

Nevada Office of Suicide Prevention 2024 Year End Report

Suicide Prevention Is Everyone's Business.

Greetings from the Nevada Office of Suicide Prevention,

The Nevada Office of Suicide Prevention is grateful for the support and statewide collaboration which helps us prevent suicide. Throughout the year, our team has been working tirelessly to support suicide prevention, intervention, and postvention efforts across the state of Nevada. The Office of Suicide Prevention would like to take a moment to reflect on the significant efforts made this year across the state. The past few years have been particularly tough on our communities, but through perseverance, the Office of Suicide Prevention and partners throughout the state have continued to prioritize the health and well-being of all Nevadans.

Amongst many achievements this year, the Office of Suicide Prevention is proud of the expansion and diversification of our outreach efforts. The Office of Suicide Prevention recognizes the importance of reaching a wider audience, particularly those who may not have access to traditional support systems. Our focus on destigmatizing suicide and mental health challenges has been central to our efforts. The Office of Suicide Prevention has actively engaged with media outlets, school districts, government agencies, corporations, and many others to educate on the signs of suicide, safe messaging on suicide, reducing access to lethal means, crisis intervention, and available resources. The Office of Suicide Prevention would like to express our deepest gratitude to all our partners, stakeholders, trainers, and supporters to make this possible. As you'll see in the coming pages, our efforts have impacted thousands of Nevadans.

While the Office of Suicide Prevention celebrates the progress made this year, we remain acutely aware that our work is far from over. As the community looks ahead to a new year, it is critical to continue to address the root causes of suicide, improve access to mental health services, and strengthen our collaborations even further. Together, it is possible to create a future where every Nevadan feels supported, heard, and empowered to seek help without barriers. 2025 begins with renewed determination and a shared commitment to making a lasting impact on suicide prevention in Nevada.

Wishing you a healthy and hopeful 2025, and we look forward to working alongside and supporting you in the upcoming year.

With hope,

Misty Vaughan Allen
State of Nevada Suicide Prevention Coordinator

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ABOUT THE DIVISION OF PUBLIC AND BEHAVIORAL HEALTH

The Division of Public and Behavioral Health (DPBH) is one of five divisions within the Department of Health and Human Services, which falls under the Executive Branch of the State of Nevada. It is the primary provider of public health services in many rural areas of the state and provides certain public health services statewide, while the majority of public health services in urban areas are provided by local health authorities. The Division also offers a wide range of behavioral health services through civil and forensic inpatient psychiatric hospitals in northern and southern Nevada, rural outpatient clinics and programs, and other critical facilities.

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Leadership

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Rachel Isherwood, BSW
Crisis Response System Program Manager

MISSION

To protect, promote, and improve the physical and behavioral health and safety of all people in Nevada, equitably and regardless of circumstances, so they can live their safest, longest, healthiest, and happiest lives.

VISION

A Nevada where preventable health and safety issues no longer impact the opportunity for all people to live life in the best possible health.

VALUES

To make everyone's life healthier, happier, longer, and safer.

BACKGROUND OF THE OFFICE OF SUICIDE PREVENTION

In 2005, the Nevada Office of Suicide Prevention was funded under Nevada Revised Statutes 439.511-439.513 to provide a Prevention Coordinator and Statewide Trainers. Through various grant funding opportunities, the Office of Suicide Prevention has expanded the team in recent years and has offices in two locations, Reno and Las Vegas, to support statewide efforts.

MISSION

The mission of the Nevada Office of Suicide Prevention is to reduce the rates of suicide and suicidal acts in Nevada through statewide collaborative efforts to develop, implement, and evaluate a state strategy which advances the goals and objectives of the latest [National Strategy for Suicide Prevention](#). In 2024, the U.S. Department of Health and Human Services released the first update to the National Strategy for Suicide Prevention in 10 years, to which the Office of Suicide Prevention is aligned with in various efforts.

