



**beacon**  
health options

**WE NEED  
TO  
TALK  
ABOUT  
SUICIDE**

February 2017

# Agenda

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- Brief introduction to our speakers
  - Emma Stanton, MD
  - Clarence Jordan
  - Erick Messias, MD
  - Lynne Bakalyan, LPC
- Today's objectives
- A personal story
- Epidemiology
- Beacon's Zero Suicide story in Colorado
- The Zero Suicide framework
- Next steps

# Today's objectives

Suicidal behavior disorder is a treatable condition in its own right

- Shift the mindset that suicide is the consequence of another co-occurring mental health condition
- Explore the Zero Suicide framework
- Know where to start in applying the Zero Suicide framework

*I feel that suicide is the 'dirty little secret' of behavioral health and that we don't like to talk about it or focus on it. This is a mistake.*

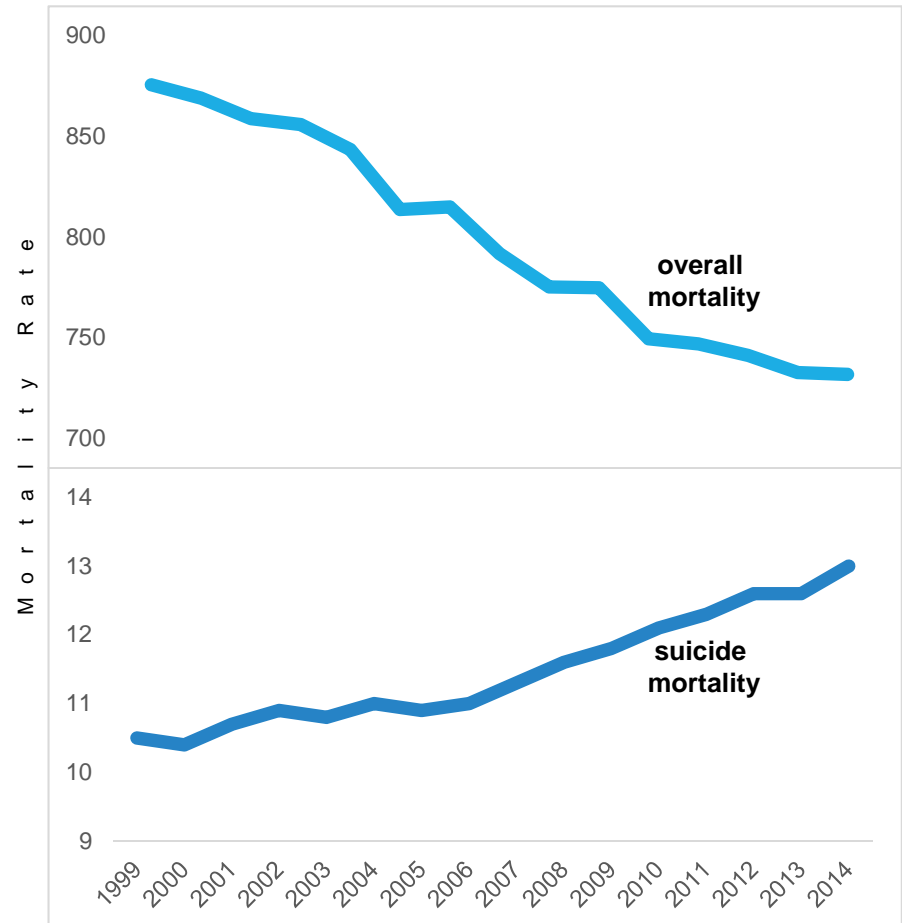
– Surveyed Beacon employee

# A personal story



# Epidemiology

- Suicide is the **10<sup>th</sup> leading cause of death** in the United States
- US suicide rate (13.4/100,000) is **above the world average** (11.4/100,000)
- **Age:** Suicide affects peoples of all ages, but it is rarely seen under 5
- **Gender:** Females attempt suicide more frequently than males, but males die by suicide at higher rates
- **Almost half** (45%) of people who die from suicide **visited their PCP in the month prior**, but only a fifth (19%) visited mental health services



Data Source: Centers for Disease Control and Prevention

*Suicide rates have increased by 24% from 1999 to 2014 compared to a decline in overall mortality for that same time period*

# Turning tragedy into action - Beacon Colorado

- In 2016, four teens died by suicide in a two-week period at a local high school in Colorado Springs
- Personally affected by these tragedies, four Beacon employees chose to attend the Zero Suicide Academy to learn best practices around suicidal behavior disorder
- Within three months, the Colorado office formed a Zero Suicide Implementation Strategy
  - Included IT, Quality, Administrative and Clinical departments










# The power of Zero in Beacon's Colorado office

## Team action items


1. Created a weekly discharge report per mental health center with member information, suicide rating scale at time of admit, and member contact information as well as a quarterly meeting with MHCs
2. Hosted a staff/community kick-off event to explain ZS principles
3. Implemented Lunch-and-Learns to train staff on what to do if someone answers YES to questions about feeling suicidal
4. Taught Mental Health First Aid to community and internal staff members
5. Developed a standardized screening tool
6. Created a Zero Suicide Office365 shared workspace
7. Circulated weekly research articles to internal staff members

