Colorado Office of Suicide Prevention, Zero Suicide

June 10th, 2022

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Prevention Services Division
Intro
Overview of OSP
Zero Suicide
Questions/Discussion
Suicide and Stigma
Language Matters

» Died of/by Suicide vs. Committed Suicide
» Suicide Death/Attempt vs. Successful/Unsuccessful
» Describe Behavior vs. Manipulative/Attention-Seeking
» Describe Behavior vs. Suicide Gesture/Cry for Help
» “Diagnosed with” vs. She’s a Borderline/Schizophrenic
» Working with vs. Dealing with Suicidal Patients

Source: Ursula Whiteside, Zero Suicide Faculty & Founder of Now Matters Now http://nowmattersnow.org
Statistics are merely aggregations of numbers with the tears wiped away.

— Dr. Irving Schikoff
Suicide in the U.S.

Each year, **12 million adults** think seriously about killing themselves

**3.5 million** make suicide plans

**1.4 million** make a suicide attempt

In 2019, **47,500** deaths reported

Recovery and resilience are the true norms.

[LiveThroughThis.org](http://LiveThroughThis.org)

[NowMattersNow.org](http://NowMattersNow.org)

Data source: CDC

For every 1 death by suicide...

- There are 3 hospitalizations...
- 9 emergency department visits...
- 27 non-medically treated attempts...
- and 228 individuals who experience suicidal ideation.
The preventability of suicide

Stories of hope and resilience:
  ○ Most people will recover from suicidal thoughts and behaviors
  ○ We want to support recovery and resilience


See: Stage, Dese’Rae L. “Live Through This.” wwwlivethroughthis.org

Suicide and suicide prevention are community issues

Prevention, intervention, and postvention efforts are all important
State Initiatives
Office of Suicide Prevention

- Suicide Prevention Commission (SB14-88)
- Colorado-National Collaborative
- Governor’s Challenge
- Zero Suicide (SB16-147)
- School Training Grant (SB18-272)
- Community grants
- Follow-Up Project
- Gun Shop Project
- Man Therapy [www.mantherapy.org](http://www.mantherapy.org)
- Hospital Initiative (HB12-1140)
- Federal Grant Funding to expand youth suicide prevention (ages 10-24) and Zero Suicide efforts (ages 25+)
- Public information and education
Comprehensive Suicide Prevention
Suicide Prevention Strategies

- Community connection
- Protective factors / resilience
- Stigma reduction
- Temporary means safety
- Access to mental health care
- Collaborative safety planning
- Follow-up and caring contacts
Data Resources

- Colorado Violent Death Reporting System, Vital Stats
- Interactive Public Facing Dashboard
- Child Fatality Prevention System
- Maternal Mortality Review Team
- Hospital and Emergency Department Data Sets
- Healthy Kids Colorado Survey
- Behavioral Risk Factor Surveillance Survey
- Office of Behavioral Health data streams
- Medicaid data
- *Syndromic Surveillance data
- And more!
ZERO SUICIDE
People At Risk For Suicide Are Falling Through the Cracks in Our Health Care System

In the month before their death by suicide:
- Half saw a general practitioner
- 30% saw a mental health professional

In the 60 days before their death by suicide:
- 10% were seen in an emergency department
Suicide prevention is a core responsibility for behavioral health care systems.

Many licensed clinicians are not prepared:

- 39% report they don’t have the skills to engage and assist those at risk for suicide.
- 44% report they don’t have the training.
“Over the decades, individual (mental health) clinicians have made heroic efforts to save lives... but systems of care have done very little.”

Dr. Richard McKeon
SAMHSA
What is Zero Suicide?

- A *priority* of the National Action Alliance for Suicide Prevention
- A *goal* of the National Strategy for Suicide Prevention
- A *project* of the Suicide Prevention Resource Center
- A *framework* for systematic, clinical suicide prevention in behavioral health and health care systems
- A *focus* on safety and error reduction in healthcare
- A *set of best practices* and tools for health systems and providers
1. Leadership commitment
2. Identification - Standardized screening and safety assessment
3. Engage - Suicide care management plan
4. Workforce development and training
5. Effective, evidence-based treatment
6. Follow-up during care transitions
7. Ongoing quality improvement and data collection
Safety Planning, Lethal Means

All individuals identified as at risk of suicide should have a safety plan and a lethal means safety conversation.

Collaborative safety planning is becoming standard practice. A safety plan should:
• Be brief, in the patient’s own words, and easy to read
• Involve family members as full partners
• Include a plan to restrict access to lethal means
• Be updated whenever warranted
• Be in the patient’s possession

Free training available online!
Zero Suicide in Colorado

Statewide implementation!
5 Academies since 2016; another in 2022
All Community Mental Health Centers trained
11 currently funded partners (5 CMHCs, 5 hospital systems, 1 FQHC)
Follow-Up after ED discharge
Collaborative Assessment and Management of Suicidality training
Counseling on Access to Lethal Means, Safety Planning
Gatekeeper training for staff
EHR improvements
Monthly Learning Collaboratives
Health Quality Incentive Program (HQIP)
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<th>County</th>
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<td>Mesa</td>
<td>(Mind Springs Health)*</td>
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<tr>
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<td>Centura Health—St. Mary-Corwin Hospital</td>
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**Ongoing primary ZS activities:** Zero Suicide Academy in April**, Monthly Learning Collaboratives, and rolling TA / Coordination

**Newer ZS activities:** Bi-monthly (twice a month) Office Hours starting in March, site visits???
Other Colorado resources for your radar

Our office: [www.coosp.org](http://www.coosp.org)  
[CDPHE_SuicidePrevention@state.co.us](mailto:CDPHE_SuicidePrevention@state.co.us)

- Connect with training events,  
- Connect to local coalitions in your community,  
- Access/analyze local/regional data,  
- Get T/A from national experts,  
- State and national resources  
- Receive any hardcopy materials that might be useful to you,  
- Learning Collaborative of health systems  
- Join our newsletter to stay up to date.

Suicide Prevention Coalition of Colorado-[www.suicidepreventioncolorado.org](http://www.suicidepreventioncolorado.org)

American Foundation for Suicide Prevention-Colorado Chapter- [afsp.org/chapter/colorado](http://afsp.org/chapter/colorado)

Colorado Crisis System-[coloradocrisisservices.org](http://coloradocrisisservices.org)
THANKS FOR LISTENING!

More questions?

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