

Message

From: Pell, Dylan, DOH [/o=ExchangeLabs/ou=Exchange Administrative Group (FYDIBOHF23SPDLT)/cn=Recipients/cn=83b904064fed43eeb1de8187b65cb02e-Dylan.Pell]
Sent: 5/26/2023 3:49:10 PM
To: Wexler, Rachel, DOH [rachel.wexler@doh.nm.gov]
Subject: Re: [EXTERNAL] Suicide rates article question

Hi Rachel,

Regarding helpful discussion on this topic:

- The New York Times has been regularly covering topics related to this issue and has a nice article from last year which sorta broadly explores available discussion/research: <https://www.nytimes.com/2022/04/23/health/mental-health-crisis-teens.html>. Topics with some research/reviewed in this article include:
 - Social Media
 - Sleep/exercise changes over time
 - Changes in socialization norms and specifically the role of loneliness/connectedness
 - Earlier onset of puberty
 - Socio-economic/social determinants of health considerations (discrimination, wealth, etc.)
- Two additional explanatory factors I don't see in that article, but that have been shared with me are:
 - Lack of independence/too much parental oversight among teens
 - Increased Access to Firearms and Increased Rates of Firearm-involved suicide deaths among adolescents
- For people wanting to learn more about this topic and in particular consider prevention opportunities, I would recommend the cycle of Health Advisories the Surgeon General has been putting out and the most recent CDC suicide prevention technical package- these also summarize some available data on this question:
 - Protecting Youth Mental Health - The U.S. Surgeon General's Advisory (2021)
 - Our Epidemic of Loneliness and Isolation - The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community (2023)
 - Social Media and Youth Mental Health - The U.S. Surgeon General Advisory (2023)
 - Suicide Prevention - Resource for Action (CDC, 2022)

NMDOH has a lot of correlational data showing strong relationships with sleep, family school or community support, exposure to violence, bullying, screen time, and suicide-related outcomes/mental health outcomes. This data is not really sufficient to answer questions about causal relationships, but contributes to our understanding that these topics among NM populations.

Be well,

Dylan Pell
Mental Health Epidemiologist

Defendant's Exhibit

DX0909

Case Number:
D-101-CV-2023-02838

New Mexico Department of Health
Epidemiology and Response Division
#2035
5300 Homestead
Albuquerque, NM
(575) 652-0749
Email: dylan.pell@doh.nm.gov
www.nmhealth.org

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From: Wexler, Rachel, DOH <Rachel.Wexler@doh.nm.gov>
Sent: Friday, May 26, 2023 9:17 AM
To: Pell, Dylan, DOH <Dylan.Pell@doh.nm.gov>
Subject: FW: [EXTERNAL] Suicide rates article question

Hi Dylan,

What do you think about the question below?

Rachel Wexler
Acting Injury & Behavioral Epidemiology Bureau Chief
Injury Prevention Section Manager



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Epidemiology and Response Division
1190 S St Francis
Santa Fe, NM 87505
ph:(505)709-5436
www.nmhealth.org



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From: Morgan, David, DOH <David.Morgan@doh.nm.gov>
Sent: Friday, May 26, 2023 9:12 AM

To: Druva, Naja , DOH <Naja.Druva@doh.nm.gov>; Suzanne, Liza, DOH (they/them) <Liza.Suzanne@doh.nm.gov>; Maese, Kathleen, DOH <Kathleen.Maese@doh.nm.gov>; Wexler, Rachel, DOH <Rachel.Wexler@doh.nm.gov>; Miller, Clarie, DOH <Clarie.Miller@doh.nm.gov>
Subject: FW: [EXTERNAL] Suicide rates article question

Good morning,

Just received the media inquiry below. While a deadline is not mentioned below, I asked and she replied by next Wednesday, 5/31, at the latest.

Is there any insight we can broadly offer for her question?

Please call if you have any questions. If you get voicemail, please leave a message. Odds are if I'm not on another call, I may also have not had your number saved in my directory.

Thank you muchly,

David Morgan
Public Information Officer
Please note my new email address
David.Morgan@DOH.nm.gov



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Office of the Secretary
1170 N. Solano Dr, Suite K
Las Cruces, NM 88001
Office: (575) 528-5197
Cell: (575) 649-0754
www.nmhealth.org



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From: Lauren Mowry <laurenmowry61901@gmail.com>
Sent: Friday, May 26, 2023 9:02 AM
To: Morgan, David, DOH <David.Morgan@doh.nm.gov>
Subject: [EXTERNAL] Suicide rates article question

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Good morning, Mr. Morgan,

My name is Lauren Mowry, I'm a reporter for the Santa Fe New Mexican. I'm writing a story about youth suicides in New Mexico and about the Sky Center's intervention programs. I've accumulated research, much from the Dept. of Health reports (thank you), but with everything I've seen, I've never been able to answer for why there has been such a rise in suicide rates over the last 25 years. I realize it's a broad question and never

has one straightforward answer, and I've seen various risk factors, but I feel like those factors don't get to the root of this trend. I'm wondering if you or the DOH has any knowledge of some of these reasons why kids and teenagers in particular are considering and attempting suicide. I can theorize that this could be from things like bullying and drug use, maybe even social media, but I'm wondering what the diagnosis is on your end. I apologize if this is a very broad question for you, but I look forward to your response. Let me know if I need to be more specific.

Thank you so much and have a great day,

Lauren Mowry
laurenmowry61901@gmail.com
410-266-3169