APPENDIX G

Substance Use in North Dakota 2013

Substance Use in North Dakota 2013

This is a product of the North Dakota State Epidemiological Outcomes Workgroup (SEOW).

For more information, go to www.nd.gov/dhs/prevention/seow.

Data Sources

North Dakota Council on Abused Women's Services (CAWS)
www.ndcaws.org/

North Dakota Department of Corrections and Rehabilitation

North Dakota Department of Human Services, Community Readiness Survey (CRS), 2008
www.nd.gov/dhs/services/mentalhealth/prevention/crs.html

North Dakota Department of Mineral Resources

North Dakota Department of Public Instruction, Youth Risk Behavior Survey (YRBS), 2011
www.dpi.state.nd.us/health/yrbs/index.shtm

North Dakota Department of Transportation, Crash Summary (DOT), 2011
www.dot.nd.gov/divisions/safety/docs/crash-summary.pdf

North Dakota Indian Affairs Commission (NDIAC)
www.nd.gov/indianaffairs/?id=37

North Dakota Office of the Attorney General, Bureau of Criminal Investigation, Crime in North Dakota, 2011
www.ag.nd.gov/Reports/BCIReports/CrimeHomicide/Crime11.pdf

North Dakota Treatment Episodes Data Set (TEDS)

North Dakota University System (2012). NDCORE 2010 Aggregate Alcohol and Other Drug Survey Report. Bismarck, ND: ND Higher Education Consortium for Substance Abuse Prevention

Pacific Institute for Research and Evaluation (PIRE), 2010
www.udetc.org/factsheets/ND.pdf

State Estimates of Substance Use from the 2009-2010 National Survey on Drug Use and Health (NSDUH)
www.samhsa.gov/data/NSDUH/2k10State/NSDUHsae2010/NSDUHsaeAppB2010.htm

United States Census Bureau
www.census.gov/

United States Department of Labor, Bureau of Labor Statistics (BLS)
www.bls.gov/eag/eag.nd.htm

This booklet tells the story of substance use in North Dakota. The data paints a picture that can help guide prevention efforts across the state.

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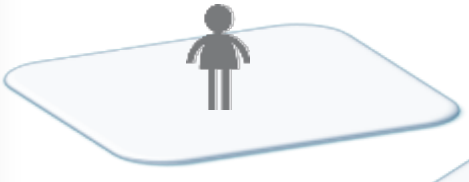
NORTH DAKOTA FACTS

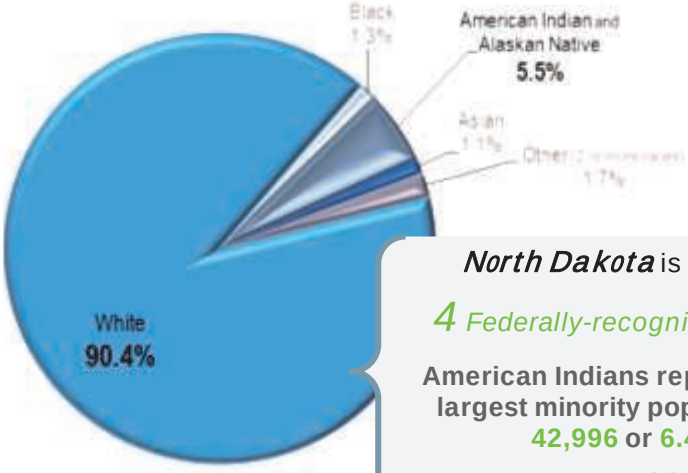
ND population
699,628

NORTH DAKOTA
10.1 people per square mile



UNITED STATES
88.9 people per square mile

(U.S. Census, 2012 estimate)



North Dakota is home to

4 Federally-recognized Tribes

American Indians represent the largest minority population at 42,996 or 6.4%

(U.S. Census, 2010; NDIAC, 2011)

Poverty Rate[1]
(2007-2011) 12.3%

(U.S. Census)

603 OR 9 people per 10,000 of the general population were homeless in 2011.

(Homelessness Research Institute, 2012)

There are 54,920 Veterans in ND (U.S. Census, 2007-2011)

Per capita, there are MORE THAN FOUR TIMES the number of National Guard members IN NORTH DAKOTA than in the nation.

65 serve in the National Guard per 10,000 citizens

15 serve in the National Guard per 10,000 citizens

(ND National Guard, 2010)

There are two active duty Air Force Bases in the state.

