

A Public Health Approach to Suicide Prevention in New Mexico's Construction Industry Workers

Presented at the

*American Subcontractors Association of New Mexico
Chapter Meeting
September 8, 2022*

Presenters

Jacalyn Dougherty, Suicide Prevention Coordinator

New Mexico Department of Health (NMDOH)

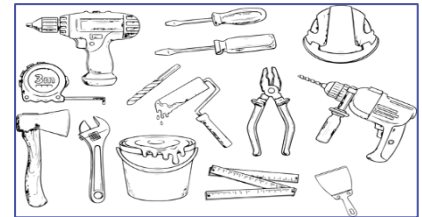
Catherine Reeves, Chair-elect

New Mexico Suicide Prevention Coalition

Presbyterian Medical Services Quality Assurance

Overview

- Trauma-informed messaging, data considerations
- Suicide as a significant public health concern
- State suicide data related to the construction industry
- Resources for a public health approach to suicide prevention
 - General population
 - Construction industry leaders and workers
- NM Dept. of Health & NM Suicide Prevention Coalition
 - Coalition structure and workgroup activities
 - Guiding documents & approaches



• Q & A

Self-Care & Resources

For many people, suicide is a difficult topic to discuss.

Here are some sources of support...

855-662-7474 NM Crisis & Access Line

505-277-3013 Agora Crisis Center (at UNM)

855-507-5509 NM Healthcare Worker and 1st Responder Support Line

NM Connect Access the app via your browser

<https://apps.apple.com/us/app/nmconnect/id1505881354>

<https://play.google.com/store/apps/details?id=com.nmcrisisline.app>

988 New 3-digit number for mental health crises

Consider adding these numbers, app, and your employer's employee assistance number into your phone.



Data Acknowledgements

- Data about suicide deaths may be troubling for some. If you find yourself having an intense reaction, feel free to take a break or step away if needed.
- Data are often presented in large numbers, yet overall rates originate from individual experiences. Thus, we are aware that this presentation may be representative of stories of individuals in this room or individuals we know.
- Some of the data presented are collected from the Behavioral Risk Factor Surveillance System, a telephone health survey. Limitations include limited access to populations with unreliable phone service, such as tribal and rural populations, under-representation among groups, and non-responsiveness.
- Many slides include age-adjusted data. This is a statistical technique that allows researchers to more systematically compare communities having different age distributions in their populations.
- Certain data sets, such as Emergency Department and Hospital Data, also have specific limitations. For example, NMDOH surveillance systems do not receive data from Indian Health Service clinics/hospitals as these sites maintain their own data as sovereign nations. Thus, American Indians may be underrepresented.

Suicide is a Significant Public Health Concern

Age-adjusted suicide rate in
NM in 2020:

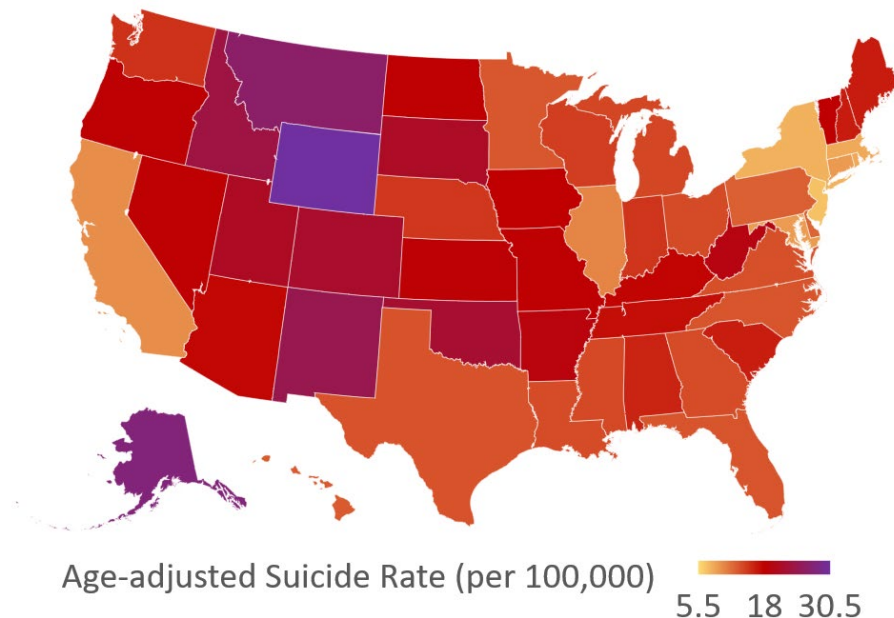
24.2 per 100,000 population
4th highest rate in the US

Age-adjusted suicide rate in
the US in 2020:

13.5 per 100,000 population

*Note: The darkest color
represents the highest age-
adjusted rate of suicide*

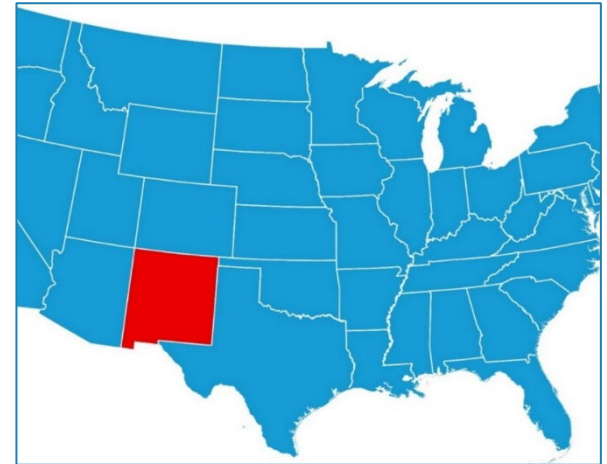
2020



Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2020 on CDC WONDER Online Database, released in 2021. Data are from the Multiple Cause of Death Files, 1999-2020, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10.html> on Feb 2, 2022 2:47:41 PM

