

Suicide Prevention in a System of Care

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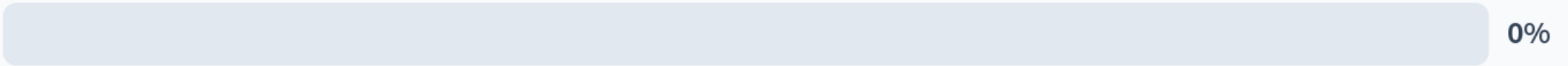
January 27, 2025



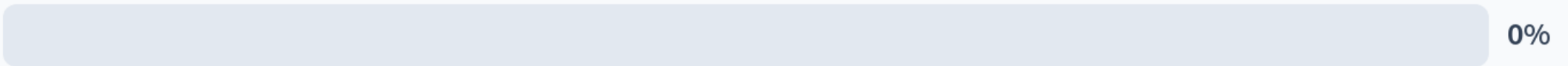
Please consider completing this pre-test while we wait. Link:
<https://www.surveymonkey.com/r/suicideprevention-pre>

Have you been a helper for someone who had thoughts of suicide?

Yes



No



What values or traits are most important for helpers when someone is having thoughts of suicide?

Nobody has responded yet.

Hang tight! Responses are coming in.



**DELAY IN SEEING A
MENTAL HEALTH PROVIDER**



NO CRISIS SAFETY PLAN



FAMILY NOT INVOLVED



**FEELING ALONE,
DISCONNECTED**



**STILL
VULNERABLE**

**The care path between
behavioral health inpatient
and outpatient care
providers is fragmented.**

A person is **300 times** more likely to die by suicide in the **first week** after discharge. *(Chung et al, 2019)*

Only **50%** attend an appointment in the **first 7 days.** *(NCQA, 2017)*

30% of patients do not attend an outpatient appointment in the **first 30 days.** *(NCQA, 2017)*

Youth (aged 10 -18) are more likely to die by suicide **within 6 months** of inpatient care, when their initial appointment was **8 days or more** after discharge. *(Fontanella, 2020)*

What We'll Cover

As individuals:

- How to ask about suicide
- What goes into risk assessment and safe planning?
- How do we follow up with the person later?

As organizations:

- How might we need to change the way we do things as organizations?

Discuss in Small Groups

- How often have you talked to someone about suicide?
- What do you usually do when that happens?
- Where have you seen systems fail people?

- What do you most want to learn today?

Asking about Suicide



What values or traits are most important for helpers when someone is having thoughts of suicide?

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When people try to minimize your pain they are doing you a disservice...

The truth is that it hurts because it's real.

It hurts because it mattered.