(U.S. Census, 2010)

Minot Air Force Base
(5,521 living on base)

Grand Forks Air Force Base
(2,367 living on base)

TOP INDUSTRIES[1]:

1. Agriculture
2. Manufacturing
3. Tourism

North Dakota's 3.3% unemployment rate is the lowest in the nation.

(BLS, Feb 2013)

"NORTH DAKOTA HAS OVERTAKEN Alaska as the NATION'S SECOND-biggest oil producer."[2]

North Dakota's oil industry will generate more than 50,000 oil-related jobs **in the next ten years.**

(ND Department of Mineral Resources)

"The oil rush has also brought soaring home prices, makeshift camps for workers, overbooked hotels, and an explosion of heavy truck traffic and crime."[2]

[1]Published 3/15/2012, from www.ndbusinesswatch.com/business-news/oil-is-just-the-icing-on-the-cake-top-industries-in-north-dakota/

[2]Mufson, S. "In North Dakota, the gritty side of an oil boom" Washington Post. Published July 18, 2012. Retrieved from www.washingtonpost.com/business/economy/in-north-dakota-the-gritty-side-of-an-oil-boom/2012/07/18/gJQAZk5ZuW_story.html

NORTH DAKOTA HEADLINES

"Attitudes about drinking and driving an 'uphill battle' in North Dakota"

INFORUM

"A Sobering Problem - N.D. culture often soft on drunken driving"

The Jamestown Sun

"Group hopes to use changes in policies to curb underage drinking"

The Jamestown Sun September 8, 2012

"Support civic effort to combat drug abuse"

Herald

"Two under arrest for huffing and driving"

Tribune

"N.D. Man Charged with 14th Drunken Driving Offense"

The Minot Daily News

"Man who bought alcohol for teens in fatal crash is sentenced"

INFORUM online

"Woman Accused of Allowing Daughter to Drink to Unconsciousness"

Bismarck Tribune

"Prescription drug abuse a 'silent epidemic' in N.D."

GREAT PLAINS EXAMINER

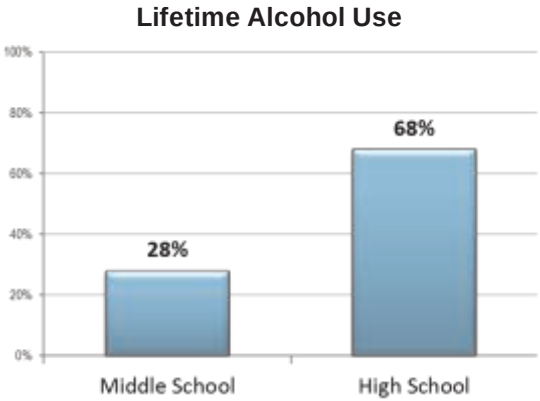
"Man Charged in Pharmacy Burglary Pleads Guilty'

Williston Herald

ALCOHOL
Underage Drinking

Underage Drinking is a problem in ND.

Despite declining rates, ALCOHOL remains the most widely used drug by our youth. Compared to other states, our state continues to rank high in the nation in underage and binge drinking.



(YRBS, 2011)

Youth start drinking early.

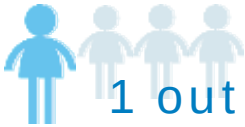
17% of **HIGH SCHOOL** students had their *first* full drink before **age 13.**

(YRBS, 2011)

People who begin drinking before age 15 are four times more likely to become addicted than those who wait until they are 21.

(Center for Adolescent Health)

Not only are ND youth drinking, but they are drinking to get drunk (binge drinking*).



1 out of 4 (26%) of HIGH SCHOOL students engaged in binge drinking in the past 30 days.

Compared to 22% nationally.

(YRBS, 2011)

"The brain goes through dynamic changes during adolescence, and alcohol can seriously damage long- and short-term growth processes"

(American Medical Association, 2003)

Research indicates that brain development continues until about age 25.

(Coalition for Juvenile Justice, 2006)

* Binge Drinking: 5 or more drinks of alcohol within a couple of hours

ALCOHOL

Underage Drinking

ND youth don't think it is risky...

69% of HIGH SCHOOL students believe drinking to get drunk* 1 or 2 times a week **does not** pose a great risk.

(YRBS, 2011)

But it is.