New Mexico Suicide Data, 2020

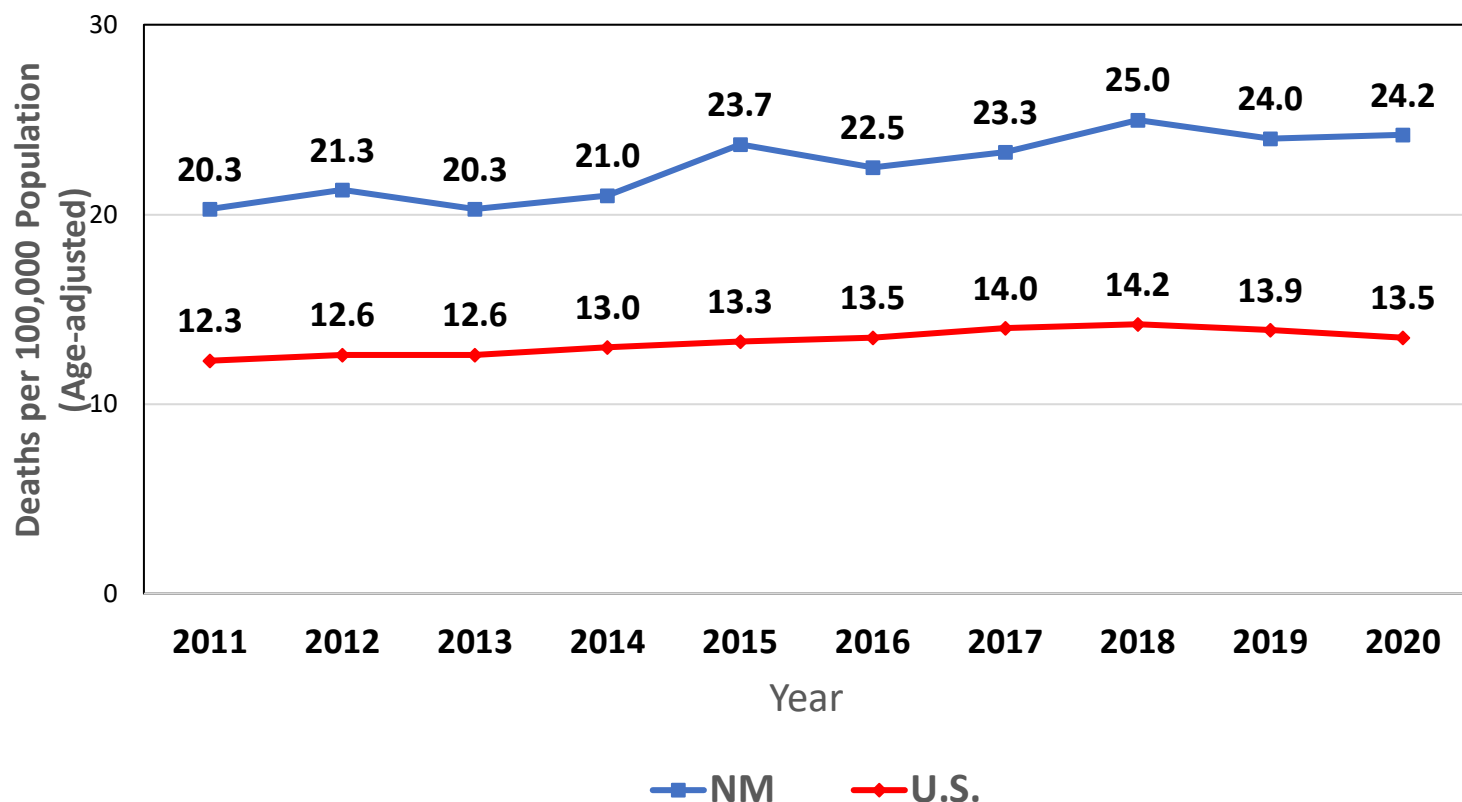
- 520 deaths, about 10 per week on average
- 10th leading cause of death in NM
- Higher suicide rates are found in:
 - American Indians and Whites
 - People ages 25-34 yrs, 45-54 yrs, and over 85 yrs
 - Males
- Majority (58%) of suicide deaths are by use of a firearm



Source: New Mexico Death Certificate Database, Office of Vital Records and Health Statistics, New Mexico Department of Health. Retrieved on February 02, 2022 from New Mexico Department of Health, Indicator-Based Information System for Public Health website:

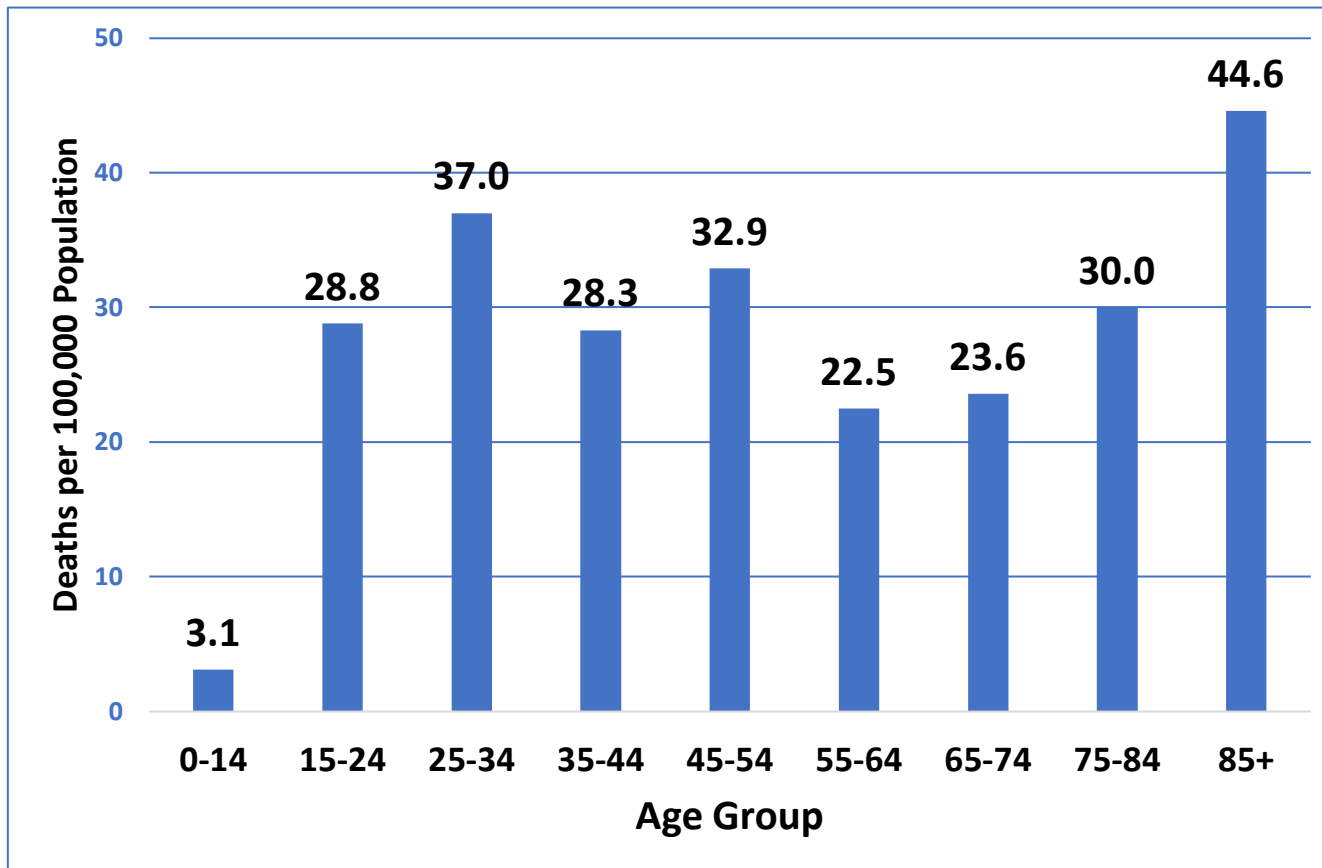
<http://ibis.health.state.nm.us/>.

