

Colorado Office of Suicide Prevention, Zero Suicide

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OVERVIEW

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>



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“ Statistics are merely
aggregations of
numbers with
the tears wiped away.”

— Dr. Irving Schikoff



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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](https://www.livethroughthis.org)

[NowMattersNow.org](https://www.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.



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MAIN POINTS



- 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: Jones, Abigail. “The Invisible 280.” Cosmopolitan, August 21, 2018.
 - See: Stage, Dese’Rae L. “Live Through This.” www.livethroughthis.org
- Suicide and suicide prevention are **community issues**
- **Prevention, intervention, and postvention** efforts are all important



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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
- 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



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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 Care in Behavioral Health Care Settings

- 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

ELEMENTS

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)

Table 1. Health System Partners by County

| County | Community Mental Health Center | Hospital |
|---------|---------------------------------------|--|
| Denver | Mental Health Center of Denver (MHCD) | Centura Health—Porter Hospital Colorado Coalition for the Homeless (CCH) Denver Health |
| El Paso | (Diversus Health)* | Centura Health—Penrose-St. Francis Hospital UCHealth Memorial |
| Larimer | SummitStone Health Partners | UCHealth Northern Colorado |
| Mesa | (Mind Springs Health)* | SCL Health- St. Mary's Hospital |
| Pueblo | Health Solutions | Centura Health—St. Mary-Corwin Hospital |

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
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

American Foundation for Suicide Prevention-
Colorado Chapter- afsp.org/chapter/colorado

Colorado Crisis System-
coloradocrisisservices.org



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THANKS FOR LISTENING!

More questions?

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