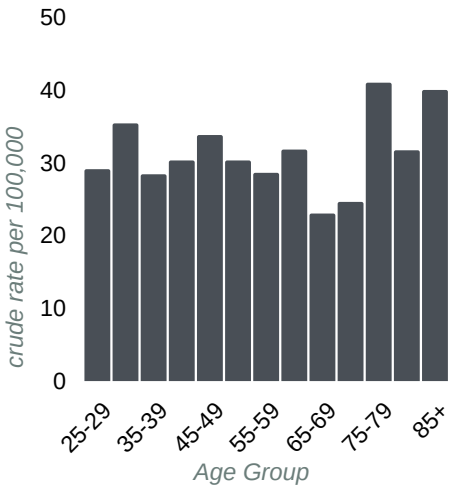
PREVENTING SUICIDE IN MICHIGAN MEN (PRISMM)

OVERVIEW

- 5-year CDC Grant
- Phase-1 of plan
- Focus on Adult Men, ages 25 and older

Men are 3X more likely to die by suicide than women

Suicide Rate in Michigan by Age Group, 2019



Project Summary

Preventing Suicide in Michigan Men (PRiSMM) is a 5-year CDC grant funded program aimed at reducing suicide in men ages 25 and older. To achieve this goal, MDHHS has implemented a comprehensive, multi-sector partnership and action plan that targets the male population in the state.

Suicide is the 10th leading cause of death in Michigan and men are more than 3 times as likely to die by suicide than women. Adult men accounted for 67% of suicide deaths in the state of Michigan during the years 2009 – 2018. These statistics are likely due to the stigma that exists around men seeking mental health treatment. Men who embrace gender norms are reluctant to acknowledge emotional issues, and therefore are less likely to seek help for depression, anxiety, and other mental health disorders. Because of this, it is important to reduce stigma, promote mental wellbeing, and ensure that men in Michigan have access to the help and resources they need.

The Preventing Suicide in Michigan Men project, led by MDHHS's Injury and Violence Prevention Section, in strong collaboration with University of Michigan's Injury Prevention Center, the University of Maryland Baltimore's Man Therapy Michigan team, Central Michigan University's Interdisciplinary Center for Community Health & Wellness, Henry Ford Health System, and Michigan's Departments of Veterans Affairs and Corrections, will work to reduce suicide in Michigan men by 10%over the course of the next 5 years.

STRATEGIC PARTNERSHIP GOALS

In accordance with the Centers for Disease Control and Prevention's Technical Package for Suicide, PRiSMM has incorporated comprehensive suicide prevention into its program goals.

The goals for PRiSMM include:

- Create strong multi-sectoral partnerships
- Use data to focus interventions on our vulnerable population
- Leverage existing programming statewide to reduce suicides and suicide behavior and identify gaps in programming
- Communicate effectively
- Perform rigorous evaluation for quality improvement and sustainability

PARTNERS

- Michigan Department of Corrections
- Henry Ford Health System
- Central Michigan University Interdisciplinary Center for Community Health and Wellness
- University Maryland-Baltimore Administrations
- University of Michigan Injury Prevention Center/ FACTS Consortium
- Michigan Veterans Affairs Agency Rev.

COMMUNICATION GOALS

KEY STAKEHOLDERS

- **public health and behavioral/ mental health organizations**
- **employment/labor**
- **higher education**
- **health care**
- **legal**
- **law enforcement/ corrections**
- **agricultural organizations**
- **private sector**
- **legislative liaisons**
- **media**
- **academics**
- **persons with lived experience**
- **survivors of suicide loss**
- **local suicide coalitions**

The communication goals of the PRiSMM project are:

- To keep the public and stakeholders informed of the project to build support for the program.
- To increase adult men in Michigan utilization of Man Therapy.
- To improve access to quality suicide care whether they are in urban or rural settings, and utilize systems delivering quality care.
- Disseminate information on reducing access to lethal means
- Improve community reporting on suicide (as it relates to safe messaging)
- To create data reports, social media tools, and marketing materials that help advance the work of the project.

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