Suicide Rate by Year, NM & US, 2011-2020



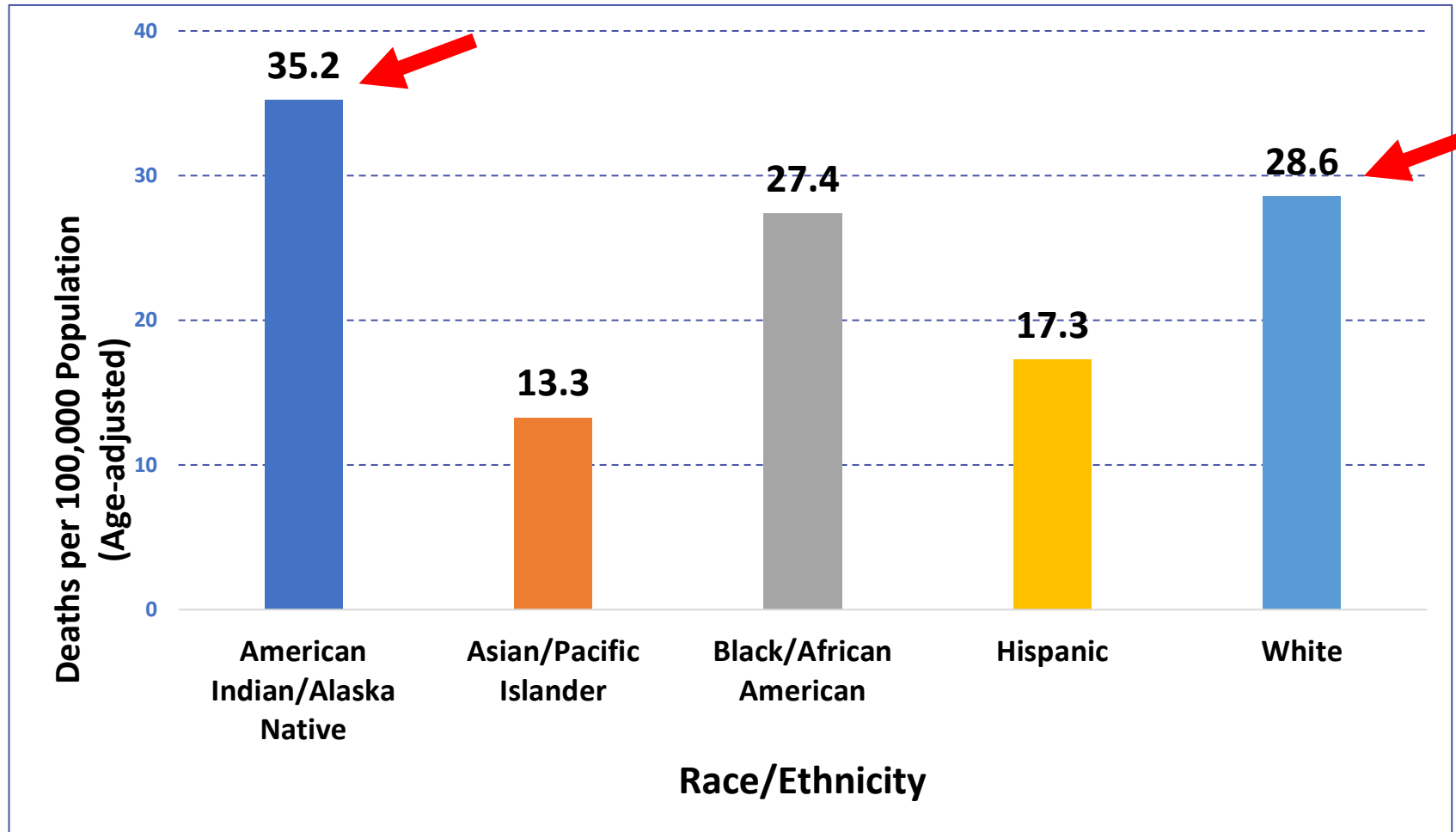
Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2020 on CDC WONDER Online Database, released in 2021. Data are from the Multiple Cause of Death Files, 1999-2020, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10.html> on Feb 2, 2022 2:47:41 PM

Suicide Rate by Age Group, NM, 2020



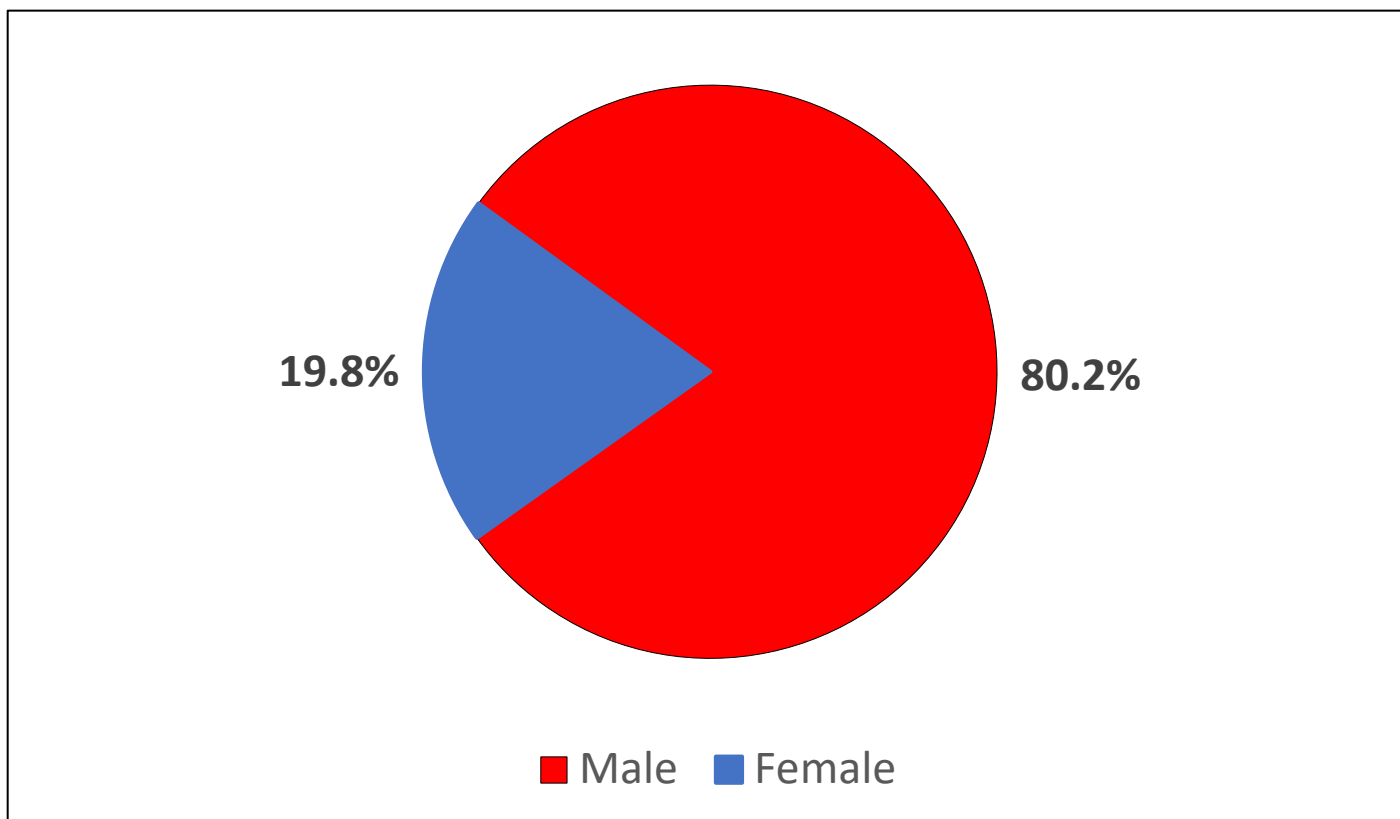
Source: New Mexico Death Certificate Database, Office of Vital Records and Health Statistics, New Mexico Department of Health. Retrieved on February 02, 2022 from New Mexico Department of Health, Indicator-Based Information System for Public Health website: <http://ibis.health.state.nm.us/>