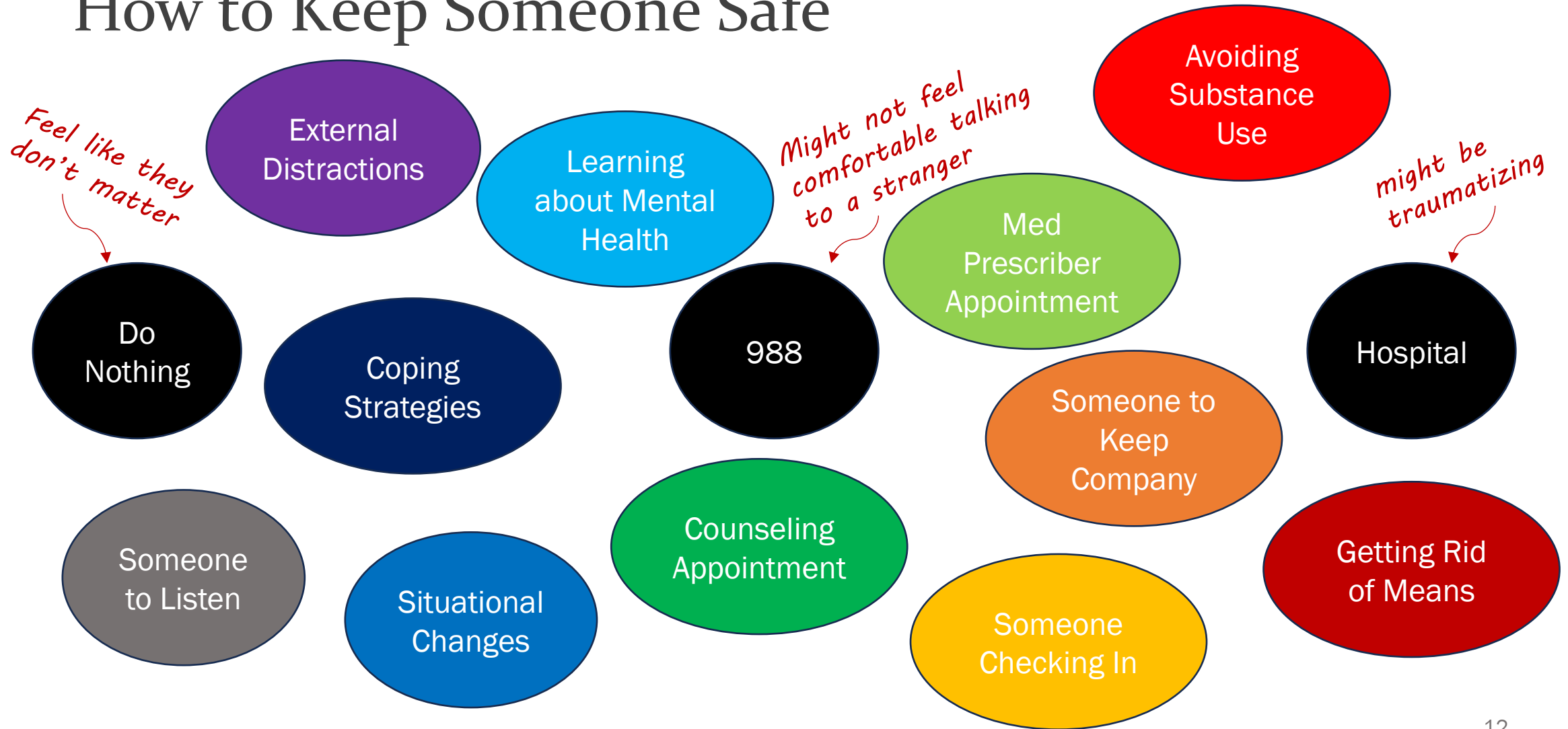
~John Green

Risk Assessment

Example questions from Columbia SSRS:

- Have you had any thoughts about **killing yourself**?
- Have you thought about **how** you would do that?
- When you thought about making yourself not alive anymore (or killing yourself), did you think that this was something **you might actually do**?

How to Keep Someone Safe



Safety Plan

Stanley & Brown Safety Plan is commonly used

Available for free from

<https://www.samhsa.gov/resource>

Safety Plans Work

There is hope.



1. Write 3 warning signs that a crisis may be developing.

2. Write 3 internal coping strategies that can take your mind off your problems.

3. Who/What are 3 people or places that provide distraction?

(Write name/place and phone numbers)

_____ Phone _____
_____ Phone _____
_____ Phone _____

4. Who can you ask for help? (Write names and phone numbers)

_____ Phone _____
_____ Phone _____
_____ Phone _____

5. Professionals or agencies you can contact during a crisis:

Clinician: _____ Phone _____

Local Urgent Care or Emergency Department:

Address _____ Phone _____

Call or text 988 or chat 988lifeline.org

6. Write out a plan to make your environment safer.

(Write 2 things)



Most Important Evidence-Based Parts of a Safety Plan

6. Write out a plan to make your environment safer.

(Write 2 things)



- Remove lethal means
 - If the person has a plan or has firearms in the home, work with them to temporarily remove them from the home
- Follow-up Call
 - Offer to call the person the next day to check in