VISION

It is our hope that the Nevada Suicide Prevention Plan will provide a catalyst for collaborative action, improved understanding, and increased wellness in communities across Nevada. This plan is based on the strong belief that everyone has a role to play in suicide prevention, and those individuals and groups which address the physical, emotional, psychological, and spiritual needs of individuals and communities must work together.

OFFICE OF SUICIDE PREVENTION TEAM

Misty Vaughan Allen, Statewide Suicide Prevention Coordinator

Richard Egan, Southern Nevada Suicide Prevention Training and Outreach Facilitator

Taylor Morgan, Northern Nevada Suicide Prevention Training and Outreach Facilitator

Elizabeth Willis, Office Manager

Emma White, Youth Suicide Prevention Coordinator, Project Aware Manager and Safe Messaging Specialist

Alexandra Paredes Rivera, Project Aware Youth Suicide Prevention Specialist

Natasha Nyquist, Crisis Response System Management Analyst III

Thomas Mendenhall, Volunteer Lead Trainer

Cathy Fry, Volunteer Trainer

Jesse Stone, Public Information Officer

IMPORTANCE OF SUICIDE PREVENTION IN NEVADA

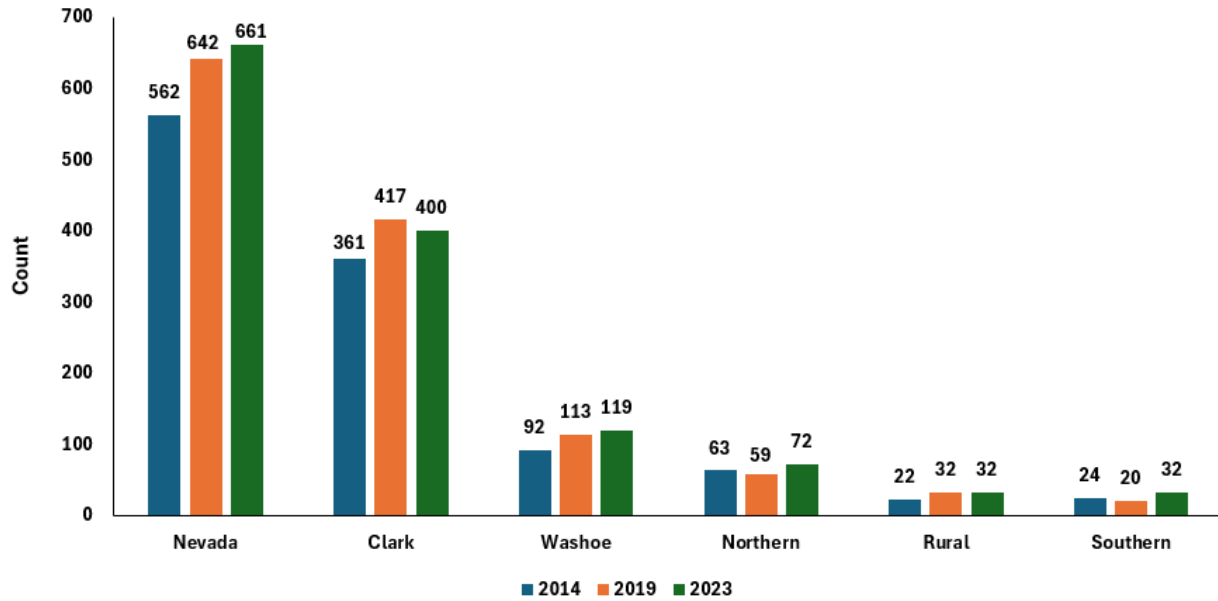
In 2022, national suicide rates rose approximately 2.5% from 2021, with the CDC reporting 49,476 dying by suicide and more than 1.6 million people attempting suicide. Preliminary national data for 2023 predicts a slight decrease in suicide rates with 49,300 people dying by suicide but still maintaining the highest rates ever seen in the country's history. Suicide is the 3rd leading cause of death for youth aged 15 to 24 years old in the United States, whereas homicide is now the 2nd leading cause of death for this age group.