Suicide Age-Adjusted Rate by Race/Ethnicity, NM, 2020



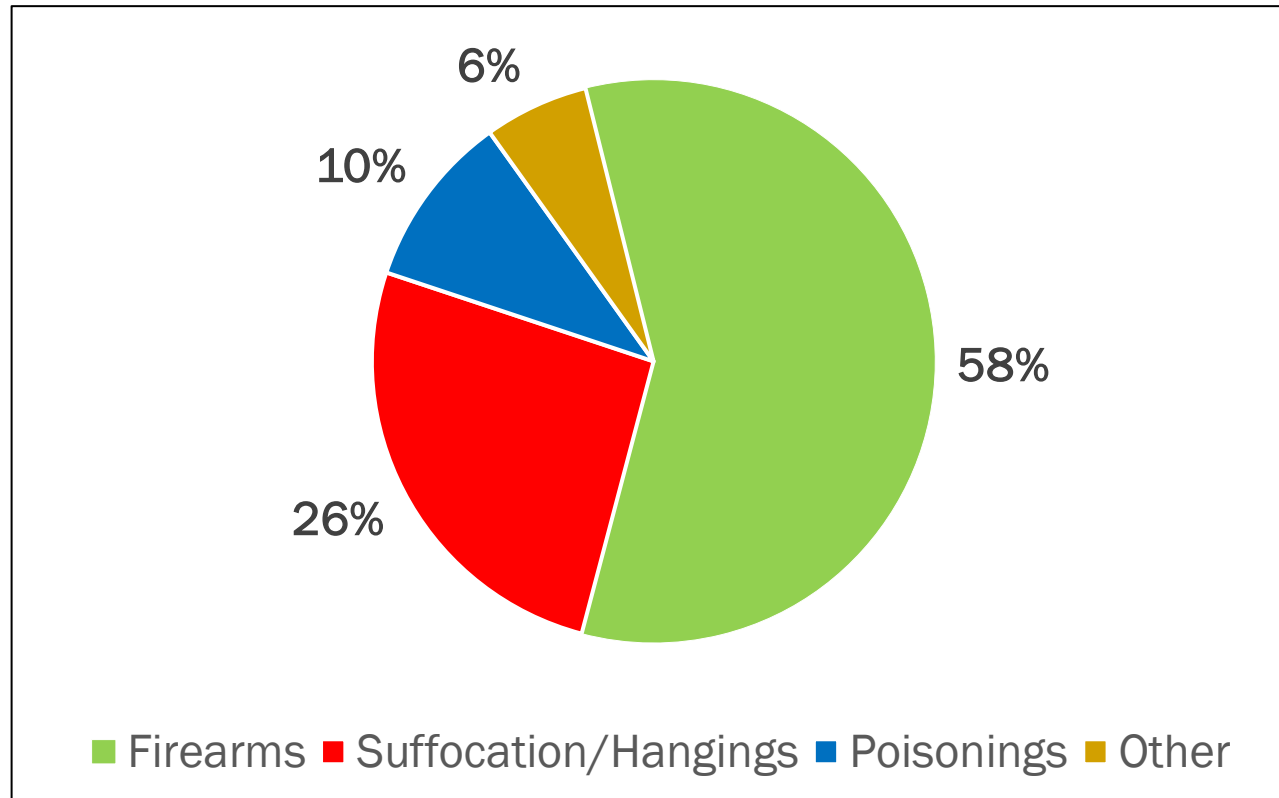
Source: New Mexico Death Certificate Database, Office of Vital Records and Health Statistics, New Mexico Department of Health. Retrieved on February 02, 2022 from New Mexico Department of Health, Indicator-Based Information System for Public Health website: <http://ibis.health.state.nm.us/>.

Suicide (%) by Sex, NM, 2020 (N=520)



Source: New Mexico Death Certificate Database, Office of Vital Records and Health Statistics, New Mexico Department of Health. Retrieved on February 02, 2022 from New Mexico Department of Health, Indicator-Based Information System for Public Health website: <http://ibis.health.state.nm.us/>

Suicide (%) by Mechanism, NM, 2020 (N=520)



Source: *New Mexico Suicide Deaths Increase in 2020*, Press Release, New Mexico Department of Health, December 1, 2021

U.S. Construction Industry & Suicide

- Data from the *National Violent Death Reporting System* report released in 2020 on 2016 data from 32 states show:
 - Construction ranked 2nd highest for rate of suicide among major US industries and occupations for males (after Mining)
- National suicide rates by construction workers in 2016:
 - **Males:** 45.3 per 100,000 (vs. 27.4 for all industries)
 - **Females:** 9.4 per 100,000 (vs. 7.7 for all industries)
- More deaths in construction injury workers occur by suicide compared to deaths from all construction injury or accident-related fatalities



Source: Centers for Disease Control and Prevention *Morbidity and Mortality Weekly Report*, 69(3), Jan. 24, 2020, pp. 2, 4

NM Construction Industry Suicide Facts

In 2018-2019, among construction/extraction workers:

- More than 1 out of every 10 (almost 11%) had been told that they had a depressive disorder
- 1 out of every 10 (10.2%) reported frequent mental distress
- 1 out of every 20 (5.3%) thought about attempting suicide

Note: These mental health indicators in New Mexicans who self-identify as working in construction are slightly lower than the general population of residents. However, these findings still merit concern given their prevalence.

