



2015 New Mexico Regional Mental Health Report

NORTHEAST HEALTH REGION

Epidemiology & Response Division

CONTENTS

Contents.....	i
Preface: The Importance of Mental Health	ii
Mental Health Data in New Mexico.....	iii
1 Mental Health in the General Population.....	1
1.1 Youth Sadness or Hopelessness in the Past Year.....	1
1.2 Adult Frequent Mental Distress.....	4
1.3 Adult Depression.....	7
2 Youth Non-Suicidal Self Harm.....	10
3 Acute Mental Illness.....	13
3.1 Hospital Discharges for Mood Disorders	13
3.2 Hospital Discharges for Alcohol-Related Mental Disorders.....	17
3.3 Hospital Discharges for Schizophrenic Disorders.....	21
3.4 Hospital Discharges for Drug-Related Mental Disorders	25
4 Youth Suicidal Behavior	29
4.1 Youth Who Seriously Considered Suicide	29
4.2 Youth Who Made a Suicide Plan.....	32
4.3 Youth Who Attempted Suicide	35
4.4 Youth Injured in a Suicide Attempt.....	38
4.5 Youth Suicide	41
5 Suicidal Behavior	44
5.1 Adult Suicidal Ideation	44
5.2 Adult Suicide Attempts	47
5.3 Emergency Department Encounters for Self Injury	50
5.4 Suicide	54
6 Public Resources for Mental Health Promotion	58
7 Acknowledgements.....	59

PREFACE: THE IMPORTANCE OF MENTAL HEALTH

According to the World Health Organization (WHO) there is "no health without mental health."¹ Mental health is part of the WHO's definition of health as a state of complete physical, mental and social well-being, and not merely the absence of disease. It is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.² "Mental health [promotion] refers to a broad array of activities directly or indirectly related to the mental well-being component."

Mental health is an integral aspect of well-being and is essential for maintaining healthy family and interpersonal relationships, and helps enable an individual to live a full and productive life. Globally and in the U.S. mental health has the highest burden of all diseases.³ Mental disorders also have a serious impact on physical health and are associated with the prevalence, progression, and outcome of some of today's most pressing chronic diseases, including diabetes, heart disease, and cancer. They have long-lasting effects that not only include high psychosocial and economic costs for people living with the disorder, but also for their families, schools, workplaces, and communities.⁴

Mental health disorders are a concern for people of all ages (children to older adults) and are associated with age, gender, education, income level, race and ethnicity, geographical location and sexual orientation.⁵ The clearest evidence for risk of mental illness has been shown with indicators of poverty and low levels of education.⁶

The purpose of this report is to describe the regional and statewide burden of mental illness and related outcomes in New Mexico. For questions about the information presented, please contact:

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1. WHO. Mental health: facing the challenges, building solutions. Report from the WHO European Ministerial Conference. Copenhagen, Denmark: WHO Regional Office for Europe, 2005.
2. Healthy People 2020, accessed on 8/11/2014 from <http://www.healthypeople.gov/2020/LHI/mentalHealth.aspx>.
3. Healthy People 2020, accessed on 8/11/2014 from <http://www.healthypeople.gov/2020/LHI/mentalHealth.aspx>.
4. Prince M, Patel V, Saxena S, Maj M, Maselko J, Phillips MR, Rahman A. Global Mental Health 1 - No health without mental health. Lancet. 2007 September 4. DOI:10.1016/S0140-6736(07)61238-0.
5. Prince M, Patel V, Saxena S, Maj M, Maselko J, Phillips MR, Rahman A. Global Mental Health 1 - No health without mental health. Lancet. 2007 September 4. DOI:10.1016/S0140-6736(07)61238-0.
6. Healthy People 2020, accessed on 8/11/2014 from <http://www.healthypeople.gov/2020/LHI/mentalHealth.aspx>.

MENTAL HEALTH DATA IN NEW MEXICO

Data Sources

Mental health data can be obtained from survey, morbidity, and mortality data sources. The following datasets were used to obtain the information presented in this report, and are available on New Mexico's Indicator-Based Information System (NM-IBIS):

<https://ibis.health.state.nm.us/home/Welcome.html>

Behavioral Risk Factor Surveillance System (BRFSS)

The BRFSS is an ongoing random-digit-dialed telephone survey of adults 18 years and older regarding their health related risk behaviors, chronic health conditions, and use of preventive services. Data are collected in all 50 states, the District of Columbia and U.S. territories. It is conducted annually by the NM Department of Health Survey Section in collaboration with the Centers for Disease Control and Prevention (CDC). Responses are weighted to reflect the general NM adult population by age, sex, ethnicity, geographic region, marital status, education level, home ownership and type of phone. These data exclude institutionalized NM residents, such as those living in nursing homes or prisons. The survey was conducted using only landline phone numbers from 1986 through 2010, and expanded to cellular phone numbers in 2011. For this reason, measurements prior to 2011 should not be directly compared to measurements during and after 2011. The denominator for all of these indicators are all adults who answered the question.

Bureau of Vital Records and Health Statistics (BVRHS) Data

The BVRHS dataset contains information from death certificates for all deaths occurring in NM. Death certificates are usually filed by funeral directors who obtain demographic information from an informant, such as a close family member of the decedent. The denominator is the NM population estimate generated by the University of New Mexico Geospatial and Population Studies (GPS) Program.

Emergency Department (ED) Visit Data

The ED dataset is derived from data provided by individual non-federal EDs in NM. Data are available for 2010 through 2013. Only NM residents are included in this report. The denominator is the NM population estimate generated by the University of New Mexico GPS Program.

Hospital Inpatient Discharge Dataset (HIDD)

The HIDD includes inpatient discharges from non-federal hospitals located in NM. Inpatient discharges are defined as departures from a hospital after overnight stay, regardless of the destination after departure. Only NM residents are included in this report. The denominator is the NM population estimate generated by the University of New Mexico GPS Program.

Youth Risk and Resiliency Survey (YRRS)

The NM YRRS is administered in odd years and is part of the national Youth Risk Behavior Surveillance System (YRBSS) coordinated and designed by CDC. Each state, territorial, tribal, and large urban school district participating in YRBSS employs a two-stage, cluster sample design to produce a representative sample of students in grades 9–12 in its jurisdiction. In the first sampling stage schools are selected with probability proportional to school enrollment size. In the second sampling stage, intact classes of a required subject or intact classes during a required period (e.g., second period) are selected randomly. All students in sampled classes are eligible to participate. A weight is applied to each student record to adjust for student nonresponse and the distribution of students by grade, sex, and race/ethnicity in each jurisdiction. The denominator for each of these indicators is all students who answered the question.

Statistical Stability

The statistical stability of each percentage or rate is indicated in the tables that accompany each measure of mental health status. Statistical stability is based on a statistic called "Relative Standard Error," which is calculated as the standard error of the estimate divided by the estimate. A hyphen (-) indicates that the estimate is stable. "Unstable" is displayed when the RSE=0.30 to 0.50. An unstable count or rate may fluctuate widely across time periods due to random variation (chance). "Very Unstable" is displayed when the RSE is greater than 0.50. A very unstable count or rate should not be used to inform decisions. To achieve a more stable count or rate, the population size may be increased by combining years, for example. "No Variance" is displayed when the rate is zero and the RSE cannot be calculated.

1 MENTAL HEALTH IN THE GENERAL POPULATION

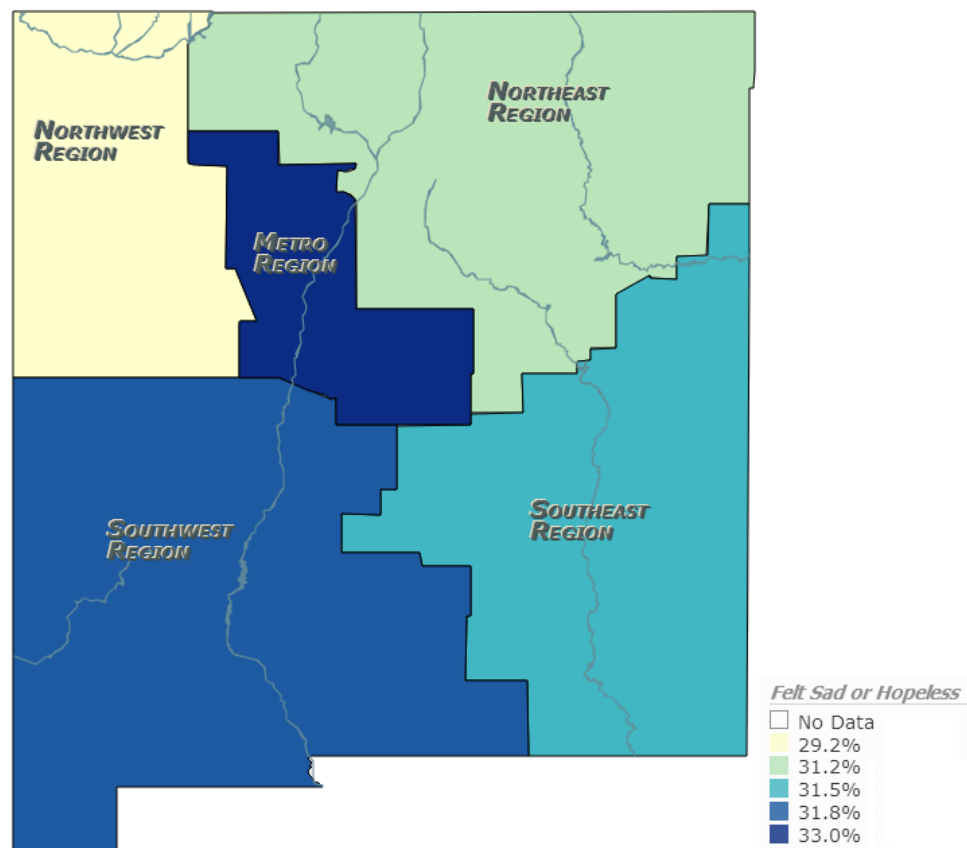
1.1 YOUTH SADNESS OR HOPELESSNESS IN THE PAST YEAR

Persistent feelings of sadness or hopelessness are a risk factor for depression. Students who report persistent feelings of sadness or hopelessness are more likely than other students to report suicide attempts, cigarette smoking, binge drinking and illicit drug use. According to the National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention's Division for Adolescent and School Health (DASH), the prevalence of persistent feelings of sadness or hopelessness among youth in NM and the US have remained relatively stable since 2001. In 2013, the NM rate (30.5%) was similar to the US rate (29.9%). In the same year, NM had the fourth highest prevalence of persistent feelings of sadness or hopelessness among youth out of the 42 states that asked this question in the YRBSS. NM has ranked among the top ten states for this indicator since beginning the survey.

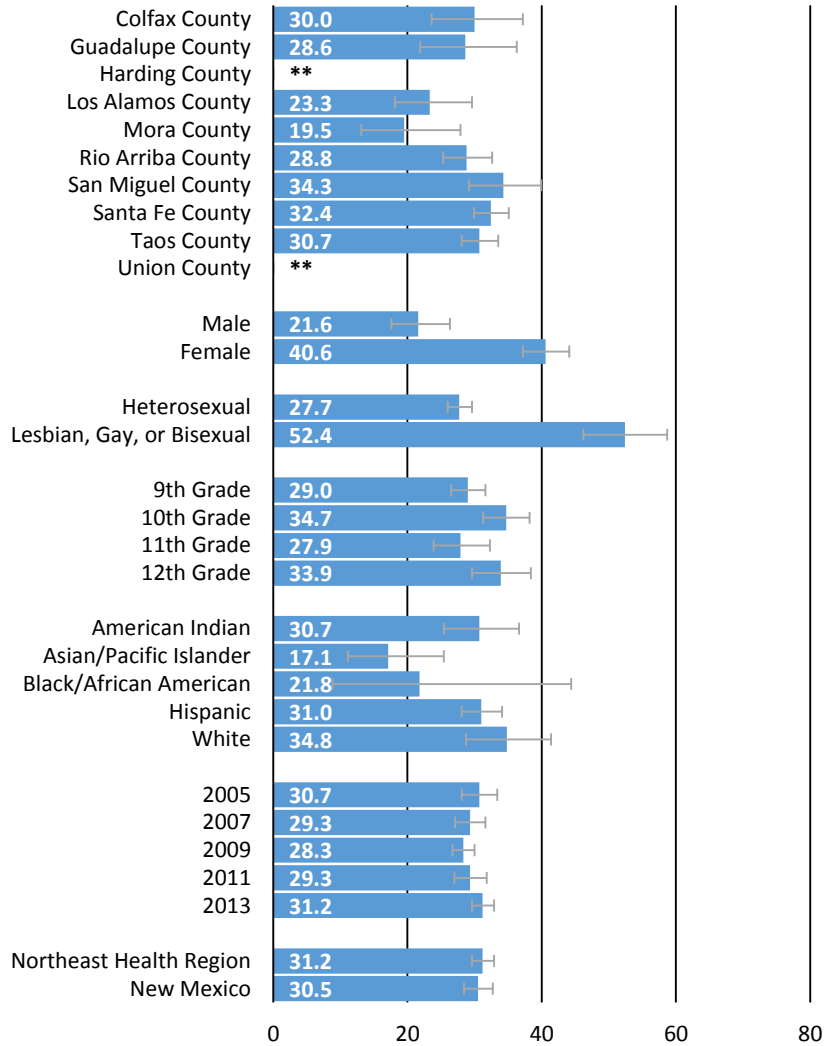
Students with persistent feelings of sadness or hopelessness were identified by answering "Yes", to the question, "During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?" More information:

https://ibis.health.state.nm.us/indicator/view/MentHlthYouth.Year.NM_US.html.

Percentage of Students Who Felt Sad or Hopeless by Health Region, New Mexico, 2013



Percentage of Students Who Felt Sad or Hopeless
During the Past 12 Months
Northeast Health Region
2013



Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

[Back to Table of Contents](#)

**Northeast Health Region
Percentage of Students Who Felt Sad or Hopeless During the Past 12 Months
2013**

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Colfax County	71	257	30.0	23.6	37.2	-
Guadalupe County	46	164	28.6	21.9	36.3	-
Harding County	**	**	**	**	**	n/a
Los Alamos County	76	318	23.3	18.1	29.6	-
Mora County	26	124	19.5	13.1	27.9	-
Rio Arriba County	274	962	28.8	25.3	32.6	-
San Miguel County	438	1,375	34.3	29.2	39.9	-
Santa Fe County	838	2,651	32.4	29.9	35.1	-
Taos County	226	717	30.7	28.1	33.5	-
Union County	**	**	**	**	**	n/a
Male	596	2,656	21.6	17.6	26.3	-
Female	1,079	2,849	40.6	37.2	44.1	-
Heterosexual	1230	4581	27.7	26.0	29.6	-
Lesbian, Gay, or Bisexual	314	574	52.4	46.2	58.7	-
9th Grade	483	1,642	29.0	26.5	31.6	-
10th Grade	498	1,528	34.7	31.3	38.2	-
11th Grade	366	1,227	27.9	23.9	32.3	-
12th Grade	294	985	33.9	29.6	38.4	-
American Indian	158	538	30.7	25.4	36.6	-
Asian/Pacific Islander	25	131	17.1	11.1	25.4	-
Black/African American	21	72	21.8	8.8	44.4	Very Unstable
Hispanic	1,170	3,816	31.0	28.1	34.1	-
White	286	885	34.8	28.7	41.4	-
2005	827	2,917	30.7	28.1	33.4	-
2007	839	2,974	29.3	27.1	31.6	-
2009	1,187	4,326	28.3	26.7	30.0	-
2011	984	3,544	29.3	27.0	31.8	-
2013	1,678	5,511	31.2	29.6	32.9	-
Northeast Health Region	1,678	5,511	31.2	29.6	32.9	-
New Mexico	1,655	5,432	30.5	28.4	32.7	-
United States		13,495	29.9	28.3	31.6	-

Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health. Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months

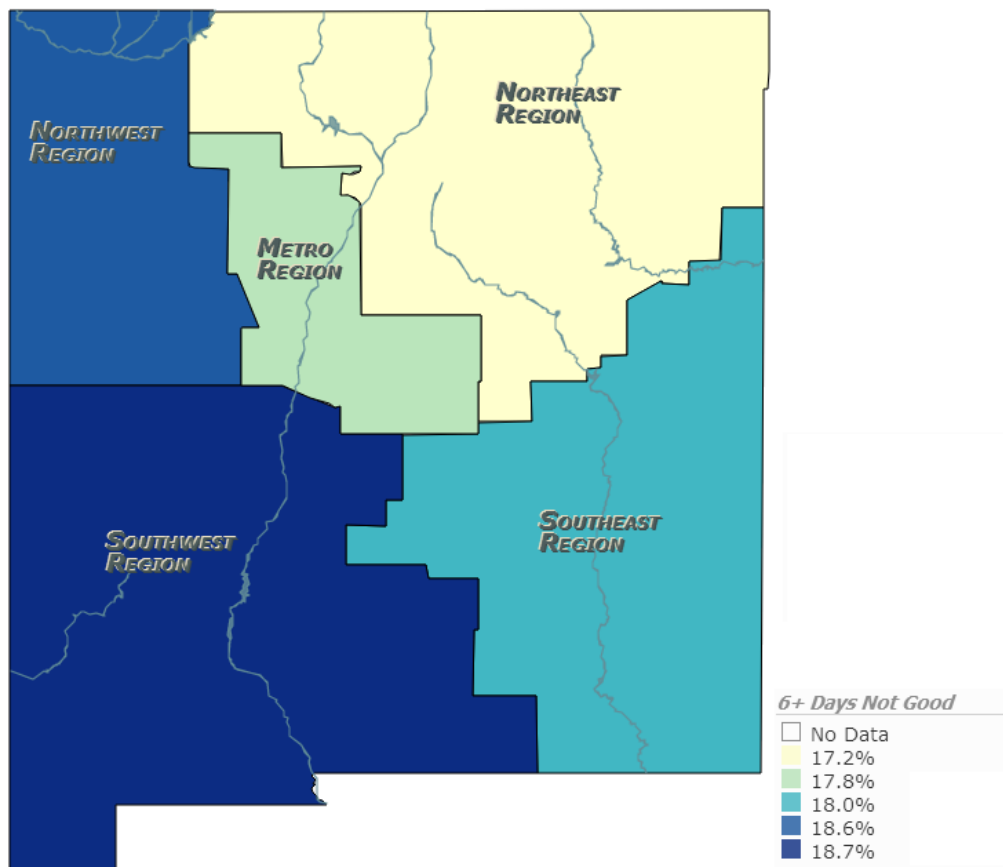
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

1.2 ADULT FREQUENT MENTAL DISTRESS

Mental health and mental disorders can be influenced by numerous factors including biologic and genetic vulnerabilities, acute or chronic physical dysfunction, and environmental conditions and stresses. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), approximately 1 in 5 people in the US population is affected by mental illness in any given year. The BRFSS frequent mental distress question is an attempt to obtain a global measure of recent mental and emotional distress. According to the National Center for Chronic Disease Prevention and Health Promotion’s Division of Population Health, the prevalence of frequent mental distress in NM has consistently been similar to the overall US prevalence from 2011 through 2013. Over this time period, the prevalence in NM has remained relatively stable. In 2013, 17.9% of NM adults reported frequented mental distress, compared to 16.9% of US adults.

Frequent mental distress was identified by answering six or more to the question “Now, thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”

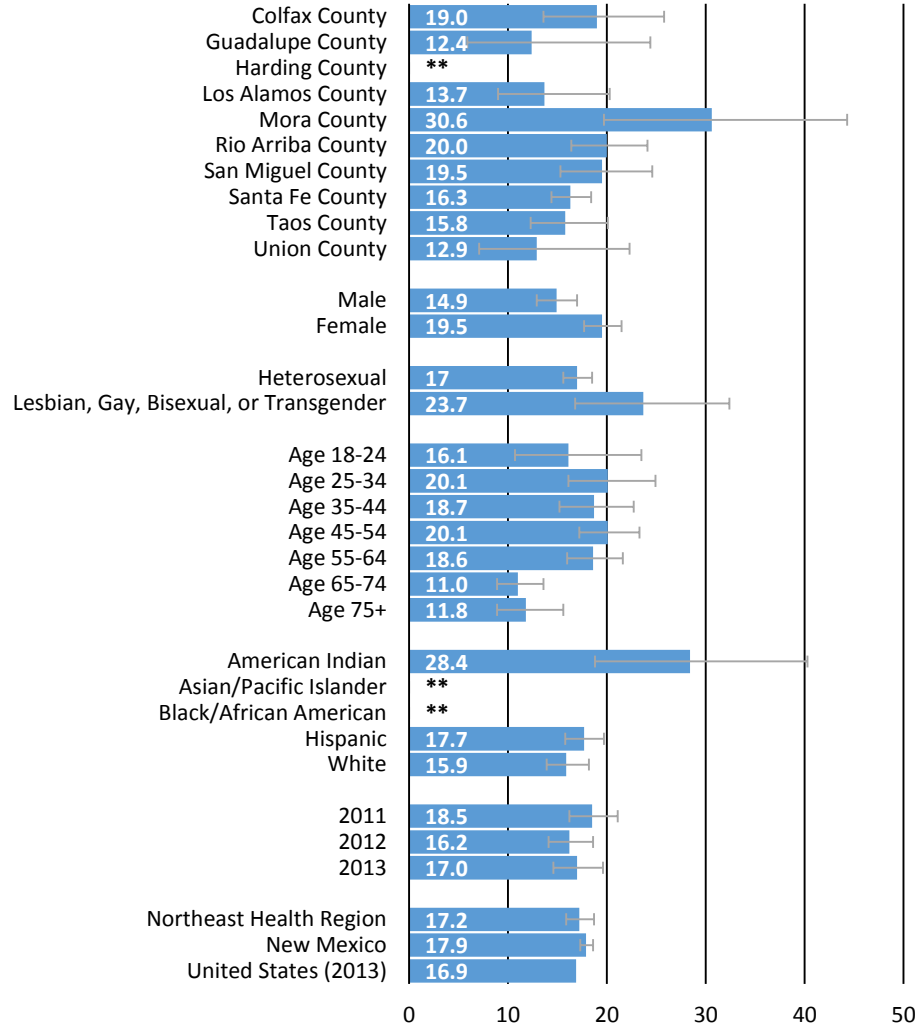
Percentage of Adults with Mental Health "Not Good" 6 or More of the Past 30 Days by Health Region, New Mexico, 2011-2013



Percentage of Respondents with Mental Health "Not Good" 6 or More of the Past 30 Days

Northeast Health Region

2011-2013



Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS) and National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health.