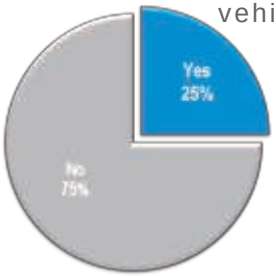
Not only is using alcohol illegal for those under 21, it's **dangerous. Youth who drink are MORE** LIKELY to be victims of crime, have serious problems in school, and be involved in alcohol-related traffic crashes.

(National Institute on Alcohol Abuse and Alcoholism, 2006)

Drinking and Driving

A quarter of HIGH SCHOOL students have ridden in a vehicle with a driver who had been drinking.

(YRBS, 2011)



Almost 1 in 8 (12%) HIGH SCHOOL students reported driving after drinking in the past 30 days.

(YRBS, 2011)

* Binge Drinking: 5 or more drinks of alcohol within a couple of hours

Crime

17% of all JUVENILE ARRESTS are alcohol-related.

(Crime in ND, 2011)

The majority (87%) of North Dakotans believe youth alcohol use is a problem in their community.

(CRS, 2008)

Problems in school

Students missed 334 *school days*

due to suspensions/expulsions because of alcohol incidents during the 2011-2012 school year.

(ND DPI Suspension/Expulsion & Truancy Report, 2011-2012)

Death

Nationally, each year, approximately 5,000 young people die as a result of underage drinking, which is greater than ALL ILLEGAL DRUGS combined. Drinking alcohol even ONCE is a risk.

(National Institute on Alcohol Abuse and Alcoholism, 2006)

Cost

UNDERAGE DRINKING cost the citizens of North Dakota $168 million in 2010. (PIRE, 2010)

$240 *for* *every person* *in North Dakota*

or

almost $1000 *for a* *family of four*

ALCOHOL
Underage Drinking

Youth are getting alcohol from those around them.

1 in 3 (34%) HIGH SCHOOL drinkers said the **alcohol** they drank in the past 30 days was **given to them** by another person.

YRBS, 2011)

In North Dakota, it is ILLEGAL to provide alcohol to ANYONE under the age of 21.

(N.D.C.C 5-01)

97% of North Dakotans SUPPORT penalties for adults who provide alcohol to youth.

(CRS, 2008)

Teach a child to ride a bike, fish, swim or drive...

BUT teaching them to "drink responsibly" or adult-supervised drinking *increases* the likelihood that a child will engage in future harmful use.

(Journal of Studies on Alcohol and Drugs, 2011)

Most North Dakotans think it is ***NOT OKAY*** for...

- Parents to offer their youth alcoholic beverages in their home (89%).
- Youth to drink at parties as long as they don't get drunk (96%).
- Youth to drink as long as they don't drive afterwards (95%).

(CRS, 2008)

We can change the youth drinking culture in ND.

- Support efforts that limit youth access to alcohol (e.g., policies, enforcement).
- Be a positive role model.
- Have ongoing conversations with the youth in your life.

We cannot expect underage youth to say "no" to harmful drinking when their environment tells them "yes."

Parents are the **#1 influence** in their child's life.

PARENTS LEAD

Visit www.parentslead.org for tips on how to continue the conversation!

The majority *(97%)* **of North Dakotans believe preventing alcohol and other drug use among youth is important.**

(CRS, 2008)

ALCOHOL Young Adults

Young adults in ND (ages 18-25) rank #2 in the nation for past month BINGE alcohol use.

(NSDUH, 2009-2010)

College Students

51% of **college students** reported having **5 or more drinks*** in one sitting at least once over the past two weeks.

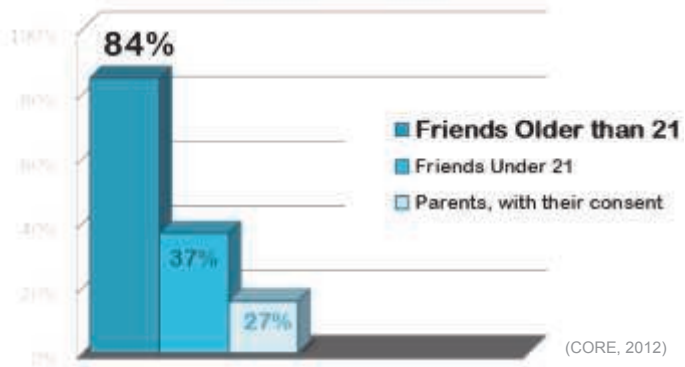
(CORE, 2012)

PARENTS MATTER

80% of ND college students believe that **their parents'** expectations or rules about alcohol is an effective way to limit their alcohol consumption.