Source: 2018-2019 NM BRFSS

Factors Affecting Suicide Risk in Construction

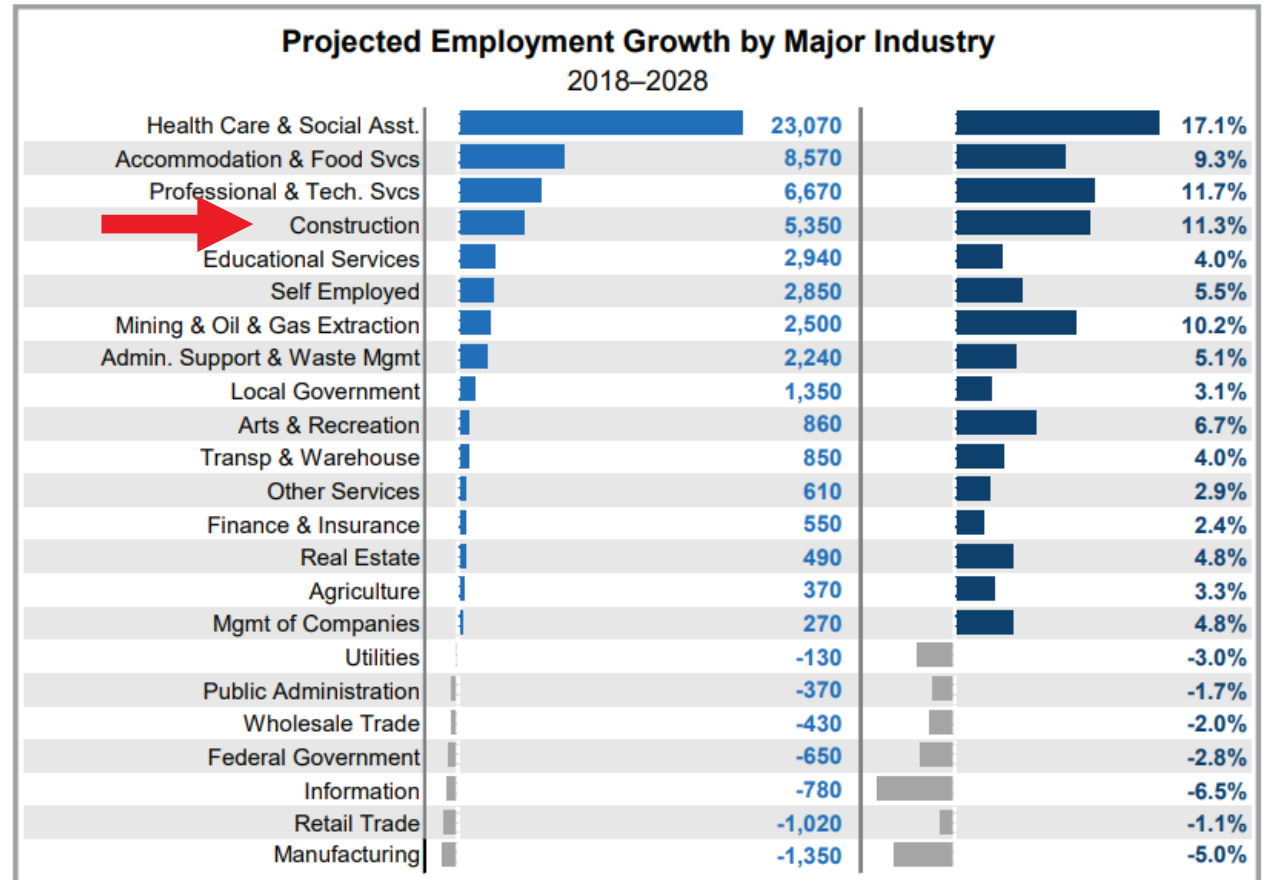
- Work-related stressors (e.g., uncertainties of seasonal work, demanding schedules with long hours, time away from home, working while injured)^{1,2}
- Financial stress associated with lower wages ¹
- Opioid use reflected in national data showing approximately 70,000 people died from an opioid overdose in 2020—about 190 a day³
- Substance use in NM⁴
 - **In 2018-2019, 1 in 7** adults working in a construction or extraction occupations engaged in binge drinking* in the last 30 days (14.0%)
 - Younger adult men have higher rates of binge drinking than the general population of NM adults

***Binge drinking defined as ≥ 5 drinks in one sitting for a male or ≥ 4 drinks for a female

Sources: ¹Centers for Disease Control and Prevention *Morbidity and Mortality Weekly Report*, 69(3), Jan. 24, 2020, pp. 2, 4; ²National Institute of Occupational Safety and Health, *Opioids in the Workplace*. Retrieved Sept. 7, 2022 from [cdc.gov/niosh/topics/opioids/data.html](https://www.cdc.gov/niosh/topics/opioids/data.html); Center for Construction Research and Training, *Opioid Deaths in Construction*. Retrieved Sept. 7, 2022 from www.cpwr.com/wp-content/uploads/HA-Opioids.pdf; ⁴Centers for Disease Control, Understanding the Epidemic. Retrieved Sept. 7, 2022 from www.cdc.gov/drugoverdose/epidemic/index.html. ⁵NM BRFSS, 2018-2020

Growth in Construction in NM Portends Need for Actions to Prevent Suicide

- Both broad population and targeted actions are needed to address suicide in this industry
- Toolkits are available!



Source: New Mexico Department of Workforce Solutions. New Mexico 2020 State of the Workforce, July 2020. Retrieved Sept. 1, 2022 from www.dws.state.nm.us

What Can You Do to Help Prevent Suicide in the Construction Industry?

CDC Public Health Suicide Prevention Services

1. Assess and monitor population health
2. Investigate and address health hazards and root causes
3. Communicate effectively to inform and educate
4. Mobilize communities and partnerships
5. Create, promote, implement policies, plans, and laws
6. Use legal and regulatory actions
7. Enable equitable access
8. Build a diverse and skilled workforce
9. Improve, innovate using evaluation, research, QI
10. Build, maintain strong organizational infrastructure



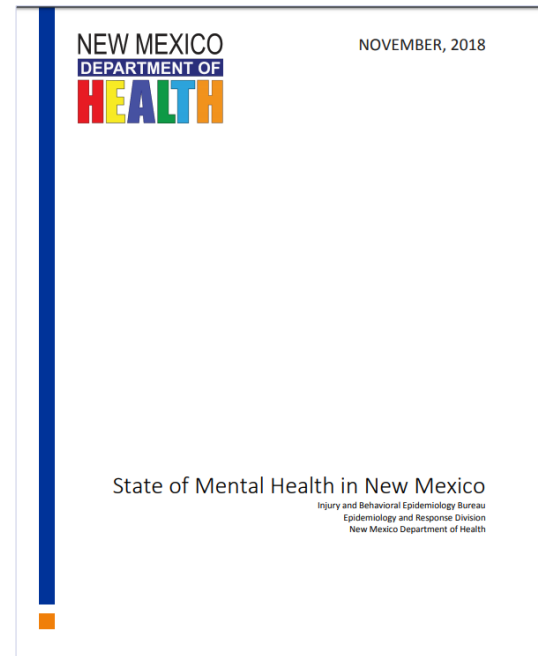
Source: Centers for Disease Control and Prevention, Retrieved 7.11.22 from

<https://www.cdc.gov/publichealthgateway/publichealthservices/essentialhealthservices.html>

Access and Use Data to Inform Your Prevention Strategies & Actions



<https://ibis.health.state.nm.us>



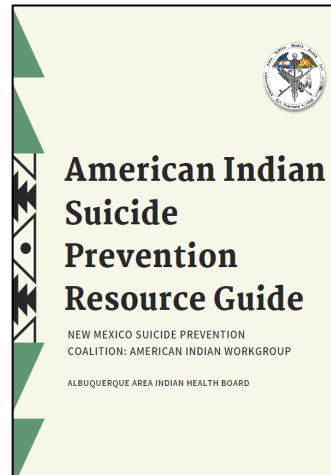
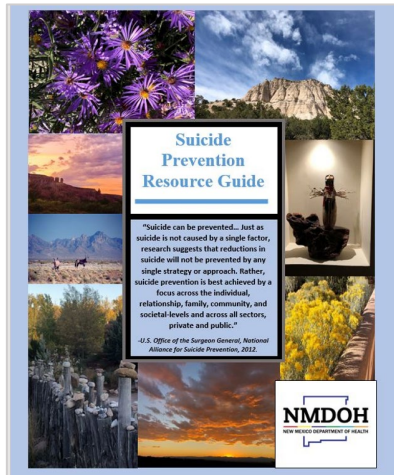
<https://nmhealth.org/data/view/general/2193/>