[Back to Table of Contents](#)

Northeast Health Region**Percentage of Respondents with Mental Health "Not Good" 6 or More of the Past 30 Days****2011-2013**

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Colfax County	45	225	19.0	13.6	25.8	-
Guadalupe County	9	60	12.4	5.9	24.4	-
Harding County	**	20	**	**	**	-
Los Alamos County	35	322	13.7	9.0	20.3	-
Mora County	29	100	30.6	19.7	44.3	-
Rio Arriba County	134	648	20.0	16.4	24.1	-
San Miguel County	87	444	19.5	15.3	24.6	-
Santa Fe County	339	2,298	16.3	14.4	18.4	-
Taos County	77	494	15.8	12.3	20.1	-
Union County	12	76	12.9	7.1	22.3	-
Male	273	2,021	14.9	12.9	17.0	-
Female	495	2,666	19.5	17.7	21.5	-
Heterosexual	705	4363	17	15.6	18.5	-
Lesbian, Gay, Bisexual, or Transgender	35	169	23.7	16.8	32.4	-
Age 18-24	31	193	16.1	10.7	23.5	-
Age 25-34	81	432	20.1	16.1	24.9	-
Age 35-44	106	552	18.7	15.2	22.7	-
Age 45-54	182	835	20.1	17.2	23.3	-
Age 55-64	203	1,143	18.6	16.0	21.6	-
Age 65-74	99	906	11.0	8.9	13.6	-
Age 75+	62	584	11.8	8.9	15.6	-
American Indian	27	102	28.4	18.8	40.3	-
Asian/Pacific Islander	**	44	**	**	**	n/a
Black/African American	**	19	**	**	**	n/a
Hispanic	397	2,137	17.7	15.8	19.7	-
White	318	2,299	15.9	13.9	18.2	-
2011	269	1,599	18.5	16.2	21.1	-
2012	233	1,371	16.2	14.1	18.6	-
2013	266	1,717	17.0	14.6	19.6	-
Northeast Health Region	768	4,687	17.2	15.9	18.7	-
New Mexico	4,625	26,734	17.9	17.3	18.6	-
United States (2013)	73,024	483,138	16.9	16.7	17.1	-

Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS) and National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health.

Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

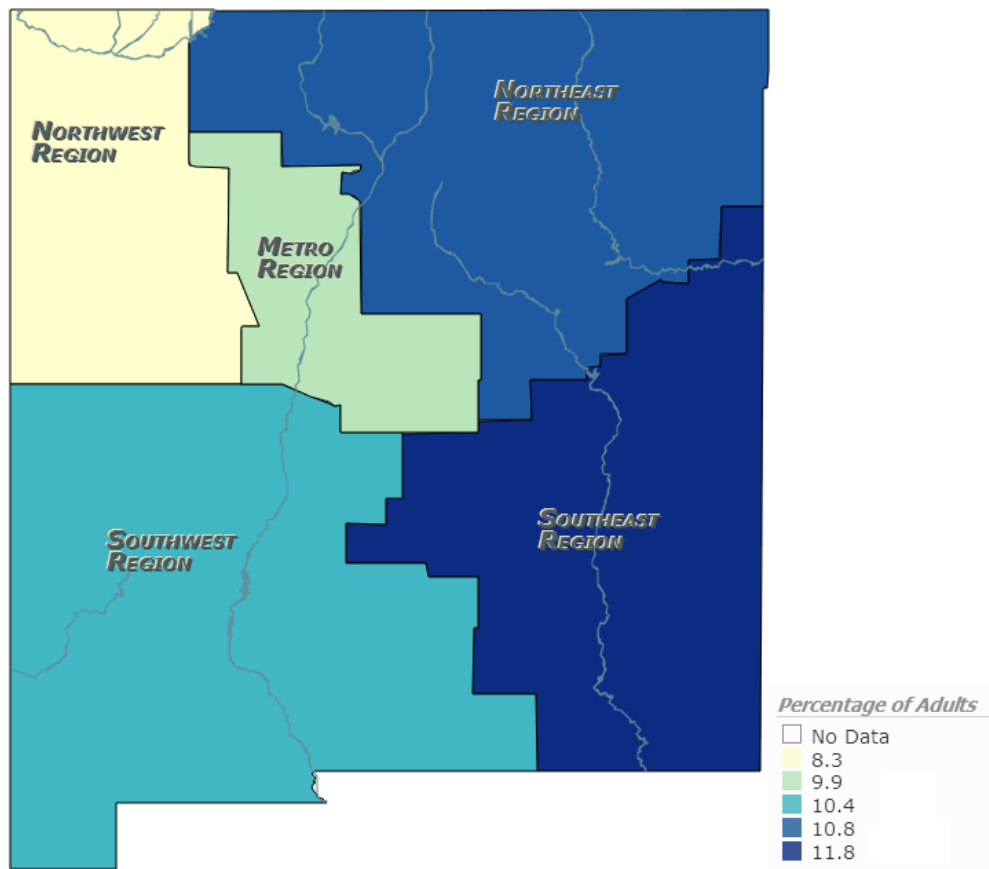
1.3 ADULT DEPRESSION

Depression is one of the most prevalent and treatable mental disorders. Major depression is usually associated with co-morbid mental disorders, such as anxiety and substance use disorders, and impairment of a person's ability to function in work, home, relationships, and social roles. Depression is also a risk factor for suicide and attempted suicide. In addition, depressive disorders have been associated with an increased risk of chronic medical conditions, such as heart disease, stroke, asthma, arthritis, cancer, diabetes, and obesity. In 2011, 10.2% of NM adults reported symptoms of current depression.

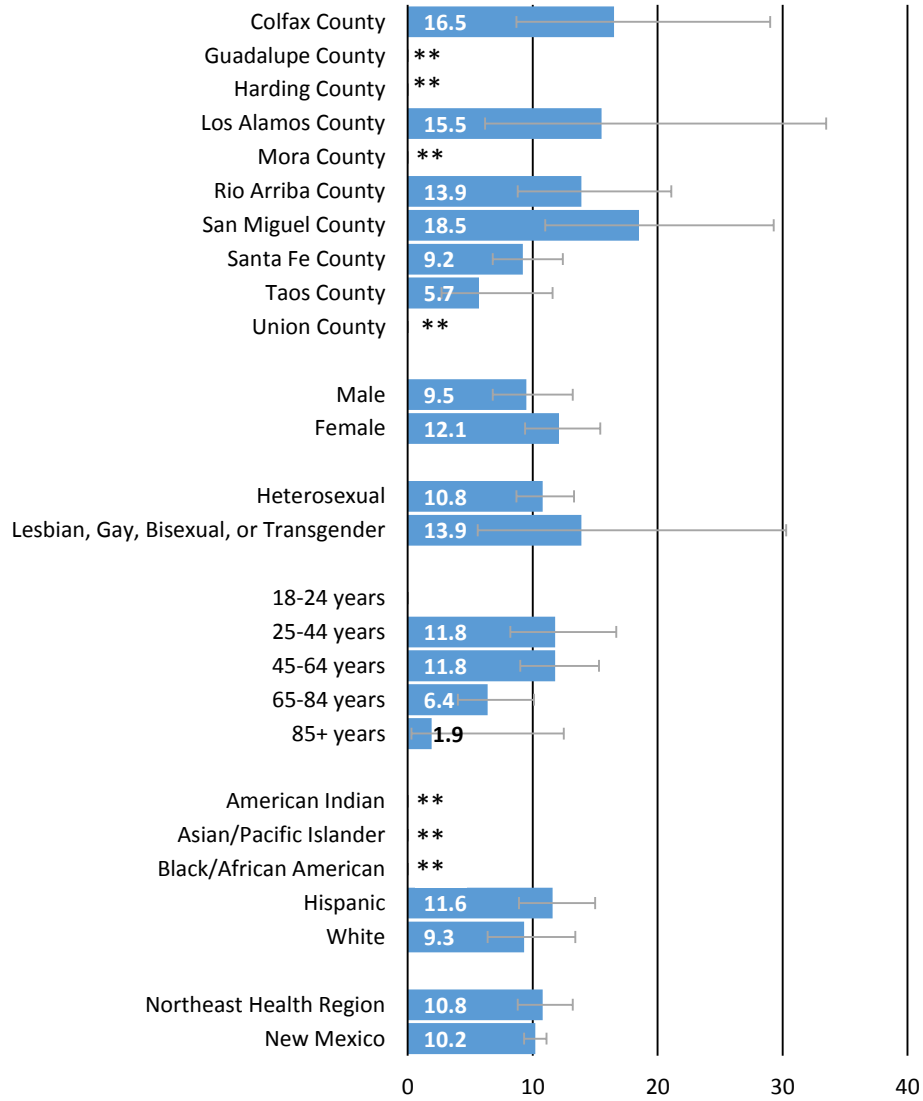
The Anxiety and Depression Module in the 2011 NM BRFSS included the first eight questions from the Patient Health Questionnaire, an instrument that can establish a provisional depressive disorder diagnosis using Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition criteria. Patients were asked about symptoms occurring within the two weeks prior to the survey. For some regions, sexual orientation data are not available due to the low number of respondents. US data are not available because this was an optional module. More Information:

<https://ibis.health.state.nm.us/indicator/view/MentHlthAdultDepression.Age.SexRacEth.html>.

Percentage of Adults with Current Depression by Health Region, New Mexico, 2011



Percentage of Adults with Current Depression
Northeast Health Region
2011



Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS)

[Back to Table of Contents](#)

**Northeast Health Region
Percentage of Adults with Current Depression
2011**

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Colfax County	11	68	16.5	8.7	29.0	Unstable
Guadalupe County	**	**	**	**	**	n/a
Harding County	**	**	**	**	**	n/a
Los Alamos County	7	107	15.5	6.2	33.5	Very Unstable
Mora County	**	**	**	**	**	n/a
Rio Arriba County	28	188	13.9	8.8	21.1	-
San Miguel County	20	118	18.5	11.0	29.3	-
Santa Fe County	56	693	9.2	6.8	12.4	-
Taos County	9	146	5.7	2.7	11.6	Very Unstable
Union County	**	**	**	**	**	n/a
Male	47	576	9.5	6.8	13.2	-
Female	85	822	12.1	9.4	15.4	-
Heterosexual	123	1313	10.8	8.7	13.3	-
Lesbian, Gay, Bisexual, or Transgender	5	51	13.9	5.6	30.3	Very Unstable
18-24 years	**	**	**	**	**	n/a
25-44 years	31	293	11.8	8.2	16.7	-
45-64 years	70	617	11.8	9.0	15.3	-
65-84 years	24	398	6.4	4.0	10.1	-
85+ years	1	35	1.9	0.3	12.5	Very Unstable
American Indian	**	**	**	**	**	n/a
Asian/Pacific Islander	**	**	**	**	**	n/a
Black/African American	**	**	**	**	**	n/a
Hispanic	70	600	11.6	8.9	15.0	-
White	47	718	9.3	6.4	13.4	-
Northeast Health Region	132	1,398	10.8	8.8	13.2	-
New Mexico	753	7,923	10.2	9.3	11.1	-

Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS)

Adult depression was assessed using the Patient Health Questionnaire, which establishes a provisional depressive disorder diagnosis using Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition criteria.

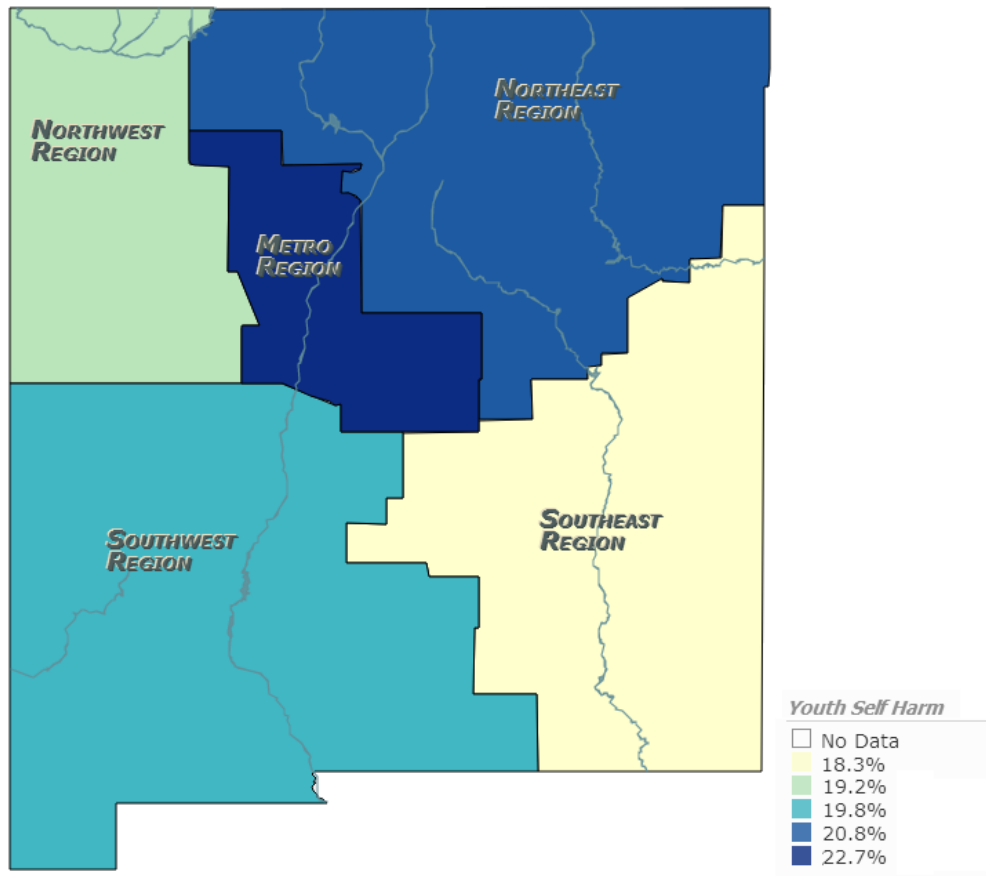
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

2 YOUTH NON-SUICIDAL SELF HARM

Anxiety and depression, as well as a range of stressful life events, are correlated with non-suicidal self harm. Self harm is a strong predictor of suicide and attempted suicide. In 2013, 20.2% of NM high school students reported non-suicidal self harm in the past year.

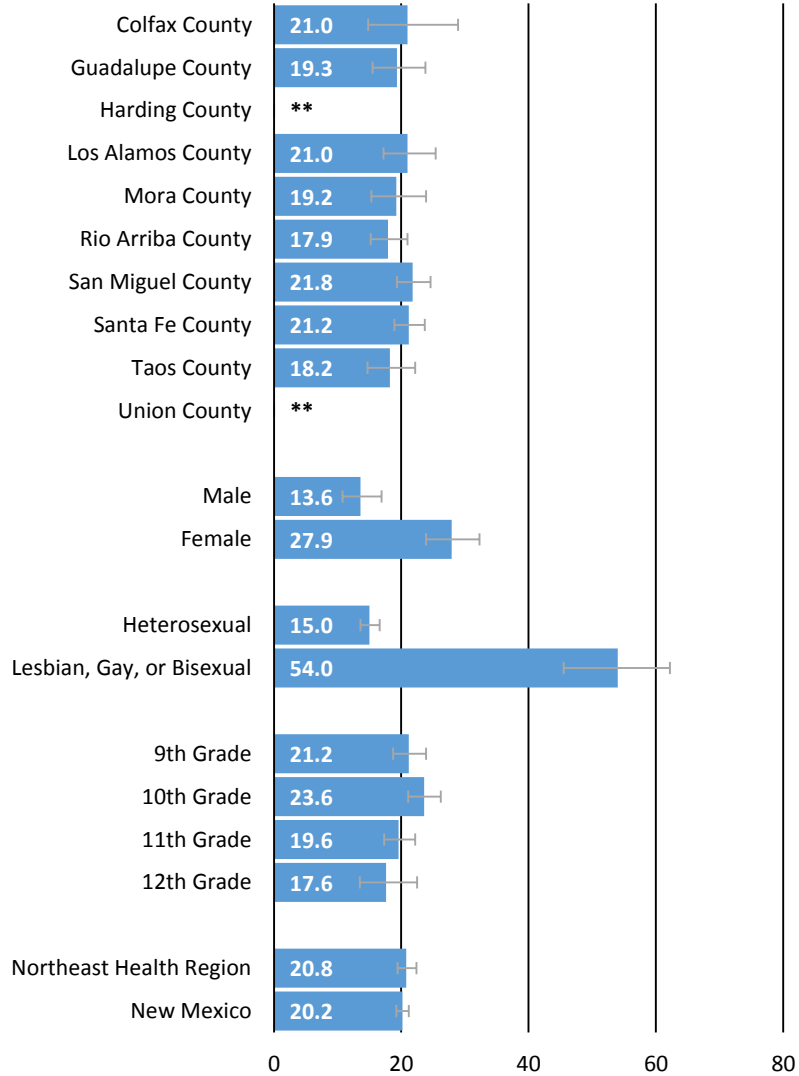
Non-suicidal self harm was identified by answering one or more to the question “During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?” Only one year of data is available because this question was added in 2013. US data are not available because this question was not asked by all participating states.

Percentage of Students Who Intentionally Hurt Themselves in the Past 12 Months by Health Region, New Mexico, 2013



Percentage of Students Who Intentionally Hurt Themselves in the Past 12 Months

Northeast Health Region
2013



Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department.

[Back to Table of Contents](#)

Northeast Health Region
Percentage of Students Who Intentionally Hurt Themselves in the Past 12 Months
2013

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Colfax County	51	254	21.0	14.8	28.9	-
Guadalupe County	32	164	19.3	15.5	23.8	-
Harding County	**	**	**	**	**	n/a
Los Alamos County	68	318	21.0	17.2	25.4	-
Mora County	25	124	19.2	15.3	23.9	-
Rio Arriba County	172	963	17.9	15.2	21.0	-
San Miguel County	316	1,375	21.8	19.3	24.6	-
Santa Fe County	523	2,649	21.2	18.9	23.7	-
Taos County	137	721	18.2	14.7	22.2	-
Union County	**	**	**	**	**	n/a
Male	371	2,659	13.6	10.8	16.9	-
Female	712	2,849	27.9	23.9	32.3	-
Heterosexual	696	4581	15.0	13.6	16.6	-
Lesbian, Gay, or Bisexual	283	575	54.0	45.5	62.2	-
9th Grade	343	1,639	21.2	18.7	23.9	-
10th Grade	330	1,534	23.6	21.1	26.2	-
11th Grade	228	1,226	19.6	17.3	22.2	-
12th Grade	142	984	17.6	13.5	22.5	-
Northeast Health Region	1,087	5,514	20.8	19.4	22.4	-
New Mexico	1,123	5,434	20.2	19.2	21.2	-

Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department.

Percentage of students who actually attempted suicide one or more times during the past 12 months.

** The values in these cells have been suppressed because there were fewer than 50 survey responses.

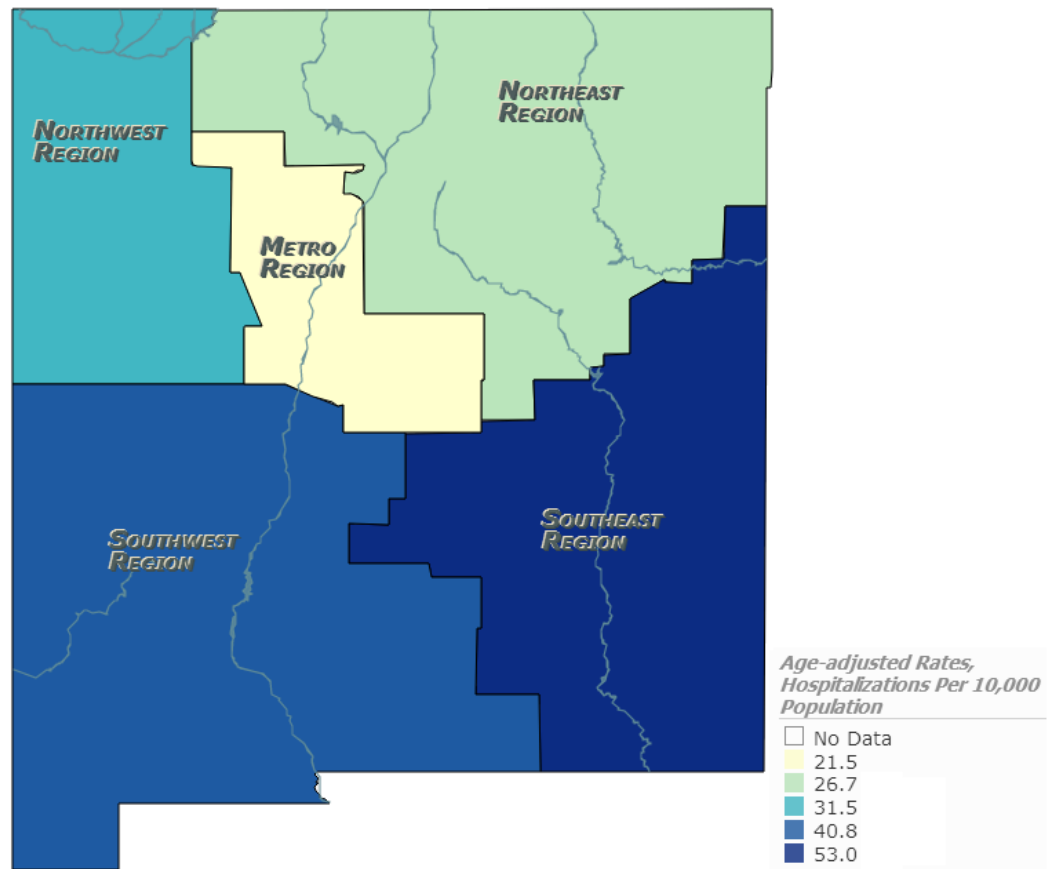
3 ACUTE MENTAL ILLNESS

3.1 HOSPITAL DISCHARGES FOR MOOD DISORDERS

Mental disorders cause changes in thinking, mood, and behavior and can affect decision-making and quality of life. Acute episodes of mental illness often result in hospitalizations. In 2013, mood disorders were the most common reason for psychiatric hospital admission in NM. Approximately 126,000 NM residents 12 years or older have a major depressive disorder each year (SAMHSA). In a 2012-2013 survey of all fifty states and the District of Columbia, NM ranked 23rd for prevalence of major depressive disorder among adults, and 9th for prevalence among adolescents 12-17 years. From 2009-2013, there were 30.1 hospital discharges for mood disorders per 10,000 NM residents.