(CORE, 2012)

Most common sources for COLLEGE STUDENTS (under 21) to obtain alcohol

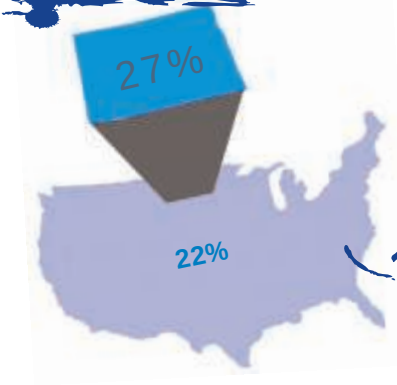


(CORE, 2012)

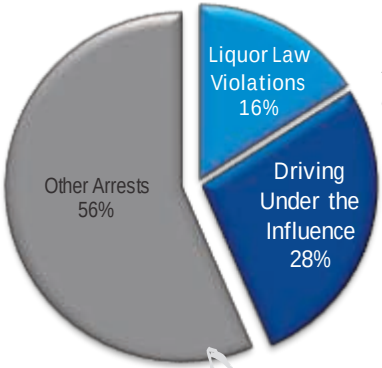
ALCOHOL *Adults*

ND has the 3rd highest BINGE drinking rate in the nation.

Ages 26+
(NSDUH, 2009-2010)

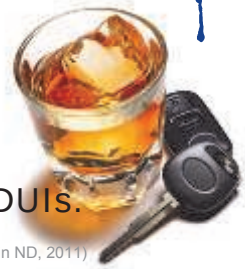


Our roads are unsafe because of drinking and driving.



Almost half of all adult arrests are alcohol related.
Over one-quarter are DUIs.

(Crime in ND, 2011)



6,600 people were arrested for driving under the influence in 2011.

(Crime in ND, 2011)

WHICH IS MORE THAN...

50% of fatalities on ND roads are alcohol-related.

(ND Highway Patrol, 2012)

There is 1 alcohol-related car crash every 8.6 hours.

(ND DOT, 2011)

56% of North Dakotans believe the contribution of alcohol and other drugs to crashes or injuries is NOT a serious problem.

(CRS, 2008)

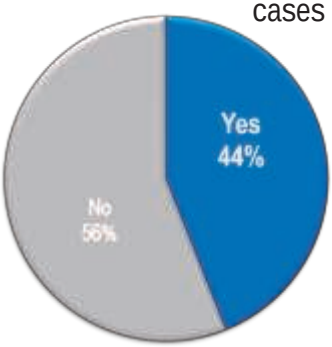
* Binge Drinking: 5 or more drinks of alcohol within a couple of hours

ALCOHOL *Adults*

Alcohol use impacts our family, friends and communities.

Almost half of new domestic violence cases involve alcohol as a contributing factor.

(NDCAWS, 2011)



Long-term, heavy alcohol use can lead to the following:

- Dementia
- Stroke
- Cardiovascular problems
- Psychiatric problems, including depression, anxiety, and suicide
- Cancer of the mouth, throat, esophagus, liver, colon, and breast (in general, the risk of cancer increases with increasing amounts of alcohol)
- Liver diseases, including Cirrhosis
- Other gastrointestinal problems, including pancreatitis and gastritis

(www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm)

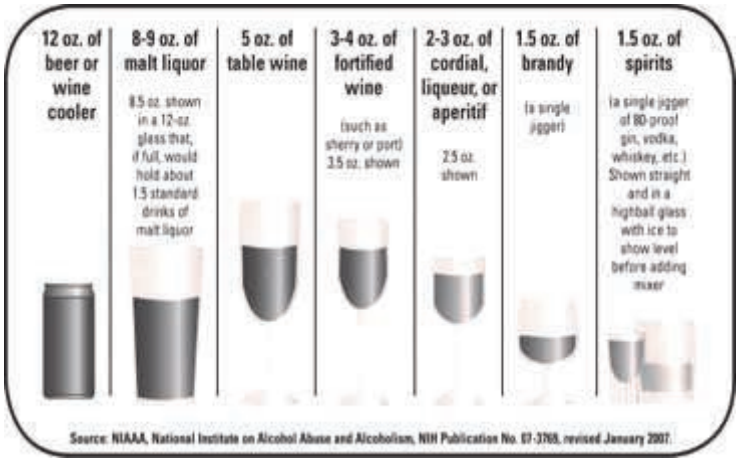
We can change the ND alcohol culture.

