

Overview of Zero Suicide

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Suicide Prevention Resource Center

Promoting a public health approach to suicide prevention



The nation's only federally supported resource center devoted to advancing the *National Strategy for Suicide Prevention*.

National Action Alliance for Suicide Prevention



VISION

The Action Alliance envisions a nation free from the tragic experience of suicide.

MISSION

To advance the NSSP by:

- *Championing* suicide prevention as a national priority
- *Catalyzing* efforts to implement high priority objectives of the NSSP
- *Cultivating* the resources needed to sustain progress

GOAL

To save 20,000 lives in five years

Defining the Problem: Health Care is Not Suicide Safe

- 45% of people who died by suicide had contact with **primary care** providers in the month before death. Among older adults, it's 78%.
- 19% of people who died by suicide had contact with **mental health** services in the month before death.
- South Carolina: 10% of people who died by suicide were seen in an **emergency department** in the two months before death.

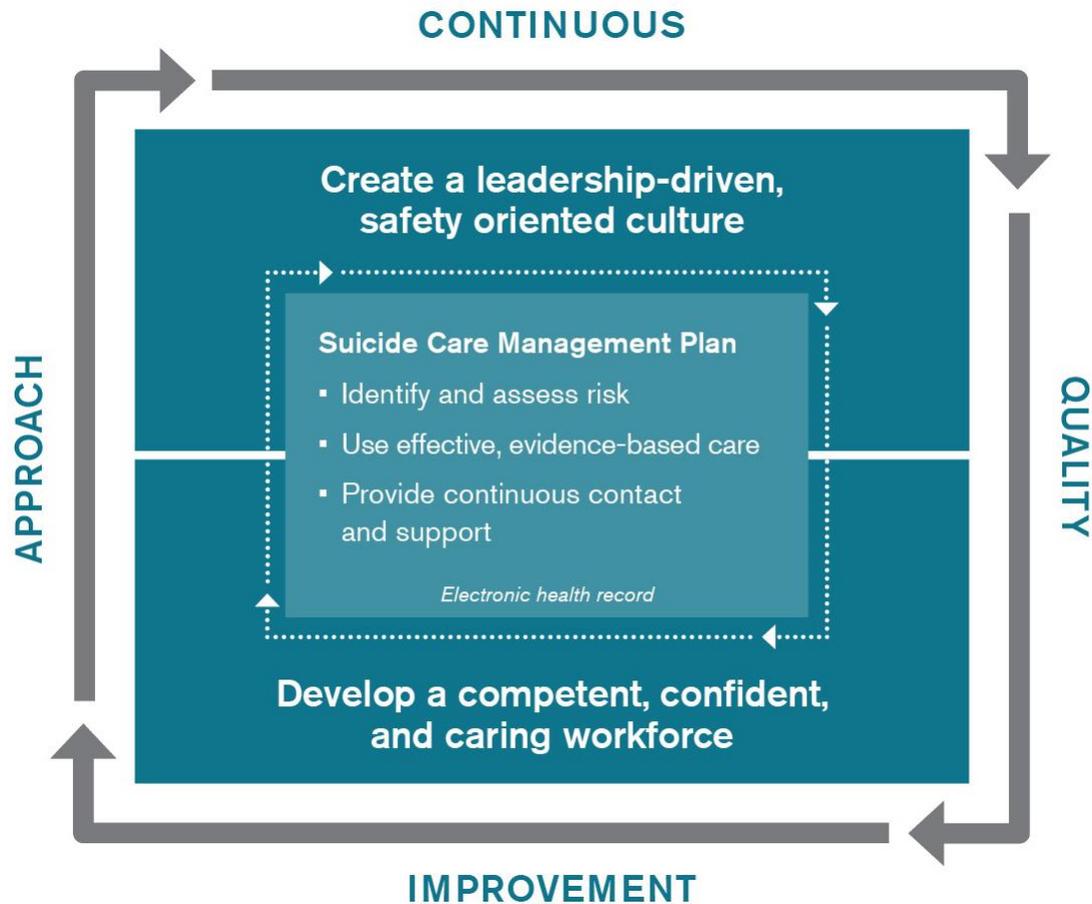
Defining the Problem: Behavioral Health Care is Not Suicide Safe

- **Ohio:** Between 2007-2011, 20.2% of people who died from suicide were seen in the public behavioral health system within 2 years of death.
- **New York:** In 2012 there were 226 suicide deaths among consumers of public mental health services, accounting for 13% of all suicide deaths in the state.
- **Vermont:** In 2013, 20.4% of the people who died from suicide had at least one service from state-funded mental health or substance abuse treatment agencies within 1 year of death.