Suicide has been a critical issue in the state of Nevada for many years. From 1939 to 1999, Nevada ranked 1st in the nation for suicide deaths per capita. According to the latest data from the Centers for Disease Control and Prevention, Nevada ranks 7th in the nation (per capita) for suicide deaths in 2022. While the Office of Suicide Prevention honors the collaborative efforts across the state which have helped move Nevada away from being first in suicide deaths, significant work remains to be done to prevent suicide.

Nevada lost 698 people to suicide in 2022, with one suicide death occurring approximately every 13 hours. Current data shows suicide as the second leading cause of death for Nevadans aged 12 to 48 with the state ranking 6th in the nation for suicide rates among our 65 and older population. In Nevada, nearly 60% of suicide deaths are by firearm, with hanging, medication overdose, jumping from a height, and vehicle collisions being other common methods. More male suicide deaths occur than female, yet females attempt suicide nearly four times more often than males. On average, there are 25 suicide attempts for each suicide death. The 2023 Veteran's Mortality Report details the increased need for veteran mental health and crisis support, stating that suicide is the 9th leading cause of death for Veterans in Nevada. The Nevada Office of Analytics Dashboard currently reports that there have been 654 deaths by suicide in the state for 2023, with 2,966 hospital encounters of suicide attempts.

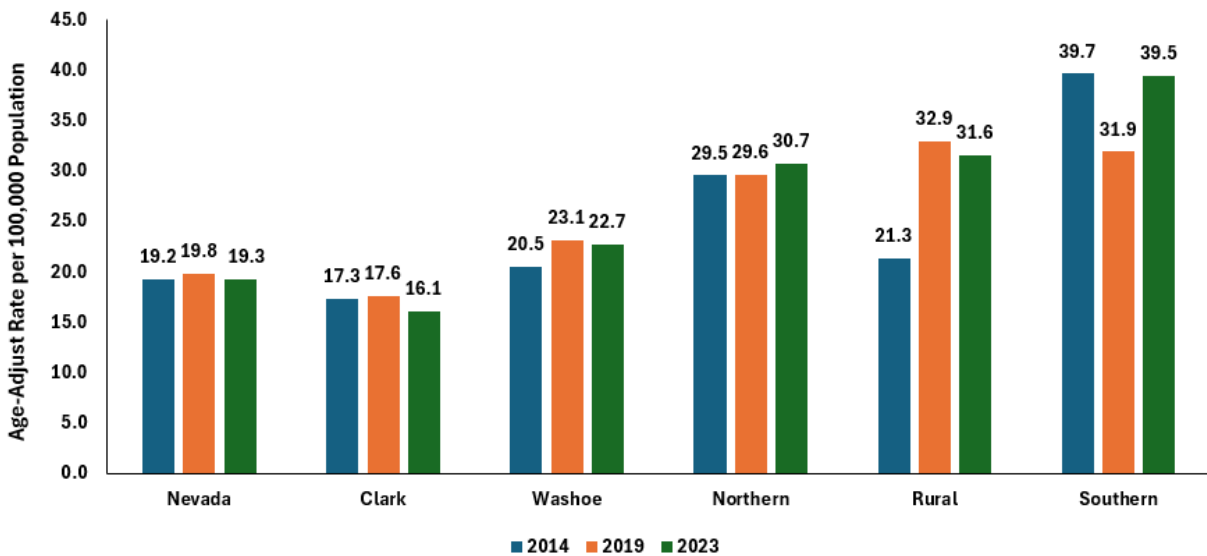
Rates per 100,000 Population by various regions in Nevada 2014, 2019, 2023.

Suicide Deaths by Behavioral Health Region 2014, 2019, 2023



Nevada suicide death rates by 100,000 population by region in 2014, 2019, 2023.

