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Ground Rules

- Please mute your phone line.
- If you need to answer another call, don't put your line on hold—hang up and then call back in.
- This webinar is being recorded so you can listen later.
- The slides will be posted online for download.
- Please type questions into the chat box during the presentation. There will be Q & A at the conclusion of the webinar.



Regional Policy Council

The Power of Zero

A Systems Approach to Suicide Prevention

November 1, 2016



Regional Policy Council

Presenter

Shel Gross, MPA

Director of Public Policy

Mental Health America of WI



Training Overview

- **What is Zero Suicide?**
- **Why Zero Suicide?**
- **Development of Zero Suicide**
- **Elements of Zero Suicide**
- **Zero Suicide in Wisconsin**
- **Resources**



What is Zero Suicide?

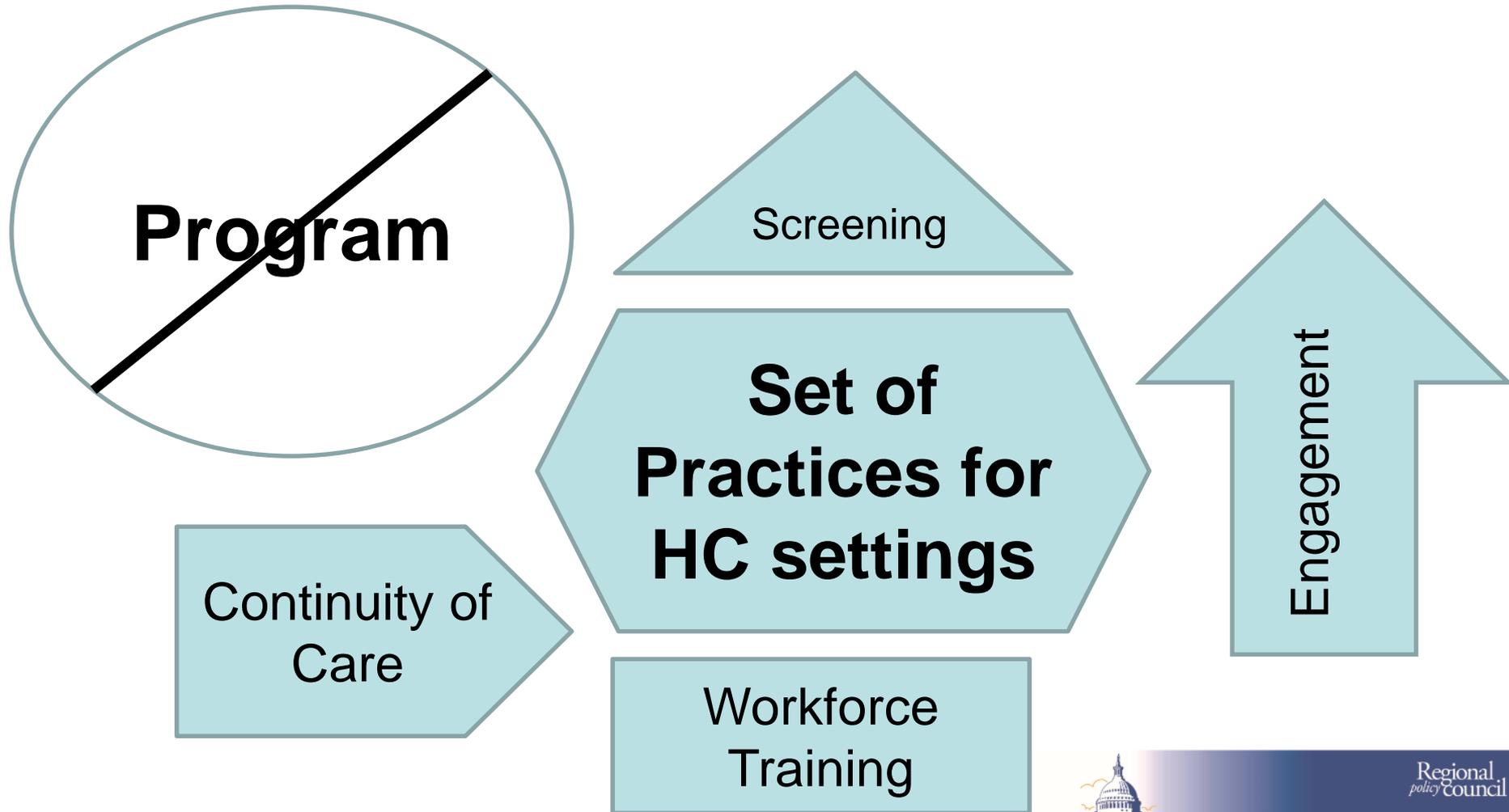
Culture Shift

The foundational belief of Zero Suicide is that suicide deaths for individuals under care within health and behavioral health systems are preventable.

