

September is Suicide Awareness Month

The month of September bears significance as Suicide Awareness Month, shedding light on the gravity of a paramount public health predicament. This issue, suicide, resonates profoundly within our society, instigating long-lasting, detrimental repercussions for a multitude of individuals. The crux of suicide prevention lies in the concerted endeavor to diminish the elements exacerbating risk while simultaneously augmenting the factors that bolster resilience.

Notably, suicide stands as a predominant cause of mortality within the United States, starkly illuminating the urgency of this matter. Alarming statistics from the year 2021 reveal a sobering tally of over 48,000 suicide-related deaths. This same year witnessed a disquieting estimate of 12.3 million adults contending with profound contemplations of suicide, with 3.5 million individuals formulating intricate plans and 1.7 million tragically embarking on suicidal attempts. Furthermore, provisional data pertaining to the year 2022 divulges a disconcerting 2.6% increase in suicide-related fatalities between the years 2021 and 2022. It is imperative to underscore that this provisional data is grounded in the reception of death certificates, yet to undergo comprehensive scrutiny, within the purview of the Centers for Disease Control and Prevention's National Center for Health Statistics (CDC's NCHS). These provisional statistics serve as an early estimate of mortality preceding the release of finalized data.

Crucially, suicide remains a preventable tragedy, beseeching the active engagement of all individuals to safeguard lives and nurture the development of robust, flourishing individuals, families, and communities. The imperative nature of suicide prevention is founded upon a holistic public health paradigm, demanding a comprehensive approach. The CDC has thoughtfully disseminated an array of prevention resources, meticulously curated to furnish the most authoritative evidence within the realm of suicide prevention. States and communities, in their efforts to combat this dire issue, may avail themselves of these Prevention Resources to inform their decision-making processes concerning suicide prevention initiatives. The spectrum of strategies is comprehensive, extending from interventions tailored to bolster individuals at heightened risk to overarching endeavors targeting the entire populace, irrespective of their risk profile.

Strategies for Mitigation and Action

The strategies articulated herein pivot toward the proclivity to avert the precursors of suicide and mitigate the immediate and protracted ramifications of suicidal tendencies, spanning the spectrum from the individual to the societal level:

- Strengthen economic supports
- Create protective environments
- Promote healthy connections
- Teach coping and problem-solving skills
- Improve access and delivery of suicide care
- Identify and support people at risk

- Lessen harms and prevent future risk

By coalescing our collective resources and expertise, we endeavor to forestall the tragic loss of life while cultivating a society steeped in hope, resilience, and compassion

Educate members on the available resources. Individuals experiencing mental health-related distress or are worried about a loved one who may need crisis support can contact the 988 Suicide and Crisis Lifeline and for additional information <https://988lifeline.org/>

References:

1. <https://www.cdc.gov/suicide/index.html>
2. <https://www.cdc.gov/suicide/prevention/index.html>

Reminder for quicker determinations of a Prior Authorization use the ePA link for Our Providers: Please click [here to initiate an electronic prior authorization \(ePA\)](#) request

PREFERRED DRUG LIST UPDATES CAN BE FOUND HERE:

Integrated (Title 19/21 SMI), ACC, DD, ALTCS and DCS CHP

<https://www.mercycareaz.org/providers/complecare-forproviders/pharmacy>

Behavioral Health (Non-Title 19/21)

<https://www.mercycareaz.org/providers/rbha-forproviders/pharmacy>

**** Drugs that are not on the formulary will require a PA (prior authorization) request to be submitted****

This newsletter is brought to you by the Mercy Care Pharmacy Team. For questions, please email Fanny A Musto (MustoF@mercycareaz.org), Denise Volkov (VolkovD@mercycareaz.org) or Trennette Gilbert (gilbert@mercycareaz.org)