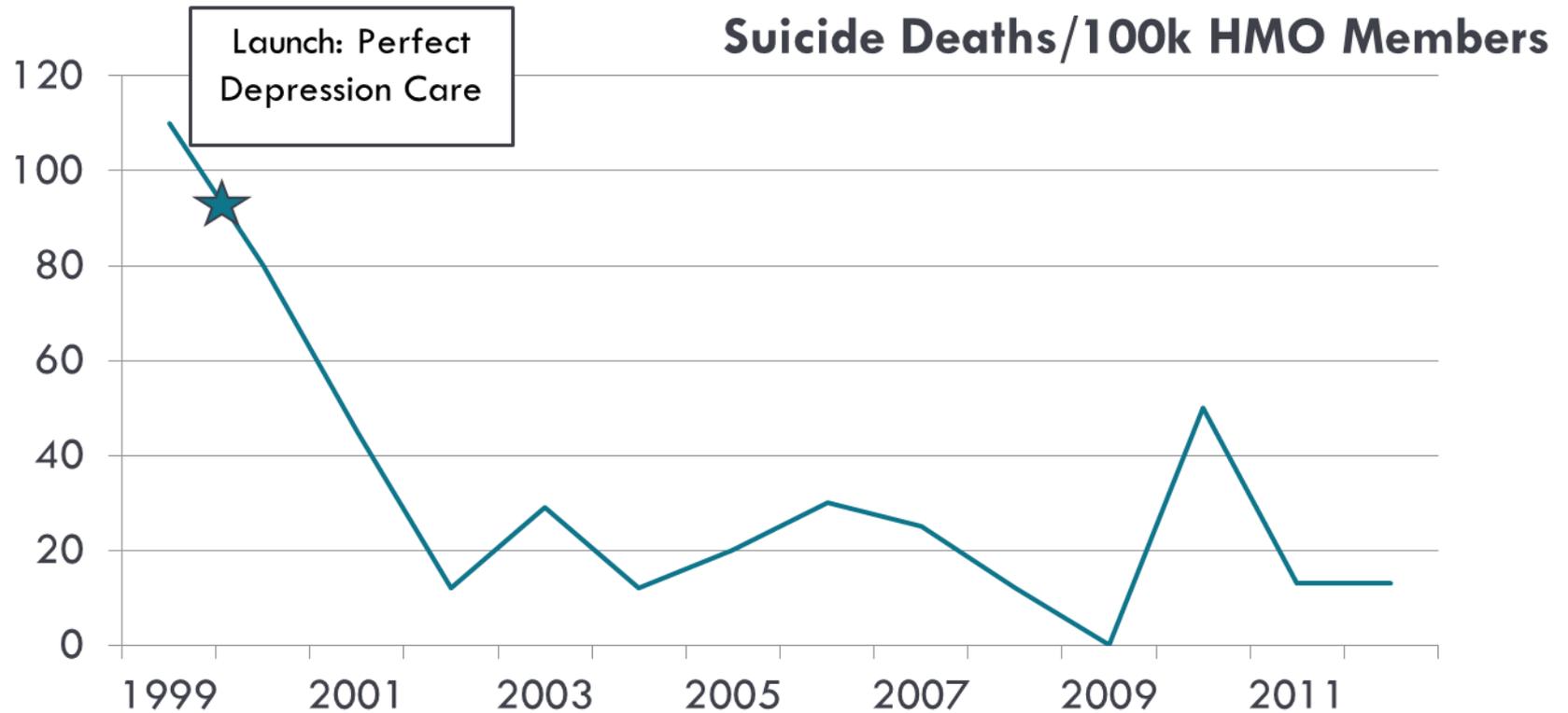
Zero Suicide...

- Makes suicide prevention a core responsibility of health care
- Applies new knowledge and proven tools for suicide care
- Supports efforts to humanize crisis and acute care
- Is a systematic approach in health systems, not “the heroic efforts of crisis staff and individual clinicians.”
- Is embedded in the National Strategy for Suicide Prevention (NSSP).

