Getting Started with Zero Suicide in Indian Country

1. Read the online Zero Suicide Toolkit and Best and Promising Practices for the Implementation of Zero Suicide in Indian Country.

2. Reach out to the Tribal Leaders, Elders, and Traditional Healers and challenge them and your organization's leadership to adopt a comprehensive, culturally-resonant approach to safer suicide care using the tips and tools in the Lead element in both the Zero Suicide Toolkit—Lead and in Best and Promising Practices for the Implementation of Zero Suicide in Indian Country—Lead.

3. If possible, ask the Tribal leadership to develop a Tribal resolution centered on the need to be attentive to the lives of Tribal members through enhanced attention to suicide-safe care and suicide prevention.

4. Convene your Zero Suicide implementation team with representation from the Tribal community, executive leadership, clinical leadership, IT people, people engaged in quality improvement efforts and people with lived experience of suicide loss or attempts.

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5. Educate the Tribal community's representatives about the health system and then discuss and complete the Organizational Self-Study together using the suggested additions for working in Indian Country located in Best and Promising Practices for the Implementation of Zero Suicide in Indian Country.

6. Using the Zero Suicide Workplan Template, create a workplan and decide upon priorities.

7. At the outset, using the Zero Suicide Data Dashboard and Zero Suicide Data Elements Worksheet as a guide, decide what data you will collect in order to support evaluation and quality improvement.

8. Announce to staff and Tribal leadership the plans to adopt the Zero Suicide framework as an enhanced suicide care approach.

9. Administer the Zero Suicide Workforce Survey using the suggested additions for working in Indian Country located in Best and Promising Practices for the Implementation of Zero Suicide in Indian Country.

10. Develop culturally-resonant processes and policies for screening, assessment, risk formulation, treatment and safe care transitions. Examine the use of electronic and/or paper records to support these processes.

11. As you go, evaluate your progress and measure results. Retake the Zero Suicide Organizational Self-Study every year to track your progress and determine your organization's adherance to the seven elements of Zero Suicide. Collect data on the priorities you chose in step 6.

This work was funded through a contract with IHS.

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