



Behavioral Health

West Central Public Health Partnership
Region 10: Delta, Gunnison, Hinsdale, Montrose, Ouray, & San Miguel

Priority Area!

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- » mental health promotion,
- » suicide prevention and
- » substance abuse prevention.

- » depression,
- » anxiety, and
- » bipolar disorder.

Colorado is in the top ten states with the highest rate of death by suicide in the nation and the Rocky Mountain Region has the highest suicide rate in the contiguous 48 states.^{3,4,8}

Youth in Region 10 are asked about their mental health through the [Healthy Kids Colorado Survey](#).

- » In 2015, 26.3% of high school students had depressive symptoms.⁵
- » 6.9% of high school students have attempted suicide at least once in the last year (2015).⁶
- » Rate for suicide attempts increased 35.3% from 2013 to 2015 in Region 10⁷

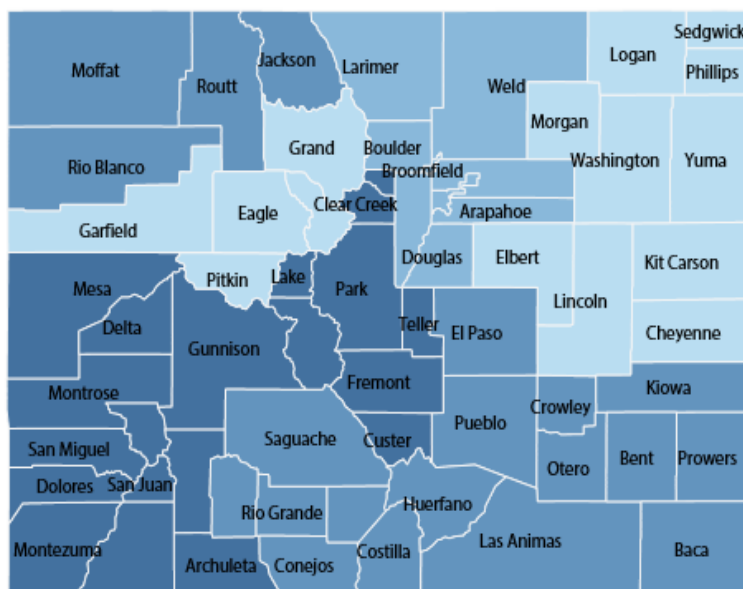
CO Suicide Rates Per 100,000 Residents

Rate per 100,000

- 11.5-14.0
- 14.1-20.9
- 21.0-27.7
- 27.8-34.7

Colorado Health Institute. Suicide in Colorado. 2016.⁸
<https://www.coloradohealthinstitute.org/research/suicides-colorado-reach-all-time-high>

