



Alliance for Addiction and Mental Health Services, Maine
The unified voice for Maine's community behavioral health providers

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Testimony in Support of

An Act to Establish the Suicide Mortality Review Panel – LD 2108

February 4, 2026

Good afternoon, Senator Ingwersen, Representative Meyer, and honorable members of the Committee on Health and Human Services. My name is Adam Bloom-Paicopolos. I am a resident of Wells and am proud to serve as the Executive Director of the Alliance for Addiction and Mental Health Services, Maine (the Alliance). The Alliance is the statewide association representing 34 of Maine's community-based behavioral health agencies who provide mental health and substance use services to over 120,000 children, adults, and families annually. The Alliance advocates for the implementation of sound policies and evidence-based practices that serve to enhance the quality and effectiveness of our behavioral health care system.

On behalf of the Alliance, I am here today to speak in support of LD 2108, "An Act to Establish the Suicide Mortality Review Panel."

Suicide remains one of the leading causes of death for children, adolescents, and adults in Maine. In fact, suicide is the 2nd leading cause of death for Mainers between the ages of 15 and 44. Further, Maine's suicide death rate is 16th worst in the nation at 18.49 deaths per 100,000. These data are provided by the American Foundation for Suicide Prevention, whose Maine-focused fact sheet I've attached to my testimony.

Addressing this issue requires not only high-quality prevention and intervention services, but also a systematic understanding of why these deaths occur and what can be done to prevent them. LD 2108 would establish a first of its kind Suicide Mortality Review Panel in Maine. These panels are an evidence-based public health strategy used in other states to examine the circumstances surrounding suicide deaths and identify systemic trends, gaps in services, and opportunities for prevention.

A panel of this kind can help us improve collaboration across the systems, inform data-driven policies, and generate actionable recommendations to target intervention efforts and strengthen the entire behavioral health continuum to better meet Maine's growing needs. As the state considers the composition of this new panel, the Alliance would be honored to represent the voice of community behavioral health providers.

The Alliance is grateful for Rep. Stover for bringing this important bill forward and respectfully urges the Committee to support LD 2108. Thank you for the opportunity to provide testimony this afternoon. I would be happy to answer any questions.

Respectfully,

A handwritten signature in dark ink, appearing to read "Adam Bloom-Paicopolos".

Adam Bloom-Paicopolos, MPP
Executive Director

Suicide Data: **Maine**



Suicide is a public health problem and leading cause of death in the United States. Suicide can also be prevented – more investment in suicide prevention, education, and research will prevent the untimely deaths of thousands of Americans each year. Unless otherwise noted, this fact sheet reports 2023 data from the CDC, the most current verified data available at time of publication (May 2025).

10th leading cause of death in Maine

- 2nd leading**
cause of death for ages 15-24
- 2nd leading**
cause of death for ages 25-34
- 2nd leading**
cause of death for ages 35-44
- 5th leading**
cause of death for ages 45-54
- 7th leading**
cause of death for ages 55-64
- 15th leading**
cause of death for ages 65 and older

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Maine	274	18.49	16
Nationally	49,316	14.12	

See full list of citations at afsp.org/statistics.

80% of communities did not have enough mental health providers to serve residents in 2023, according to federal guidelines.

Over six times as many people died by suicide than in alcohol related motor vehicle accidents in 2021.

The total deaths to suicide reflected a total of 4,841 years of potential life lost (YPLL) before age 65.

79% of firearm deaths were suicides.

58% of all suicides were by firearms.