

Applying Models To The Suicide In Wyoming

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Abstract: Several risk factors contribute to the prevalence of suicide among white men in Wyoming. When the suicide situation in Wyoming is viewed in relation to the use of the Social-Ecological Model, it is possible to develop an argument that the ultimate goal of this approach to understanding suicide is the development of preventive measures against the vice. The four levels of the social-ecological model provide a platform that facilitates an understanding of suicide in Wyoming and the possible effects of potential preventive strategies. Additionally, the predisposing, reinforcing and enabling factors of the PRECEDE-PROCEED Model can be essential in the development of an understanding of the contributing factors and the possible contributors.

Introduction

For the last three decades, the state of Wyoming has been experiencing a problem of suicide. According 2013 statistics, about 40% of suicides committed were of the white male population of 55 years and below (Wyoming Department of Health, 2014). The existing statistics indicate that death by suicide is common a male phenomenon. This is because in the period of 2008-2012, the suicide rate among the white male population was about four times that of the females. These statistics also indicated that of all the suicide death that had occurred in Wyoming, 66% were of firearms (Wyoming Department of Health, 2014). Several risk factors contribute to the prevalence of suicide among white men in Wyoming. They include heavy drinking and dependence on alcohol, income and employment stressors, mental health, and physical illness (Wyoming Department of Health, 2014). When the suicide situation in Wyoming is viewed in relation to the use of the Social-Ecological Model, it is possible to develop an argument that the ultimate goal of this approach to understanding suicide is the development of preventive measures against the vice. The four levels of the social-ecological model provide a platform that facilitates an understanding of suicide in Wyoming and the possible effects of potential preventive strategies. Through this model, it is possible to understand the complex interplay between individual, relationship, societal and community factors (Wyoming Department of Health, 2014).. This model also provides an understanding of the range of factors that expose white men in Wyoming at risk for suicide or protect them from attempting of actualizing their suicidal plans. The overlapping rings in the model are illustrations of how factor in one level affect factors in the other level. At an individual level, the risk factors that include the likelihood that an individual white male will commit suicide include mental illness, drug, and substance abuse, previous attempts of suicide and high levels of aggression. At the relationship level, highly conflict or violent relationships may have considered as an essential determinant of suicide among the while men in Wyoming (Wyoming Department of Health, 2014). Furthermore, family history of suicide also plays a contributory role in the definition of the levels of resilience in specific families. At the community level, fewer available sources of supportive relationships may contribute to high suicidal rates. Other elements such as barrier to health care characterized by lack of access to relevant medication may also be cited as essential determinants of suicide among the men in Wyoming. At the societal level, the availability of instruments or weapons that facilitate suicide are also essential determinates. In Wyoming, for instance suicides resulting from firearms are most common since about 75%

of Wyoming residents have reported having firearms within and around their homes (Wyoming Department of Health, 2014). The predisposing, reinforcing and enabling factors of the PRECEDE-PROCEED Model can be essential in the development of an understanding of the contributing factors and the possible contributors to the problem of suicide among white men in Wyoming. The predisposing factors are inclusive of the antecedents to the suicidal behavior, which provide rational and motivational aspects of the behavior of a person in relation to the elements such as their attitudes, self-efficacy beliefs, and skills (Ivanov & Blue, 2008). The behavioral problems associated with the problem of suicide among the white male population in Wyoming include availability of lethal weapon such as firearms, limited support organizations from those affected and lack of adequate medical services for those suffering from mental health related complications among other challenges. Reinforcing factors are inclusive of aspect that provide continues reward or some form of incentives for those who embrace alternative behavior with regard to suicide. In a society such as Wyoming factors that would ensure the prevention of the increasing levels of suicidal tendencies among white males would be the development of structure that facilitate the creation of employment and the provision of better salaries and wages (Ivanov & Blue, 2008). Social support such as therapy groups could also play an essential role in the promotion of a relatively safer society considering that through these groups individuals will be able to make decisions regarding living fruitful lives (Ivanov & Blue, 2008). Families can also play an influential role in helping these individual through the provision of moral and mental support. Enabling factors include antecedents to behavior which allow for the implementation of polices targeting the reduction of suicide rates among white men in Wyoming. These factors include programs, services, skills, and resources (Ivanov & Blue, 2008).

Conclusion

Applying those two models would significantly make a change in this society. By reinforcing factors are inclusive of aspect that provide continues reward or some form of incentives for those who embrace alternative behavior with regard to suicide. In a society such as Wyoming factors that would ensure the prevention of the increasing levels of suicidal tendencies among white males would be the development of structure that facilitate the creation of employment and the provision of better salaries and wages.

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