# The seven pillars of the Zero Suicide framework








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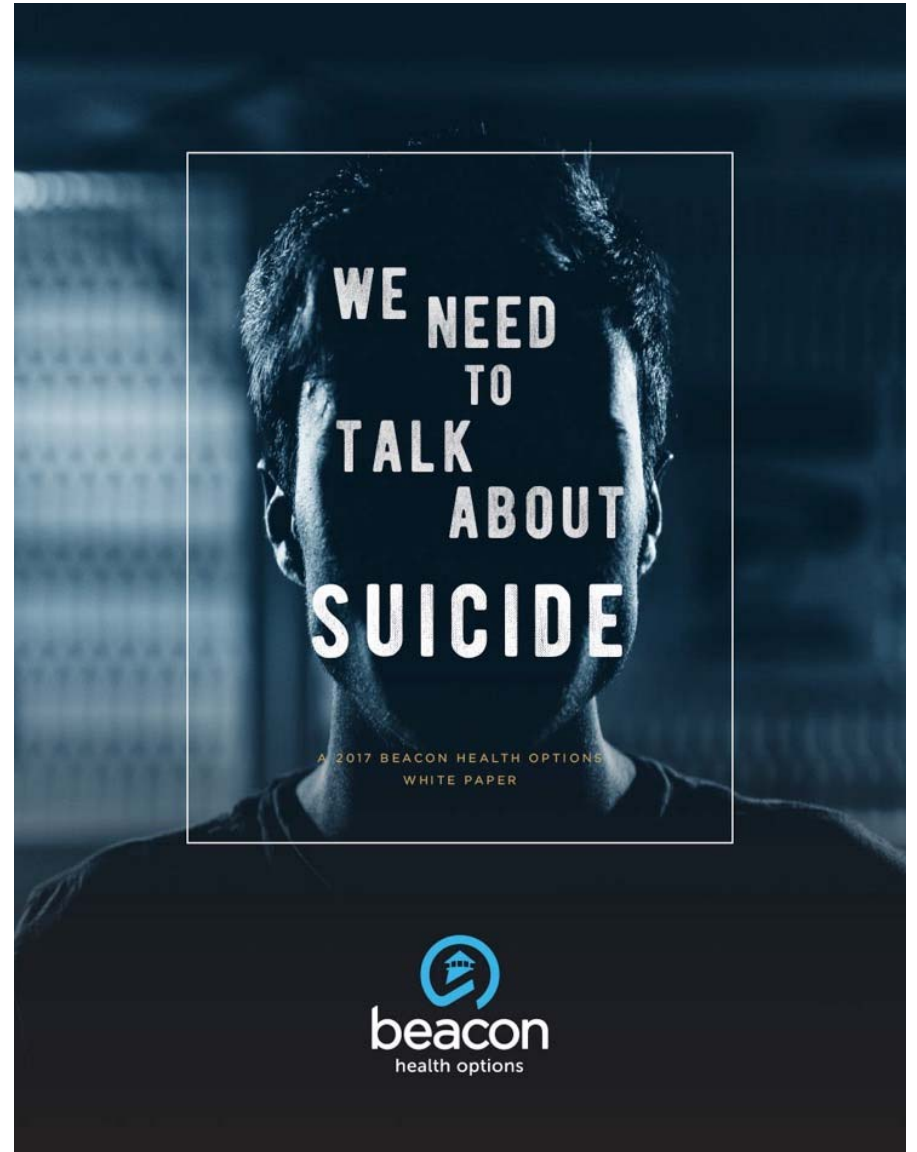
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# Next steps

- Encourage leadership to get on board with a Zero Suicide campaign
- Promote a culture of proactively identifying and treating suicide
- Focus training efforts on how to identify at-risk patients, such as role-playing in asking about suicidal thoughts
- Use the C-SSRS and PHQ-9 across the care continuum and not just in inpatient psychiatric care
- Establish protocols to collect and review suicide-related data
- To promote continuity of care, reassess your post-discharge aftercare requirements
- Use non-demand caring contacts during transitions of care





# Other resources

- Download Beacon's white paper at <http://beaconlens.com/white-papers/>
- Zero Suicide Website: <http://zerosuicide.sprc.org/>
- Suicide Prevention Resource Center: <http://www.sprc.org/>
- National Action Alliance for Suicide Prevention: <http://actionallianceforsuicideprevention.org/>
- SAMHSA Website: <http://www.samhsa.gov/tribal-ttac/resources/suicide-prevention>
- *CALM: Counseling on Access to Lethal Means: Suicide Prevention Resource Center website:* <http://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>
- National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>
- Mental Health Awareness: Suicide or Survive <http://www.suicideorsurvive.ie/?gclid=CNqK0pLqhdICFcmIswod6MoO6g>

For more information, contact Dale Seamans at  
**[dale.seamans@beaconhealthoptions.com](mailto:dale.seamans@beaconhealthoptions.com)**

# Thank you