Suicide Death Rates per 100,000 Population by Behavioral Health Region 2014, 2019, 2023



TRAINING PROGRAMS

The Nevada Office of Suicide Prevention has a variety of training options to address various needs and populations. The Office of Suicide Prevention is always researching best practices and modern approaches to suicide prevention. Below are the various training programs currently provided statewide:

safeTALK- Suicide Alertness for Everyone

safeTALK is a community-oriented suicide alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. This training accommodates up to 40 participants and lasts 3-4 hours. Upon completion of safeTALK, participants will be able to recognize a person at risk for suicide and know how to connect them with someone trained in suicide first aid intervention or other appropriate resources to keep the individual safe.

ASIST- Applied Suicide Intervention Skills Training

ASIST is a two-day intensive, interactive, and practice-focused course designed to help caregivers recognize and assess risk and intervene to prevent the immediate risk of suicide. It is by far the most widely used, acclaimed, and researched suicide intervention training workshop in the world.

Mental Health First Aid

Mental Health First Aid teaches how to assist an adult experiencing a mental health or substance use-related crisis. In this 8-hour course, participants learn about risk factors and warning signs for mental health and addiction concerns, strategies for helping someone in both crisis and non-crisis situations, and where to turn for help. The training provides the skills needed to reach out and offer initial help and support to an adult who may be developing a mental health or substance use problem or experiencing a crisis.

Youth Mental Health First Aid (YMHFA)

Youth Mental Health First Aid is a 6.5 or 8-hour training designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance

use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

Community and Parents' Firearm Safety

Safe firearm storage is crucial for families, particularly those with youth at home. Teens are often curious and impulsive, and despite well-meaning warnings from adults, they may still be tempted to explore firearms if they find them. This 3-hour training helps families with firearms in the home store them safely, in compliance with Nevada laws.

Suicide Prevention 101

The Suicide Prevention 101 Training Program, formerly known as Gatekeeper, is a 2.5-hour training which trains communities across the lifespan on suicide prevention. The objectives of this training are to increase one's knowledge, understanding of suicide, recognize warning signs, identify risk and protective factors, increase willingness and ability to intervene with a person at risk for suicide. The Office of Suicide Prevention also provides [a](#) clinical version of this training to provide healthcare workforce with updated information on healthcare screening protocols and other crisis response. This training is also offered in Spanish.

Youth Suicide Prevention 101

The Youth Suicide Prevention 101 Training Program, formerly known as Gatekeeper, is a 3-hour training which focuses on suicide prevention, intervention, and postvention for adults working with our supporting youth. This training increases one's knowledge, understanding of suicide, recognize warning signs, identify risk and protective factors, increase willingness and ability to intervene with a person at risk for suicide. This training will provide insight for interacting with survivors and identify referral resources.

Safe Messaging on Suicide

Studies and research have concluded that the way we talk about suicide can have long-lasting impacts on someone with lived experience with suicide. It is crucial for our communities to use consistent language to frame discussing or reporting on suicide. The 3-hour training covers facts and myths about suicide, Suicide safe language and suicide safe imaging, Person first language, the contagion factor, and how to safely report on suicide (TEMPOS model).

CALM (Counseling on Access to Lethal Means)

Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies. This course is about how to reduce access to the methods people use to kill themselves. It covers who needs lethal means counseling and how to work with people at risk for suicide—and their families—to reduce access to lethal means.

Signs of Suicide

The Signs of Suicide youth suicide prevention program from Mind wise, educates youth in middle and high schools about the signs of suicide and by using the ACT model, can help a friend in crisis get connected to a trusted adult. The program is provided to school districts throughout the state with the Office of Suicide Prevention's support.

A Recap of 2024: Our Significant Impact



Number of Statewide Trainers: 117

The number of statewide trainers refers to the total number of individuals outside of the Office of Suicide Prevention who serve as trainers for various programs throughout the state of Nevada. These trainers are responsible for conducting training sessions, workshops, or educational programs related to suicide prevention and mental health with support and oversight from the Office of Suicide Prevention.