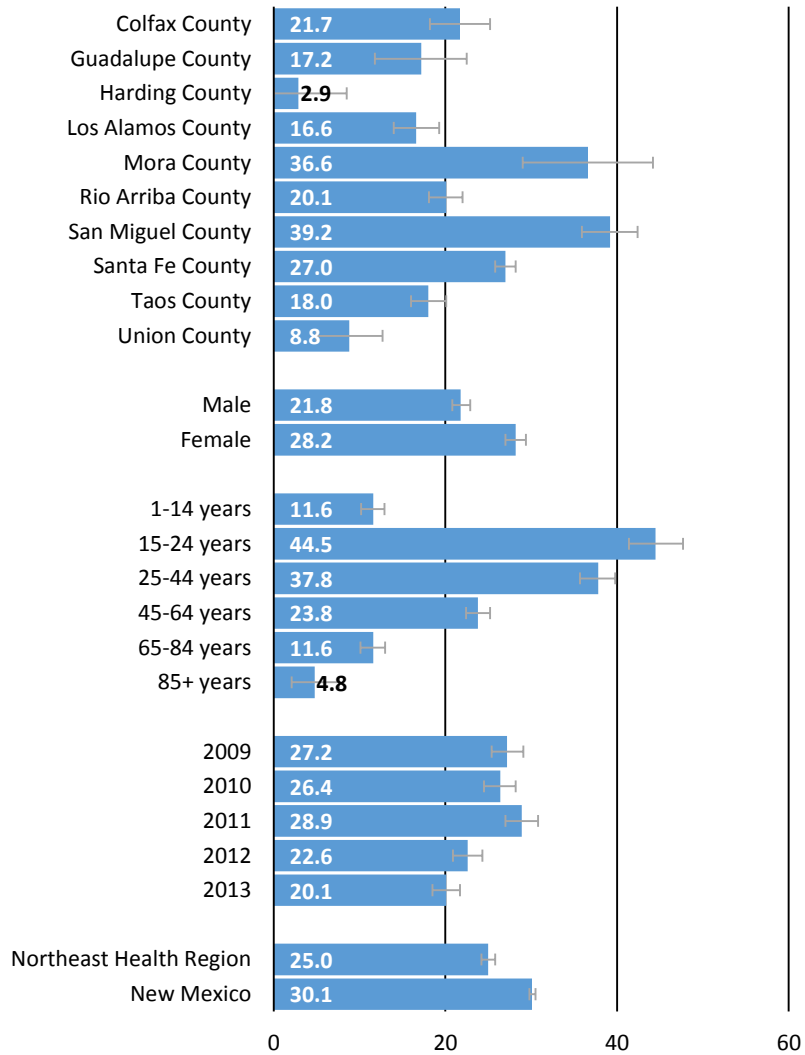
Hospital discharges for mood disorders include inpatient hospital records with a primary diagnosis of ICD-9 codes 296 (episodic mood disorders) or 311 (depressive disorder). Sexual orientation data are not submitted to the HIDD dataset. Race/ethnicity data are not reported due to the high prevalence of missing entries. US hospital data are not available for this timeframe.

Hospital Discharges for Episodic Mood and Depressive Disorders per 10,000 Population by Health Region, New Mexico, 2009-2013



Hospital Discharges for Episodic Mood and Depressive Disorders per 10,000 Population

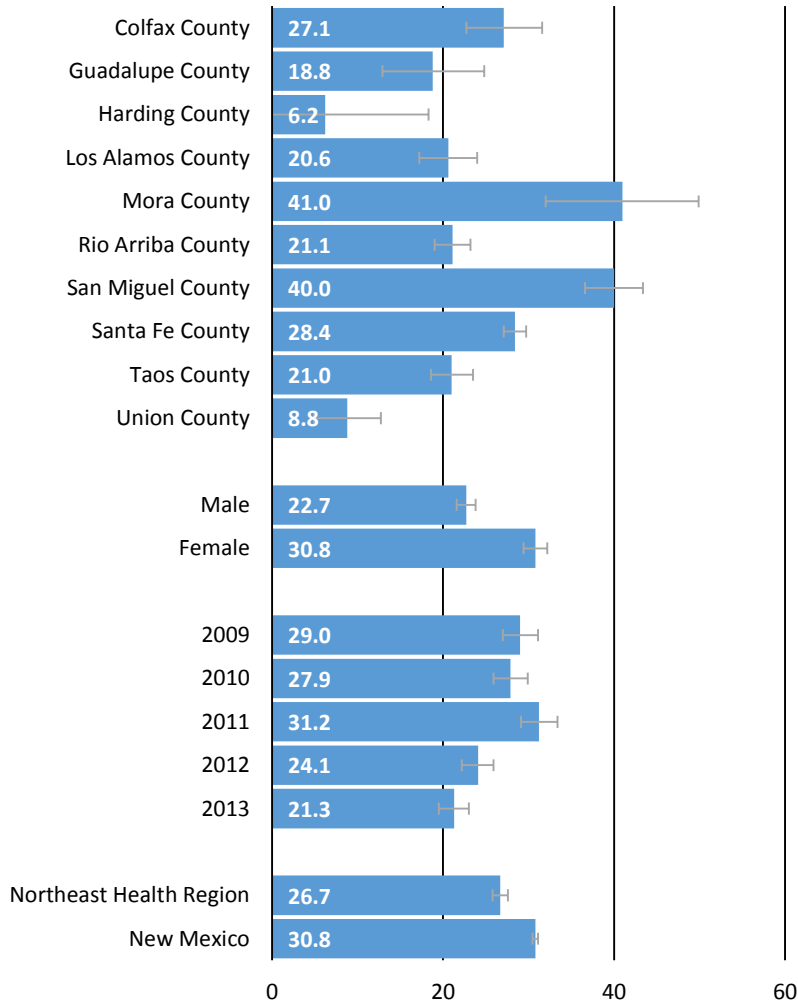
Northeast Health Region
2009-2013



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

Hospital Discharges for Episodic Mood and Depressive Disorders per 10,000 Population*

Northeast Health Region
2009-2013



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

* Age-adjusted to the U.S. 2000 standard population.

[Back to Table of Contents](#)

**Northeast Health Region
Hospital Discharges for Episodic Mood and Depressive Disorders per 10,000 Population
2009-2013**

	Number of Discharges	Person-Years	Crude Rate	LCL	UCL	Statistical Stability	AA Rate*	LCL	UCL	Statistical Stability
Colfax County	148	68,127	21.7	18.2	25.2	-	27.1	22.7	31.6	-
Guadalupe County	40	23,318	17.2	11.8	22.5	-	18.8	12.9	24.8	-
Harding County	1	3,479	2.9	0.0	8.5	Very Unstable	6.2	0.0	18.3	Very Unstable
Los Alamos County	150	90,286	16.6	14.0	19.3	-	20.6	17.2	24.0	-
Mora County	89	24,294	36.6	29.0	44.2	-	41.0	32.0	49.9	-
Rio Arriba County	404	201,190	20.1	18.1	22.0	-	21.1	19.0	23.2	-
San Miguel County	572	146,122	39.2	35.9	42.4	-	40.0	36.6	43.4	-
Santa Fe County	1,962	726,944	27.0	25.8	28.2	-	28.4	27.1	29.7	-
Taos County	298	165,260	18.0	16.0	20.1	-	21.0	18.6	23.5	-
Union County	20	22,634	8.8	5.0	12.7	-	8.8	4.9	12.7	-
Male	1,590	728,525	21.8	20.8	22.9	-	22.7	21.6	23.8	-
Female	2,094	743,130	28.2	27.0	29.4	-	30.8	29.4	32.2	-
1-14 years	281	243,386	11.6	10.2	12.9	-				
15-24 years	750	168,431	44.5	41.4	47.7	-				
25-44 years	1,295	342,962	37.8	35.7	39.8	-				
45-64 years	1,100	462,452	23.8	22.4	25.2	-				
65-84 years	246	212,788	11.6	10.1	13.0	-				
85+ years	12	24,891	4.8	2.1	7.6	-				
2009	795	291,812	27.2	25.4	29.1	-	29.0	27.0	31.1	-
2010	774	293,620	26.4	24.5	28.2	-	27.9	25.9	29.9	-
2011	854	295,318	28.9	27.0	30.8	-	31.2	29.1	33.4	-
2012	668	295,552	22.6	20.9	24.3	-	24.1	22.2	25.9	-
2013	593	295,353	20.1	18.5	21.7	-	21.3	19.5	23.0	-
Northeast Health Region	3,684	1,471,655	25.0	24.2	25.8	-	26.7	25.8	27.6	-
New Mexico	31,242	10,371,635	30.1	29.8	30.5	-	30.8	30.5	31.1	-

Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program
ICD-9 Codes 296 & 311

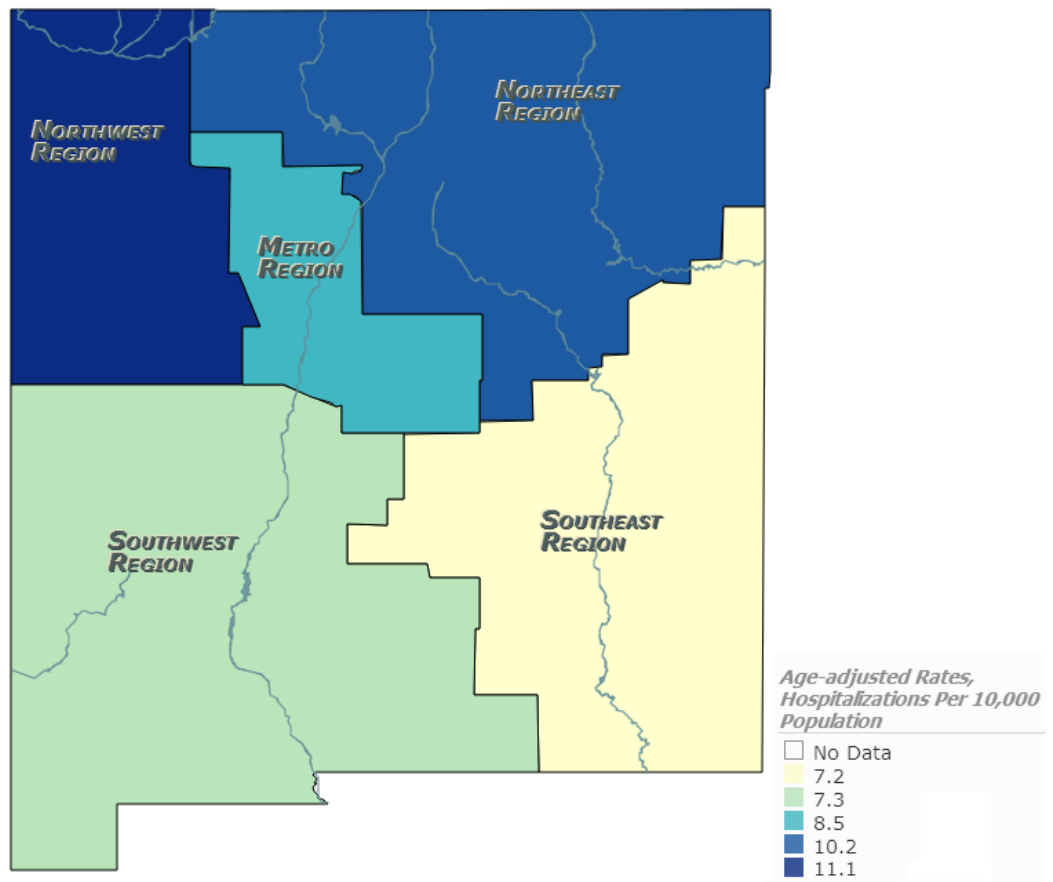
* Age-adjusted to the U.S. 2000 standard population.

3.2 HOSPITAL DISCHARGES FOR ALCOHOL-RELATED MENTAL DISORDERS

Alcohol-related mental disorders include alcohol-induced mental disorders and alcohol dependence. Acute episodes of alcohol-related mental disorders often result in hospitalizations. In 2013, alcohol-related mental disorders were the second most common reason for psychiatric hospital admission in NM. Approximately 133,000 NM residents 12 years or older experience alcohol abuse or dependence each year (Source: SAMHSA). In a 2012-2013 survey of all fifty states and the District of Columbia, NM ranked 15th for prevalence of alcohol abuse or dependence among adults, and 6th for prevalence among adolescents 12-17 years. From 2009-2013, there were 8.3 hospital discharges for alcohol-related mental disorders per 10,000 NM residents.

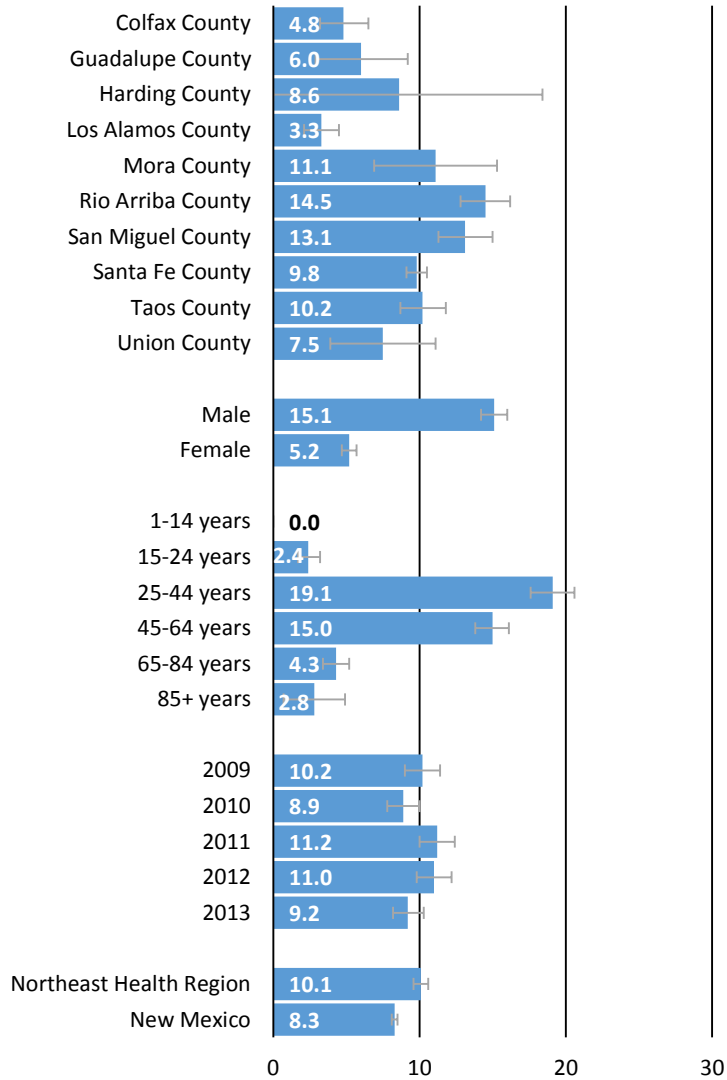
Hospital discharges for alcohol-related mental disorders include inpatient hospital records with a primary diagnosis of ICD-9 codes 291 (alcohol-induced mental disorder) or 303 (alcohol dependence). Sexual orientation data are not submitted to the HIDD dataset. Race/ethnicity data are not reported due to the high prevalence of missing entries. US hospital data are not available for this timeframe.

Hospital Discharges for Alcohol-Related Mental Disorders per 10,000 Population by Health Region, New Mexico, 2009-2013



Hospital Discharges for Alcohol-Related
Mental Disorders per 10,000 Population

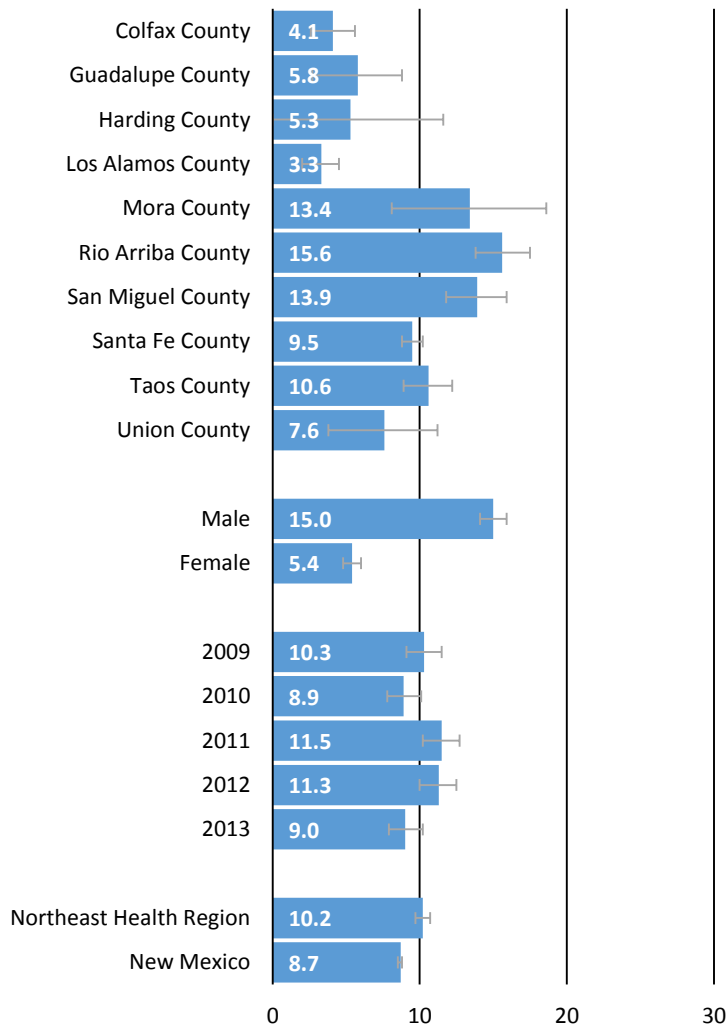
Northeast Health Region
2009-2013



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

Hospital Discharges for Alcohol-Related Mental Disorders per 10,000 Population*

Northeast Health Region
2009-2013



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

* Age-adjusted to the U.S. 2000 standard population.

[Back to Table of Contents](#)

**Northeast Health Region
Hospital Discharges for Alcohol-Related Mental Disorders per 10,000 Population
2009-2013**

	Number of Discharges	Person-Years	Crude Rate	LCL	UCL	Statistical Stability	AA Rate*	LCL	UCL	Statistical Stability
Colfax County	33	68,127	4.8	3.2	6.5	-	4.1	2.6	5.6	-
Guadalupe County	14	23,318	6.0	2.9	9.2	-	5.8	2.7	8.8	-
Harding County	3	3,479	8.6	0.0	18.4	Very Unstable	5.3	0.0	11.6	Very Unstable
Los Alamos County	30	90,286	3.3	2.1	4.5	-	3.3	2.0	4.5	-
Mora County	27	24,294	11.1	6.9	15.3	-	13.4	8.1	18.6	-
Rio Arriba County	292	201,190	14.5	12.8	16.2	-	15.6	13.8	17.5	-
San Miguel County	192	146,122	13.1	11.3	15.0	-	13.9	11.8	15.9	-
Santa Fe County	711	726,944	9.8	9.1	10.5	-	9.5	8.8	10.2	-
Taos County	169	165,260	10.2	8.7	11.8	-	10.6	8.9	12.2	-
Union County	17	22,634	7.5	3.9	11.1	-	7.6	3.8	11.2	-
Male	1,100	728,525	15.1	14.2	16.0	-	15.0	14.1	15.9	-
Female	388	743,130	5.2	4.7	5.7	-	5.4	4.8	6.0	-
1-14 years	1	243,386	0.0	-	-	No Variance				
15-24 years	41	168,431	2.4	1.7	3.2	-				
25-44 years	655	342,962	19.1	17.6	20.6	-				
45-64 years	692	462,452	15.0	13.8	16.1	-				
65-84 years	92	212,788	4.3	3.4	5.2	-				
85+ years	7	24,891	2.8	0.7	4.9	Unstable				
2009	298	291,812	10.2	9.0	11.4	-	10.3	9.1	11.5	-
2010	262	293,620	8.9	7.8	10.0	-	8.9	7.8	10.1	-
2011	331	295,318	11.2	10.0	12.4	-	11.5	10.2	12.7	-
2012	324	295,552	11.0	9.8	12.2	-	11.3	10.0	12.5	-
2013	273	295,353	9.2	8.2	10.3	-	9.0	7.9	10.2	-
Northeast Health Region	1,488	1,471,655	10.1	9.6	10.6	-	10.2	9.7	10.7	-
New Mexico	8,614	10,371,635	8.3	8.1	8.5	-	8.7	8.5	8.8	-

Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program
ICD-9 Codes 291 & 303

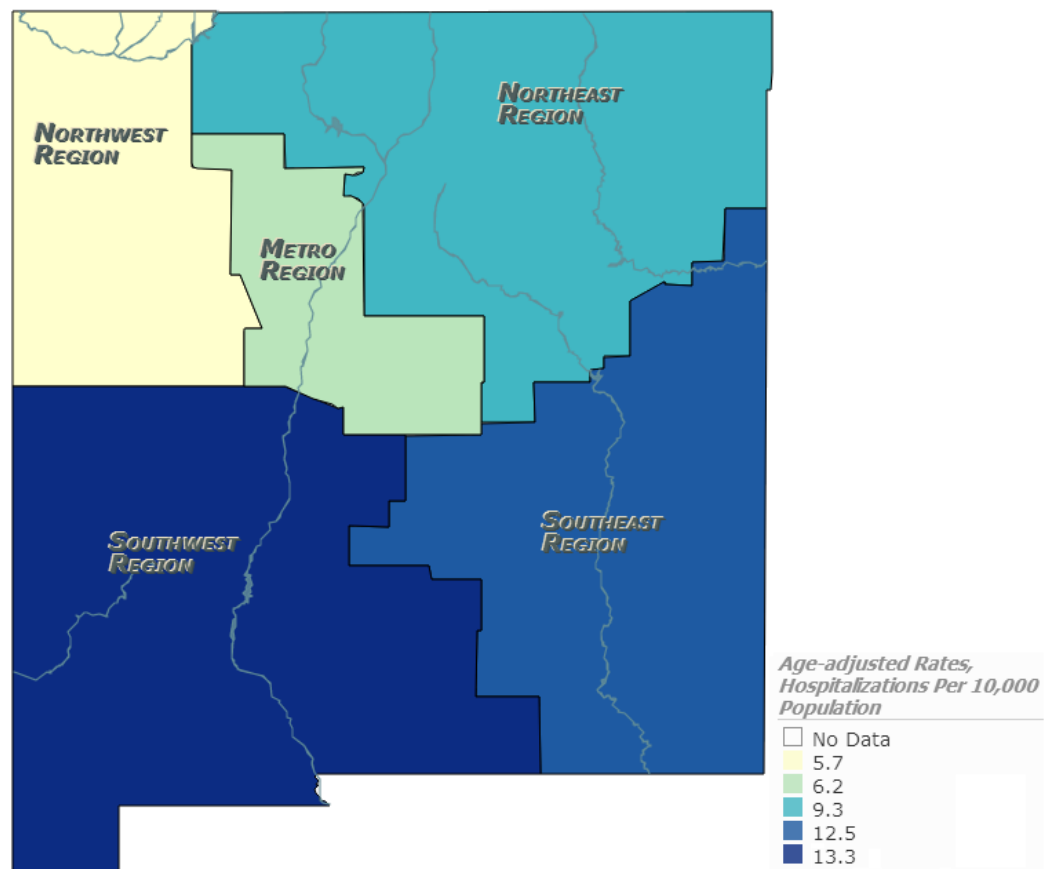
* Age-adjusted to the U.S. 2000 standard population.