Suicide should be a “never event”.



What is Zero Suicide?



What is Zero Suicide

Over the decades, there have been many instances where individual mental health clinicians have made heroic efforts to save lives, but systems of care have done very little.

Dr. Richard McKeon
Suicide Branch Chief
SAMHSA



Why Zero Suicide?

2014

Total U.S. Suicides: 42,773

Up 24% since 1999



Why Zero Suicide?

Wisconsin Violent Death Reporting System:

Of those who died by suicide:

51% had mental health issues

43% were under care

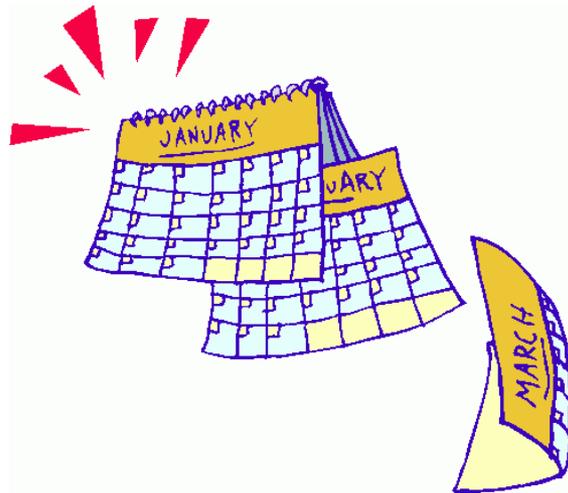
26% had alcohol issues

13% had substance abuse issues



Why Zero Suicide?

Many who die by suicide are seen by health professionals in the month or two before their death.



Development of Zero Suicide

Henry Ford Health System



Perfect Depression Care Project:
Challenged to set a bold goal

**If we're providing perfect depression care no
one will complete suicide.**



Development of Zero Suicide

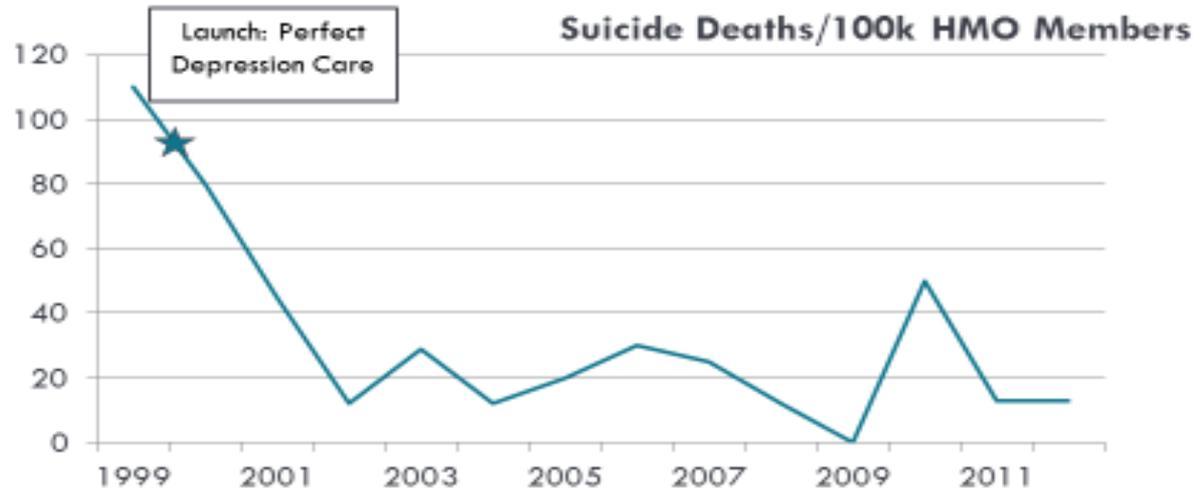
- Screening all clients.
- Protocols based on level of risk.
- Means restriction.
- Use of evidence-based treatments.
- Root cause analysis following deaths.



Development of Zero Suicide

A System-Wide Approach for Health Care: Henry Ford Health System

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ZEROSuicide
IN HEALTH AND BEHAVIORAL HEALTH CARE

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MHA

Development of Zero Suicide

Behavioral health is sometimes thought to be more elusive, but Dr. Coffey and his team successfully adapted a systematic model...



-Donald Berwick
Institute for Health Care Improvement
Later CMS



Development of Zero Suicide

Air Force Suicide Prevention Initiative

- Suicides dropped by 1/3 over six years.

