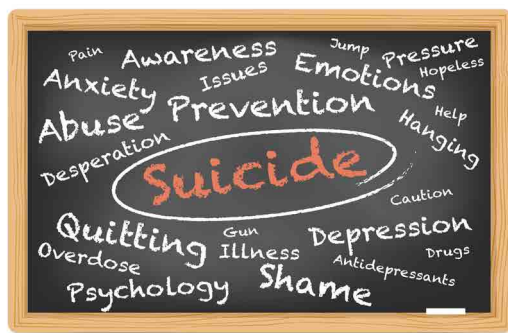


The Sophie Fund



Brief Guide to the Zero Suicide Model



Zero Suicide is a continuous quality improvement framework for transforming suicide prevention in health and behavioral health care systems. The foundational belief is that suicide deaths of individuals under medical the care are preventable. Suicidal individuals often fall through multiple cracks in a fragmented and sometimes distracted healthcare system.

Seven Elements of Transforming Suicide Care

LEAD system-wide culture change committed to reducing suicides

TRAIN a competent, confident, and caring workforce

IDENTIFY suicide risk via comprehensive screening and assessment

ENGAGE all individuals at-risk of suicide using suicide care management plan

TREAT suicidal thoughts and behaviors using evidence-based treatments

TRANSITION care with warm hand-offs and supportive contacts

IMPROVE policies and procedures through continuous quality improvement

Source: Suicide Prevention Resource Center

For a comprehensive hyperlinked listing of resources about the Zero Suicide Model, go to:
www.thesophiefund.org

How Healthcare Providers Can Implement Zero Suicide

Zero Suicide implementation is a long-term commitment. To assist healthcare organizations, the Suicide Prevention Resource Center (SPRC) established the Zero Suicide project offering online resources:

Zero Suicide in Health and Behavioral Health Care

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

Zero Suicide Toolkit

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

Zero Suicide Approach: Transforming Systems for Safer Care

<http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/Transforming%20Systems%206.25.18.pdf>

Quick Guide to Getting Started with Zero Suicide

<http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/Quick%20Guide%20to%20Getting%20Started%20with%20Zero%20Suicide.pdf>

Zero Suicide Organizational Self-Study

<http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/Zero%20Suicide%20Organizational%20Self-Study.pdf>

Zero Suicide Work Plan Template

<http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/Zero%20Suicide%20Workplan%20Template%2012.6.17.pdf>

Zero Suicide Institute

<http://zerosuicideinstitute.com/>

Suicide Prevention in Primary Care: A Toolkit for Primary Care Clinicians and Leaders

<https://www.preventsuicideny.org/wp-content/uploads/2019/02/SuicidePreventionGuide8October.pdf>

Suicide Prevention Center of New York

<https://www.preventsuicideny.org/>

Zero Suicide Resources

“Suicide Prevention: An Emerging Priority For Health Care,” Health Affairs, June 2016

<https://www.healthaffairs.org/doi/pdf/10.1377/hlthaff.2015.1672>

“Suicide Care in Systems Framework,” Clinical Care and Intervention Task Force, National Action Alliance for Suicide Prevention, 2011

<https://theactionalliance.org/sites/default/files/clinicalcareinterventionreport.pdf>

“2012 National Strategy for Suicide Prevention”

https://www.ncbi.nlm.nih.gov/books/NBK109917/pdf/Bookshelf_NBK109917.pdf

“1,700 Too Many: New York State’s Suicide Prevention Plan 2016–17”

<https://www.omh.ny.gov/omhweb/resources/publications/suicide-prevention-plan.pdf>

“Detecting and Treating Suicide Ideation in All Settings,” The Joint Commission Sentinel Event Alert Issue 56, February 24, 2016

https://www.jointcommission.org/assets/1/18/SEA_56_Suicide.pdf

“How We Dramatically Reduced Suicide,” New England Journal of Medicine Catalyst, April 20, 2016

<https://catalyst.nejm.org/dramatically-reduced-suicide/>

“Building a System of Perfect Depression Care in Behavioral Health”

[https://www.jointcommissionjournal.com/article/S1553-7250\(07\)33022-5/pdf](https://www.jointcommissionjournal.com/article/S1553-7250(07)33022-5/pdf)

“Preventing Suicide Through Improved Training in Suicide Risk Assessment and Care,” American Association of Suicidology

<https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1943-278X.2012.00090.x?deniedAccessCustomisedMessage=&userIsAuthenticated=false>

“Our Goal: Zero Suicide Model for Tompkins County,” The Sophie Fund, December 5, 2017

<https://thesophiefund.org/2017/12/05/our-goal-zero-suicide-for-tompkins-county/>

“Tompkins County Adopts the Zero Suicide Model,” The Sophie Fund, July 18, 2018

<https://thesophiefund.org/2018/07/18/tompkins-county-adopts-the-zero-suicide-model/>

Zero Suicide in Tompkins County

April 17, 2017: Community mental health stakeholders representing 18 organizations adopt The Watershed Declaration, calling suicide a “serious public health concern” and pledging to intensify suicide prevention efforts.

June 7, 2017: Ithaca Mayor Svante Myrick issues a proclamation in support of The Watershed Declaration.

July 31, 2017: More than 40 local mental health leaders launch the Tompkins County Suicide Prevention Coalition.

September 5, 2017: The Tompkins County Legislature proclaims September 2017 to be “The Watershed Declaration Month.”

March 27, 2018: The Tompkins County Suicide Prevention Coalition takes concrete steps toward the adoption of the Zero Suicide Model for local suicide prevention, advancing a strategic plan to guide suicide prevention policies and practices in the community and appointing a coordination committee.

June 18, 2018: The Tompkins County Suicide Prevention Coalition votes to recommend the Zero Suicide Model for healthcare providers as a countywide suicide prevention initiative.

July 17, 2018: The Tompkins County Legislature unanimously passes a resolution to support the Zero Suicide Model.

2018-19: Seven local healthcare providers declare themselves “Zero Suicide Champions” and begin implementing the model:

- Cayuga Medical Center
- Tompkins County Mental Health Services
- Alcohol & Drug Council of Tompkins County
- Suicide Prevention & Crisis Service
- Cornell Health of Cornell University
- Family & Children’s Service of Ithaca
- Cayuga Health Partners

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Go to: www.thesophiefund.org

Email: thesophiefund2016@gmail.com