3.3 HOSPITAL DISCHARGES FOR SCHIZOPHRENIC DISORDERS

Schizophrenic disorders are a group of disorders that cause a person to have trouble telling the difference between real and unreal experiences, thinking logically, having normal emotional responses, and behaving normally in social situations. Acute episodes of schizophrenia often result in hospitalizations. In 2013, schizophrenic disorders were the third most common reason for psychiatric hospital admission in NM. From 2009-2013, there were 8.4 hospital discharges for schizophrenic disorder per 10,000 NM residents.

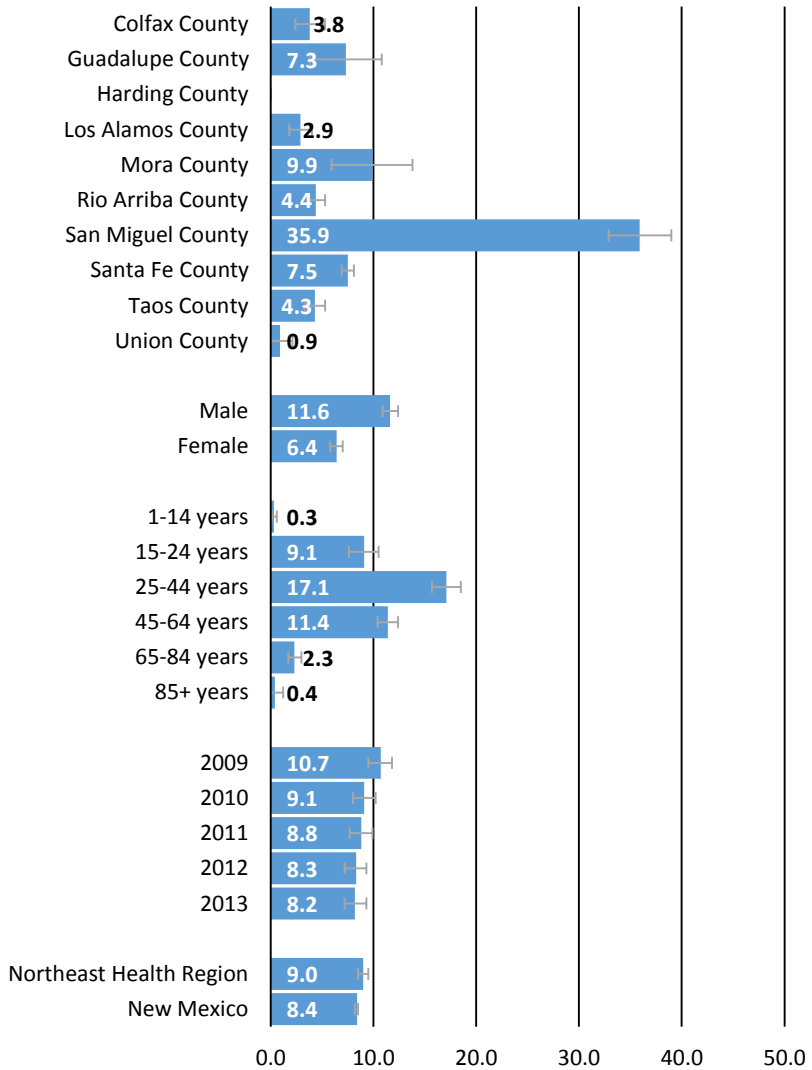
Hospital discharges for schizophrenic disorders include inpatient hospital records with a primary diagnosis of ICD-9 code 295. Sexual orientation data are not submitted to the HIDD dataset. Race/ethnicity data are not reported due to the high prevalence of missing entries. US hospital data are not available for this timeframe.

Hospital Discharges for Schizophrenic Disorders per 10,000 Population by Health Region, New Mexico, 2009-2013



Hospital Discharges for Schizophrenic Disorders per 10,000 Population

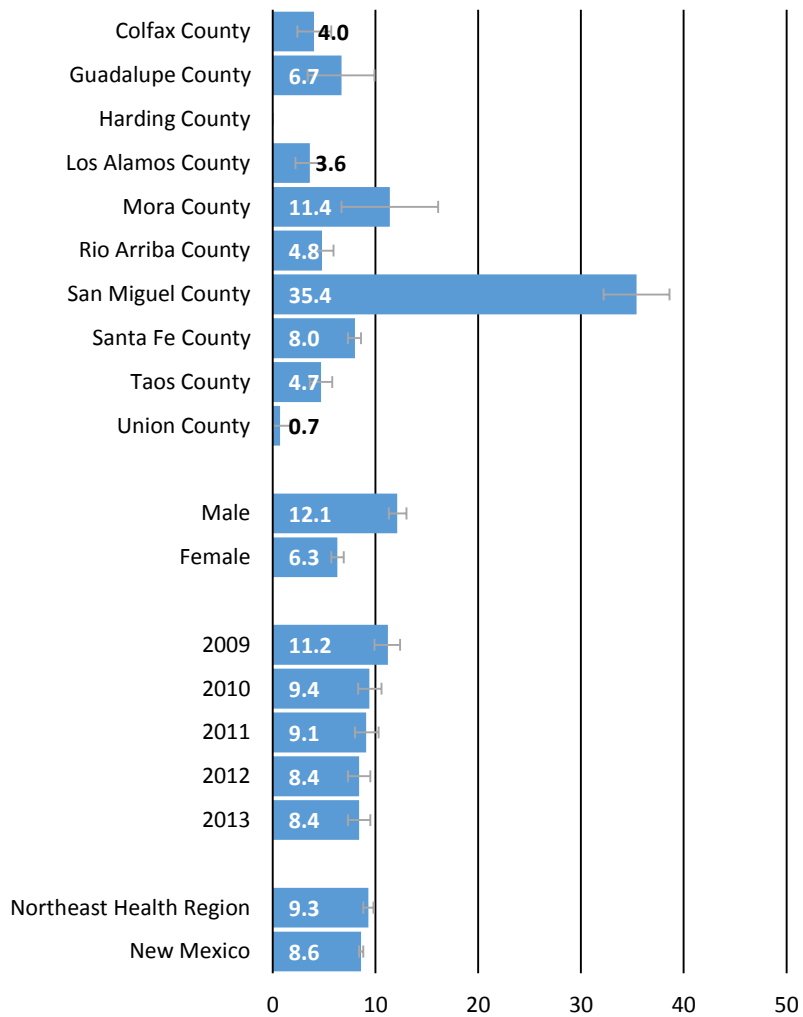
Northeast Health Region 2009-2013



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

Hospital Discharges for Schizophrenic Disorders
per 10,000 Population *

Northeast Health Region
2009-2013



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

* Age-adjusted to the U.S. 2000 standard population.

[Back to Table of Contents](#)

**Northeast Health Region
Hospital Discharges for Schizophrenic Disorders per 10,000 Population
2009-2013**

	Number of Discharges	Person-Years
Colfax County	26	68,127
Guadalupe County	17	23,318
Harding County	0	3,479
Los Alamos County	26	90,286
Mora County	24	24,294
Rio Arriba County	88	201,190
San Miguel County	525	146,122
Santa Fe County	546	726,944
Taos County	71	165,260
Union County	2	22,634

Crude Rate	LCL	UCL	Statistical Stability
3.8	2.4	5.3	-
7.3	3.8	10.8	-
0.0	-	-	No Variance
2.9	1.8	4.0	-
9.9	5.9	13.8	-
4.4	3.5	5.3	-
35.9	32.9	39.0	-
7.5	6.9	8.1	-
4.3	3.3	5.3	-
0.9	0.0	2.1	Very Unstable

AA Rate	LCL	UCL	Statistical Stability
4.0	2.4	5.7	-
6.7	3.4	9.9	-
0.0	-	-	No Variance
3.6	2.2	5.0	-
11.4	6.7	16.1	-
4.8	3.8	5.9	-
35.4	32.2	38.6	-
8.0	7.3	8.6	-
4.7	3.6	5.8	-
0.7	0.0	1.7	Very Unstable

Male	848	728,525
Female	477	743,130

11.6	10.9	12.4	-
6.4	5.8	7.0	-

12.1	11.3	13.0	-
6.3	5.7	6.9	-

1-14 years	8	243,386
15-24 years	153	168,431
25-44 years	587	342,962
45-64 years	527	462,452
65-84 years	49	212,788
85+ years	1	24,891

0.3	0.1	0.6	Very Unstable
9.1	7.6	10.5	-
17.1	15.7	18.5	-
11.4	10.4	12.4	-
2.3	1.7	3.0	-
0.4	0.0	1.2	Very Unstable

2009	311	291,812
2010	267	293,620
2011	260	295,318
2012	244	295,552
2013	243	295,353

10.7	9.5	11.8	-
9.1	8.0	10.2	-
8.8	7.7	9.9	-
8.3	7.2	9.3	-
8.2	7.2	9.3	-

11.2	9.9	12.4	-
9.4	8.3	10.6	-
9.1	8.0	10.3	-
8.4	7.3	9.5	-
8.4	7.3	9.5	-

Northeast Health Region	1,325	1,471,655
New Mexico	8,677	10,371,635

9.0	8.5	9.5	-
8.4	8.2	8.5	-

9.3	8.8	9.8	-
8.6	8.4	8.8	-

Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

ICD-9 Code 295

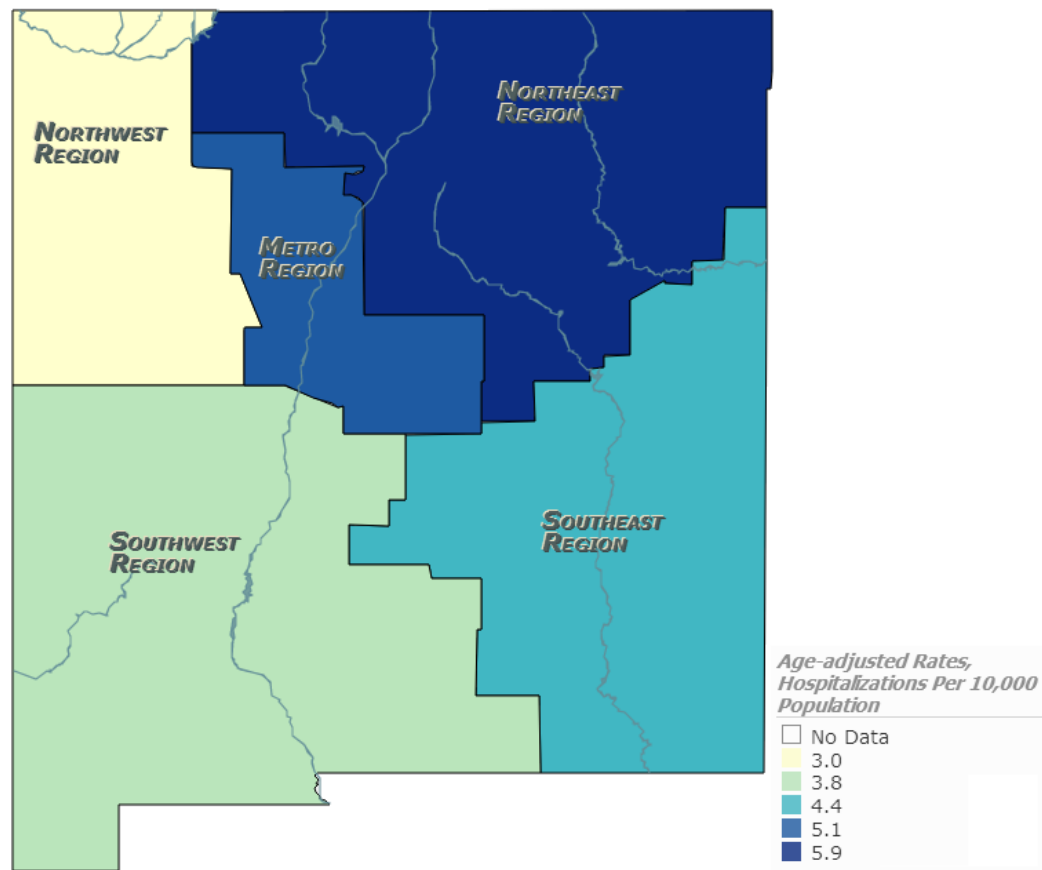
* Age-adjusted to the U.S. 2000 standard population.

3.4 HOSPITAL DISCHARGES FOR DRUG-RELATED MENTAL DISORDERS

Mental disorders cause changes in thinking, mood, and behavior and can affect decision-making and quality of life. Acute episodes of mental illness often result in hospitalizations. In 2013, drug-related mental disorders were the fourth most common reason for psychiatric hospital admission in NM. From 2009-2013, there were 4.5 hospital discharges for drug-related mental disorders per 10,000 NM residents.

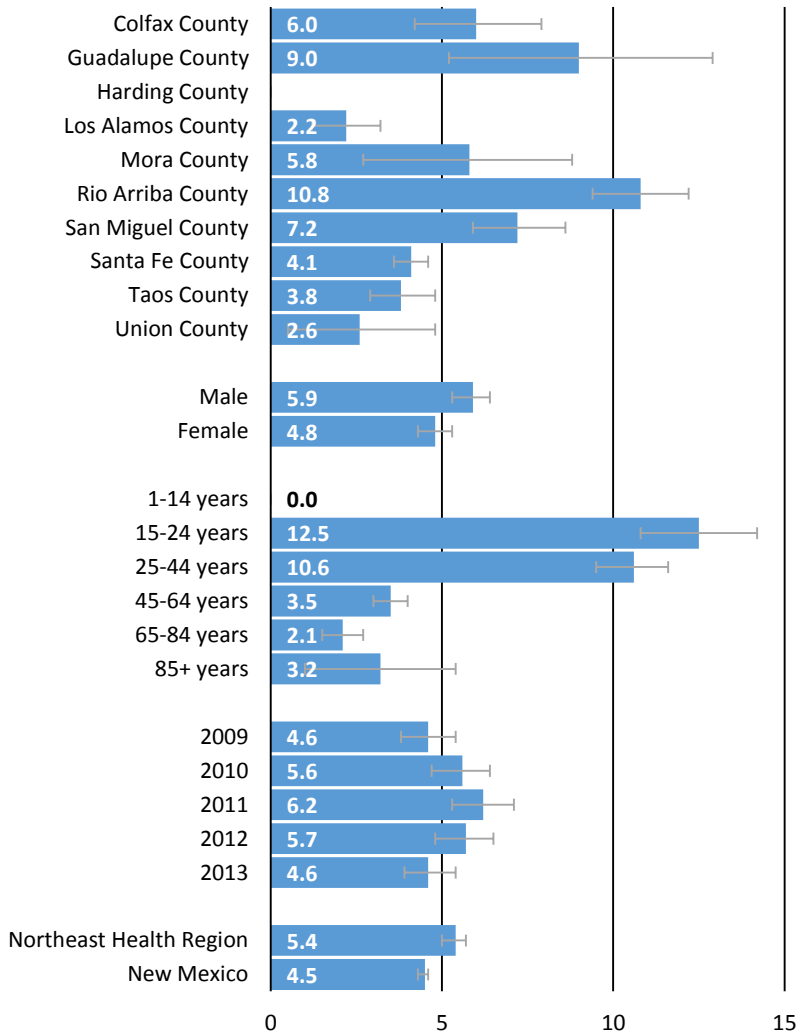
Hospital discharges for drug-related mental disorders include inpatient hospital records with a primary diagnosis of ICD-9 codes 292 (drug-induced mental disorder) or 304 (drug dependence). Sexual orientation data are not submitted to the HIDD dataset. Race/ethnicity data are not reported due to the high prevalence of missing entries. US hospital data are not available for this timeframe.

Hospital Discharges for Drug-Related Mental Disorders per 10,000 Population by Health Region, New Mexico, 2009-2013



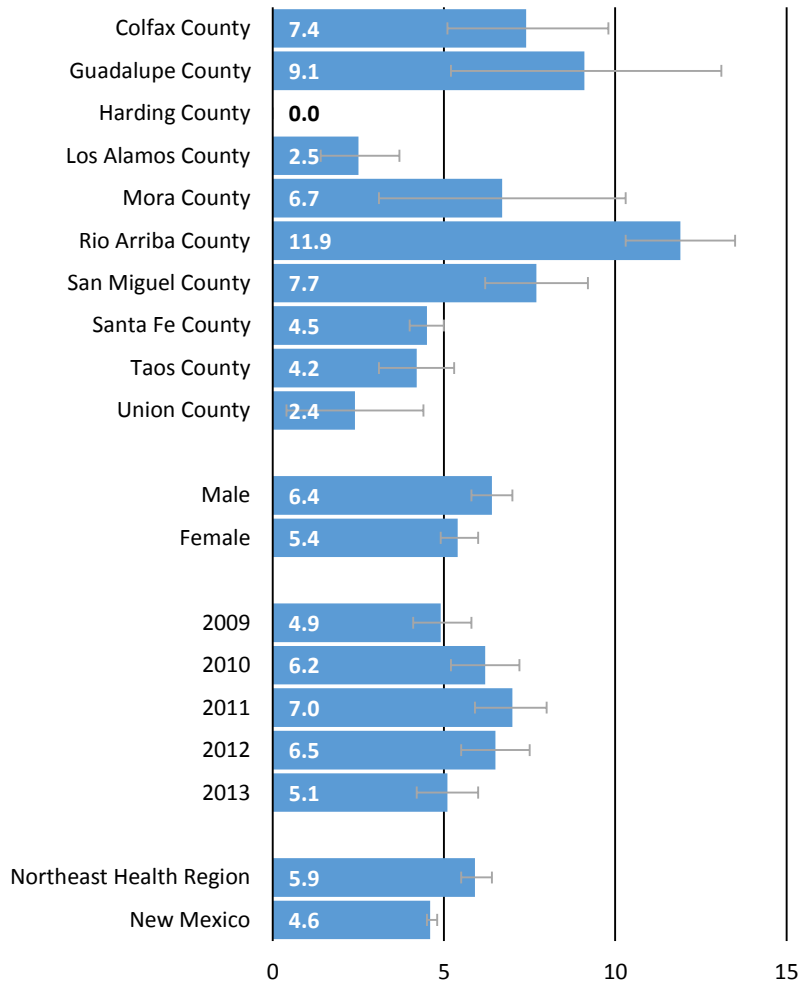
Hospital Discharges for Drug-Related Mental Disorders per 10,000 Population

Northeast Health Region 2009-2013



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

Hospital Discharges for Drug-Related Mental Disorders per 10,000 Population*
 Northeast Health Region
 2009-2013



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

* Age-adjusted to the U.S. 2000 standard population.

**Northeast Health Region
Hospital Discharges for Drug-Related Mental Disorders per 10,000 Population
2009-2013**

	Number of Discharges	Person-Years	Crude Rate	LCL	UCL	Statistical Stability	AA Rate*	LCL	UCL	Statistical Stability
Colfax County	41	68,127	6.0	4.2	7.9	-	7.4	5.1	9.8	-
Guadalupe County	21	23,318	9.0	5.2	12.9	-	9.1	5.2	13.1	-
Harding County	0	3,479	0.0	-	-	No Variance	0.0	-	-	No Variance
Los Alamos County	20	90,286	2.2	1.2	3.2	-	2.5	1.4	3.7	-
Mora County	14	24,294	5.8	2.7	8.8	-	6.7	3.1	10.3	-
Rio Arriba County	217	201,190	10.8	9.4	12.2	-	11.9	10.3	13.5	-
San Miguel County	106	146,122	7.2	5.9	8.6	-	7.7	6.2	9.2	-
Santa Fe County	299	726,944	4.1	3.6	4.6	-	4.5	4.0	5.0	-
Taos County	63	165,260	3.8	2.9	4.8	-	4.2	3.1	5.3	-
Union County	6	22,634	2.6	0.5	4.8	Unstable	2.4	0.4	4.4	Unstable
Male	428	728,525	5.9	5.3	6.4	-	6.4	5.8	7.0	-
Female	359	743,130	4.8	4.3	5.3	-	5.4	4.9	6.0	-
1-14 years	1	243,386	0.0	-	-	No Variance				
15-24 years	210	168,431	12.5	10.8	14.2	-				
25-44 years	362	342,962	10.6	9.5	11.6	-				
45-64 years	162	462,452	3.5	3.0	4.0	-				
65-84 years	44	212,788	2.1	1.5	2.7	-				
85+ years	8	24,891	3.2	1.0	5.4	Unstable				
2009	135	291,812	4.6	3.8	5.4	-	4.9	4.1	5.8	-
2010	164	293,620	5.6	4.7	6.4	-	6.2	5.2	7.2	-
2011	183	295,318	6.2	5.3	7.1	-	7.0	5.9	8.0	-
2012	168	295,552	5.7	4.8	6.5	-	6.5	5.5	7.5	-
2013	137	295,353	4.6	3.9	5.4	-	5.1	4.2	6.0	-
Northeast Health Region	787	1,471,655	5.4	5.0	5.7	-	5.9	5.5	6.4	-
New Mexico	4,626	10,371,635	4.5	4.3	4.6	-	4.6	4.5	4.8	-

Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program
ICD-9 Codes 292 & 304

* Age-adjusted to the U.S. 2000 standard population.