Maricopa Suicide Deterrent System Project

- 38% reduction among SMI

All three programs demonstrate the ability to dramatically reduce suicide in a “boundaried” population.



Development of Zero Suicide

National Action Alliance for Suicide Prevention

Clinical Care and Intervention Task Force

- Suicide Care in Systems Framework

Suicide Prevention Resource Center

- Toolkit
- Academies



Development of Zero Suicide

Joint Commission Sentinel Event Alert

- Issued in Feb. 2016
- “Suggested” actions to incorporate many of the practices of Zero Suicide.

Zero Suicide is now the standard of care for health care settings.

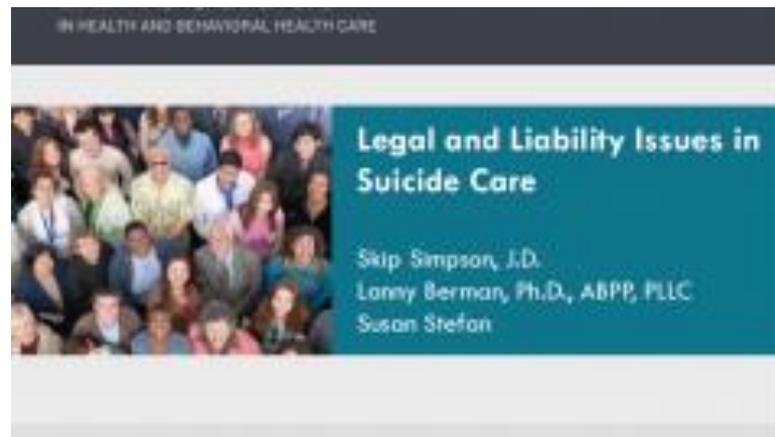


Elements of Zero Suicide

Lead-Train-Identify-Engage Treat-Transition-Improve

Toolkit:

- Narrative
- Readings
- Webinars
- Tools



Lead

- Make an explicit, top down commitment to reduce suicide deaths
- Organizational Self-Study
- Develop a communications plan/obtain buy-in.



Train

Develop a confident, competent and caring workforce.

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



Train

- Workforce survey; for all staff (not just clinicians)
- Trainings; for all staff (not just clinicians)
 - Table of trainings

ASIST * QPR * CALM * CASE

At-Risk * CSSRS * TIC



Identify

- Screen EVERY person; no one in BH setting is at 0 risk for suicide.
- Incorporate into EMR if possible
- Popular tools:
 - C-SSRS – free online training, reduces false positives
 - PHQ-9 – screening in physicians' offices
 - PSC – for youth



Engage

Engage clients in a suicide care management plan

- Assessment should be collaborative
- Develop a safety plan
- Utilize motivational interviewing to determine readiness for change
- Utilize those with lived experience



Treat

Treat suicidal thoughts and behaviors directly

- Multisystemic Therapy (MST)
- Collaborative Assessment and Management of Suicidality (CAMS)
- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy for Suicide Prevention (CBT-SP)



Transition

Follow patients through every transition in care

- Use of common screening tool across settings is helpful.
- Warm hand-offs
- Follow-up calls/cards



Improve

Apply data-driven quality improvement

- No-blame approach/Just Culture
- Death review teams
- Utilize root cause analysis to identify if/where system failed.



Zero Suicide in Wisconsin

Wisconsin Perfect Depression Care Learning Community:

- Competitive Application
- Attend Workshop at HFHS
- Begin implementation.
- Present to others.
- Report on barriers/facilitators.



Zero Suicide in Wisconsin

Zero Suicide Academies

- Held in State
- Facilitated by SPRC
- 7 orgs in 2015; 14 in 2016
- Quarterly consultation calls; adding quarterly topic calls.



Zero Suicide in Wisconsin

Results

- Most organizations have been successful in implementing at least some elements within one year.
- Leadership changes are a challenge.
- A number of organizations are working to disseminate this to others in their area.



Zero Suicide in Wisconsin

Results

- North Central Health Care
 - Serves 10,000 lives in public MH system
 - 18 different programs, all of which were using different screening methodology when they started.
 - Initial resistance from some medical staffs.
 - Strong Executive leadership.



Zero Suicide in Wisconsin

North Central Health Care Deaths by Suicide

2012: 7

2013: 6

2014: 3

2015: 0



Resources

Zero Suicide Toolkit:

<http://zerosuicide.sprc.org/toolkit>

- Links to readings/tools; many public domain

Webinars:

[http://zerosuicide.sprc.org/resources?type_1\[\]=webinar](http://zerosuicide.sprc.org/resources?type_1[]=webinar)



Thank you!

Mental Health America of Wisconsin

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Q & A

Click callout box and type your questions in the chat box (see example below).