CO Suicide Rates Per 100,000 Residents



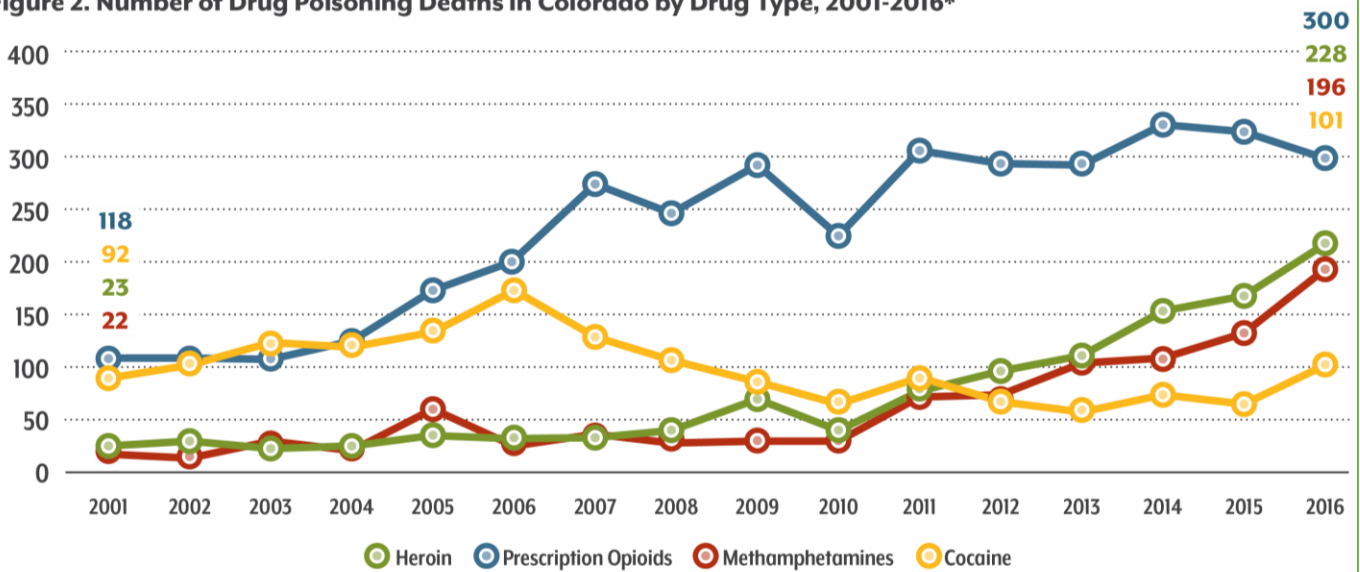
Rate per 100,000



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Figure 2. Number of Drug Poisoning Deaths in Colorado by Drug Type, 2001-2016*



* Categories are not mutually exclusive (may total to more than 100% of total drug overdoses) or comprehensive (other drugs not listed).
Source: Vital Statistics Program, Colorado Department of Public Health and Environment

Health Equity and Behavioral Health

Region 10 stakeholders identified **early childhood and youth, elderly, immigrants, low income, geographically isolated residents and LGBTQ** as a possible priority populations for behavioral health strategies. For example, 61.5% of LGB (Lesbian, Gay, Bisexual) youth in Colorado report having depressive symptoms in the past year compared to just 25.3% of their heterosexual peers.⁹

Strategies

- » **STRATEGY** Increase collaborative efforts across the region to build capacity for Behavioral Health efforts.
- » **STRATEGY** Reduce stigma associated with mental health and reduce substance use through community education, media campaigns and evidence-based prevention strategies.
- » **STRATEGY** Integration of behavioral health into primary care and other sites (Nursing home, Public Health, Dentists, Human Services, Alternative providers, Opioid prescribers, drug screeners).
- » **STRATEGY** Health Equity Advocacy in Behavioral Health.

<https://www.coloradohealthinstitute.org/research/death-drugs>

For more information:

Colorado Health Institute
www.coloradohealthinstitute.org/
 Healthy Kids Colorado Survey
www.colorado.gov/pacific/cdphe/hkcs
 Centers For Disease Control and Prevention
www.cdc.gov/nchs/pressroom/sosmap/suicide-mortality/suicide.htm
 CDPHE Prescription Drug Data Profiles
www.colorado.gov/pacific/cdphe/prescription-drug-data-profiles
 Colorado Consortium for Prescription Drug Abuse Prevention
<https://public.tableau.com/profile/omni#!/vizhome/RXConsortiumdashboard/Readmefirst>
 The Center for Mental Health
www.centermh.org/

Crisis Line Information

Local Crisis Line: 970-252-6220
 State Crisis Line: 1-844-493-TALK (8255)
 Text "TALK" to 38255
 National Suicide Prevention Lifeline:
 1-800-273-8255

QUESTIONS?

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Behavioral Health Sources

1. Center for Mental Health. Center for Mental Health Regional Health PowerPoint 2017.
2. Colorado Department of Public Health and Environment. Colorado Health Indicators. Mental Health. <https://www.colorado.gov/pacific/cdphe/colorado-health-indicators>. Accessed October 12, 2016.
3. Centers for Disease Control and Prevention. National Center for Health Statistics, 2016. Suicide Mortality by State. <https://www.cdc.gov/nchs/pressroom/sosmap/suicide-mortality/suicide.htm>. Accessed March 16, 2018.
4. [Why Are Ski Towns Seeing More Suicides?](http://adventureblog.nationalgeographic.com/2016/05/16/why-are-ski-towns-suicides-happening-at-such-an-alarming-rate/) Posted by Kelley McMillan on May 16, 2016 <http://adventureblog.nationalgeographic.com/2016/05/16/why-are-ski-towns-suicides-happening-at-such-an-alarming-rate/>. Accessed March 16, 2018.
5. Colorado Department of Public Health and the Environment, VISION Tool. Data by Demographics. <https://www.colorado.gov/pacific/cdphe/vision-data-tool>. Accessed April 29, 2018.
6. Healthy Kids Colorado Survey, 2015 Region 10 Reports. Mental Health Among Youth in Colorado. https://www.colorado.gov/pacific/sites/default/files/PF_Youth_MH-Infographic-Digital.pdf. Accessed October 20, 2016.
7. Futyu??? ASK Katherine!
8. Colorado Health Institute. Suicide in Colorado. 2016. Accessed July 31, 2018. <https://www.coloradohealthinstitute.org/research/suicides-colorado-reach-all-time-high>
9. Colorado Department of Public Health and the Environment, VISION Tool. Data by Demographics. <https://www.colorado.gov/pacific/cdphe/vision-data-tool>. Accessed April 29, 2018.