



THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

WE THE PROFESSIONALS

BLACK MATERNAL MENTAL HEALTH WEEK

This information from Dr. Freda is intended to help guide the content in clinical notes and in communications with med providers. Please feel free to contact him with questions as he would welcome further discussion!



Part 6: Suicidal Thoughts (SI)?

- Suicide is the act of intentionally causing one's own death.
- Suicide is the act of ending one's own life.
- "the deliberate killing of oneself;" c. 1650.
- from Latin:
 - "suicidium" = suicide
 - "sui" = of oneself "cidium" = a killing

Do these thoughts mean I am suicidal?

- "I think I'd rather be dead"
- "I'd be better off dead"
- "I don't deserve to be alive"
- "My family would be better off without me"
- Why would I have SI? vs. Why would I want to be dead?
- (Why wouldn't I have SI; Why wouldn't I want to be dead?)

Please follow for the next 5 weeks as this is a weekly column by Dr. Freda.

BIPOC AWARENESS MONTH

This July, the Colorado Department of Human Services, Office of Behavioral Health (OBH) and our partners are proud to celebrate Black, Indigenous and People of Color (BIPOC) Mental Health Awareness Month, also known as Minority Mental Health Awareness Month.

National Black Maternal Mental Health week is July 19th-25th

This year's campaign again focuses on raising awareness among the Black community and the theme is "Encouraging our Joy and Reinstating our Peace of Mind." Visit the Shades of Blue Project's website or follow them on Facebook or Instagram! #BMMHW2021 #BlackMamasMatter #WeDeserveMore #EncouragingBlackJoy

PREVENTION IN THE COMMUNITIES

The Prevention Team participated in helping with the RE-1 Valley Summer Lunch Program. 40 kids received Centennial information and Prevention Team swag.



PREVENTION IN THE COMMUNITIES



Prevention Program Manager Maranda Miller was invited to present to the Logan County Cattlewomen at their July meeting about our mental health and suicide prevention efforts for the agriculture community. They provided her with some great ideas on

how to reach those who farm and ranch. She's also planning to meet with other agriculture related groups.



2019 National / State Numbers

NATIONAL 47,511 MALES 37,256 FEMALES 10,255

3.6 MALE DEATHS FOR EACH FEMALE DEATH

Suicide is a leading cause of death for Colorado's youth and young adults. The encouraging news is that there are many effective suicide prevention programs that can bring hope, connectedness, and recovery to young people struggling with thoughts of suicide. Suicide is always a complex issue, and suicide is never the result of one cause. The complexity of suicide holds true for youth, as well as for adults, where suicide risk is a culmination of various factors, and never the result of just one cause.

COLORADO IS RANKED 5TH FOR THE HIGHEST RATE OF SUICIDE

SUICIDE DEATH NUMBER FOR NE COLORADO

39 FOR 2020

(IN 2019 THERE WERE 18)

AGE RANGES:

15-19	7	45-54	3
25-34	3	55-64	3
35-44	8	65-74	3

I recognize this only adds up to 27... with some of our counties, the numbers are just too small (thankfully) that the state will not release numbers for confidentially reasons.

GENDER

MALE 33
FEMALE 6

ETHNICITY

WHITE 37

MARITAL STATUS

NEVER MARRIED 16
CURRENTLY MARRIED 16
DIVORCED 4

METHOD

FIREARMS 24