Training Type	Sessions	Participants
safeTALK	65	1146
ASIST	32	570
Youth Mental Health First Aid (Spanish YMHA Included)	7	121
Mental Health First Aid	9	140
Safe Messaging	5	54
Suicide Prevention 101 (Youth & Spanish Suicide Prevention 101 Included)	37	1000
Community and Parents' Firearm Safety	6	45
Awareness	6	312
Signs of Suicide	8 Schools	1750
Total Sessions/People Trained	153	5,138

This number does not reflect conferences, presentations, individual interventions, family support, resource fairs and tabling events, or roundtable discussions which the team frequently attends and presents at throughout the year. It also does not include our partner trainings.

Key Accomplishments in 2024

Suicide Prevention Training for Spanish Speaking Communities

Language barriers can be a deterrent to communities in learning about suicide prevention. In 2024, the Office of Suicide Prevention translated the Suicide Prevention 101 training into Spanish in collaboration with various Spanish-speaking partners and communities. The training will be widely rolled out statewide in 2025.

Garrett Lee Smith Youth Suicide Prevention Grant

The Garrett Lee Smith Youth Suicide Prevention Grant is a SAMHSA funded grant that supports states and Tribes with implementing youth (up to age 24) suicide prevention and early intervention strategies in schools, educational institutions, juvenile justice systems, substance use and mental health programs, foster care systems, pediatric health programs, and other child- and youth-serving organizations. After 12 years, the Nevada Office of Suicide Prevention was awarded the grant to provide training, suicide intervention support, and postvention support in three rural school districts. The grant will run from 2024 to 2029.

Suicide Prevention Month Statewide Taskforce

In 2024, the Nevada Office of Suicide Prevention stood up the first ever statewide Suicide Prevention Month taskforce, bringing together 50+ government agencies, school districts, nonprofits, and organizations together to develop a Statewide Toolkit to be used for September Suicide Prevention Month. The taskforce helped to light the state up in purple and turquoise, brought awareness campaigns, and trainings across the state to highlight Suicide Prevention Month with the theme of “Changing the Narrative on Suicide Prevention.”

Project Stay

Following the loss of a Northern Nevada youth athlete, Project Stay was created by the family to encourage the sports and youth community to S.T.A.Y. (S- Say Something, T- Take Action, Ask About Suicide, and Y -You Belong Here. Through partnership with the Office of Suicide Prevention and Renown Health, sports teams are awarded funding if 95% of their coaching staff gets training in suicide prevention. This initiative started out in Northern Nevada, but with additional funding oncoming, will be expanding to a statewide initiative.

Support Groups

Providing support to community members who have experienced a suicide loss or suicide attempt in their family or by a loved one is crucial. The Office of Suicide Prevention offers two support groups: Survivors of Suicide Loss (SOSL) and the Family's Love Support group, which meet monthly to provide free opportunities for community members. SOSL is a peer led group focused on suicide bereavement. Family's Love Support is a support group for guardians and parents living with a child 8-18, who experiences suicide ideation, or has attempted suicide, offering support and resources to help keep the child safe in recovery.

LOOKING FORWARD TO 2025

The Office of Suicide Prevention is eager to expand our training opportunities, support building systems for prevention, and continue to decrease stigma. In addition to our ongoing prevention efforts, the Office of Suicide Prevention has identified the following key priorities to reduce deaths from suicide.

Diversity, Equity, and Inclusion: Spanish, Native Tribes, Deaf and Hard of Hearing, Rancher/Farmer Populations

Suicide can impact anyone of all ages, cultures, and demographics. The Office of Suicide Prevention is dedicated to expanding our reach in prevention efforts to underserved communities where there has previously been limited support or training opportunities. Nevada has a unique population landscape and outreach efforts for Spanish-speaking, Native Tribes, Deaf and Hard of Hearing, and Rancher/Farmer populations are much-needed initiatives that will be prioritized in the coming year. With the Transformation Transfer Initiative, provided by NASMHPD, the TTI provides a \$250,000 grant to provide crisis care and suicide prevention for underserved youth. In partnership with the Rural Clinics Department of the Division of Public and Behavioral Health, the state received this grant to advance the Project Stay initiative in rural and underserved communities in Nevada.