- Have you had any thoughts about **killing yourself?**
- Have you thought about **how** you would do that?
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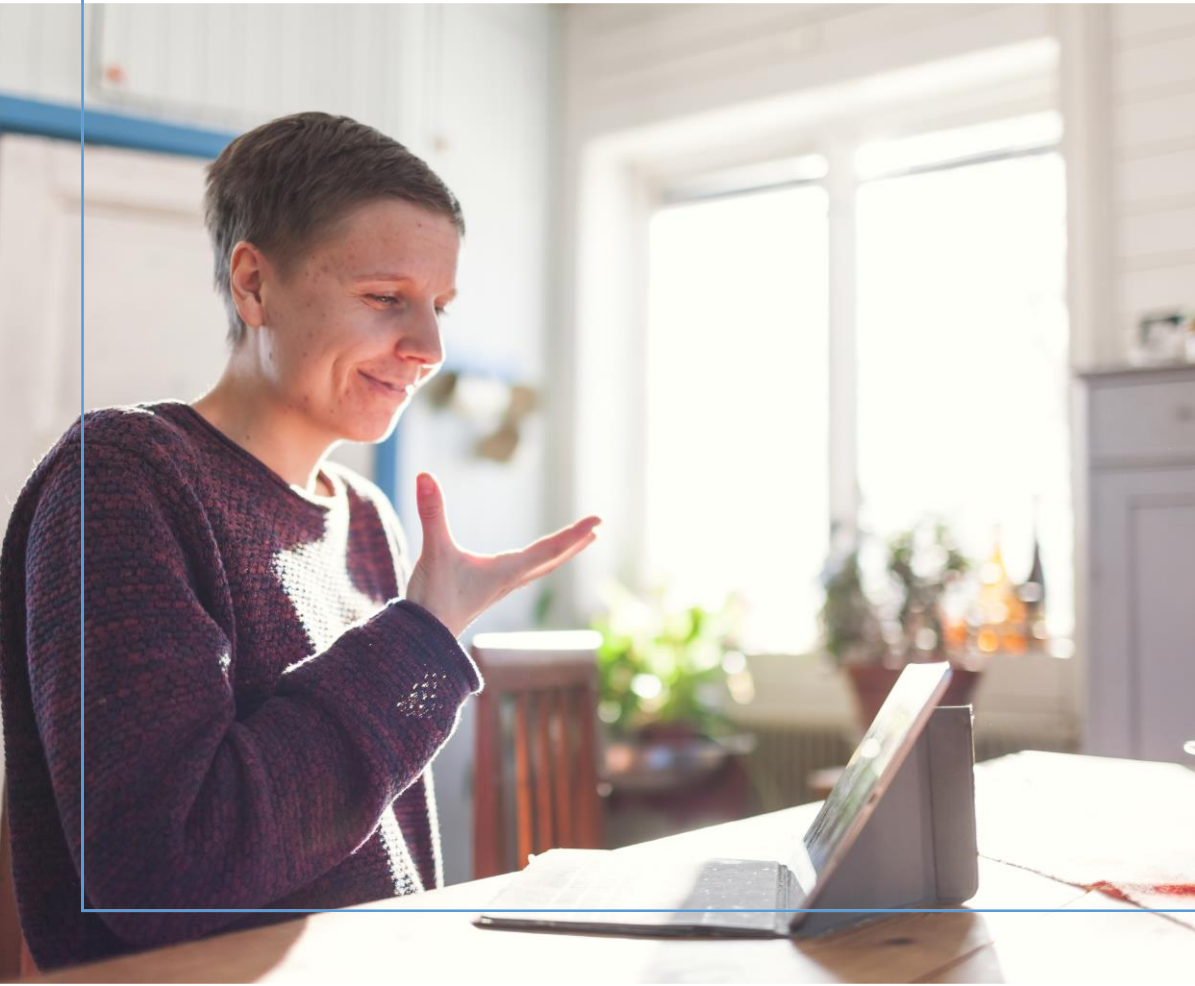
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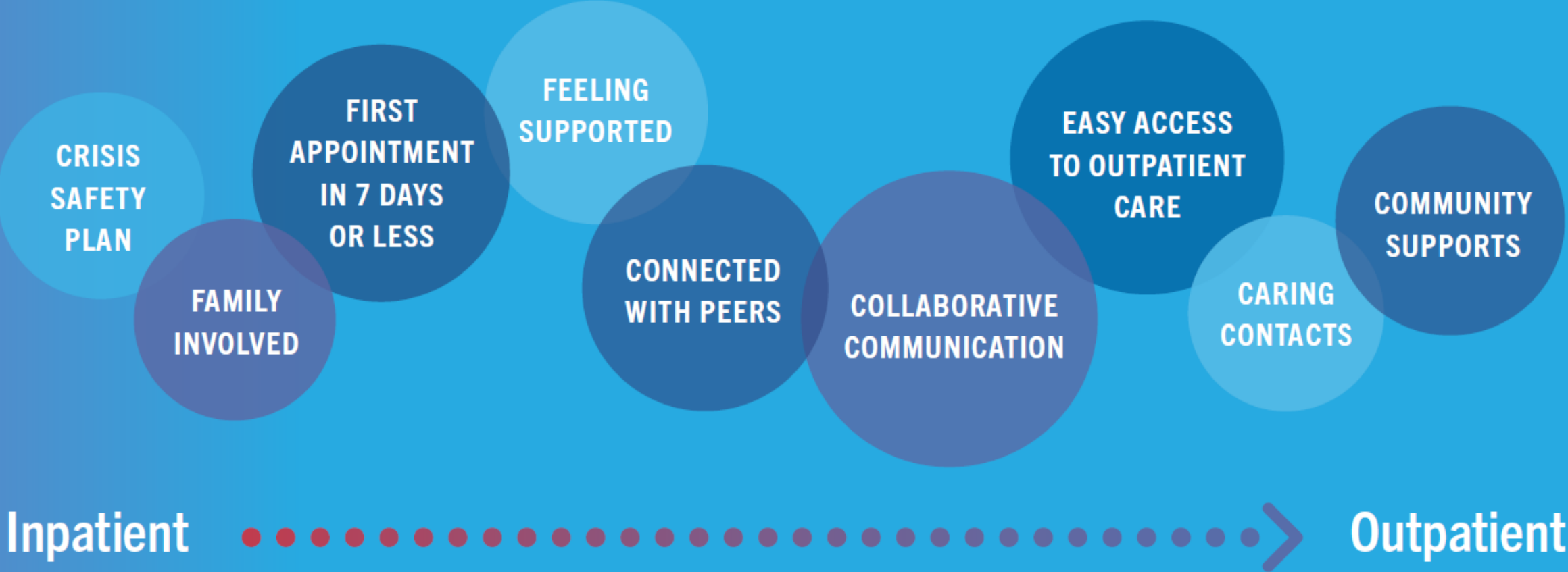


