



CBHC

Colorado Behavioral
Healthcare Council

CBHC BOARD POSITION STATEMENT 14.0:

Zero Suicide

Position Statement

CBHC is committed to achieving Zero Suicide in the state of Colorado. It is our position that suicide deaths for individuals under care within health and behavioral health systems are preventable.

Background

In 2016 there were 1,156 Coloradans who lost their lives to suicide. Too late, we learn that many of these individuals were experiencing some type of behavioral health crisis in the hours and days leading to their suicides.

Zero Suicide is a key concept of the [2012 National Strategy for Suicide Prevention](#), a priority of the [National Action Alliance for Suicide Prevention](#) (Action Alliance), a project of Education Development Center's [Suicide Prevention Resource Center](#) (SPRC), and supported by the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA). After researching successful approaches to suicide reduction, the Action Alliance's Clinical Care and Intervention Task Force identified seven essential elements of suicide care for health and behavioral health care systems to adopt:

1. [Lead](#) – Create a leadership-driven, safety-oriented culture committed to dramatically reducing suicide among people under care. Include survivors of suicide attempts and suicide loss in leadership and planning roles.
2. [Train](#) – Develop a competent, confident, and caring workforce.
3. [Identify](#) – Systematically identify and assess suicide risk among people receiving care.
4. [Engage](#) – Ensure every individual has a pathway to care that is both timely and adequate to meet his or her needs. Include collaborative safety planning and restriction of lethal means.
5. [Treat](#) – Use effective, evidence-based treatments that directly target suicidal thoughts and behaviors.
6. [Transition](#) – Provide continuous contact and support, especially after acute care.
7. [Improve](#) – Apply a data-driven quality improvement approach to inform system changes that will lead to improved patient outcomes and better care for those at risk.

Zero Suicide is a call to relentlessly pursue a reduction in suicide and improve the care for those who seek help.

In 2015, CBHC provided technical support to funders (Colorado Office of Suicide Prevention, the Office of Behavioral Health, and the Anschutz Foundation) to bring a Zero Suicide Academy to Colorado. Thirteen CMHCs were in attendance. Another Academy took place in 2017. Currently, all 17 CMHCs, 1 MSO and several BHOs have been trained in Zero Suicide, indicating there is a commitment among the leadership of

nearly all behavioral health members to this implementation. CBHC is dedicated to working on policy, legislation and initiatives that support the tenets of Zero Suicide.

Policy Priorities

14.1 Increase the Availability of Training and Organizational Policies Aimed at Reducing Suicide Statewide

To expand the number of individuals with research-based training in healthcare and other service systems, as well as the overall community.

- ❖ CBHC supports policies that increase funding to implement evidence-based training and organizational policies and strategies focused on suicide reduction
- ❖ CBHC supports policies that increase healthcare workforce preparedness to manage suicidal patients through:
 - Evidence-based gatekeeper trainings for all non-clinical staff
 - Evidence-based skills training for all clinical staff
- ❖ CBHC supports policies that encourage greater adoption of suicide prevention training for individuals serving in various professional and civil service roles, including criminal justice, first responders, education, healthcare, businesses, faith-based organizations, youth-serving organizations, and others who interface with the public on a regular basis.

14.2 To Measure the Scope of the Problem and Determine Effective Suicide Prevention Strategies

To ensure that suicidal individuals do not fall through the cracks in complex behavioral health and healthcare systems through a systematic approach to quality improvement in these settings.

- ❖ CBHC supports policies that increase funding opportunities and remove barriers to expand data collection related to suicide:
 - Promote data sharing across systems
 - Promote uniform collection of data

Effective Period

The Colorado Behavioral Healthcare Council (CBHC) Board of Directors approved this policy on xx/xx/xxxx. It is reviewed as required by the Public Policy Advisory Committee.

Policy Updated

Updates to this policy position were approved by the CBHC Board of Directors on xx/xx/xxxx.

Expiration: 10/06/2019