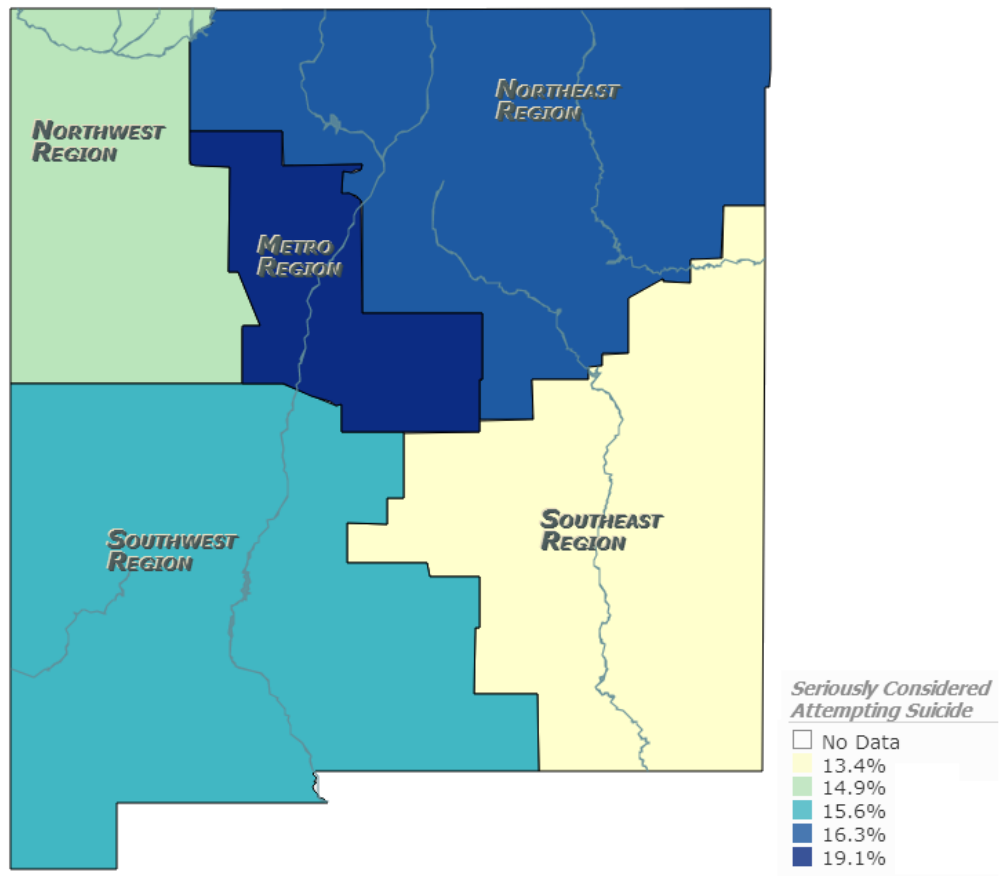
4 YOUTH SUICIDAL BEHAVIOR

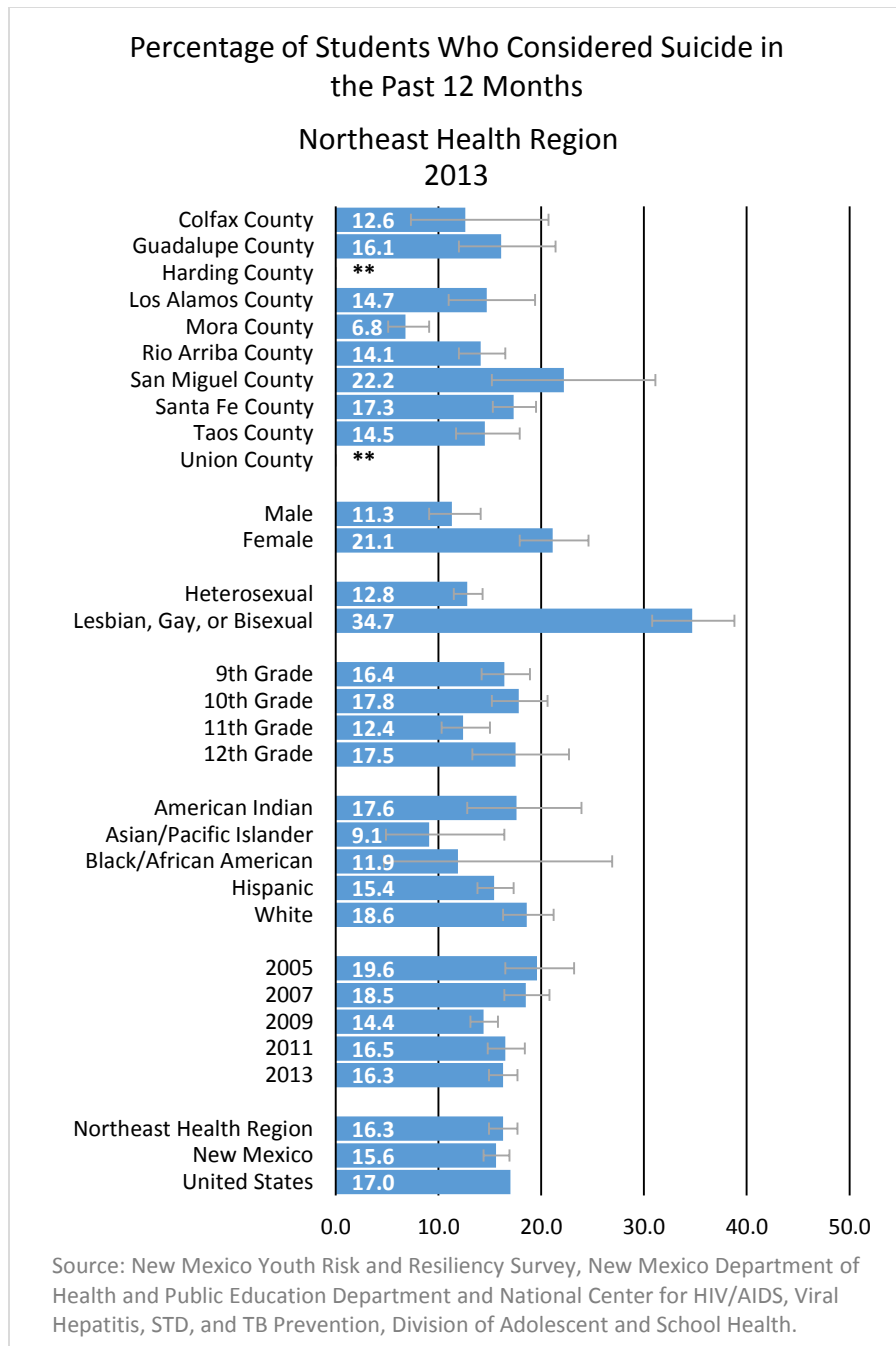
4.1 YOUTH WHO SERIOUSLY CONSIDERED SUICIDE

Suicidal ideation refers to thoughts of suicide or wanting to take one's own life, and is a risk factor for suicide or attempted suicide. Seriously considering suicide is a form of suicidal ideation. The percentage of NM high school students seriously considering suicide decreased from 22.0% in 2001 to 15.6% in 2013. 2013 was the first year since the beginning of the YRRS that the NM percentage fell below the US percentage, although the NM rate (15.6%) is statistically similar to the US rate (17.0%) (DASH). In 2013, NM ranked 21st of the 41 states that asked this question in 2013.

Students who had seriously considered suicide were identified by answering "Yes", to the question, "During the past 12 months, did you ever seriously consider attempting suicide?" More information: https://ibis.health.state.nm.us/indicator/view/MentHlthYouthSuicConsider.Year.NM_US.html.

Percentage of Students Who Considered Suicide in the Past 12 Months by Health Region, New Mexico, 2013





[Back to Table of Contents](#)

**Northeast Health Region
Percentage of Students Who Considered Suicide in the Past 12 Months
2013**

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Colfax County	31	257	12.6	7.3	20.7	Unstable
Guadalupe County	27	163	16.1	12.0	21.4	-
Harding County	**	**	**	**	**	n/a
Los Alamos County	47	317	14.7	11.0	19.4	-
Mora County	10	125	6.8	5.1	9.1	-
Rio Arriba County	137	961	14.1	12.0	16.5	-
San Miguel County	241	1,377	22.2	15.2	31.1	-
Santa Fe County	416	2,647	17.3	15.3	19.5	-
Taos County	111	719	14.5	11.7	17.9	-
Union County	**	**	**	**	**	n/a
Male	317	2,656	11.3	9.1	14.1	-
Female	522	2,847	21.1	17.9	24.6	-
Heterosexual	554	4581	12.8	11.5	14.3	-
Lesbian, Gay, or Bisexual	193	572	34.7	30.8	38.8	-
9th Grade	273	1,644	16.4	14.2	18.9	-
10th Grade	236	1,530	17.8	15.2	20.6	-
11th Grade	167	1,224	12.4	10.3	15.0	-
12th Grade	133	983	17.5	13.3	22.7	-
American Indian	84	536	17.6	12.8	23.9	-
Asian/Pacific Islander	15	132	9.1	4.9	16.4	Unstable
Black/African American	14	72	11.9	4.7	26.9	Very Unstable
Hispanic	546	3,814	15.4	13.8	17.3	-
White	169	887	18.6	16.3	21.2	-
2005	553	2,910	19.6	16.5	23.2	-
2007	553	3,004	18.5	16.4	20.8	-
2009	620	4,323	14.4	13.1	15.8	-
2011	542	3,535	16.5	14.8	18.4	-
2013	842	5,508	16.3	14.9	17.7	-
Northeast Health Region	842	5,508	16.3	14.9	17.7	-
New Mexico	858	5,430	15.6	14.4	16.9	-
United States		13,491	17.0	15.8	18.2	-

Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

Percentage of students who seriously considered attempting suicide during the past 12 months.

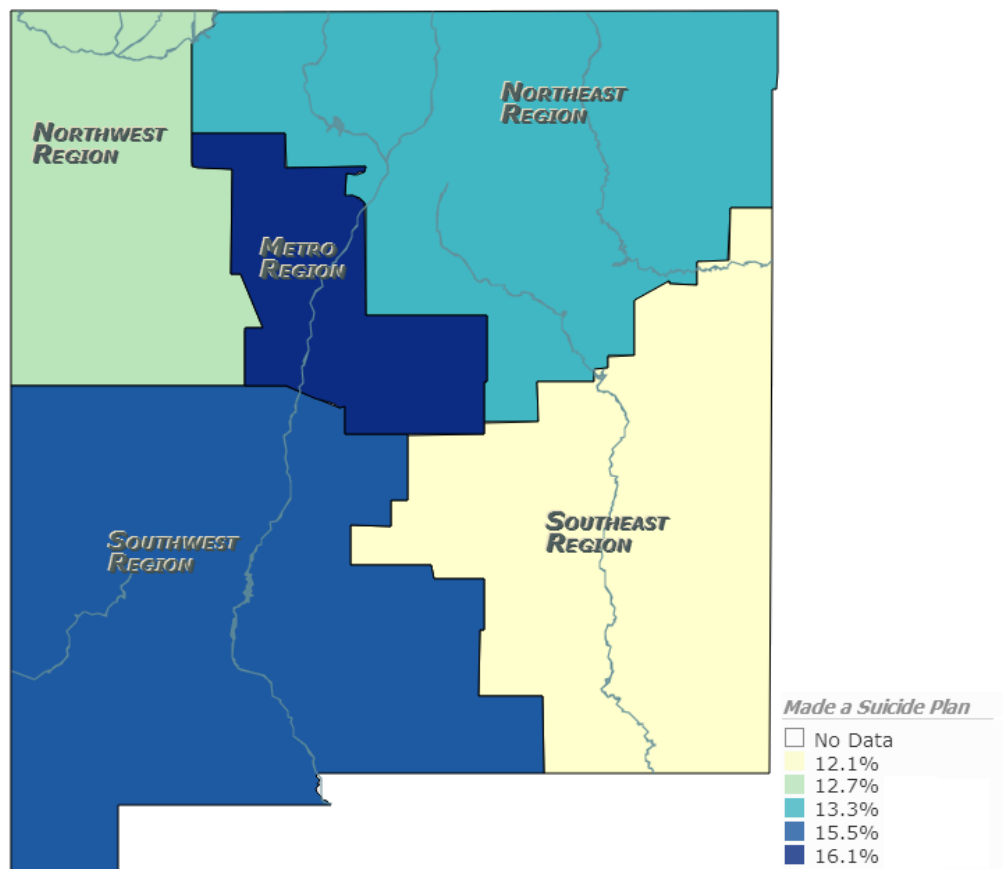
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

4.2 YOUTH WHO MADE A SUICIDE PLAN

Suicidal ideation refers to thoughts of suicide or wanting to take one's own life, and is a risk factor for suicide or attempted suicide. Making a suicide plan is a form of suicidal ideation. In 2013, 13.7% of high school students in NM made a suicide plan, similar to the US prevalence (13.6%) (DASH). NM ranked 14th of 39 states that asked this question in 2013.

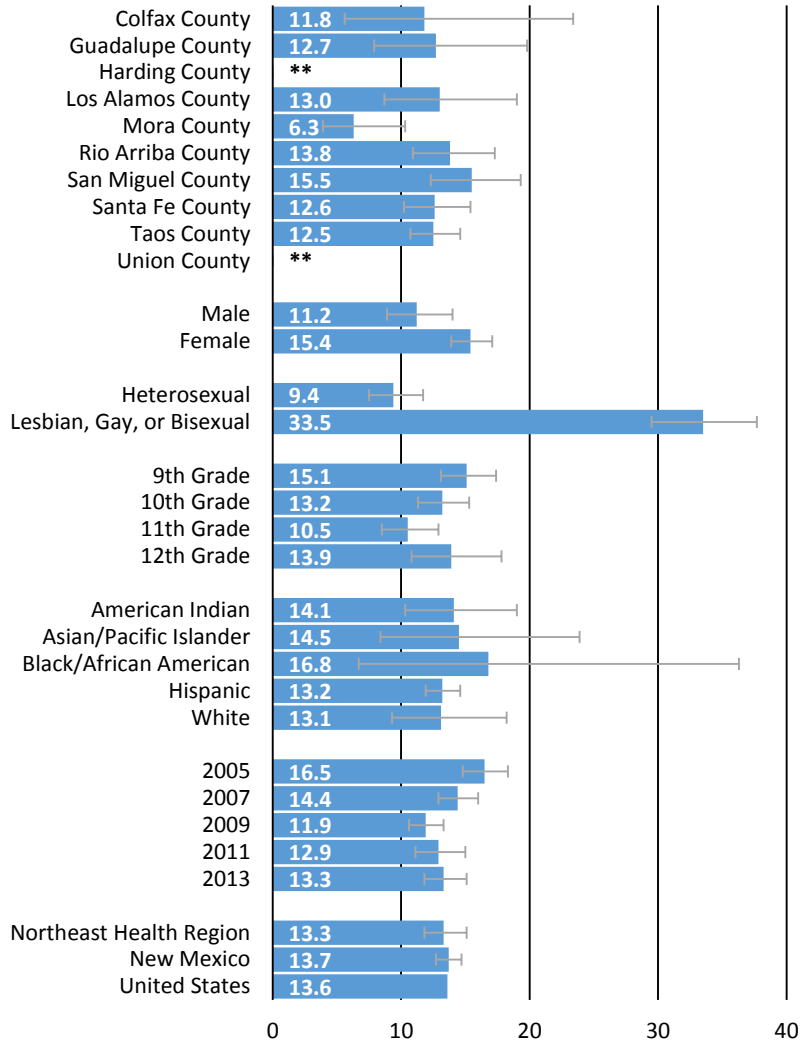
Students who had made plans to attempt suicide were identified by answering “Yes” to the question “During the past 12 months, did you make a plan about how you would attempt suicide?”

Percentage of Students Who Made a Suicide Plan in the Past 12 Months by Health Region, New Mexico, 2013



Percentage of Students Who Made a Suicide Plan in the Past 12 Months

Northeast Health Region
2013



Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

[Back to Table of Contents](#)

Northeast Health Region
Percentage of Students Who Made a Suicide Plan in the Past 12 Months
2013

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Colfax County	25	257	11.8	5.6	23.4	Very Unstable
Guadalupe County	20	163	12.7	7.9	19.8	-
Harding County	**	**	**	**	**	n/a
Los Alamos County	39	317	13.0	8.7	19.0	-
Mora County	9	125	6.3	3.9	10.3	Unstable
Rio Arriba County	128	962	13.8	10.9	17.3	-
San Miguel County	196	1,374	15.5	12.3	19.3	-
Santa Fe County	362	2,644	12.6	10.2	15.4	-
Taos County	97	719	12.5	10.7	14.6	-
Union County	**	**	**	**	**	n/a
Male	298	2,657	11.2	8.9	14.0	-
Female	446	2,844	15.4	13.9	17.1	-
Heterosexual	452	4579	9.4	7.5	11.7	-
Lesbian, Gay, or Bisexual	186	571	33.5	29.5	37.7	-
9th Grade	244	1,642	15.1	13.1	17.4	-
10th Grade	205	1,532	13.2	11.3	15.3	-
11th Grade	143	1,223	10.5	8.5	12.9	-
12th Grade	125	981	13.9	10.8	17.8	-
American Indian	69	537	14.1	10.3	19.0	-
Asian/Pacific Islander	19	132	14.5	8.4	23.9	Unstable
Black/African American	15	71	16.8	6.7	36.3	Very Unstable
Hispanic	495	3,812	13.2	11.9	14.6	-
White	137	887	13.1	9.3	18.2	-
2005	450	2,890	16.5	14.8	18.3	-
2007	458	2,999	14.4	12.9	16.0	-
2009	535	4,318	11.9	10.6	13.3	-
2011	434	3,534	12.9	11.1	15.0	-
2013	746	5,506	13.3	11.8	15.1	-
Northeast Health Region	746	5,506	13.3	11.8	15.1	-
New Mexico	766	5,433	13.7	12.7	14.7	-
United States		13,485	13.6	12.3	15.0	-

Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

Percentage of students who made a plan about how they would attempt suicide during the past 12 months.

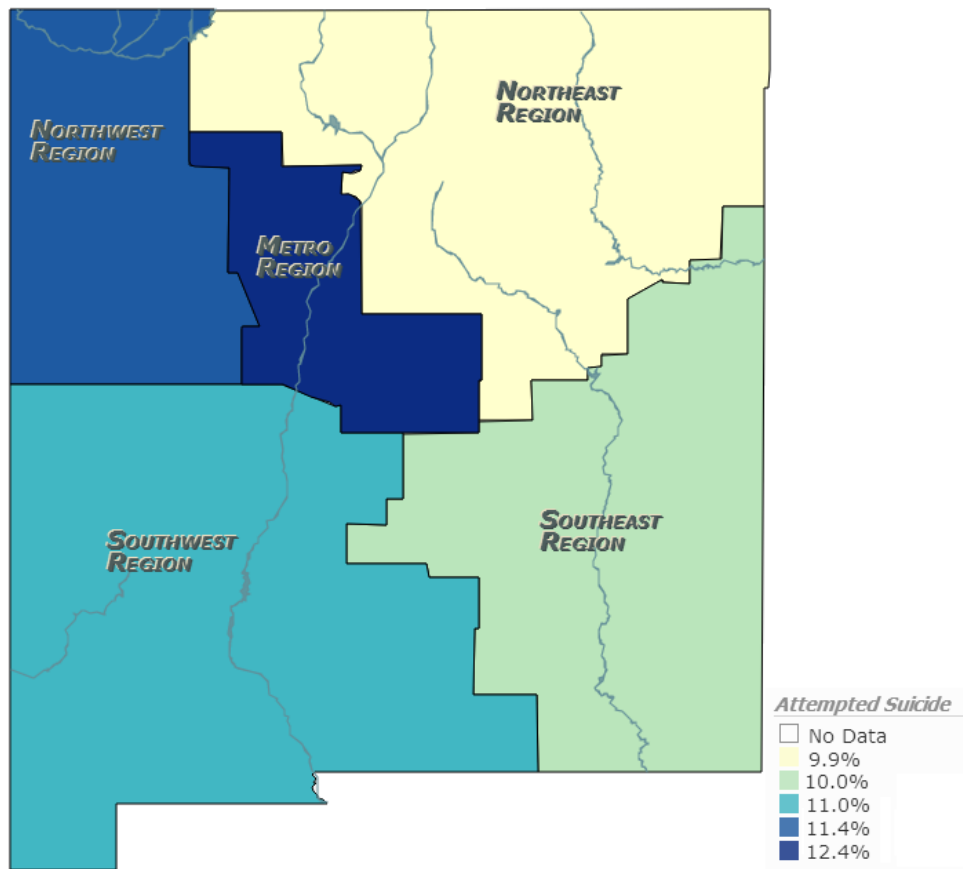
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

4.3 YOUTH WHO ATTEMPTED SUICIDE

According to the National Center for Health Statistics (NCHS), suicide was the second leading cause of death in NM and in the US for youth between the ages of 10 and 24 in 2013. While girls are more likely than boys to attempt suicide, boys are more likely than girls to die of suicide. A previous suicide attempt is among the strongest risk factors for completed suicide. The percentage of US high school students who attempted suicide has remained relatively stable, while the NM rate has decreased from 12.9% in 2001 to 9.4% in 2013 (DASH). In 2013, the NM rate (9.4%) was similar to the US rate (8.0%), and NM ranked 14th of the 40 states that asked this question in the YRBSS.