Reducing Access to Lethal Means (RALM)

The CDC reports firearms continue to be the leading means of suicide, with 54% of all United States suicide deaths attributed to firearms. However, lethal means can include anything which can cause death or harm to a person, and could be medication, motor vehicles, and other household items. It is important to educate communities on how to remove or limit access to lethal means, especially during times of high risk. The Nevada Office of Suicide Prevention has the RALM program (see later in this report, SB 294 in Policy Implementation) and statewide partnerships to provide gun safes, gun locks, and medication deactivation bags to support

Nevadans in Reducing Access to Lethal Means. OSP supports two community workgroups in RALM efforts Washoe Suicide Prevention Alliance (WSPA) and the University Medical Center Firearms Safety Taskforce. The Washoe Suicide Prevention Alliance (WSPA) is a dedicated partnership that brings together local gun shops, healthcare providers, public health officials, veteran services, and passionate suicide prevention advocates. Our mission is to save lives by raising awareness and providing essential resources for suicide prevention in our community. WSPA offers free resources including gun locks, temporary safe firearm storage options, and locations for opioid overdose reversal medications. Additionally, WSPA provides safe medication disposal options and suicide prevention training tailored for both the community and the firearm industry. In 2024, WSPA partnered with various local gun shops who are willing to provide safe and temporary storage of firearms for people who may be in crisis. The website can be found here-[Washoe County Temporary Safe Gun Storage](#).

Committee to Review Suicide Fatalities (CRSF)

The CRSF, will meet eight times in 2025. The eight meetings will include five business meetings and three case review meetings. The business meetings will last 90 minutes and cover the policies and protocols for the committee. One of the goals is to address some legislative edits to the NRS which Governs the committee. Each review meeting will last 4 hours each where the committee will conduct an in-depth review of at least 45 suicide deaths. Ultimately the CRSF will produce an annual report to the Director of Health and Human Services in which actionable recommendations can be implemented in Nevada to continue to reduce the suicide rate for Nevadans.

Policy Implementation

Senate Bill 294

Senate Bill 294 is legislation that requires the Office of Suicide Prevention (OSP) to create and maintain a website with materials linked to various resources related to suicide prevention. This includes information for the general public, law enforcement, healthcare providers, and others. The website provides information on suicide prevention (including how to recognize the signs of suicide and keep loved ones safe), community resources and hotlines, mental health agencies, organizations, and suicide safety information.

OSP is also required to provide educational outreach on suicide prevention to the public, law enforcement, and healthcare providers. The office is tasked with training individuals who have face-to-face contact with people at risk of suicide. The training focuses on how to recognize individuals experiencing suicidal thoughts and how to connect them to resources. The legislation emphasizes the importance of connecting trained individuals to schools, community centers, nursing homes, and other facilities with individuals at risk of suicide.

In this effort OSP is in the process of revitalizing our materials for the Reduce Access to Lethal Means Program, which are scheduled to be released in early 2025. These materials will include Website graphics update, Firearm Securing Devices brochure, Two Securing Firearms posters, Gun Safety Rules brochure, SAFER postcard, Safer at Home Brochure, and Tips for Firearm Dealers and Ranges info sheets.

The Nevada Crisis Response System and 988

The Nevada Crisis Response System has made significant strides in 2024, advancing its mission to create a sustainable, equitable, and effective framework for addressing behavioral health crises across the state. Working in collaboration with the Office of Suicide Prevention, this comprehensive system is designed to ensure that every Nevadan, regardless of geographic location, socioeconomic status, or cultural background, has access to timely, quality crisis care when they need it most.