Support community policies and enforcement efforts that reinforce healthy behaviors and choices

- *Server Training*
- *DUI Checkpoints/Saturation Patrols*

Drink responsibly, if you are 21 or older

- *Know what and how much you are drinking*



Designate a driver or call a cab

The majority (87%) of North Dakotans support DUI checkpoints.

(CRS, 2008)

TOBACCO *All ages*

Smoking costs ND citizens:

- $247 million in total medical care
- $47 million in Medicaid
- $192 million due to lost productivity from premature death

(North Dakota; Campaign for Tobacco-Free Kids, 2011)

30-day High School student Tobacco Use

- 14% used Chewing Tobacco
- 19% used Cigarettes
- 14% used Cigars/Cigarillos

9% of HIGH SCHOOL students report using cigarettes for the first time before age 13.

(YRBS, 2011)

8% of HIGH SCHOOL students indicated they smoked cigarettes on 20+ days in the past month.

(compared to 6% of U.S. High School students)

(YRBS, 2011)

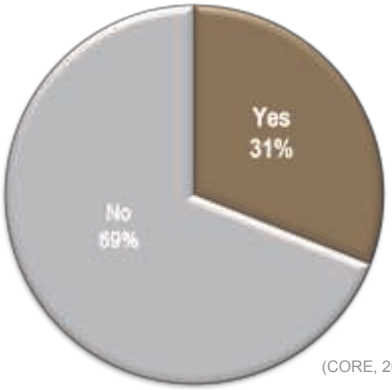
Students missed 589 *school days* due to suspensions/expulsions because of tobacco incidents during the 2011-2012 school year.

(ND DPI Suspension/Expulsion & Truancy Report, 2011-2012)

1 in 5 (22%) **adults** (ages 26+) report past month **cigarette use**.

(NSDUH, 2009-2010)

College Student
Past Month Tobacco Use



(CORE, 2012)

800 NORTH DAKOTANS DIE prematurely each year due to SMOKING

and

approximately 90 MORE DIE due to SECONDHAND SMOKE exposure.

(North Dakota; Campaign for Tobacco-Free Kids, 2011)

Need help quitting?

North Dakota Tobacco QUITLINE 1-800-QUIT-NOW

ND Tobacco Quitline is a FREE telephone-based service available to help North Dakota smokers and spit-tobacco users Quit Tobacco.

NORTH DAKOTA QUITNET

ND Tobacco QuitNet is web-based and provides the same service as Quitline.

MARIJUANA
All ages

Chronic marijuana use has been associated with increased rates of:

- Anxiety
- Depression
- Suicidal thoughts
- Schizophrenia

There are more cancer-causing chemicals in marijuana than tobacco.

(Marijuana: Know the Facts, ONDCP, October 2010)

THC concentrations in marijuana have doubled since the 1980s.

(DrugFacts: Marijuana, NIDA, December 2012)

Youth Marijuana Abuse

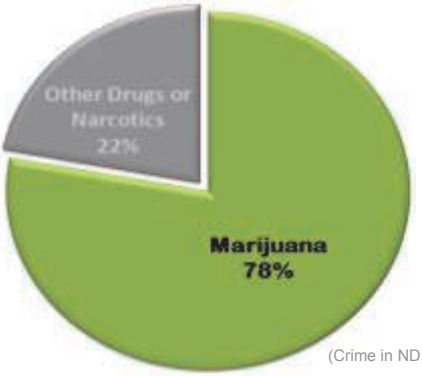
Almost 1 in 6 *(15%)* high school students reported using marijuana in the past 30 days.

(YRBS, 2011)

6% of high school students tried marijuana for the first time before age 13.

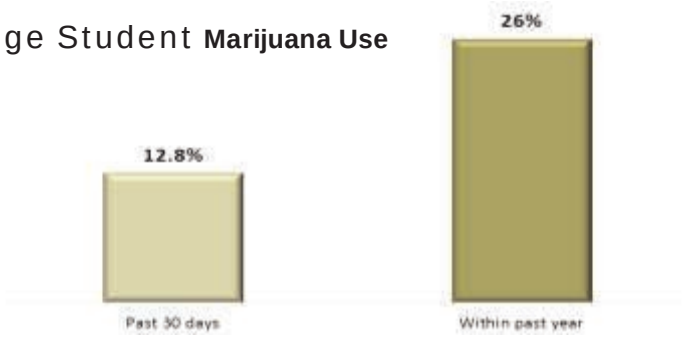
(YRBS, 2011)

Juvenile **Drug-Related Arrests**



(Crime in ND, 2011)

College Student **Marijuana Use**



(CORE, 2010)

Adult Marijuana Abuse

3% of adults (ages 26+) report using marijuana in the past month.