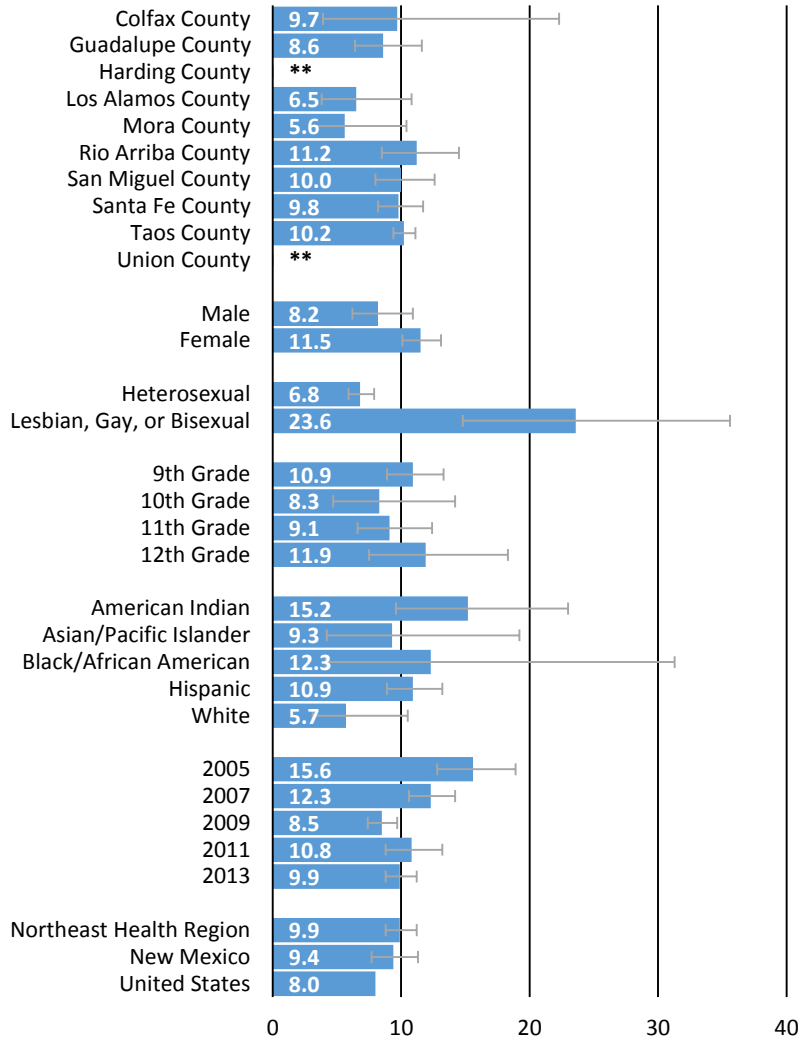
Students who attempted suicide were identified by answering one or more to the question, “During the past 12 months, how many times did you actually attempt suicide?” More information: https://ibis.health.state.nm.us/indicator/view/MentHlthYouthSuicAtt.Year.NM_US.html.

Percentage of Students Who Attempted Suicide in the Past 12 Months by Health Region, New Mexico, 2013



Percentage of Students Who Attempted Suicide in the Past 12 Months

Northeast Health Region
2013



Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

[Back to Table of Contents](#)

Northeast Health Region
Percentage of Students Who Attempted Suicide in the Past 12 Months
2013

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Colfax County	18	239	9.7	3.9	22.3	Very Unstable
Guadalupe County	13	144	8.6	6.4	11.6	-
Harding County	**	**	**	**	**	n/a
Los Alamos County	19	294	6.5	3.8	10.8	Unstable
Mora County	7	113	5.6	2.9	10.4	Unstable
Rio Arriba County	85	760	11.2	8.5	14.5	-
San Miguel County	141	1,173	10.0	8.0	12.6	-
Santa Fe County	202	2,280	9.8	8.2	11.7	-
Taos County	66	614	10.2	9.4	11.1	-
Union County	**	**	**	**	**	n/a
Male	181	2,227	8.2	6.2	10.9	-
Female	264	2,482	11.5	10.1	13.1	-
Heterosexual	252	3947	6.8	5.9	7.9	-
Lesbian, Gay, or Bisexual	136	480	23.6	14.8	35.6	-
9th Grade	152	1,372	10.9	8.9	13.3	-
10th Grade	125	1,296	8.3	4.7	14.2	Unstable
11th Grade	83	1,073	9.1	6.6	12.4	-
12th Grade	70	863	11.9	7.5	18.3	-
American Indian	58	442	15.2	9.6	23.0	-
Asian/Pacific Islander	10	118	9.3	4.2	19.2	Very Unstable
Black/African American	11	59	12.3	4.1	31.3	Very Unstable
Hispanic	300	3,225	10.9	8.9	13.2	-
White	63	817	5.7	3.1	10.5	Unstable
2005	336	2,372	15.6	12.8	18.9	-
2007	311	2,455	12.3	10.6	14.2	-
2009	312	3,739	8.5	7.4	9.7	-
2011	287	3,043	10.8	8.8	13.2	-
2013	446	4,713	9.9	8.8	11.2	-
Northeast Health Region	446	4,713	9.9	8.8	11.2	-
New Mexico	447	4,750	9.4	7.7	11.3	-
United States		11,982	8.0	7.2	8.9	-

Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health. Percentage of students who actually attempted suicide one or more times during the past 12 months.

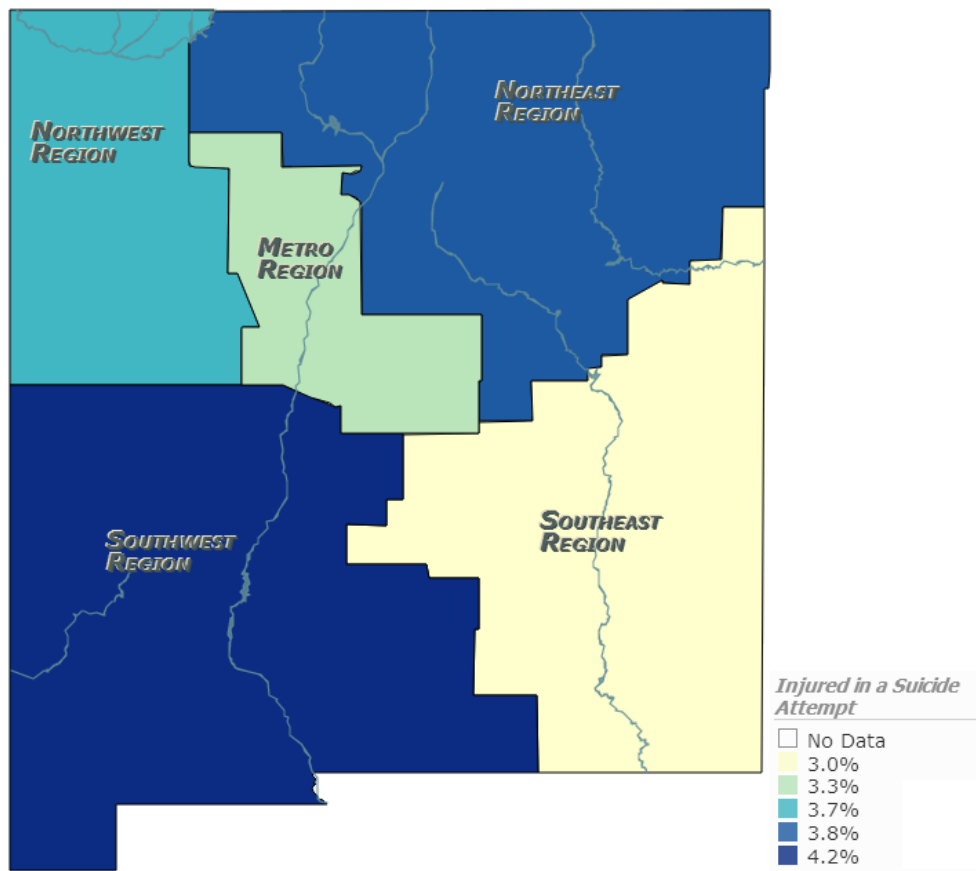
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

4.4 YOUTH INJURED IN A SUICIDE ATTEMPT

The prevalence of high school students who were injured during a suicide attempt is a Healthy People 2020 Mental Health indicator. In 2013, 3.1% of NM high school students reported being injured in a suicide attempt. This is similar to the 2013 US prevalence of injuries in suicide attempts (2.7%) (DASH). NM ranked 17th of 34 states that asked this question in 2013.

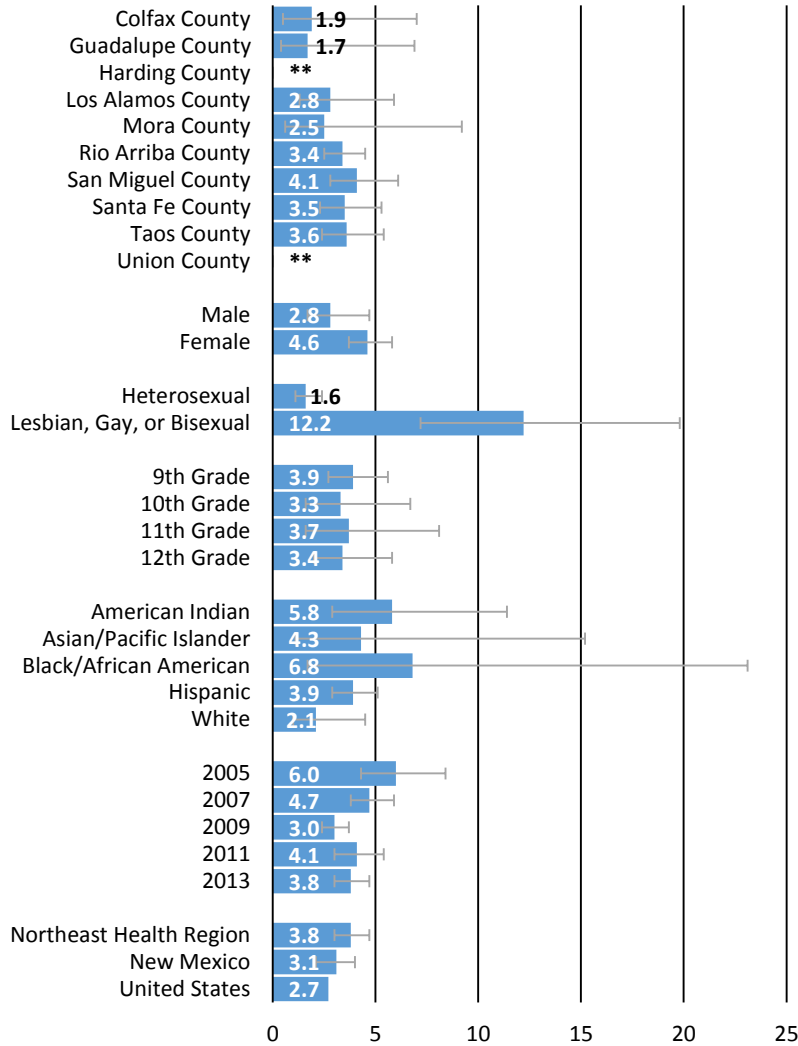
Students who were injured in a suicide attempt were identified by answering “Yes” to the question “If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?”

Percentage of Students Injured in a Suicide Attempt in the Past 12 Months by Health Region, New Mexico, 2013



Percentage of Students Injured in a Suicide Attempt in the Past 12 Months

Northeast Health Region
2013



Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

[Back to Table of Contents](#)

Northeast Health Region**Percentage of Students Injured in a Suicide Attempt in the Past 12 Months****2013**

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Colfax County	4	239	1.9	0.5	7.0	Very Unstable
Guadalupe County	2	144	1.7	0.4	6.9	Very Unstable
Harding County	**	**	**	**	**	n/a
Los Alamos County	7	294	2.8	1.3	5.9	Very Unstable
Mora County	3	112	2.5	0.6	9.2	Very Unstable
Rio Arriba County	24	759	3.4	2.5	4.5	-
San Miguel County	48	1,168	4.1	2.8	6.1	-
Santa Fe County	63	2,275	3.5	2.3	5.3	-
Taos County	23	610	3.6	2.4	5.4	-
Union County	**	**	**	**	**	n/a
Male	52	2,219	2.8	1.7	4.7	Unstable
Female	92	2,481	4.6	3.7	5.8	-
Heterosexual	57	3934	1.6	1.1	2.4	-
Lesbian, Gay, or Bisexual	61	482	12.2	7.2	19.8	Unstable
9th Grade	52	1,371	3.9	2.7	5.6	-
10th Grade	38	1,291	3.3	1.6	6.7	Very Unstable
11th Grade	25	1,071	3.7	1.6	8.1	Very Unstable
12th Grade	23	860	3.4	2.0	5.8	Unstable
American Indian	19	443	5.8	2.9	11.4	Unstable
Asian/Pacific Islander	3	120	4.3	1.1	15.2	Very Unstable
Black/African American	4	59	6.8	1.7	23.1	Very Unstable
Hispanic	97	3,212	3.9	2.9	5.1	-
White	20	817	2.1	1.0	4.5	Very Unstable
2005	119	2,346	6.0	4.3	8.4	-
2007	122	2,452	4.7	3.8	5.9	-
2009	113	3,734	3.0	2.4	3.7	-
2011	102	3,021	4.1	3.0	5.4	-
2013	145	4,704	3.8	3.0	4.7	-
Northeast Health Region	145	4,704	3.8	3.0	4.7	-
New Mexico	151	4,727	3.1	2.1	4.0	-
United States		11,750	2.7	2.3	3.1	-

Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health. Percentage of students who actually attempted suicide one or more times during the past 12 months.

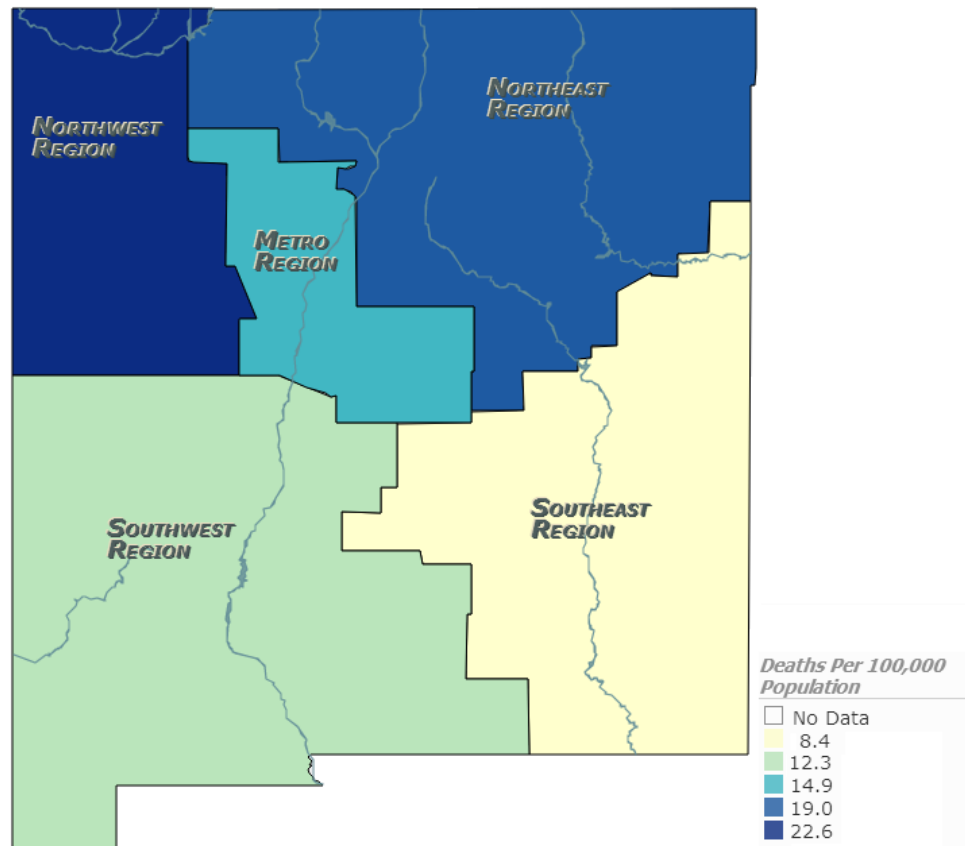
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

4.5 YOUTH SUICIDE

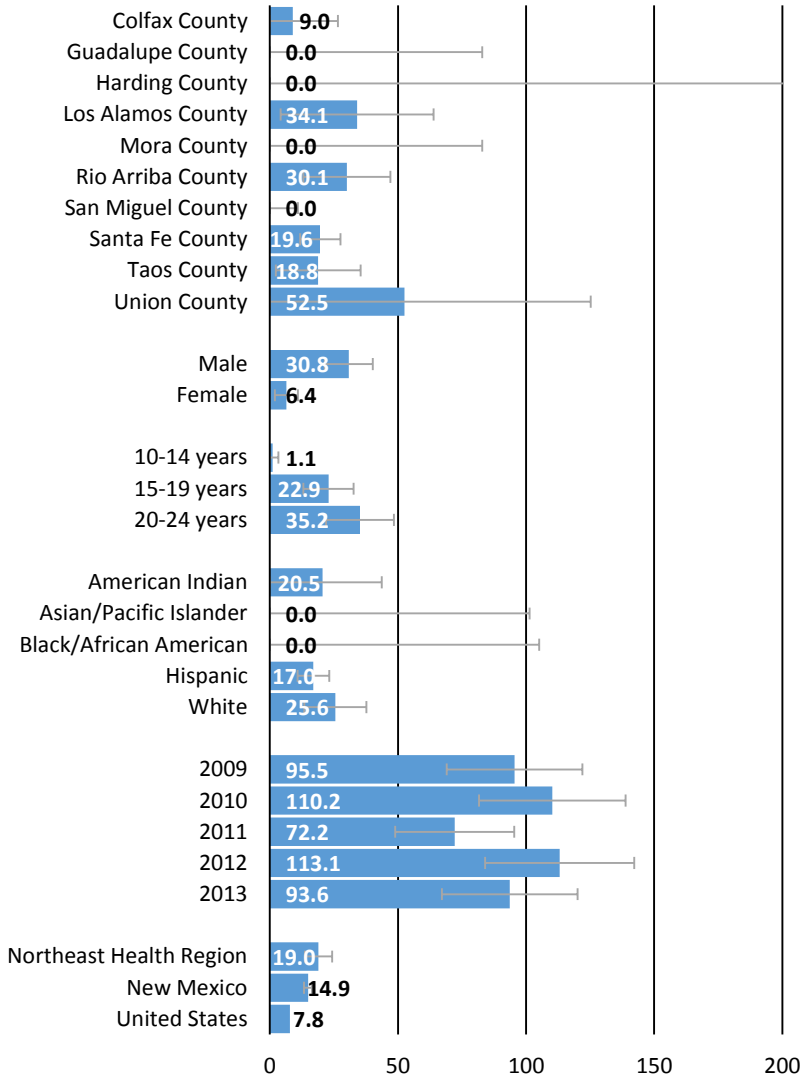
Adolescent suicide is a public health problem of considerable magnitude in New Mexico. Suicide was the second leading cause of death in NM youth 10-24 years of age in 2013, with 62 deaths reported that year (NCHS). Mental disorders increase the risk for both attempted and completed suicide. American Indian/Alaskan Native youth have higher rates of suicide-related fatalities than Hispanic or White youth in NM. Other risk factors for completed suicide among youth include substance abuse, a family history of suicidal behavior, parental psychiatric disorders, stressful life events, and access to firearms. From 1999 to 2013, the youth suicide rate in NM has remained stable while the US rate has increased slightly (NCHS). From 2009 to 2013, the youth suicide rate in NM (14.9 per 100,000) was 91% higher than the US rate (7.8 per 100,000). In 2013, NM ranked sixth among the 50 states for suicides among adolescents (10-24 years), and has ranked among the top 10 states since 1995.

Suicides are recorded in the BVRHS dataset with the International Classification of Diseases, version 10 (ICD-10) codes X60-X84, Y87.0, and *U03. Suicides between the ages of 10 and 24 years were included in the youth suicide indicator. Sexual orientation data are not reported on death certificates. More information: https://ibis.health.state.nm.us/indicator/view/SuicDeathYouth.Year.NM_US.html.

**Suicides per 100,000 Population, Youth Age 10-24 Years
by Health Region, New Mexico, 2013**



Suicides per 100,000 Population,
Youth Age 10-24 Years
Northeast Health Region
2009-2013



Source: New Mexico Department of Health, Bureau of Vital Records and Health Statistics.

[Back to Table of Contents](#)

Northeast Health Region
Suicides per 100,000 Population, Youth Age 10-24 Years
2009-2013

	Number of Deaths	Person-Years	Crude Rate	LCL	UCL	Statistical Stability
Colfax County	1	11,165	9.0	0.0	26.5	Very Unstable
Guadalupe County	0	4,094	0.0	0.0	82.9	No Variance
Harding County	0	386	0.0	0.0	876.4	No Variance
Los Alamos County	5	14,674	34.1	4.2	63.9	Unstable
Mora County	0	4,092	0.0	0.0	82.9	No Variance
Rio Arriba County	12	39,864	30.1	13.1	47.1	-
San Miguel County	0	31,154	0.0	0.0	10.9	No Variance
Santa Fe County	24	122,128	19.6	11.8	27.5	-
Taos County	5	26,522	18.8	2.3	35.4	Unstable
Union County	2	3,810	52.5	0.0	125.2	Very Unstable
Male	41	133,178	30.8	21.4	40.2	-
Female	8	124,712	6.4	2.0	10.9	Unstable
10-14 years	1	89,459	1.1	0.0	3.3	Very Unstable
15-19 years	21	91,660	22.9	13.1	32.7	-
20-24 years	27	76,771	35.2	21.9	48.4	-
American Indian	3	14,633	20.5	0.0	43.7	Very Unstable
Asian/Pacific Islander	0	3,345	0.0	0.0	101.4	No Variance
Black/African American	0	3,228	0.0	0.0	105.1	No Variance
Hispanic	29	170,236	17.0	10.8	23.2	-
White	17	66,449	25.6	13.4	37.7	-
2009	50	52,347	95.5	69.0	122.0	-
2010	57	51,736	110.2	81.6	138.8	-
2011	37	51,258	72.2	48.9	95.4	-
2012	58	51,293	113.1	84.0	142.2	-
2013	48	51,256	93.6	67.2	120.1	-
Northeast Health Region	49	257,890	19.0	13.7	24.3	-
New Mexico	324	2,172,323	14.9	13.3	16.5	-
United States	25,043	322,261,738	7.8	7.7	7.9	-

Source: New Mexico Department of Health, Bureau of Vital Records and Health Statistics and Centers for Disease Control and Prevention, National Center for Health Statistics.