Follow Up



- Ask “Are you still having suicidal thoughts?”
- Ask about safety plan elements.
- Ask “Is this enough to help you stay safe?”
- Ask “What else would help?” and add the answers to the safety plan.
- Review next appointment and ask if another follow up would help.

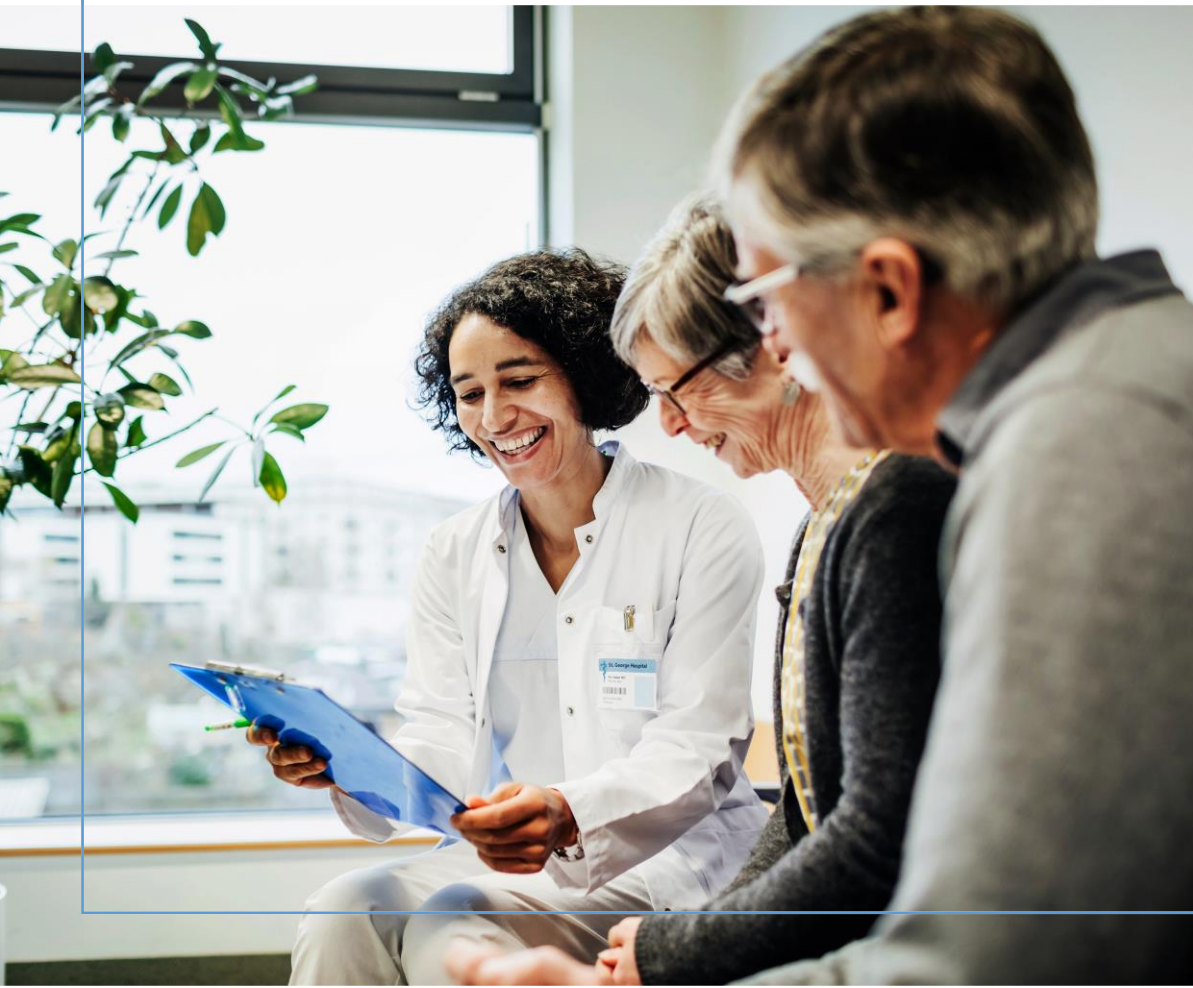
No single strategy will solve the suicide risk problem of discharge care transitions.
When comprehensive practices are linked together, lives are saved.



Whose Job Is It?

Role	Ask About Suicide	Help Make Appointment	Collaborate on Safety Plan	Need Risk and Safety Information	Make Follow Up Call	Ask About Safety Plan at Next Contact
Nurse						
Peer Support						
Family Peer Support						
Care Coordinator						
Team Lead						
Therapist						

Zero Suicide Recommendations



When someone will be leaving in-patient care:

- Meet the patient in the inpatient psychiatric setting.
- Ideally, the meeting should include the inpatient and outpatient providers, the patient, and the patient's family members or natural supports.

Zero Suicide Recommendations



Involve family members and other natural supports. Obtain consent and do the following:

- Involve the patient's family and support people in therapy.
- Provide them with education on suicidality and any co-occurring mental illness or substance misuse issues.
- Provide links to resources for supports.

Discuss



- How can you integrate this into the work you do?
- What might doing these things affect in your job (e.g., duration of phone calls or visits, communication with colleagues, more permissions to share information, etc.)
- How could your organization support this process?