Know Where to Access General Resources

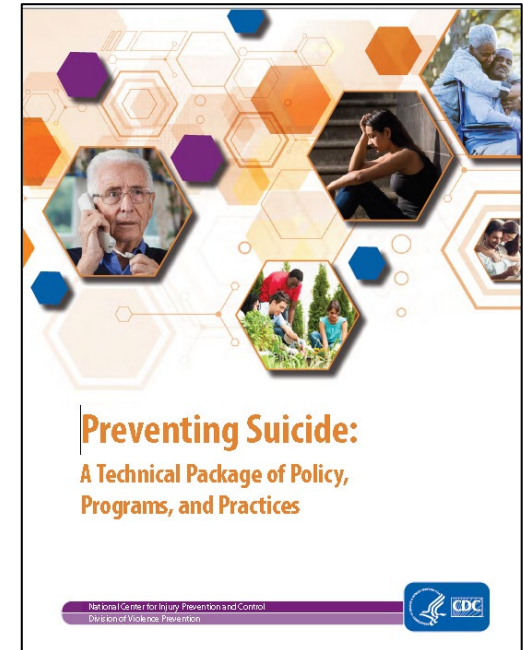
Suicide Prevention Resource Guides

NMDOH

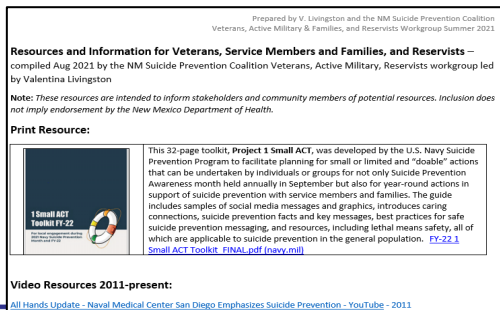
American Indian



CDC Technical Package for Suicide Prevention



Veterans, Military, Reservists



Guides:

<https://www.nmhealth.org/about/erd/ibeb/ipp/publications>

Strategies Document:

<https://www.cdc.gov/violenceprevention/pdf/suicidetechnicalpackage.pdf>

Share Information About Local and National Crisis & Support Services

You Can Access Support Anytime
New Mexico Crisis and Access Line
Call 1-855-NMCRISIS
1-855-662-7474

24
HOURS
A DAY

7
DAYS
A WEEK

365
DAYS
A YEAR

staffed by mental health professionals that are here to hear you
language line available for non-English speakers



Linea de Crisis y Acceso de
Nuevo México

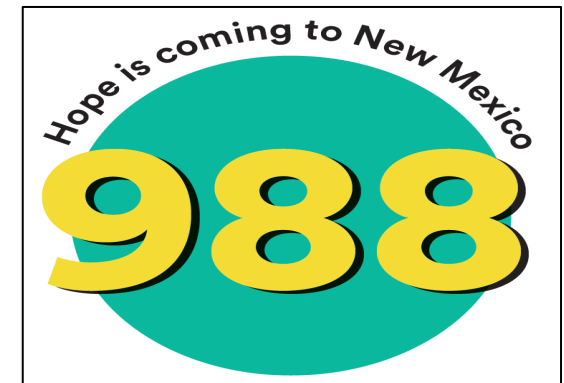
NMConnect
Llamada,
Texto,
& Acceso
Recursos de
Salud Mental

New Mexico

NMConnect
Call, Text,
& Access
Mental Health
Resources

**NEW MEXICO
HEALTHCARE WORKER
AND FIRST RESPONDER
SUPPORT LINE**

855-507-5509



Peer to Peer Warmline
1-855-466-7100

Call between 7:00am – 11:30pm
Text between 6:00pm – 11:00pm
because sometimes you just need to talk to someone that has been there before
language line available on the call-in line for non-English speakers



Veterans call 988 and push "1"

Take Suicide Gatekeeper and *Counseling on Lethal Means* Trainings

Question, Persuade, Refer; Youth Mental Health 1st Aid



- Free on-line and on-site trainings for community members and professionals
- Offered through NM DOH Office of School and Adolescent Health and NMCAL
- Access: <https://trainmeosah.com/> and <https://nmcrisisline.com/news-events/>

Counseling on Access to Lethal Means

- Free, on-line
- Access: <https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>; <https://zerosuicidetraining.edc.org/enrol/index.php?id=20>



Investing for tomorrow, delivering today.

Access Construction Industry Alliance Resources for Mental Health Wellness & Suicide Prevention



Industry Resources



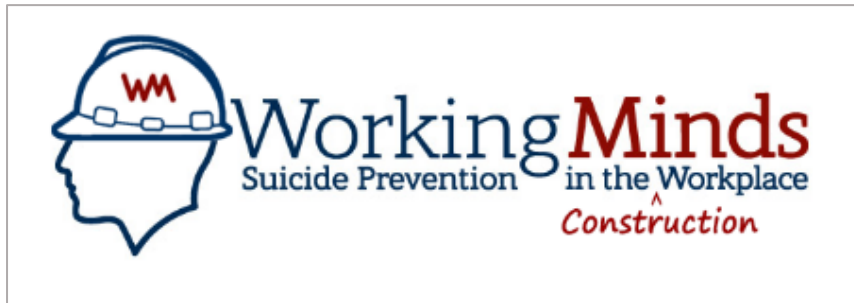
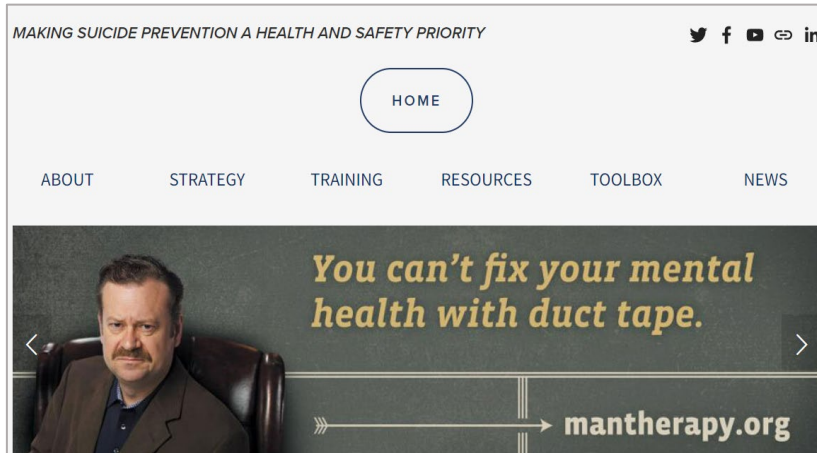
Signs of Suicide Risk & Risk Factors