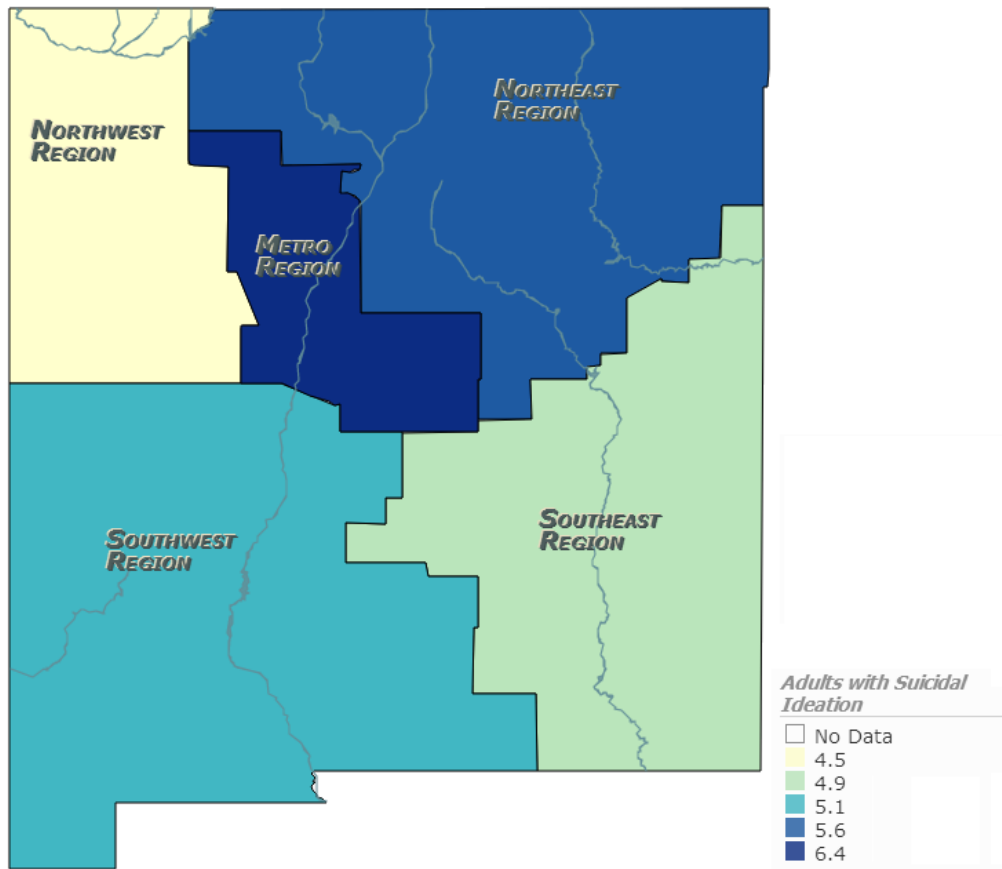
5 SUICIDAL BEHAVIOR

5.1 ADULT SUICIDAL IDEATION

Suicidal ideation refers to thoughts of suicide or wanting to take one's own life, and is a risk factor for suicide or attempted suicide. Thinking about committing suicide is a form of suicidal ideation. Each year, approximately 58,000 adults in NM (3.8%) and 9,196,000 adults in the US (3.9%) seriously consider suicide (SAMHSA). New Mexico was one of the ten states with the lowest prevalence for serious suicide consideration among adults 2012-2013. According to the 2011 BRFSS, the prevalence of thinking about suicide among adults was 5.7% in 2011.

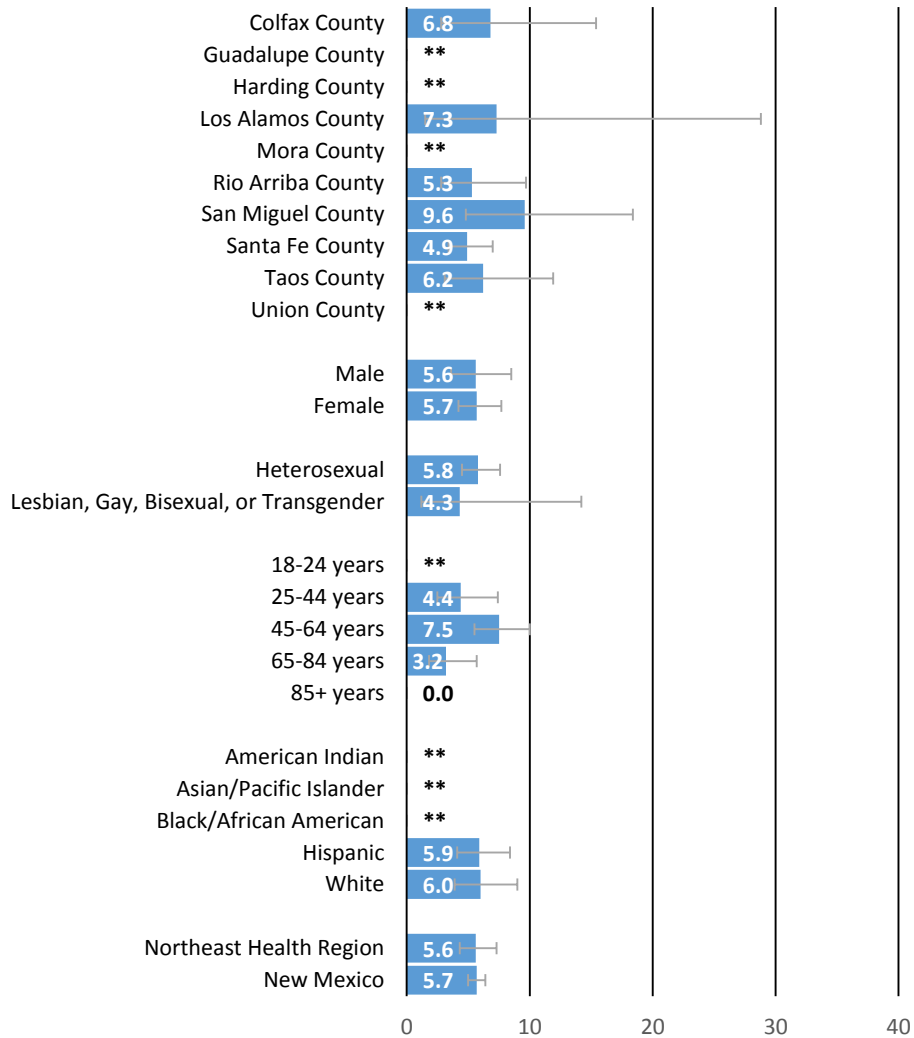
The suicidal behavior module was added to the 2011 BRFSS. Adults with suicidal ideation were identified by answering “Yes” to the question “In the past year, have you felt so low at times that you thought about committing suicide?” US data are not available because this BRFSS module was optional. For some regions, sexual orientation data are not available due to the low number of respondents.

Percentage of Adults with Suicidal Ideation in Last 12 Months by Health Region, New Mexico, 2011



Percentage of Adults with Suicidal Ideation in Last 12 Months

Northeast Health Region
2011



Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS)

[Back to Table of Contents](#)

Northeast Health Region
Percentage of Adults with Suicidal Ideation in Last 12 Months
2011

	Number of Deaths	Sample Size	Crude Rate	LCL	UCL	Statistical Stability
Colfax County	7	79	6.8	2.8	15.4	Very Unstable
Guadalupe County	**	**	**	**	**	n/a
Harding County	**	**	**	**	**	n/a
Los Alamos County	4	113	7.3	1.5	28.8	Very Unstable
Mora County	**	**	**	**	**	n/a
Rio Arriba County	12	201	5.3	2.8	9.7	Unstable
San Miguel County	12	127	9.6	4.8	18.4	Unstable
Santa Fe County	38	728	4.9	3.4	7.0	-
Taos County	10	154	6.2	3.1	11.9	Unstable
Union County	**	**	**	**	**	n/a
Male	33	609	5.6	3.6	8.5	-
Female	52	882	5.7	4.2	7.7	-
Heterosexual	82	1395	5.8	4.5	7.6	-
Lesbian, Gay, Bisexual, or Transgender	3	55	4.3	1.2	14.2	Very Unstable
18-24 years	**	**	**	**	**	n/a
25-44 years	15	301	4.4	2.5	7.4	Unstable
45-64 years	51	648	7.5	5.5	10.0	-
65-84 years	13	444	3.2	1.8	5.7	Unstable
85+ years	**	**	**	**	**	No Variance
American Indian	**	**	**	**	**	n/a
Asian/Pacific Islander	**	**	**	**	**	n/a
Black/African American	**	**	**	**	**	n/a
Hispanic	40	643	5.9	4.1	8.4	-
White	41	761	6.0	3.9	9.0	-
Northeast Health Region	85	1,491	5.6	4.3	7.3	-
New Mexico	413	8,422	5.7	5.0	6.4	-

Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS)

Has there been a time in the past 12 months when you thought of taking your own life?

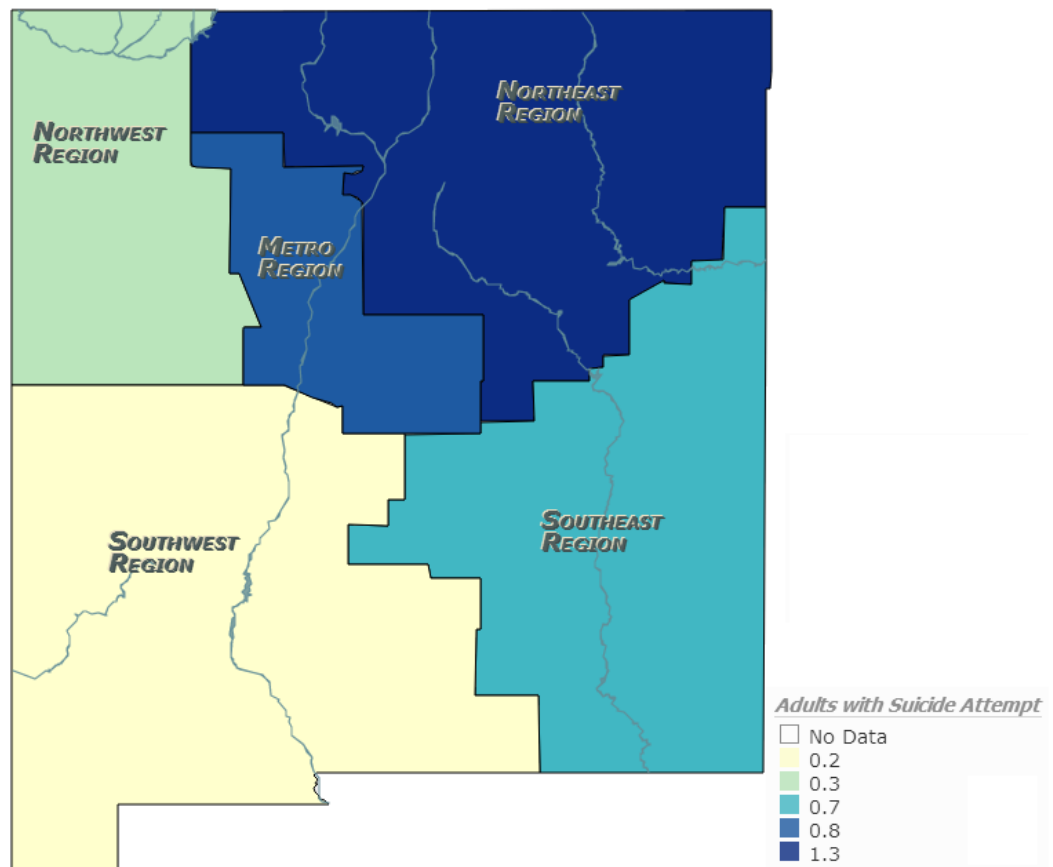
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

5.2 ADULT SUICIDE ATTEMPTS

A previous suicide attempt is among the strongest risk factors for completed suicide. In 2011, 0.7% of NM adults reported that they had attempted suicide in the past 12 months.

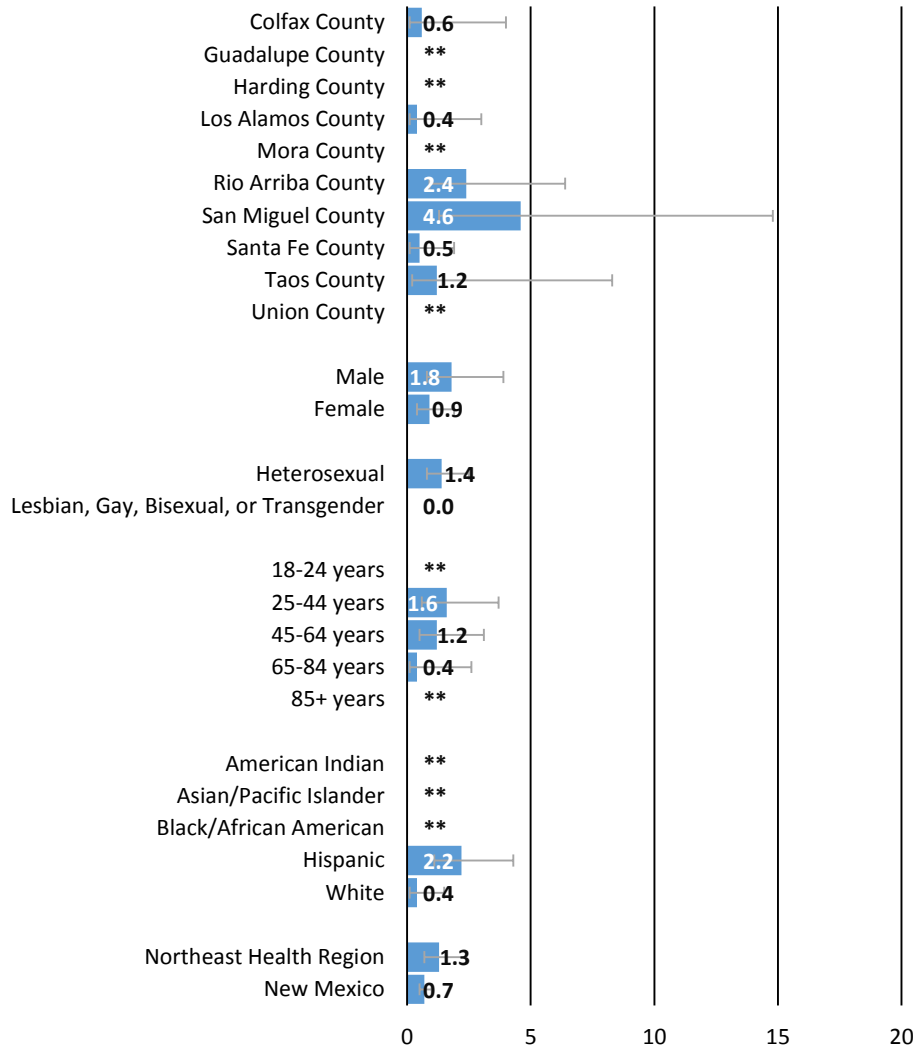
The suicidal behavior module was added to the 2011 BRFSS. Adults with a history of suicide attempt were identified by answering “Yes” to the question “In the past year, have you attempted suicide?” US data are not available because this BRFSS module was optional. For some regions, sexual orientation data are not available due to the low number of respondents.

Percentage of Adults with a Suicide Attempt in Past 12 Months by Health Region, New Mexico, 2011



Percentage of Adults with a Suicide Attempt in Past 12 Months

Northeast Health Region
2011



Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS)

[Back to Table of Contents](#)

Northeast Health Region**Percentage of Adults with a Suicide Attempt in Past 12 Months****2011**

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Colfax County	1	79	0.6	0.1	4.0	Very Unstable
Guadalupe County	**	**	**	**	**	n/a
Harding County	**	**	**	**	**	n/a
Los Alamos County	1	114	0.4	0.1	3.0	Very Unstable
Mora County	**	**	**	**	**	n/a
Rio Arriba County	4	201	2.4	0.9	6.4	Very Unstable
San Miguel County	3	127	4.6	1.3	14.8	Very Unstable
Santa Fe County	2	727	0.5	0.1	1.9	Very Unstable
Taos County	1	155	1.2	0.2	8.3	Very Unstable
Union County	**	**	**	**	**	n/a
Male	7	610	1.8	0.8	3.9	Very Unstable
Female	7	882	0.9	0.4	1.9	Very Unstable
Heterosexual	14	1396	1.4	0.8	2.5	Unstable
Lesbian, Gay, Bisexual, or Transgender	0	55	0.0	-	-	No Variance
18-24 years	**	**	**	**	**	n/a
25-44 years	5	301	1.6	0.6	3.7	Very Unstable
45-64 years	6	649	1.2	0.5	3.1	Very Unstable
65-84 years	1	444	0.4	0.1	2.6	Very Unstable
85+ years	**	**	**	**	**	n/a
American Indian	**	**	**	**	**	n/a
Asian/Pacific Islander	**	**	**	**	**	n/a
Black/African American	**	**	**	**	**	n/a
Hispanic	10	642	2.2	1.1	4.3	Unstable
White	3	763	0.4	0.1	1.5	Very Unstable
Northeast Health Region	14	1,492	1.3	0.7	2.4	Unstable
New Mexico	40	8,423	0.7	0.5	1.0	-

Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS)

During the past 12 months, did you attempt to commit suicide?

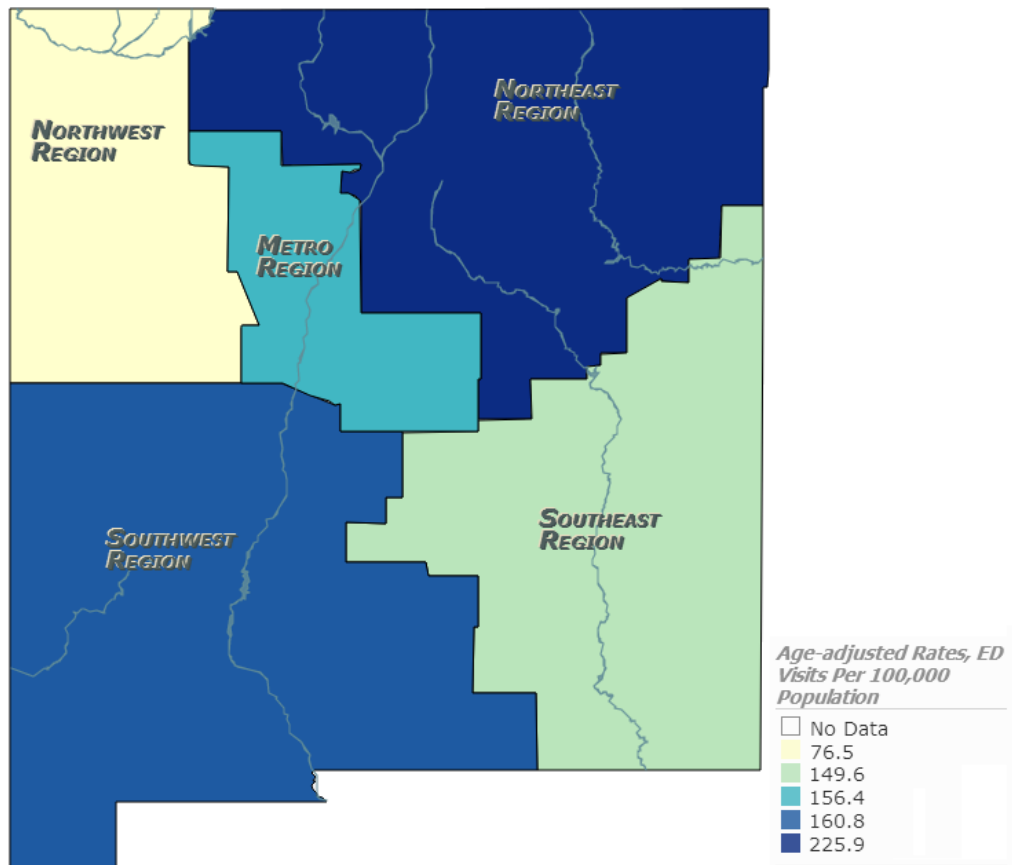
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

5.3 EMERGENCY DEPARTMENT ENCOUNTERS FOR SELF INJURY

In New Mexico, suicidal behaviors are a serious public health problem and a major cause of morbidity and mortality. In 2013, suicide was the eighth leading cause of all death in New Mexico, and the second leading cause of death among youth and adults 15-44 years (NCHS). In 2013 suicide accounted for 9.8% of the total Years of Potential Life Lost (YPLL) in NM among those under 65 years of age. In a survey of the fifty states and the District of Columbia 2012-2013, NM ranked fifth of 51 for suicide deaths, and has ranked among the top 10 since 1997. The age-adjusted rate of suicide attempts resulting in emergency room visits has remained relatively stable from 2010 to 2013. From 2010 to 2013, there were 150 visits to the emergency room following self injury for every 100,000 New Mexico residents.

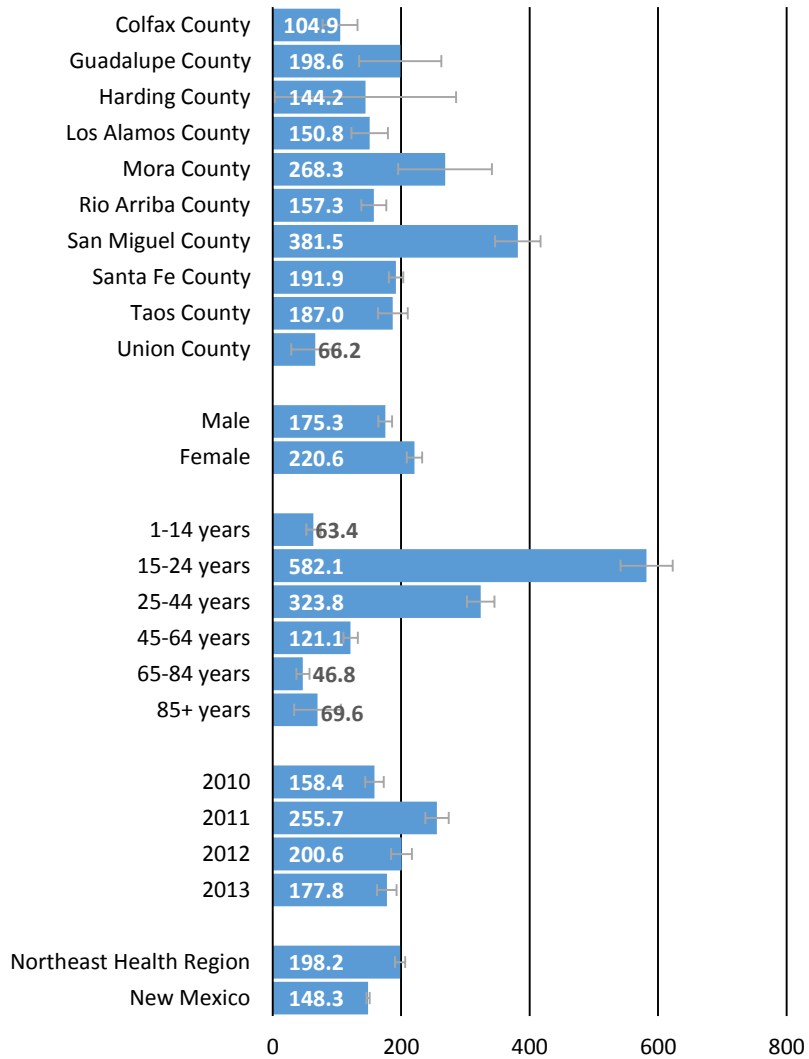
Emergency department visits for intentional self injury include primary diagnoses of ICD-9 codes E950-E959. Hospital discharges for mood disorders include inpatient hospital records with a primary diagnosis of Sexual orientation data are not submitted to the ED dataset. Race/ethnicity data are not reported due to the high prevalence of missing entries. Comparable US ED data are not available for this timeframe.

