or handling firearms. The purpose of firearm safety is to eliminate or minimize the risk of unintentional death, injury, or damage caused by improper possession, storage, or handling of firearms.

Firearm Safety Brochure

FIREARM OWNERSHIP

From the moment you decide to own a firearm, you are not just exercising your right, but taking the responsibility to use that firearm in a legal manner, rationally, intelligently, and safely at all times, without exception.

According to federal statistics, there are firearms in approximately half of all U.S. households. Even if you do not have a firearm in your home, chances are that someone you know does.

It is important firearm owners follow safety precautions while handling and storing their firearms, not just for their own safety, but for the safety of their families and the general public.

Understanding Your Firearm

Before handling a new firearm you should know how to properly load, unload and clear a firearm. Not all firearms are mechanically the same. Never assume that what applies to one firearm or model applies to another.

The mechanical safety device of a firearm is a safety device. The safety device can never replace safe firearm handling. Before cleaning your firearm, make absolutely sure it is unloaded. The action should be open during the cleaning process and no ammunition should be present in the cleaning area.

Seek Proper Instruction

To obtain instruction regarding the operation of your firearm you should do the following before attempting to use a firearm:

- Speak to a reputable firearms dealer.
- Speak to the manufacturer directly.
- Read and understand the owner's manual.
- Attend a reputable firearms safety handling course.

Prohibited Persons

Federal law prohibits the purchase and possession of firearms by people who fall within certain categories; such as convicted felons, domestic abusers, and people with specific kinds of mental health histories.

For more in depth information on the federal disqualifying offenses refer to the federal Gun Control Act of 1968 at 18 U.S.C. § 922. For State of Utah disqualifying offenses refer to Utah Code Ann. § 76-10-503.

KEEPING CHILDREN SAFE

Children should be taught what to do if they come across a firearm without an adult present. To counter the natural impulse to touch a firearm, it is imperative that you impress these safety steps to your children.

Steps For Children

- STOP
- DON'T TOUCH
- LEAVE THE AREA
- TELL A RESPONSIBLE ADULT

Steps For Parents

- Relate firearm safety rules to children.
- Emphasize that a firearm should never be touched without adult supervision.
- Properly store firearms so that your children cannot access them.
- Emphasize to children that firearms are dangerous and that there are differences between toy guns and real guns.
- Teach children to properly identify a firearm and to report suspicious situations.

It's essential that you instill a mindset of safety and responsibility to ALL members of the household. Families that own firearms for recreational purposes or for hunting should explain the proper use of a firearm and hunting related firearm safety.

UTAH SUICIDE FACTS

- Suicide is the 6th leading cause of death in Utah
- Utah ranks 7th in the nation for suicides
- Utah ranks 5th in the nation for youth suicide deaths
- It's the 2nd leading cause of death for ages 10-17
- In an average classroom size of 30...
 - 8 will report feeling sad and hopeless
 - 4 will have seriously considered suicide
 - 4 will have made a suicide plan
 - 2 will have attempted suicide one or more times
 - 1 will have had medical treatment for a suicide attempt

PREVENTING SUICIDE

Suicide Warning Signs

Listed below are signs that someone may be at risk for suicide. Risk is greater if a behavior is new or has increased.

- Talking about wanting to die or kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless, having no reason to live, being trapped, in unbearable pain, or about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.
- Experiencing personal, social, work, or financial loss.

What To Do

- Take any threat of suicide seriously.
- Do not leave the person alone.
- Listen and don't judge anyone you think may be in trouble.
- Take action.

Suicidal crises are often time limited. Taking safety precautions can help save a life.

FIREARMS—Lock, Limit, Remove

- Store guns safely and securely when not in use.
- Consider temporary off-site storage, if a family member may be suicidal. Friends along with some gun shops or police departments may be willing to store them for you temporarily.

MEDICATIONS—Lock, Limit, Remove

- **Never** keep lethal doses on hand. A pharmacist can advise you on safe quantities of medications.
- Lock up medications. Properly dispose of medications when no longer needed.
- Remove medications from the home when a family member may be suicidal.

SUPPORT—Listen and Ask

- Be aware of the warning signs of suicide, which are not always obvious.
- Pay attention to the moods and behavior of your family and friends.
- Ask family and friends if they're thinking about suicide and get them help, if you notice significant changes in moods and behavior.

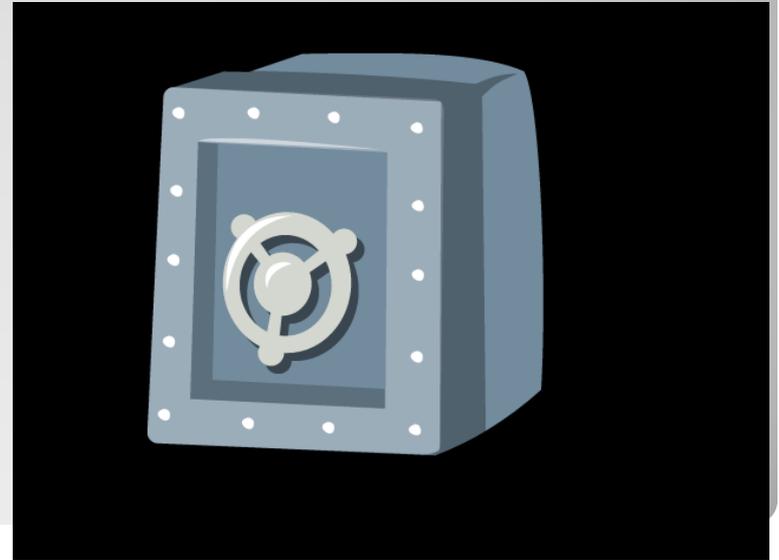
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Gun Locks

- Approximately 30,000 Gun Locks per year for 4 years
- Distribution, free of charge:
 - health care providers;
 - emergency rooms;
 - mental health practitioners;
 - other public health suicide prevention organizations;
 - entities that teach firearm safety courses; and
 - school districts for use in the seminar for parents of students in the school district.



Redeemable Coupon Program



Bonus Outcomes!

- Began a conversation about suicide prevention within the community of gun owners!
- Working relationship with Department of Public Safety- Bureau of Criminal Identification
- Partnership with the Utah Shooting Sports Council
- Voluntarily building on the legislation
 - Began working with Means Matters and key stakeholders to create a suicide prevention module for firearm safety and concealed carry permit class instructors

Thank you

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**For more information,
please visit:
dsamh.utah.gov
www.utahsuicideprevention.org**

utah department of
human services
Division of Substance Abuse and Mental Health