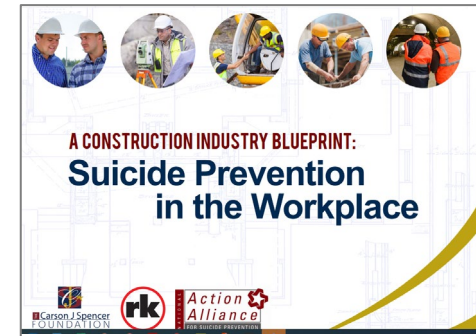
Suicide Prevention Month Toolkit

<https://preventconstructionsuicide.com/SPM22>

Access Other Programs and Resources for Construction Industry Managers & Workers



<https://www.constructionworkingminds.org>



https://theactionalliance.org/sites/default/files/suicide_prevention_in_the_workplace_final.pdf

Access Other Programs and Resources for Construction Industry Workers

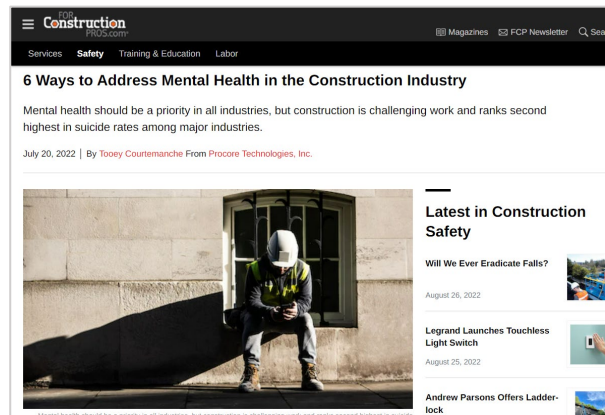
April 4, 2022 | From Associated Builders and Contractors Inc. (ABC)



Photo Credit: ©graphixchon – stock.adobe.com

Associated Builders and Contractors & American Foundation for Suicide Prevention Program to Address Mental Health and Suicide Prevention in Construction

[ABC and AFSP Partner to Address Mental Health, Suicide Prevention in Construction | For Construction Pros](#)



Construction Industry Trade Resource – ForConstructionPROS.com

[6 Ways to Address Mental Health in the Construction Industry | For Construction Pros](#)

Partner with Others Within the Industry to Build Across-Organization Relationships & to Normalize Mental Health & Suicide Prevention Discussions



Partner With the New Mexico Suicide Prevention Coalition

Mission: To advocate, collaborate, educate, share resources, and to plan and implement actions to reduce suicide in NM.

General membership:

New Mexicans involved in prevention, intervention, postvention, crisis response, surveillance, and people who have attempted or lost family members to suicide. Membership is open.

Leaders: Chair: Susan Casias

Chair-elect: Cate Reeves

Quarterly meetings:

- Data and resource presentations
- Networking and collaborating
- Workgroup report backs

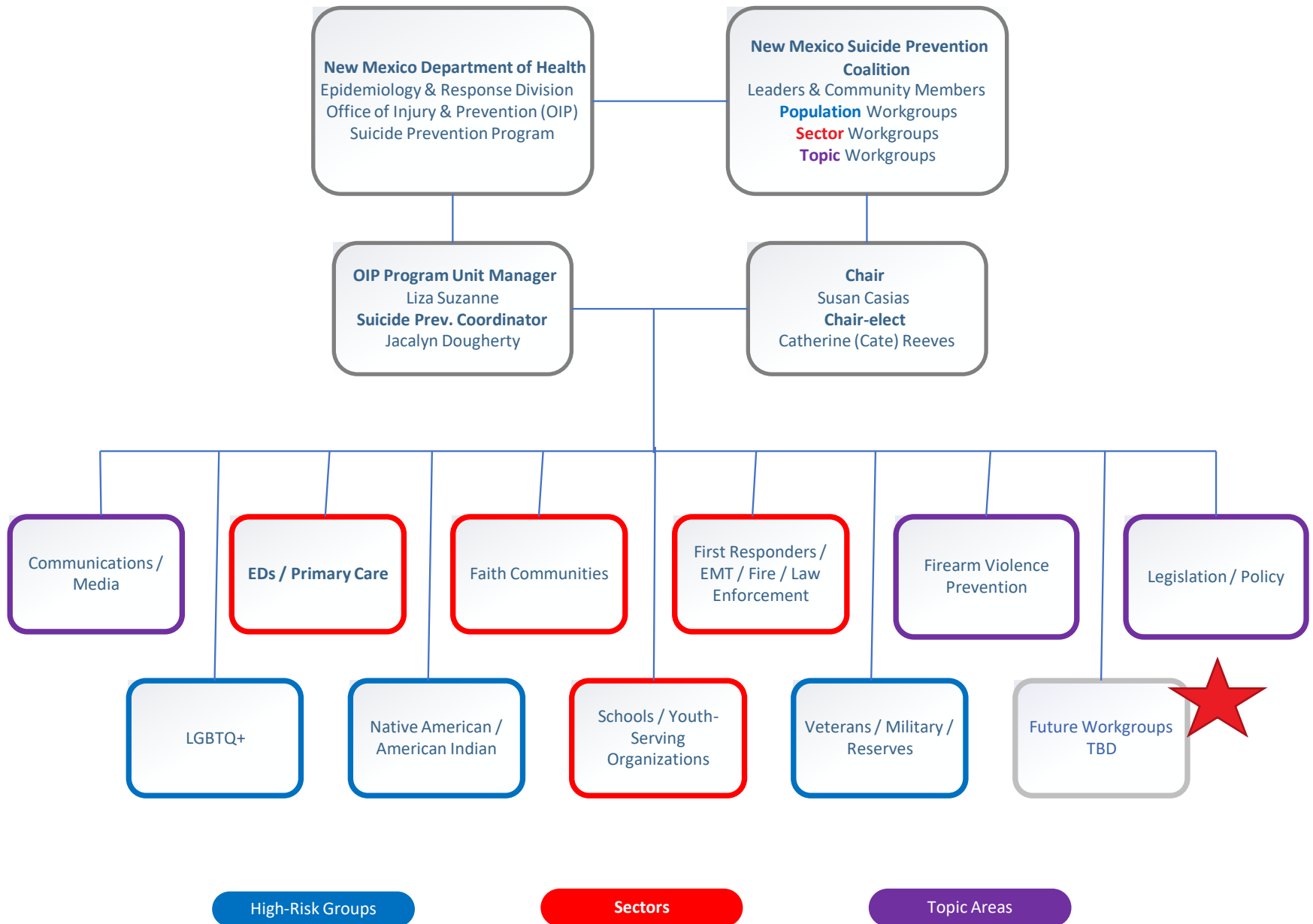
Workgroups:

- **Priority populations** – American Indian; veterans; LGBTQ+
- **Sectors** - first responders, firefighters, law enforcement; emergency & primary care; schools & youth-serving orgs., faith communities
- **Topics** – communications; firearm violence prevention; legislative/policy

Activities:

- Action planning for respective target populations, sectors, and topic areas using the Strategic Directions document

New Mexico Department of Health & the New Mexico Suicide Prevention Coalition Structure Spring 2022



Suicide Prevention Coalition Workgroups:

Strategic Directions Document

The mission of the New Mexico Suicide Prevention Coalition is to advocate, collaborate, educate, share resources and to plan and implement actions to reduce suicide in New Mexico.

