Social Determinants of Suicide Risk: What are they - why do they matter?

Bruce E. Crow, PsyD, MPH
Disclaimer

Although I am a federal government employee this presentation represent my own views, not necessarily views of my employer.
Topics

- Introduction to Social Determinants of Health (SDOH)
- Social determinants – relevance to suicide prevention
- Applying concepts - social determinants of suicidality / suicide risk
- Resources
Problem statement

Historical emphasis:
- Individual risk factors – assessment & interventions
- Clinical interventions – clinic settings
- Downstream point of intervention – after crisis & risk manifests

This isn’t wrong, bad, or incorrect – but perhaps incomplete?

What other concepts expand suicide prevention approaches?
Prevention

- Institute of Medicine: 1994
- Continuum of care for preventing/treating behavioral health conditions
- Not “Either – Or”
- Incorporating levels of prevention actions progressing thru acute treatment and prevention relapse

Prevention

- Although prevention would seem more efficient, effective, and desirable, emphasis on clinical treatment has been disproportionate.
- Clinical interventions are necessary and improving – but in isolation do not provide a comprehensive approach.
- Increasing recognition that a public health approach strengthens suicide prevention efforts.
What are we preventing?

✧ Transition from lower level of suicide risk to higher level
✧ Influence / impact of ‘exposures’ to conditions that contribute to an individual’s suicide risk
✧ Example:
  ✧ males = higher rate / risk of suicide
  ✧ exposures = biological, cultural, gender-role, psychosocial, etc.
What influences health status? - remarkably little from health care!

Do intervention efforts align to proportions of contributing factors?

Do healthcare expenditures align to proportions of contributing factors?

Do healthcare policies align to proportions of contributing factors?

Do research priorities align to proportions of contributing factors?

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

CDC – 5 SDOH domains:

- Economic Stability
- Education Access and Quality
- Health Care Access and Quality
- Neighborhood and Built Environment
- Social and Community Context

Centers for Disease Control and Prevention; Healthy People 2030
https://health.gov/healthypeople/priority-areas/social-determinants-health
Do social determinants matter?

- Program / intervention design
- Broadening concepts – wider scope for comprehensive strategies
- Policies / legislation – address systemic conditions
- Upstream emphasis – prevention actions that interrupt transition to suicidality
- Population focus – leverage resources to mitigate risk in broader communities
Social determinants – suicide risk (examples)

<table>
<thead>
<tr>
<th>Subpopulations</th>
<th>Determinants</th>
<th>Risk Factors</th>
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<tbody>
<tr>
<td>LGBQT+</td>
<td>Stigma / attitudes</td>
<td>Age / sex</td>
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<td>Racial / ethnic</td>
<td>Housing instability</td>
<td>Recent loss</td>
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<td>Gender</td>
<td>Financial instability</td>
<td>Sexual trauma</td>
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<td>Veterans</td>
<td>Healthcare disparities</td>
<td>Adverse childhood events</td>
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<td>Youth</td>
<td>Cultural norms</td>
<td>Psychological disorders</td>
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<td>Occupations</td>
<td>Laws / regulations</td>
<td>Firearm access</td>
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**In other words:** social determinants = population level conditions that interact with vulnerabilities of individual to potentiate / mitigate suicide risk
Knowledge base for social determinants of suicide growing – but not as fast as other areas.

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<thead>
<tr>
<th></th>
<th>PubMed.gov</th>
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<tbody>
<tr>
<td>Mental Health</td>
<td>384</td>
<td>7,514</td>
<td>x20</td>
<td>42,141</td>
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<tr>
<td>Suicide</td>
<td>80</td>
<td>930</td>
<td>x12</td>
<td>5,842</td>
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<td>MH vs. Suic</td>
<td>x5</td>
<td>x8</td>
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<td>x7</td>
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National Academies Workshop: March 2022 – social determinants of suicide

Social Determinants of Suicide Risk among Women Veterans
A Brief Overview of the Current State of Research, Emerging Findings, and Future Endeavors
Claire A. Hoffmeire, PhD,LMHC
Lindsey L. Montetelis, PhD,LMHC
Ryan Holladay, PhD
AR MIRECC Advancing Suicide Prevention for underserved veterans (ASPIRE) Lab
Rocky Mountain Mental Health, Research, Education and Clinical Center (AR MIRECC)
University of Colorado, School of Medicine, Department of Physical Medicine and Rehabilitation
University of Colorado, School of Medicine, Department of Psychiatry

Preventing Suicide: CDC Technical Package of Policies, Programs, and Practices
Debra Henry, MD, MPH
Director, National Center for Injury Prevention Control

The Role of Suicide and Mental Health in Shaping Mortality Trends
Irma T. Elo
Population Studies Center
University of Pennsylvania

The social determinants of health
Sandro Galea

Community-driven firearm suicide prevention
Joseph Simonetti, MD, MPH
Rocky Mountain MIRECC for Suicide Prevention
Veterans Health Administration

FINANCIAL DISTRESS AND SUICIDE RISK IN MILITARY VETERANS
Eric Bloogens, PhD, AMT (Forensic)
National Center for Homelessness Among Veterans
Duke University School of Medicine

