Don’t Drink and Die!
David Martorano, M.D.
Recently Discharged

- Nearly 1 in 3 completers saw a physician within the week before their death.

- Half of completers saw a doctor in the last month.

- Swedish Study in 1980’s showed increased physician attention to depression decreased overall death from suicide.

*Frequency of suicide on Gotland after systematic postgraduate education of general practitioners*

W. Rutz¹, L. von Knorring² and J. Wålinder³
Substance Abuse

- Acute overuse of alcohol is a critical factor in suicidality
- Alcohol & Cocaine are the two most commonly associated substances with suicidality
- 13% of men and 31% of women commit suicide via poisoning
- 90% of poisonings are prescription medications
- 80% of all drug related deaths are unintentional
- 70% of all deaths are opiates

There's good in all of us and I think I simply love people too much, so much that it makes me feel too fucking sad. The sad little, sensitive, unappreciative, Pisces, Jesus man. Why don't you just enjoy it? I don't know!

I have a goddess of a wife who sweats ambition and empathy and a daughter who reminds me too much of what i used to be, full of love and joy, kissing every person she meets because everyone is good and will do her no harm. And that terrifies me to the point to where I can barely function... but since the age of seven, I've become hateful towards all humans in general. Only because it seems so easy for people to get along that have empathy. Only because I love and feel sorry for people too much I guess.

Thank you all from the pit of my burning, nauseous stomach for your letters and concern during the past years. I'm too much of an erratic, moody baby! I don't have the passion anymore, and so remember, it's better to burn out than to fade away. -Peace, love, empathy.

“Speaking from the tongue of an experienced simpleton who obviously would rather be an emasculated, infantile complain-ee. This note should be pretty easy to understand.”
Kurt Cobain

- Died 1994, less than 2 days after discharge from Daniel Freeman Hospital
- Cause of death was self-inflicted Shotgun wound.
- High doses of Heroin present at time of death
Gender Bias

Complete

Attempt
I am a UHS employee and shareholder, no other significant disclosures.
APA - Critical Factors

- History of previous attempts
- Acute suicidal ideation
- Seriousness of previous attempts
- Acute overuse of alcohol
- Family history of suicide
- Loss
- Hopelessness
Suicide Risk

- Suicidal behavior may occur within ten minutes of having had suicidal ideation (Deisenhammer et al, 2009)
- Psychiatric Hospitalization within the last year
- Deliberate Self-Harm or suicide Attempt increased suicide risk by 66 times over the next twelve months (Hawton-2003)

Increased Risk Persists for 20 years
Suicide Diagnoses

- Depression
- Schizophrenia
- Bipolar
- Substance Abuse
- Borderline Personality Disorder
- Dementia
The ones you don’t think of

- Survivors of Childhood cancer
- Eating Disorders
- Bariatric Surgery
- Substance Use Disorders
- Religious Obsessions
Emerging Trends

- Depression
- Alcohol abuse & cocaine use
- Separation or divorce
- Ninety percent of all suicides are associated with a mental disorder
- Previous suicide attempt is more predictive in males.
- Violence Homosexual youth, bisexual youth
- Victims of child abuse
- HIV-AIDS
Suicide is a lethal symptom of impulsivity


Joiner et al (2007) state that in some individuals "cognitive constriction" underlies the feeling of being "trapped," which they believe may, in part, underlie the desire for suicide.

Compared to those who have not attempted suicide, those with a history of suicidal behavior show deficits in impulse control (Dougherty et al., 2004).
The Suicidal State

An intolerable, confused state in which patients feel that suicidal action is the only conceivable route of escape.

- Frantic Hopelessness
  - Sense of need to escape one’s situation
- Hopelessness
- Ruminative Flooding
  - Overwhelmed by the volume of Negative Ruminations
  - Fatalistic conviction that life cannot improve
  - Sense of entrapment and imminent doom
- Near-Psychotic Somatization
  - Concrete/ somatic experience of thought
  - Somatic distortions
Impaired Ability to Execute

- TBI
- Mania
- Psychosis
- Depression
- Anxiety
- Intoxication

- Activation
- Focus
- Effort
- Emotion
- Memory
- Action
Assessing Impulsivity

- Do you consider yourself an impulsive person?
- Why or why not?
- When have you felt out of control in the past?
- What did you do that you thought was out of control?
- What did you do to help yourself feel more in control?
- When you're feeling out of control, how long does it usually take for you to recover?
The Suicide Belt

Overall U.S. rate is 740.6 deaths per 100,000 population.
Shedding Light on Suicide Geography
Substance abuse overview
Breakdown of Drugs Used

- Marijuana (65.6%)
- Pain Relievers (17.0%)
- Inhalants (6.3%)
- Tranquilizers (4.1%)
- Stimulants (3.6%)
- Hallucinogens (2.0%)
- Sedatives (1.3%)
- Cocaine (0.1%)
- Heroin (0.1%)

2.9 Million Initiates of Illicit Drugs
Age-Related Substance Abuse
Drug use 2012

- Illicit Drugs: 23.9 million
- Marijuana: 18.9 million
- Psychotherapeutics: 6.8 million
- Cocaine: 1.6 million
- Hallucinogens: 1.1 million
- Inhalants: 0.5 million
- Heroin: 0.3 million
A dangerous mix

- Alcohol and Drug use are second only to depression in the risk factors for Suicide
- Overdose is responsible for 25% of all deaths and nearly 50% of attempts
Assessment
Suicide Risk Assessment

- SIS - Expectation of lethality, Planning, Implementation
- Beck’s Scales - Suicidality severity versus previous levels of suicidal intent & hopelessness
- C-CASA - Events (Suicide and Self-Harm)
- STS - 3 ....
Suicide Trigger Scale

- **High Scores** - Impulsive, poor affect regulation, likely childhood trauma

- **Low Scores** - Inhibition of

- **Poor Positive Predictive Value (40%)**

- **Strong Negative Predictive Value (90%)**

- **Ultra-High Scores = Suicide Attempt**
Substance Use Assessment

- Single Question Assessment
- CAGE
- NIDA online assist tool (patient fills out with screener)
  http://www.drugabuse.gov
- ASI
Intervention
Clinical Vignettes
Psychiatrists Are NOT the Front Line

- Primary Care
- Specialists
- ER Staff
- Mental Health Practitioners are resources for identified high risk patients

Poster Available at http://www.sprc.org

Suicide Prevention Resource Center