Compared to 5% nationally.

(NSDUH, 2009-2010)

68% of all adult DRUG-RELATED ARRESTS involve **MARIJUANA**.

(Crime in ND, 2011)

ONE-THIRD (33%) of North Dakotans believe that it is not at all difficult for YOUTH or ADULTS to ACCESS MARIJUANA in their community.

(CRS, 2008)

PRESCRIPTION DRUGS

All ages

Prescription Drugs are the 3rd most abused drug among ND high school students.

(YRBS, 2009-2011)

1 in 6 HIGH SCHOOL students (16%) report taking prescription drugs without a doctor's prescription.

(YRBS, 2011)

"We receive on average, 50 calls per week requesting opioid treatment services."

- Quote from a ND Treatment Provider

44% of ND community members ***don't know*** if youth prescription drug abuse is a problem in their community.

(CRS, 2008)

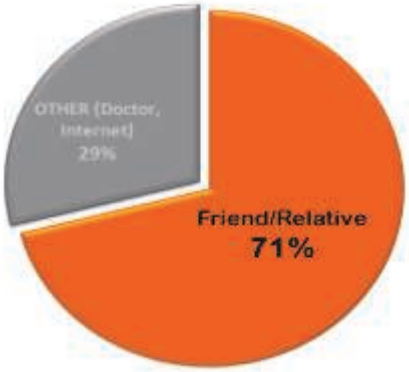
Prescription drugs are easily accessible.

29 million pills
dispensed in ND
(narcotic analgesics & muscle relaxants)

This is 43 pills for every man, woman, and child in the state.

(ND Board of Pharmacy, 2011)

Source of Prescription Pain Relievers Abused Among Those Age 12 or Older



(NSDUH National Findings, 2011)

Reducing access will reduce abuse.

Here is what we can do...

- Keep track of your meds.
- Store your meds in a secure and dry place *(not the bathroom)*.
- Keep your meds out of sight.
- Deposit unused meds in the Take Back container located at participating sheriffs' offices and police departments.

Drug Take Back Program

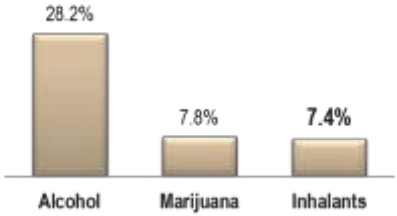
Find locations here: www.ag.nd.gov/PDrugs/TakeBackProgram.htm

For tips on what you can do in your community, browse the ND Prescription Drug Abuse Prevention Toolkit:
www.nd.gov/dhs/services/mentalhealth/prevention/pdf/drug-toolkit.pdf

INHALANTS *All ages*

Inhalants are the 3rd most abused substance among ND middle school students.

Lifetime Abuse among Middle School Students



(YRBS, 2011)

12% of high school students have abused inhalants in their lifetime.

(YRBS, 2011)

Inhalants are easily accessible in our homes, schools and communities.

Almost half (49%) of North Dakotans believe that it is not at all difficult to access inhalants in their community.

(CRS, 2008)

Here is what we can do...

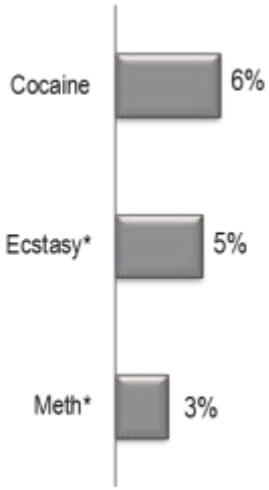
- Purchase safer alternatives.
- Keep abusable products stored safely *(at home, school, and the workplace)*
- Monitor use of abusable products.

For tips on what you can do in your community, browse the ND Inhalant Abuse Prevention Toolkit:
www.nd.gov/dhs/services/mentalhealth/prevention/pdf/inhalant-toolkt.pdf

OTHER DRUGS *All ages*

Illicit Drug use is relatively low in ND...

Lifetime Drug Use among High School Students



(YRBS, 2011)
*Most recent data available (YRBS, 2009)

Other drug use among college students...