Upstream interventions: the impact of place-based interventions
Charles Branch
Gelman Professor and Chair
Department of Epidemiology, Columbia University

Upstream Prevention by Addressing Social Determinants of Health
March 28, 2022
Nora M. Nwok, MPA
Project Director
Arizona Coalition for Military Families

From Networks to Collective Impact: Which Form of Collaboration is Best for You?
Holly Raffles, PhD, MCHES
Voinovich School of Leadership and Public Service
Ohio University
Community Interventions to Prevent Veteran Suicide: The Role of Social Determinants - A Workshop

The National Academies of Sciences, Engineering, and Medicine has appointed a planning committee to organize an open, two-day virtual workshop to gain a better understanding of social determinants influencing the recent increase in suicide risk and how currently available practice guidelines can inform community-level preventive interventions, particularly those targeting veteran populations.
<table>
<thead>
<tr>
<th>Topic</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Overview of social determinants of health</td>
<td>Sandro Galea - Boston University</td>
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<tr>
<td>Financial distress and suicide</td>
<td>Eric Elbogen - Duke University / VA</td>
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<tr>
<td>Trends, disparities, and explanations for suicide mortality among working age adults</td>
<td>Irma Elo - Univ Pennsylvania</td>
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<td>SDOH and suicide/other health outcomes among rural populations</td>
<td>Nate Mohatt - Univ Colorado / VA</td>
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<td>SDOH and suicide/other health outcomes among American Indian/Native Alaska populations</td>
<td>Pamela End of Horn - IHS</td>
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<td>SDOH and suicide/other health outcomes among women</td>
<td>Claire Hoffmire - VA</td>
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<td>SDOH and suicide/other health outcomes among LGBTQ+ populations</td>
<td>John Blosnich - USC / VA</td>
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<tr>
<td>SDOH and suicide/other health outcomes among elderly populations</td>
<td>Kim Van Orden - Univ Rochester</td>
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<td>Dual trends of increasing suicide rates among black youth and projected increases of black/African Am vets</td>
<td>Sean Joe - Wash Univ in St. Louis</td>
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<td>VA Governor's Challenge initiative on suicide prevention</td>
<td>Nicola Winkel - AZ Gov Challenge</td>
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<td>Lethal means safety</td>
<td>Joseph Simonetti - Univ CO / VA</td>
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<tr>
<td>CDC “Preventing Suicide: A Technical Package of Policies, Programs, and Practices”</td>
<td>Debra Houry - CDC</td>
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<td>Supportive services for Veteran families</td>
<td>Jack Tsai - Univ. TX, Houston / VA</td>
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<td>From networks to collective impact: Which form of collaboration is best for you?</td>
<td>Holly Raffle - Ohio University</td>
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<td>Place-based interventions to address vacancy and abandonment</td>
<td>Charles Branas - Columbia Univ</td>
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## Meeting Materials

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<tbody>
<tr>
<td>1.</td>
<td>Agenda (pdf, 349 KB)</td>
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<td>2.</td>
<td>Speaker Biographical Sketches (pdf, 310 KB)</td>
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<td>3.</td>
<td>Breakout Group Instructions (pdf, 170 KB)</td>
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<td>Background Literature and Related Papers by Speakers (pdf, 168 KB)</td>
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<td>5.</td>
<td>Resources and Tools Provided by Workshop Attendees (pdf, 138 KB)</td>
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<td>Blosnich, SDOH and Suicide Other Health Outcomes Among LGBTQplus Populations (pdf, 1.1 MB)</td>
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<td>Branas, Upstream Interventions The Impact of Place-based Intervention (pdf, 13.2 MB)</td>
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<tr>
<td></td>
<td>Elbogen, Financial Distress and Suicide Risk in Military Veterans (pdf, 1.1 MB)</td>
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<td>Elo, The Role of Suicide and Mental Health in Shaping Mortality Trends (pdf, 656 KB)</td>
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<td>End of Horn, Social Determinants of Health and Suicide Other Health Outcomes Among American Indian Alaskan Native Populations (pdf, 167 KB)</td>
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<td>Galea, The Social Determinants of Health (pdf, 6.9 MB)</td>
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<td></td>
<td>Hoffmire, Social Determinants of Suicide Risk Among Women Veterans (pdf, 2.3 MB)</td>
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NASEM website

- Over 50 references provided by presenters
- Compendium of relevant research and scholarly articles
- In addition, NASEM will publish a Proceedings of the workshop in Summer 2022 as an archival document

New directions

✧ Social Determinants of Health (SDOH) theory identifies social, political, cultural, economic and other conditions that contribute to health status

✧ SDOH theory applied to suicide risk is recent - promotes “upstream” prevention to mitigate factors that intensify suicide risk for populations and individuals

✧ New lines of research are developing to understand saliency of Social Determinants for suicide risk and suicide behaviors

✧ New interventions and methods to address Social Determinants of suicide are centered on community-based programs in contrast to clinic-based services

✧ Population-centric programs and interventions are new approaches - will require new data and knowledge that inform policies and practices for preventing suicide
- Thank you!

Questions?