Emergency Department Encounters for Intentional Self Harm per 100,000 Population by Health Region, New Mexico, 2010-2013



Emergency Department Encounters for Intentional Self Harm per 100,000 Population

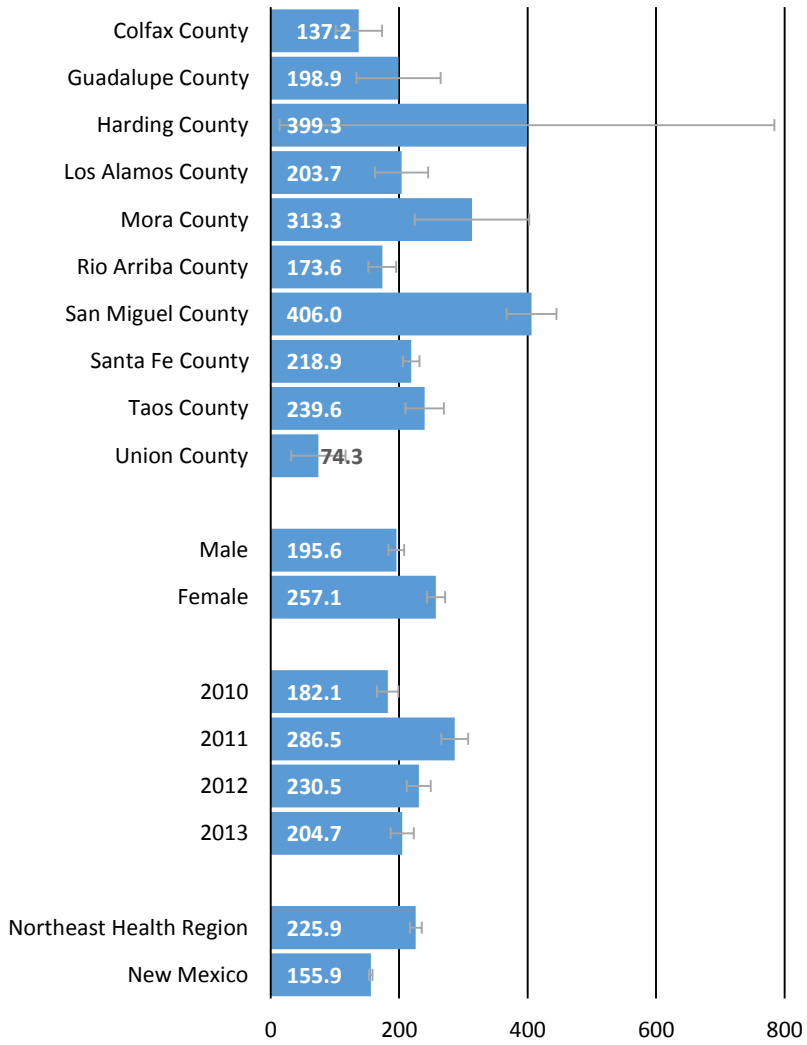
Northeast Health Region 2010-2013



Source: Emergency Department Data, New Mexico Department of Health, Health Systems Epidemiology Program

Emergency Department Encounters for Intentional Self Harm per 100,000 Population *

Northeast Health Region
2010-2013



Source: Emergency Department Data, New Mexico Department of Health, Health Systems Epidemiology Program

* Age-adjusted to the U.S. 2000 standard population.

[Back to Table of Contents](#)

Northeast Health Region
Emergency Department Encounters for Intentional Self Harm per 100,000 Population
2010-2013

	Number of Encounters	Person-Years	Crude Rate	LCL	UCL	Statistical Stability	AA Rate*	LCL	UCL	Statistical Stability
Colfax County	57	54,324	104.9	77.7	132.2	-	137.2	100.9	173.5	-
Guadalupe County	37	18,629	198.6	134.7	262.6	-	198.9	133.3	264.5	-
Harding County	4	2,773	144.2	3.0	285.5	Unstable	399.3	14.1	784.5	Unstable
Los Alamos County	109	72,292	150.8	122.5	179.1	-	203.7	162.4	245.0	-
Mora County	52	19,380	268.3	195.5	341.1	-	313.3	224.0	402.6	-
Rio Arriba County	253	160,826	157.3	137.9	176.7	-	173.6	152.0	195.1	-
San Miguel County	445	116,637	381.5	346.1	416.9	-	406.0	367.1	445.0	-
Santa Fe County	1,121	584,275	191.9	180.6	203.1	-	218.9	205.8	231.9	-
Taos County	248	132,588	187.0	163.8	210.3	-	239.6	209.5	269.7	-
Union County	12	18,119	66.2	28.8	103.7	-	74.3	31.9	116.7	-
Male	1,024	584,137	175.3	164.6	186.0	-	195.6	183.5	207.8	-
Female	1,314	595,707	220.6	208.7	232.5	-	257.1	242.9	271.3	-
1-14 years	123	193,951	63.4	52.2	74.6	-				
15-24 years	782	134,349	582.1	541.4	622.7	-				
25-44 years	885	273,316	323.8	302.5	345.1	-				
45-64 years	450	371,596	121.1	109.9	132.3	-				
65-84 years	81	173,136	46.8	36.6	57.0	-				
85+ years	14	20,124	69.6	33.1	106.0	-				
2010	465	293,620	158.4	144.0	172.8	-	182.1	165.3	198.9	-
2011	755	295,318	255.7	237.4	273.9	-	286.5	265.6	307.3	-
2012	593	295,552	200.6	184.5	216.8	-	230.5	211.6	249.3	-
2013	525	295,353	177.8	162.6	193.0	-	204.7	186.9	222.5	-
Northeast Health Region	2,338	1,179,843	198.2	190.1	206.2	-	225.9	216.6	235.2	-
New Mexico	12,359	8,335,512	148.3	145.7	150.9	-	155.9	153.1	158.6	-

Source: Emergency Department Data, New Mexico Department of Health, Health Systems Epidemiology Program
 ICD-9 Codes E950-E959

* Age-adjusted to the U.S. 2000 standard population.

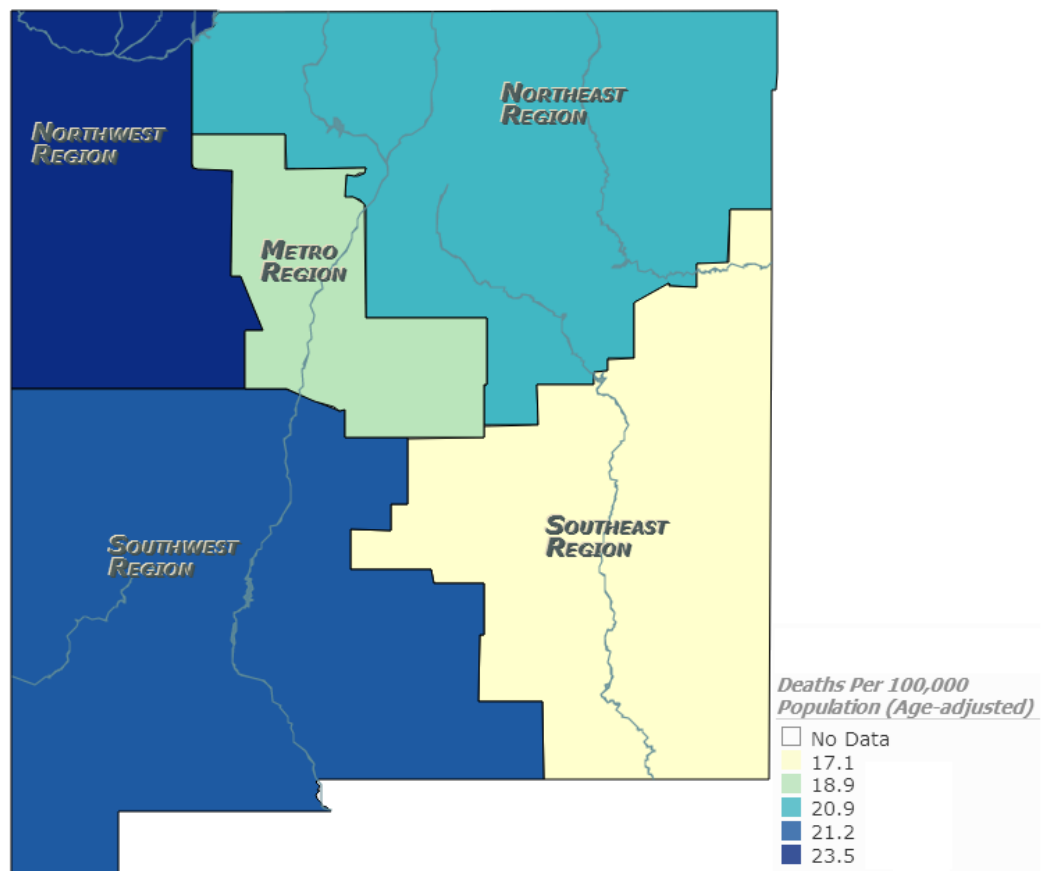
5.4 SUICIDE

In NM, suicidal behaviors are a serious public health problem and a major cause of morbidity and mortality. In 2013, suicide was the eighth leading cause of all death in NM, and the second leading cause of death for all age groups 15-44 years (NCHS). From 2009 to 2013, suicide accounted for an average of 8,898 YPLL per year in NM. Over the last 15 years, suicide rates have increased slightly in NM and the US (NCHS). The suicide rate in NM has consistently been 1.5-2 times the US rate. In 2013, the age-adjusted suicide rate in NM was 59% higher than the US age-adjusted rate. In a 2012-2013 survey of the fifty states and the District of Columbia, NM ranked fifth for suicides, and has ranked among the top 10 states since 1997.

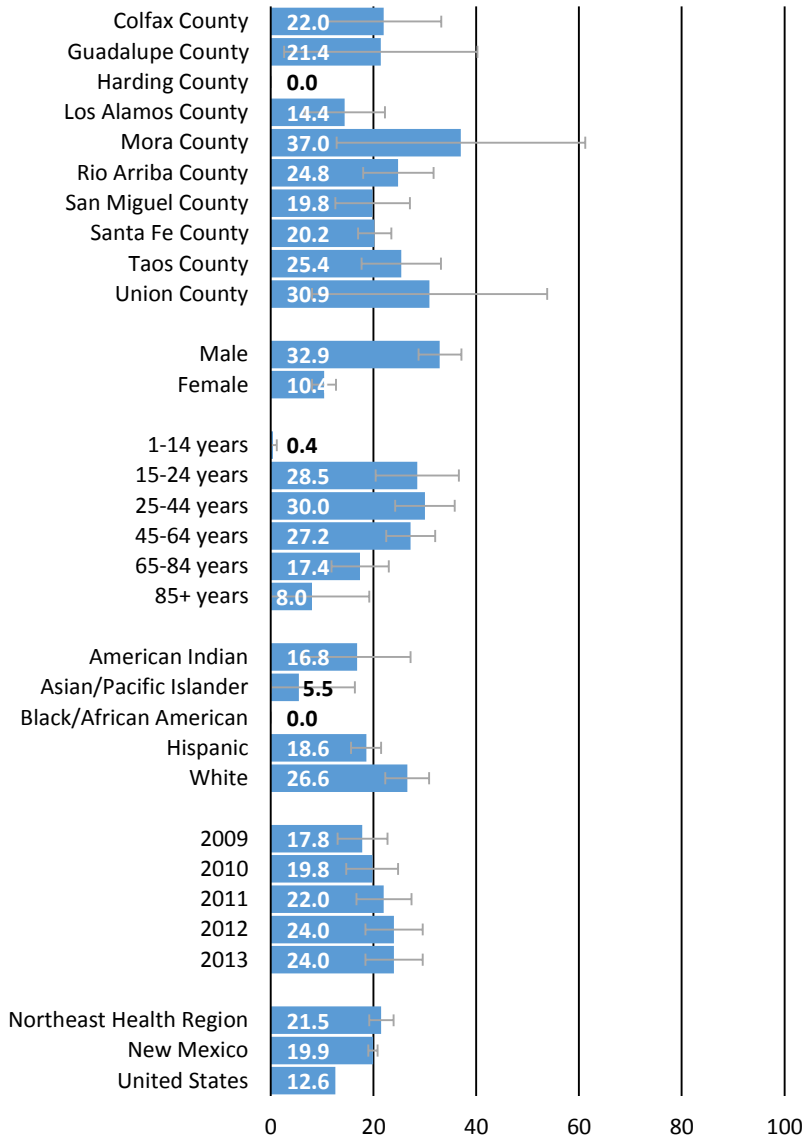
Suicides are recorded in the BVRHS dataset with the International Classification of Diseases, version 10 (ICD-10) codes X60-X84, Y87.0, and *U03. Sexual orientation data are not reported on death certificates. More information:

https://ibis.health.state.nm.us/indicator/view/SuicDeath.Year.NM_US.html.

Suicides per 100,000 Population by Health Region, New Mexico, 2009-2013

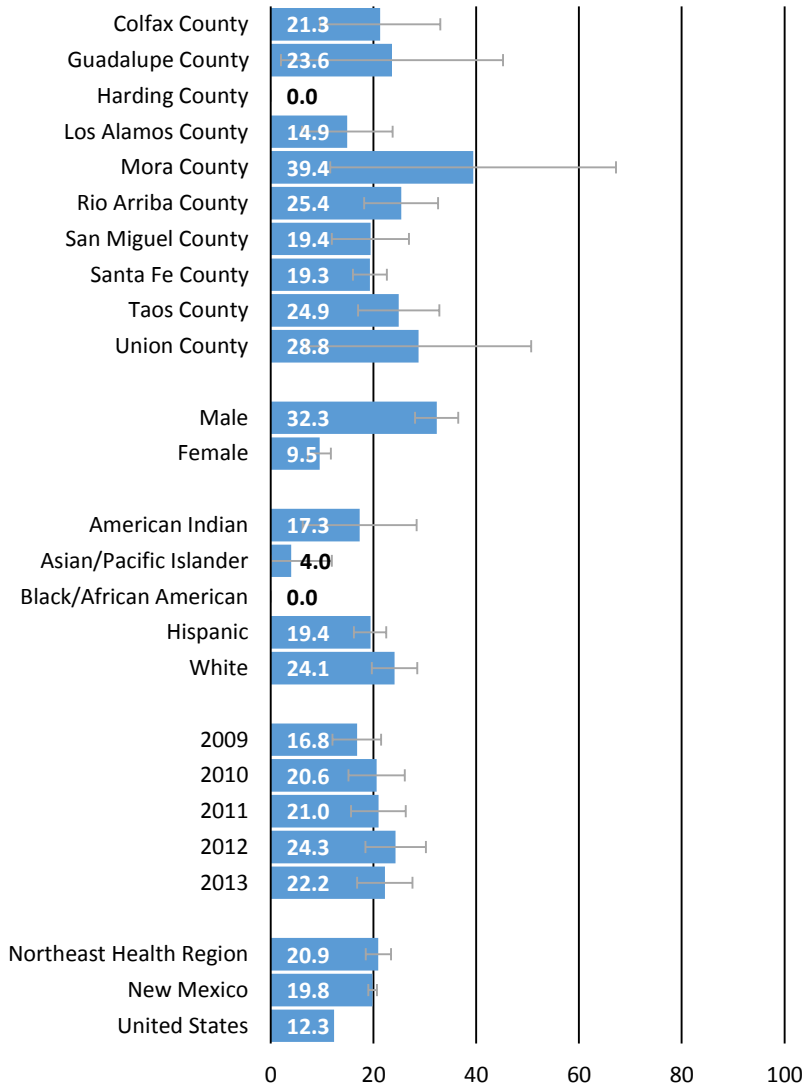


Suicides per 100,000 Population Northeast Health Region 2009-2013



Source: New Mexico Department of Health, Bureau of Vital Records and Health Statistics.

Suicides per 100,000 Population Northeast Health Region* 2009-2013



Source: New Mexico Department of Health, Bureau of Vital Records and Health Statistics.

* Age-adjusted to the U.S. 2000 standard population.

[Back to Table of Contents](#)

**Northeast Health Region
Suicides per 100,000 Population
2009-2013**

	Number of Deaths	Person-Years	Crude Rate	LCL	UCL	Statistical Stability	AA Rate*	LCL	UCL	Statistical Stability
Colfax County	15	68,127	22.0	10.9	33.2	-	21.3	9.6	33.0	-
Guadalupe County	5	23,318	21.4	2.6	40.2	Unstable	23.6	2.0	45.2	Unstable
Harding County	0	3,479	0.0	-	-	No Variance	0.0	-	-	No Variance
Los Alamos County	13	90,286	14.4	6.6	22.2	-	14.9	6.1	23.7	Unstable
Mora County	9	24,294	37.0	12.8	61.2	Unstable	39.4	11.6	67.2	Unstable
Rio Arriba County	50	201,190	24.8	18.0	31.7	-	25.4	18.2	32.6	-
San Miguel County	29	146,122	19.8	12.6	27.1	-	19.4	11.9	26.9	-
Santa Fe County	147	726,944	20.2	17.0	23.5	-	19.3	16.0	22.6	-
Taos County	42	165,260	25.4	17.7	33.1	-	24.9	17.0	32.8	-
Union County	7	22,634	30.9	8.0	53.8	Unstable	28.8	6.9	50.7	Unstable
Male	240	728,525	32.9	28.8	37.1	-	32.3	28.1	36.5	-
Female	77	743,130	10.4	8.0	12.7	-	9.5	7.2	11.7	-
1-14 years	1	243,386	0.4	0.0	1.2	Very Unstable				
15-24 years	48	168,431	28.5	20.4	36.6	-				
25-44 years	103	342,962	30.0	24.2	35.8	-				
45-64 years	126	462,452	27.2	22.5	32.0	-				
65-84 years	37	212,788	17.4	11.8	23.0	-				
85+ years	2	24,891	8.0	0.0	19.2	Very Unstable				
American Indian	10	59,544	16.8	6.4	27.2	Unstable	17.3	6.2	28.4	Unstable
Asian/Pacific Islander	1	18,038	5.5	0.0	16.4	Very Unstable	4.0	0.0	11.9	Very Unstable
Black/African American	0	11,608	0.0	-	-	No Variance	0.0	-	-	No Variance
Hispanic	151	814,181	18.6	15.6	21.5	-	19.4	16.2	22.5	-
White	151	568,284	26.6	22.3	30.8	-	24.1	19.7	28.5	-
2009	52	291,812	17.8	13.0	22.7	-	16.8	12.0	21.5	-
2010	58	293,620	19.8	14.7	24.8	-	20.6	15.1	26.1	-
2011	65	295,318	22.0	16.7	27.4	-	21.0	15.6	26.3	-
2012	71	295,552	24.0	18.4	29.6	-	24.3	18.4	30.2	-
2013	71	295,353	24.0	18.4	29.6	-	22.2	16.8	27.6	-
Northeast Health Region	317	1,471,655	21.5	19.2	23.9	-	20.9	18.5	23.4	-
New Mexico	2,063	10,371,635	19.9	19.0	20.8	-	19.8	19.0	20.7	-
United States	196,540	1,557,151,863	12.6	12.6	12.7	-	12.3	12.2	12.3	-

Source: New Mexico Department of Health, Bureau of Vital Records and Health Statistics and Centers for Disease Control and Prevention, National Center for Health Statistics.

* Age-adjusted to the U.S. 2000 standard population.

6 PUBLIC RESOURCES FOR MENTAL HEALTH PROMOTION

Crisis and Referral Lines:

- National Suicide Prevention Lifeline (<http://www.suicidepreventionlifeline.org/>): 1-800-273-TALK (8255). En Español: 1-800-SUICIDA (784-2432)
- New Mexico Crisis and Access Line: 1-855-NMCRISIS (662-7474)
- Teen to Teen Peer Counseling Hotline: 1-877-YOUTHLINE (1-877-968-8454)
- Native Youth Crisis Hotline: 1-877-209-1266
- Veterans Peer Support Line: 1-877-Vet2Vet (1-800-877-838-2838)
- University of New Mexico Agora Crisis Line (<http://www.unm.edu/~agora/>): 505-277-3013 or 1-866-HELP-1-NM
- New Mexico State University Crisis Assistance Listening Line: 1-575-646-2255 or 1-866-314-6841
- Graduate Student Hotline: 1-800-GRADHLP (1-800-472-3457)
- Postpartum Depression Hotline: 1-800-PPD-MOMS (1-800-773-6667)

Treatment Referral Services:

- OptumHealth NM (<https://stage.optumhealthnewmexico.com/index.html>) for a complete listing of behavioral health treatment services statewide at 1-866-660-7185
- SAMHSA Treatment Referral Helpline: 1-877-SAMHSA7 (1-877-726-4727)
- The SKY Center (<http://nmsip.org/services/sky-center/>): 1-505-473-6191

Resources for veterans and their families: <http://www.mentalhealth.gov/get-help/veterans/index.html>

Community Suicide Prevention Organizations:

- New Mexico Suicide Intervention Project (<http://nmsip.org/>): 505-820-1066
- New Mexico Suicide Prevention Coalition (<http://www.nmsuicideprevention.org/>): 505-401-9382
- Southern New Mexico Suicide Prevention and Survivors Support Coalition (<http://endsuicide.net>). Free peer-led groups open to any adult survivor of suicide held twice monthly.

References and Resources:

- CDC Suicide Prevention Facts and Resources: <http://www.cdc.gov/ViolencePrevention/suicide/index.html>
- SAMHSA Suicide Prevention Facts and Resources: <http://www.samhsa.gov/suicide-prevention>
- SAMHSA Tribal Training and Technical Assistance Center: <http://www.samhsa.gov/prevention/suicide.aspx>
- World Health Organization Suicide Prevention Facts and Resources: <http://www.who.int/topics/suicide/en/>
- National Strategy for Suicide Prevention: <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/index.html>
- Suicide Prevention Resource Center: <http://www.sprc.org/>

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