- 3% report using amphetamines (diet pills, speed) in the past year.
- 3% report using synthetic drugs in the past year.

(CORE, 2012)

4% of **adults** *(ages 26+)* reported past month illicit drug use.

Compared to 6% nationally

(NSDUH, 2009-2010)

but there are still consequences.

9% of all arrests are drug-related.

This is a 14% increase from 2010 to 2011.

(from 2339 to 2662)

(Crime in ND, 2011)

Effective prevention is
everyone's responsibility...
individuals, families, schools, communities.

Substance Abuse Prevention

is ...

- creating healthy and safe environments for people of all ages
- focused on population-level change
- a comprehensive, multi-faceted approach

is NOT...

- "prohibition" of alcohol
- condemning those who drink or sell alcohol responsibly and legally
- focused on those already abusing a substance

The majority (93%) of North Dakotans believe alcohol and other drug prevention programs are a good investment because they save lives and money.

(CRS, 2008)

92% of North Dakotans believe that it is possible to reduce alcohol and other drug problems through prevention.

(CRS, 2008)

"One dollar spent on prevention saves $10 that would later be spent on treatment, associated health costs, ER services, and incarceration."

(Iowa State U, Partnerships in Prevention Science Institute, 2008)

NORTH DAKOTA PREVENTION RESOURCE AND MEDIA CENTER

www.nd.gov/dhs/prevention

The North Dakota Prevention Resource and Media Center (PRMC) provides FREE substance abuse prevention resources, curriculums, and toolkits to North Dakota residents regarding effective substance abuse prevention.

Sign up for the PREVENTION E-NEWSLETTER and receive updates on new resources and the latest news regarding substance abuse prevention.

To sign up, go to: www.nd.gov/dhs/prevention

For additional copies, contact:

North Dakota Department of Human Services
Division of Mental Health and Substance Abuse Services
Prevention Resource & Media Center (PRMC)
1237 West Divide Avenue, Suite 1D
Bismarck, ND 58501

Phone: 701-328-8919
Email: ndprmc@nd.gov
www.nd.gov/dhs/prevention

ND Cares

Serving all who have served

What is ND Cares?

A coalition dedicated
to strengthening an
accessible, seamless network of support
for Service Members, Veterans, Families, and Survivors in North Dakota.

ND Cares Priority:

Behavioral Health

- ✓ Promotion of Emotional Health
- ✓ Prevention of Mental Health disorders
- ✓ Prevention of substance use disorders
- ✓ Treatment and Recovery Support

ND Cares

ND Cares Goals:

1. Conduct a comprehensive assessment of needs.

2. Integrate existing programs and resources to strengthen an effective & efficient service system.

3. Develop a leader network to support collaborative efforts.

ND Cares Progress:

- We continue to expand leader network
- Legislators' Veterans Caucus is forming
- Met with NDVA and the VA administration to agree on data sharing
- Resolved a barrier to services that resulted from an eligibility disconnect between regional Human Service Centers and the VA

ND Cares

Progress (continued)

- Began a shift of service providers from asking “Are you a Veteran?” to “Have you ever served in the U.S. military?”
- ND National Guard Outreach personnel are beginning to use regional Human Service Center boundaries
- ND Dept. of Human Services offered military culture training at Behavioral Health Conference in May 2014

ND Cares

Progress (continued)

- Human Service Centers are working on adding suicide, substance abuse, and PTSD screening tools to intake process
- Providers are more cognizant of available state resources and connections to those resources are improving
- Partnership has been created with the ND Health Information HUB

ND Cares

Progress (continued)

- ND Cares delegation will attend the "Meeting the Behavioral Health Needs of Service Members, Veterans, and their Families through Workforce Development" conference in Baltimore September 8-9, 2014

- ND Cares delegation will attend the Suicide Prevention Implementation Academy in Bethesda, MD September 15-17, 2014

ND Cares

Gaps in Veterans' Services

- Hospital Discharge & ER Data not compiled by State
- ND prescribers are not mandated to use prescription drug monitoring program
- No State licensure or oversight for mental health providers

ND Cares

Gaps in Veterans' Services

What services are lacking in your county?

