



LARAMIE COUNTY SUICIDE FATALITY REVIEW TEAM

2022 ANNUAL
REPORT

ACKNOWLEDGMENTS

On behalf of the Suicide Fatality Review (SFR) team of Laramie County, we would like to extend our deepest gratitude to those who allowed us to review the death of their loved ones. Their willingness to share information with our team has guided the recommendations developed through this process and would not be possible without their support.

If you are struggling or need help, please talk to somebody. You can reach the 988 Suicide & Crisis Lifeline by call, text or chat at 988. The Lifeline provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones.

WHAT WE STUDY

Suicide is a preventable public health crisis that affects every citizen in Laramie County, Wyoming. Effective programs and services exist, prevention does work and help is available. The Laramie County SFR team identifies gaps in the existing system of care to enhance services for persons at risk for suicide in Laramie County. The team is a multidisciplinary group of professionals who meet to evaluate the circumstances leading to suicide. Their goal is to identify needs and gaps in the community and provide recommendations on how to better implement prevention and intervention strategies, improve community support and lessen the risk of suicide across the community. The SFR team is assisted by the Laramie County Community Partnership (LCCP), Behavioral Health Action team and other community partners. Working together, these organizations have developed a better understanding of suicide deaths and opportunities to address preventable causes of suicide in Laramie County.

OUR PROCESS

The SFR team follows a standard process for each review. This process is not intended to seek errors on the part of specific individuals or agencies. The focus is to determine if questions the team has about the circumstances of the death have been answered. Service provision questions are intended to identify areas of improvement and to ensure those who may be affected by a suicide receive needed support services. Reviews are only conducted for suicide deaths in Laramie County for which the SFR team receives consent from the next of kin.

Below are the steps used in the review process:

1. Share, question and clarify all case information.
2. Discuss the investigation.
3. Discuss the delivery of services.
4. Identify risk and protective factors.
5. Recommend system improvements.
6. Identify and take action to implement prevention or intervention recommendations.
7. Determine final steps for concluding the current case review.

OUR RECOMMENDATIONS

The review process led to the development of the following prevention and intervention strategies, with the focus being to reduce suicide and suicidal behaviors in Laramie County. In its first year, the SFR team reviewed nine cases.

Improve community awareness of suicide prevention.

- Partner with large Laramie County employers to provide suicide prevention education and resources to staff.
- Offer training and resources to rural youth-serving organizations.

Improve grief support services.

- Consolidate and distribute grief support group information.
- Ensure law enforcement agencies have resources to distribute to families (suicide prevention, grief support, etc.).

Improve the assessment of mental health in healthcare settings.

- Work with healthcare organizations to revise suicide screening and risk assessment processes.
- Partner with the Wyoming Department of Transportation to review the agency's physical exam procedures to assess mental health components.

Support community members in times of transition.

- Connect with the Wyoming Department of Workforce Services to learn more about community programming and resources.
- Work with military transition assistance programs to support suicide prevention training.
- Support service members, veterans and their families across Laramie County.
- Reach out to the organizations that provide hospice care in the community and determine the process for safe disposal of medications.

Increase participation in the Suicide Fatality Review and perspectives related to the review.

- Add organizations to the "Consent for Release of Confidential Information" form.
- Connect with the local Interfaith Council to find individuals who are interested in participating on the SFR team.

2021 SUICIDES¹

24 There was a slight decrease in total suicides (28 in 2020).

The **Laramie County** suicide rate is nearly **2x** the US suicide rate.

Firearms were used in **83%** of Laramie County suicides.



Males accounted for nearly **8 out of 10** suicides.

2021 SUICIDE FACTS



50

Average age at death²



25%

Have known active or prior military duty



33%

Have notes, texts or social media posts that indicated suicidal intentions



88%

Have a crisis in the two weeks prior to death



33%

Have alcohol detected at the time of death

The most common risk factors present are social isolation, intimate partner problem, physical health problem, family relationship stress and financial problems.

¹Suicides included on this report include only those suicides investigated by the Laramie County Coroner's Office and may not include deaths that occurred in other Wyoming counties or states. ² Suicides occurred across all age groups: 18 and under, 19 – 65 and 65 and older.

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