Elements of Zero Suicide



A System-Wide Approach Saved Lives: Henry Ford Health System



Leadership Commitment and Culture Change

- Leadership makes an explicit commitment to reducing suicide deaths among people under care and orients staff to this commitment.
- Persons with lived experience are supported, and participate in program design and delivery.
- Organizational culture focuses on safety of staff as well as persons served; opportunities for dialogue and improvement without blame; and deference to expertise instead of rank.

Screening and Risk Assessment

- Screen specifically for suicide risk, using a standardized screening tool, in any health care population with elevated risk.
- Screening concerns lead to immediate clinical assessment by an appropriately credentialed, “suicidality savvy” clinician.

Safety Planning and Means Restriction

- All persons with suicide risk have a safety plan in hand when they leave care on same day as the assessment.
- Safety planning is collaborative and includes: communication with family members and other caregivers, and regular review and revision of the plan.
- Means restriction is comprehensive, includes family, and confirmation that access to means has been removed.

Employee Assessment and Training

- Employees are assessed for the beliefs, training, and skills needed to care for persons at risk of suicide.
- All employees, clinical and non-clinical, receive suicide prevention training appropriate to their role.

Suicide Care Management Plan

- Design and use a care Suicide Care Management Plan, or pathway to care, that defines care expectations for all persons with suicide risk, to include:
 - Identifying and assessing risk
 - Using effective, evidence-based care
 - Safety planning
 - Continuing contact, engagement, and support

Effective, Evidence-Based Treatment

- Care directly targets and treats suicidality and behavioral health disorders using effective, evidence-based treatments.

Follow-up and Engagement

- Persons with suicide risk get timely and assured transitions in care. Providers ensure the transition is completed.
- Persons with suicide risk get personal contact during care and care transitions, with method and timing appropriate to their risk, needs, and preferences.

Quality Improvement and Evaluation

- Suicide deaths for the population under care are measured and reported on.
- Continuous quality improvement is rooted in a Just Safety Culture.

Resources and Tools

www.ZeroSuicide.com

The screenshot displays the Zero Suicide website homepage. At the top, the logo for Zero Suicide is shown, along with navigation links for HOME, ABOUT, TECHNICAL ASSISTANCE, and RESOURCES. Below the navigation is a search bar and three main menu items: Toolkit, Champions, and Get Involved. The main content area is a grid of colorful tiles, each representing a different resource or tool. The tiles include: 'WHAT IS ZERO SUICIDE?' (teal), 'ZERO SUICIDE TOOLKIT' (green), 'FOR CHAMPIONS' (purple), 'MAKING HEALTH CARE SUICIDE SAFE' (video thumbnail), 'GET INVOLVED' (teal), 'NEWS AND EVENTS' (red), 'ZERO SUICIDE ACADEMY' (yellow), and 'GET TECHNICAL ASSISTANCE' (purple). Each tile has a small plus sign in the bottom right corner. At the bottom of the page, there are logos for UHS Universal Health Services, Inc., SPRC, Action Alliance, and the Suicide Prevention Hotline, along with the phone number 1-800-273-TALK (8255) and the website suicidepreventionhelpline.org.

ZEROSuicide
IN HEALTH AND BEHAVIORAL HEALTH CARE

HOME ABOUT TECHNICAL ASSISTANCE RESOURCES

Toolkit Champions Get Involved

Search

WHAT IS ZERO SUICIDE?
Zero Suicide is a commitment to suicide prevention in health and behavioral health care systems and is also a specific set of strategies and tools.

ZERO SUICIDE TOOLKIT
VIEW TOOLKIT

FOR CHAMPIONS
Zero Suicide champions believe that zero is the only acceptable number of suicides.

MAKING HEALTH CARE SUICIDE SAFE
Mike Hogan describes why now is the time for Zero Suicide.

GET INVOLVED
Join the Zero Suicide community.

NEWS AND EVENTS
Zero Suicide is an evolving initiative.

ZERO SUICIDE ACADEMY

GET TECHNICAL ASSISTANCE

UHS Universal Health Services, Inc. SPRC Action Alliance SUICIDE PREVENTION HOTLINE 1-800-273-TALK (8255) suicidepreventionhelpline.org

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