- Transportation
- Access to healthcare
- Housing
- Mental health services
- Substance Abuse services
- Employment
- Financial counseling

ND Cares

ND Veteran & Military Suicides

Year	Veteran & Military Suicides	ND Suicides
2013	22 (15.9% of ND total)	138
2012	18 (16.8%)	107
2011	22 (19.3%)	114
2010	24 (23.3%)	103
2009	14 (15.7%)	89

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Data Committee Efforts

Military Data Book

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[mental health, substance abuse, suicide, traumatic brain injury, chronic pain, department of corrections]

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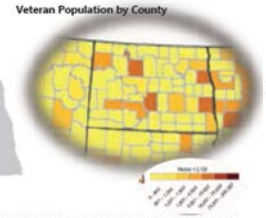
Military Data Book Preview

DEMOGRAPHICS

Veteran Population by County



56,770
Veterans in North Dakota
11% of the population

Dependents

Number of ND dependents by age

Age 0 - 5 = 3,251
Age 6 - 19 = 6,495
Age 20 - 29 = 4,285
Age 30 - 65 = 6,129
Age > 65 = 27

Number of Dependents for all Activated Service Members[1]

Gender

Deployment

Deployed since 9/11[1]
(as of May 2012)

Single Parenting

142,000[2]

Approximately 142,000 members of the U.S. Armed Forces (Active, Guard, and Reserve) are single parents of minor children.

Family Life

Military family life is characterized by unique demands.

- Separation
- Risk of injury or death of the Service member
- Long work hours and shift work
- Frequent relocation
- Unique organizational culture and norms
- Family separations due to military deployments

U.S. Census Bureau 2012 American Community Survey 1-Year Estimates

[1] U.S. Department of Defense, Department of Manpower Data Center. (Dependent Data as of August 2012) (Deployment Data as of May 2012)
[2] Benchmark Institute: Guide to Veterans Legal Issues. (2011)

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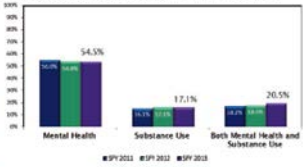
BEHAVIORAL HEALTH

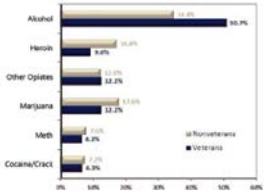
Substance Use and Mental Health

Percent of Individuals who are Veterans or Served in the Military by Type of Service Area [North Dakota Human Service Centers]



Almost **half** of returning service members who **need treatment** for mental health conditions seek it, but only **slightly more than half** who receive **treatment receive adequate care**[1]

Primary Substance of Abuse in Treatment Admissions Aged 21 to 39 [National NSDUH, 2010]

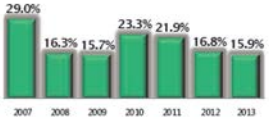


[1] http://www.rand.org/content/dam/rand/pubs/research_briefs/2006/RAND_RB9136.pdf

Suicide

More than **HALF** of the Army National Guard members who died by suicide in 2010 had **NEVER DEPLOYED**[1]

North Dakota Percentage of Suicides [Veteran Status]



Many Factors Influence an Individual's Likelihood To Develop a Behavioral Health Problem.[2]

The **RISK FACTORS** below are associated with a **HIGHER** likelihood of suicide and the **PROTECTIVE FACTORS** are associated with a **LOWER** likelihood of suicide.

RISK Factors	PROTECTIVE Factors
Some major physical illnesses, mental disorders, and substance use disorders	Effective clinical care for physical illnesses, mental disorders and substance use disorders
Barriers to accessing health care	Easy access to a variety of clinical interventions
Stigma associated with help-seeking behavior	Support for help-seeking behavior
Easy access to lethal means (e.g., firearms or poison)	Restricted access to lethal means (e.g., firearms or poison)
Lack of social support and sense of isolation	Strong connections to family and community support
Cultural/religious beliefs that accept suicide	Cultural/religious beliefs that discourage suicide

[1] Army Times. (2011, January 18). *Guard, Reserve suicide rate zoo by spike*. Retrieved March 25, 2011, from http://www.armytimes.com/news/2011/01/army-guard-reserve-suicide-rate-zoos-big-spike-011811w/
[2] Examples of risk and protective factors selected from U.S. Department of Health and Human Services (HHS), Centers for Disease Control and Prevention (CDC), Injury Center: Violence Prevention, Suicide: Risk and Protective Factors, http://www.cdc.gov/violenceprevention/suicide/riskprotectivefactors.html

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Thank you

- Thank you for inviting us to update you today.
- Questions?
- Please contact me at 701-328-1010 or firstlady@nd.gov

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