DPBH has successfully expanded its crisis program, thanks in part to grants awarded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and funding from a \$0.35 monthly surcharge on phonelines with a Nevadan area code. This surcharge, established through Senate Bill 390, is deposited into the Crisis Response Account, and as of November 2024, these efforts have yielded more than \$19 million, which has been allocated to fund the 988 Nevada Behavioral Health

Crisis Care Hub. To enhance crisis response capabilities, statewide, CRS has utilized these funds to secure a contract with Carelon Behavioral Health.

Carelon will play a vital role in providing 988 call center services and infrastructure needs across Nevada. This includes establishing a Southern Nevada 988 Call Center and overseeing the operations of the existing Northern Nevada Call Center, housed under Crisis Support Services of Nevada.

To ensure timely and effective responses, CRS is developing mobile crisis certification standards. These standards will streamline the dispatch process for mobile crisis teams and create standardized mobile crisis response teams that are available 24 hours a day, 7 days a week, 365 days per year. Currently, various organizations provide mobile crisis services throughout the state, but none are dispatched through the 988 call center. The contract with Carelon Behavioral Health will allow the 988 Call Center(s) to begin dispatching mobile crisis teams directly from the 988 Lifeline.

Additionally, Nevada is expanding its crisis stabilization infrastructure. These facilities, known as Crisis Stabilization Centers, will offer additional support to individuals utilizing the 988 Lifeline, who may require additional behavioral health services beyond the Lifeline of Mobile Crisis response. Renown Behavioral Health in Washoe County and University Medical Center in Clark County are actively constructing these Crisis Stabilization Centers. with Renown Behavioral Health projecting a grand opening in early January.

With Gratitude,

The Office of Suicide Prevention is incredibly grateful for our many partners who help make statewide suicide prevention possible. The Office of Suicide Prevention looks forward to continuing statewide efforts in 2025 and adding even more partnerships, as we all have a role to play in preventing suicide.

AFSP, Nevada Chapter
American Association of Suicidology
American Foundation for Suicide Prevention
Carson City School District
CASAT (Center for the Application of Substance Abuse Technologies)
Circle of Life Community Hospice
Churchill County School District
Clark County School District
Crisis Support Services of Nevada
Department of Agriculture
Department of Public and Behavioral Health - Rural Clinics
Desert Springs Hospital
Douglas County Tahoe Truckee Suicide Prevention Coalition
Elko County School District
Fleet & Family Support Center, U.S. Navy NAS Fallon
Great Basin Chaplains
Hailee's Hope
Hope Means Nevada
Humboldt County
Lander County Rural Mobile Crisis Response Team
Lander County School District
Las Vegas Metropolitan Police
Lincoln County Coal
LivingWorks
Mindwise- Signs of Suicide Program
National Council for Mental Health
NAMI Nevada
NAMI Northern Nevada
NAMI Southern Nevada
NAMI Western Nevada
Nevada Coalition for Suicide Prevention

Nevada Department of Education, Office for Safe and Respectful Learning Environments
Nevada Department of Veterans Services
Nevada Mobile Crisis
Nevada Urban Indians Inc.
Northern Nevada Public Health
Nye Communities Coalition
Partnership Carson City
Pershing County
Project AWARE Statewide Team
Quest Counseling
Reno Behavioral Health
Reno Sparks Tribal Health Center
Renown Health
Southern Nevada Fusion Center
Southern Public Charter School Authority
Suicide Prevention Network
Tangible Movement
The Children's Cabinet
The City of Henderson
The City of North Las Vegas
The Defensive Line
The Speedy Foundation
The Vox Agency
Truckee Meadows Community College
University of Nevada, Las Vegas
University of Nevada, Reno
Washoe County School District
Washoe Tribal Health Center- The Healing Center
Western Nevada College
Zero Suicides Elko County

CONTACT US

For a list of current trainings or for more information on suicide prevention and resources, please visit [SuicidePrevention.NV.Gov](https://www.suicideprevention.nv.gov)

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