

Strategies to Reduce the Suicide Rate in Cody, Wyoming



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Hypothesis: Incorporating a Family Centered Brief Intensive Therapy program may reduce the suicide rate in the community of Cody, Wyoming?

Background

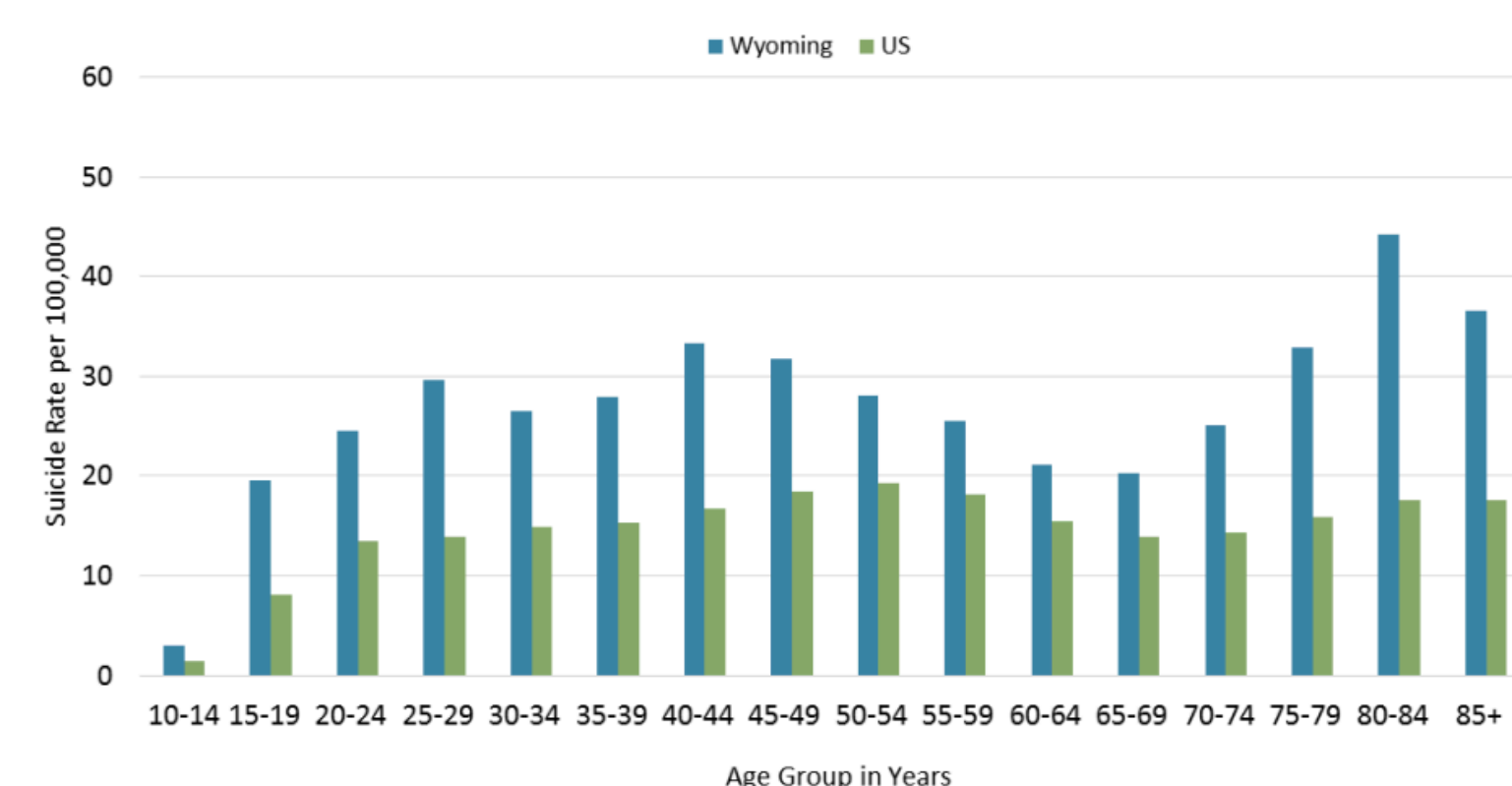
- Cody is a town in Park County located near the East Yellowstone entrance.
- Population of roughly 10,000 people with a median income of \$30,086.
- The county public health assessment describes Suicide/Mental Health as the 2nd significant concern behind healthcare accessibility.
- Suicide is an issue in all of Wyoming with the 3rd highest suicide rate (24 per 100k people compared to the U.S rate of 14 per 100k.)
- Park County's suicide rate is 26 per 100,000 people.
- Suicide in Park County is the 6th leading cause of death .



Location of Cody, Wyoming

Community Profile Assets

- Yellowstone Behavioral Health Center offers a wide array of outpatient mental health services with locations in both Cody and Powell.
- Hope House : A support group for people with severe mental health illnesses.
- Cody Regional Health Behavioral Health: offers mental health counseling and psychiatry services.



Suicide rates in Wyoming by age group courtesy of the CDC.

Potential Interventions

- Family Centered Brief Intensive Therapy (FC BIT): an outpatient treatment program that involves family members/supportive others into the care.
- Alternative for those who qualify for hospitalization due to suicidal behavior.
- Has the possibility of saving the hospital and state money by reducing the time suicidal patients must stay in an inpatient setting.
- Patients reached the goals of wellness and criteria for discharge 4 weeks before a control group of intensive outpatient therapy without the supportive others aspect.
 - Weaknesses of study: small number of patients, did not compare to those hospitalized.
 - Strengths of study: Performed in Park county thus could easily be incorporated into the community.

Conclusions

- Keys for a successful intervention:
 - Learn the strengths and weaknesses from community members.
 - Research past intervention.
 - Identify existing assets that can be further utilized.



Downtown Cody, Wyoming

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