



# Mental Health and Recovery Services Board

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## **PRESS RELEASE**

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### **Local data**

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Since 2012, the local Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties has been keeping track of data regarding deaths associated with suicide and drug overdose. The Board looks at other factors, such as 24/7 face-to-face crisis assessments, how many resulted in hospitalization vs. safety plans, the number of individuals admitted to the state hospital, individuals admitted to detox facilities and so on. I thought it would be educational for community members to get a short update on our community health and well-being, and put some thoughts on how each of us can make a difference in impacting these numbers in the future. Please remember, these numbers are what the Mental Health and Recovery Services Board believe are accurate based on the data we collect from various community agencies.

- Since 2012, there were 119 deaths associated with drug overdoses. Males in the 26-35 and 46-55 age groups are at-most risk of overdose deaths.
- Since 2012, there were 111 deaths associated with suicide. Males in the 66-up age group are at most-risk of suicide.
- In the last fiscal year, there were 1,803 face-to-face crisis assessments, and 833, or 46 percent, of them resulted in hospitalization. Most of the face-to-face crisis assessments were due to a severe mental illness (90%).
- In the last fiscal year, 54 individuals from our communities were placed in a detox facility. These were clients assisted through the Board. Others can access these services without our ability to track.

More important than data are the lives we lost due to a serious mental illness or addiction. The Board continues to enhance crisis services, has promoted a 24/7 crisis text line, and has focused more on education and awareness regarding signs of suicide. Significant progress has been accomplished across the state to assist individuals in need of treatment and recovery support services due to their addiction. Narcan is more readily used and available. Access to drug addiction inpatient treatment beds is at its best in the last few years.

Sadly, the suicide and overdose deaths in the past two years are leveled (approximately 23 each year for all three counties). There is no magic solution on how we can reduce these numbers, but various approaches can possibly make a difference. These include: the ability to identify warning signs; willingness to step in and offer help; increased education on mental illness and addictions and available resources; reducing children's screen time and replacing it with healthy human interactions; and, caring for each other.

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