

Zero Suicide Initiative



Starting the NKHS Zero Suicide Initiative

- Initiated due to concerns raised about gaps in our system alerting staff to potentially life-threatening circumstances.
- Representatives from all divisions began meeting monthly in November 2016.
- The team followed the ZERO Suicide Work Plan so all staff would have a general understanding of the best practice of suicide awareness and prevention.



Our Framework

SYSTEMATIC SUICIDE CARE *Bridging the Gaps*

(Adapted from the *National Action Alliance for Suicide Prevention*, 2010)



Zero Suicide Model



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Lead system-wide culture change committed to reducing suicides.



Strategic Goal #1:
Recruit, train, develop and retain a strong workforce



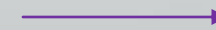
Suicide trainings provided to all staff for onboarding specific to staffs job roles

Strategic Goal #2:
NKHS is seen as a leader in the Northeast Kingdom



Provide training/consultation to the community/partners

Strategic Goal #3:
Become a learning organization and find innovative ways to deliver services and increase access.



Support all programs to develop their unique pathways to care



Trainings Offered-Community

Gizmo's Pawesome Guide to Mental Health Pre-k to 5th Grade

It's Real Middle School, High School and College

Question, Persuade, Refer (QPR) College students, teachers, faculty, parents, care givers

ASIST Applied Suicide Intervention Skills Training

Mental Health First Aid (MHFA) Adult, Youth and Teen classes offered to the community



Impact of Trainings

Since January 2023:

918 student grades k-5 have received Gizmo presentation (623 scheduled for May 2024)

387 students grades 6-8 have received It's Real Teen Mental Health (186 scheduled for May 2024)

10 schools will have engaged in QPR for teachers and support staff (over **250** educators)

QPR: 2017-current 1408 trained, offering 112 trainings





Trainings Offered-NKHS Staff

- Columbia Suicide Severity Rating Scale (C-SSRS)
- Counseling on Access to Lethal Means (CALM)
- Collaborative Assessment and Management of Suicidality (CAMs)





Identify individuals with suicide risk via comprehensive screening and assessment.



Columbia Suicide Severity Rating Scale Training (C-SSRS)

On-boarding- All Clinicians, Med Providers, Case Managers and Supervisory roles

Annual- staff providing screening and assessment for individual receiving services

Question,
Persuade, Refer
(QPR)
encouraged for all
staff

Screening and Assessment Training for Staff

- Working with community partners in the Collaborative Assessment and Management of Suicidality (CAMS-care) framework
 - Counseling on Access to Lethal Means (CALM)
 - CAMS-care online learning and call-ins
 - CAMS Role-play
 - NEK CAMS-care Team participation (check-in meetings over 44 clinicians)
 - Safety Planning tools





Engage all individuals at risk of suicide using a suicide care management plan.



Training for Case Managers, Clinicians and Emergency Services:

- Counseling on Access to Lethal Means Training (CALM)
 - Stanley and Brown Safety Plan Training



Community Awareness

- Tabling at events
- Hosting at open houses
- Hosting at awareness events
- Public Access Recordings
- Sponsorships of other organizations (i.e.): NAMI, AFSP)
- Participation in Accountable Health Community Groups





Treat suicidal thoughts and behaviors using evidence-based treatments.



Treatment :

Clinical:

Dialectal Behavior Therapy (DBT)

Collaborative Assessment and Management of Suicidality (CAMs)

Case Mangers:

Overview of frame work for above

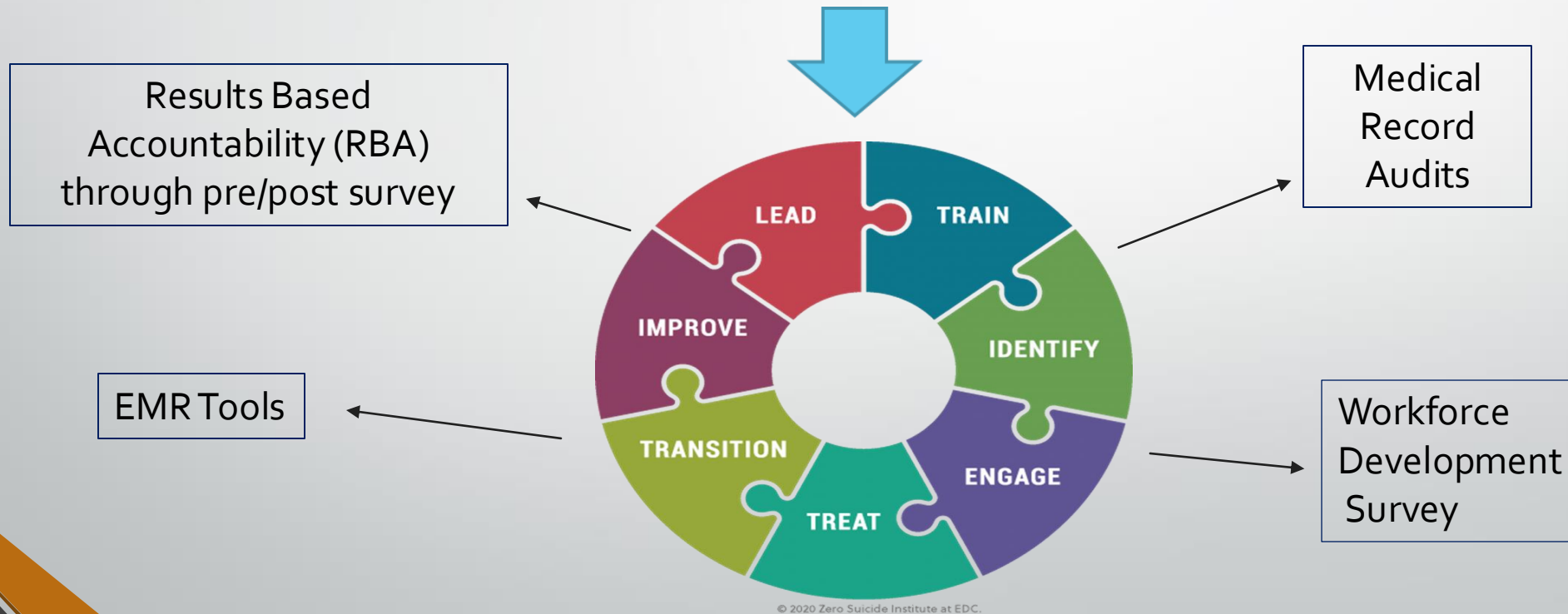


Transition individuals through care with warm hand-offs and supportive contacts.





Improve policies and procedures through continuous quality improvement.



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How much are we doing, how well and who is better off?

Lead and Engage

- NKHS Zero Suicide Monthly
- Zero Suicide Coordinators Monthly (State wide)
- Mini Grant with Primary Care
- Postvention Statewide Group
- Loss and Healing Statewide group
- State Suicide Strategic Planning Committee
 - (Core Team and Advisory Groups)

Questions?

