



Staff Training & Patient Support References

[Dr. Ursula Whiteside](#)

[NowMattersNow.org](#)

- [Cold Water](#)
- [Paced Breathing](#)
- [Opposite Action](#)
- Youth & Young Adult ([Young Ambassadors](#))
- [Free Training & Resources](#)
 - DBT Skill Worksheet (“DBT Skill Practice Assignment”)
 - PDF <https://bit.ly/DBTSkillPracticePDF>
 - Google Doc <https://bit.ly/DBTSkillPractice>
 - Micro-Interventions
 - Clinician: <https://bit.ly/Micro-Interventions>
 - Patient, Family Members, Friends: <https://bit.ly/CommunityMicroInterventions>, [Flyer](#)
 - Suicide Safe Care: <https://bit.ly/SuicideSafeCare>
 - [Outreach in the Time of COVID](#) (DBT skills handout/guide)
 - [On Fire Steps](#)
 - Emotional Fire Safety [Plan](#) & [Guide](#)

Key Data

[46,000 Americans died by suicide in 2020](#)

“While America is 62% white, roughly 75% of suicides in 2020 were carried out by white people.”

“Black people between the ages of 15 and 34 and Hispanic people between the ages of 25 and 34 — saw double digit increases in suicide rates in 2020.”

“Though fewer people died by suicide in 2020 than in 2019, the number is still much higher than it was in any year before 2017.”

[2021 - SAMHSA Substance Use and Mental Health](#) (rates and summary)

“In 2020, 40.3 million people aged 12 or older (or 14.5 percent) had an SUD in the past year, including 28.3 million who had alcohol use disorder, 18.4 million who had an illicit drug use disorder, and 6.5 million people who had both alcohol use disorder and an illicit drug use disorder.”

18 or Older

- 4.9 percent (or 12.2 million people) had serious thoughts of suicide
- 1.3 percent (or 3.2 million people) made a suicide plan
- 0.5 percent (or 1.2 million people) attempted suicide in the past year

Young Adults aged 18 to 25

- 11.3 percent (or 3.8 million people) had serious thoughts of suicide
- 4.0 percent (or 1.3 million people) made a suicide plan
- 1.9 percent (or 627,000 people) attempted suicide in the past year.”

Adolescents aged 12 to 17

- 12.0 percent (or 3.0 million people) had serious thoughts of suicide,
- 5.3 percent (or 1.3 million people) made a suicide plan,
- 2.5 percent (or 629,000 people) attempted suicide in the past year.”