STRATEGIC DIRECTIONS	Building and Aligning Infrastructure and Resources to Support Suicide Prevention	Expanding Statewide Capacity to Reduce Suicide	Identifying and Supporting People at Highest Risk for Suicide
KEY OBJECTIVES	<p>Develop strategic relationships/ align prevention initiatives</p> <p>Educate key community groups in effective practices to reduce suicide</p> <p>Expand funding and access</p> <p>Increase providers</p>	<p>Reduce stigma & promote help-seeking</p> <p>Increase protective factors and reduce risk factors</p> <p>Build community level knowledge</p> <p>Engage diverse partners & strengthen linkages</p>	<p>Collect/Share Data</p> <p>Identify population groups at greatest risk</p> <p>Align current programs</p> <p>Educate children and individuals who work with them</p>
3 YEAR SUCCESS INDICATORS	<p>Diverse community representation on coalition</p> <p>Established sustainable funding</p> <p>Increased access and support for suicide prevention</p>	<p>Research and evidence-based programs and trainings established, catalogued, and promoted</p> <p>Communities equipped with helpful, population-based messaging</p> <p>Coalition vibrant hub of support and outreach</p>	<p>Baseline data available, shared and used</p> <p>Populations at higher risk supported with unique messaging and community-based programming</p> <p>Implemented effective programming</p> <p>All schools and youth-serving organizations have access to support materials and training curricula</p>

*Our New Mexico Suicide Prevention Coalition Practical Vision:
Promoting a culture of connectedness and building communities of hope by implementing statewide suicide prevention efforts.*

Reducing Stigma

Reminder: Language that Does and Does Not Reinforce Stigma

- The term “*committed suicide*” tends to be associated with immoral or sinful behavior which perpetuates stigma and a hesitancy to talk about suicide
 - “He committed murder”
 - “She committed a felony”
 - “They committed mayhem”
- Instead of saying “committed suicide,” say “*died by suicide*”
 - ✓ “The young woman who just came into the office told me that her good friend *died by suicide* last month.”

Reduce Stigma Around Mental Health & Help-seeking

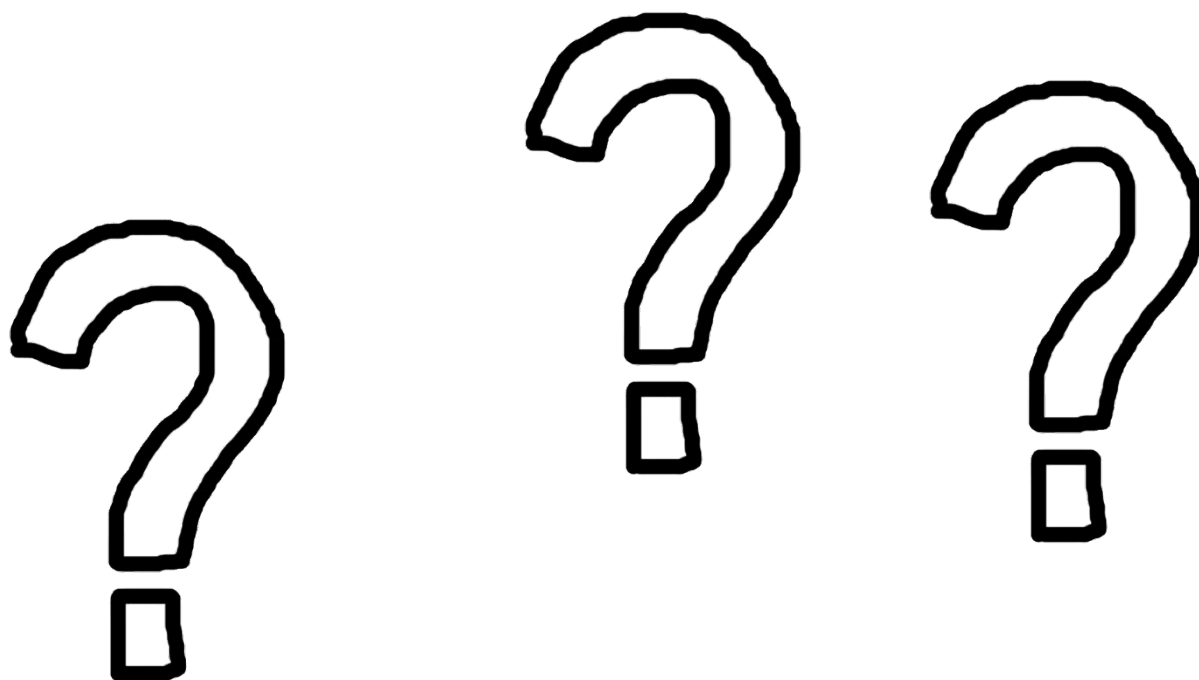
- Use trauma-informed care principles and best practices to avoid re-traumatizing distressed individuals
- Educate about use of preferred language to avoid stigmatizing
- Offer suicide gatekeeper trainings to employees
- Use data and evidence-based resources in planning
- Offer trainings on how to limit access to lethal means
- Role model positive, respectful, and equitable approaches to people with mental health challenges
- Educate others during informal exchanges that words matter

Recognize & Respect Cultural Preferences

- Advocate for and voice needs, preferences, approaches, and unique considerations for at-higher-risk populations such as construction industry workers and leaders
- Consider preferences, needs, and language and provide equitable access to individuals of all ages, ethnicities, genders, and abilities
- Propose, create, and review evidence-based programs and actions to address suicide in NM's higher risk population groups
- Be authentic and caring in interactions

Create a Work Culture in Construction Supportive of Mental Health & Suicide Prevention

- Go beyond “exceptional physical safety” culture → Promote awareness of the need for BOTH mental and physical health and well-being
- Educate employees about how to access benefits for mental, behavioral, and substance use treatment
- Encourage healthy work engagement – allow mental health wellness days; allow employees to NOT work while fatigued, ill, or in physical or emotional pain
- Create peer supports with those with lived experience
- Provide postvention care when a worker dies by suicide
- Reduce stigma through language and actions



Questions?

**We acknowledge and appreciate
the many providers, peer support workers,
teachers, school personnel, suicide gatekeeper
trainers, family loss survivors, prevention
advocates, and the many other individuals who
work to help prevent suicide across New Mexico.**

These efforts do make a difference!

We hope you'll join us!

Thank you!

For more information, contact:

New Mexico Department of Health

Jacalyn Dougherty (Suicide Prevention Coordinator)

jacalyn.dougherty@state.nm.us

Garry Kelley (Senior Injury Epidemiologist)

garry.kelley@state.nm.us

Dylan Pell (Mental Health Epidemiologist)

dylan.pell@state.nm.us

New Mexico Suicide Prevention Coalition

Cate Reeves (Chair-elect)

catherine.reeves@pmsnm.org