



## Zero Suicide Implementation in Health Systems

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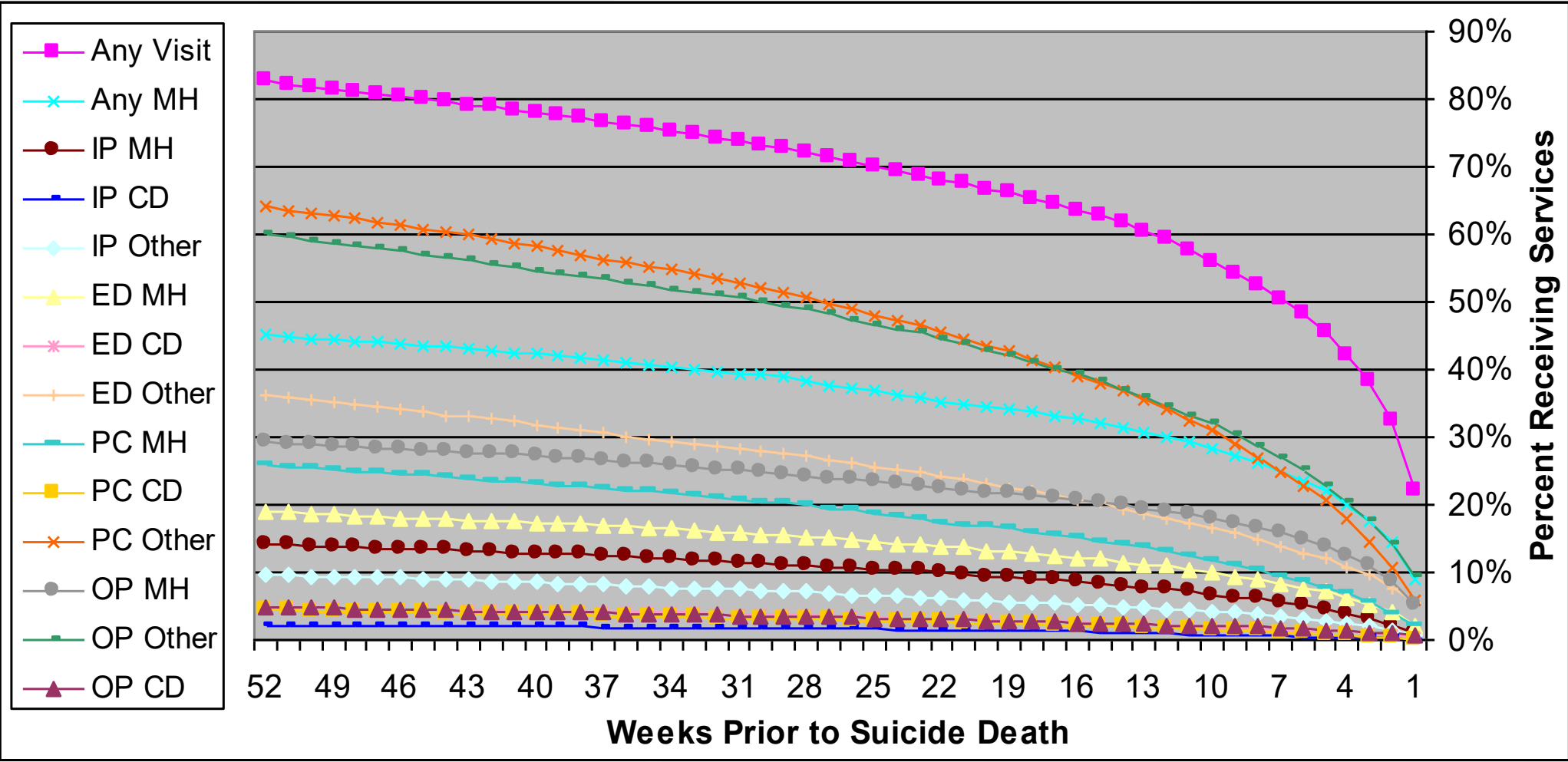
# Funding & Acknowledgements

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# Background / Significance

- Suicide is the 11<sup>th</sup> leading CoD in the US
  - #1 cause of injury-related death
- >48,000 people die of suicide each year in the US
  - 14.5/100,000 nationally
- 1.7 million suicide attempts each year in the US
- >10 million people have suicide thoughts each year in the US
- US suicide rates have not improved over time
  - Rates are ~25% higher than in 2000; the only top 10 leading cause of death with rising rates
- Health Care plays an important role in Suicide Prevention.

# Health care systems are an important environment to prevent suicide



Ahmedani, et al (2014). Health care contacts in the year before suicide death. Journal of General Internal Medicine, 29(6), 870-877. doi:10.1007/s11606-014-2767-3. PMID: 24567199.

The image shows the front cover of a report. It has a solid purple background with a subtle pattern of fine, radiating lines. The text is in a white serif font.

National Strategy *for*  
Suicide Prevention

2024

## **2024 US National Strategy for Suicide Prevention & Federal Action Plan**

The image shows the front cover of a report. It has a solid blue background with a subtle pattern of fine, radiating lines. The text is in a white sans-serif font.

National Strategy *for*  
Suicide Prevention

FEDERAL ACTION PLAN

2024

**Zero Suicide aligns with many of the goals and strategies to reduce suicide in the United States.**





**Michigan Suicide Prevention Commission  
Initial Report  
March 2021**

The Initial Report consists of five commission priorities:

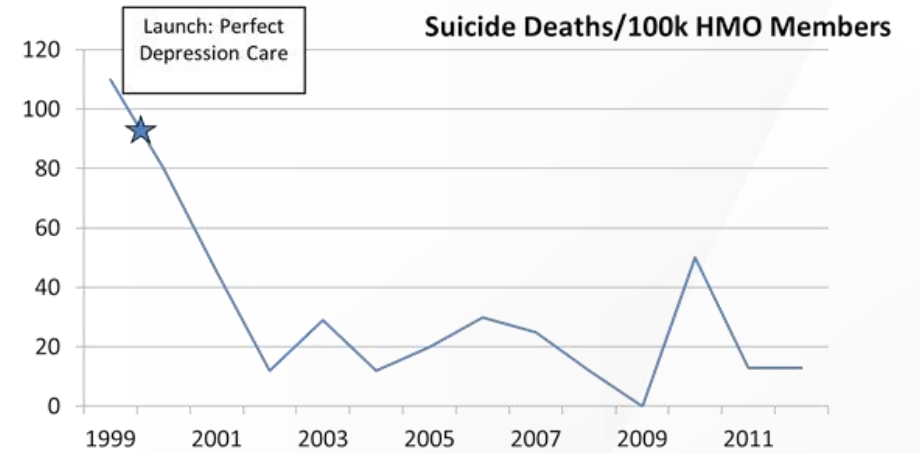
1. Minimizing risk for suicidal behavior by promoting safe environments, resiliency and connectedness
2. **Increasing and expanding access to care to support those at risk**
3. Improving suicide prevention training and education
4. **Implementing best practices in suicide prevention for health care systems**
5. Enhancing suicide specific data collection and systems

# What can we do: Identification, Treatment and Intervention

- Universal
  - Low-intensity approaches delivered broadly (e.g., asking the question).
  - There are screening tools that work!
  - Talking with people and offering support is one of the strongest interventions, but we have to be able to ask the question and talk.
- Selective
  - Moderate to High intensity approaches delivered to individuals at increased risk in health systems.

# The Evolution of Zero Suicide

- Originally pioneered at Henry Ford Health in 2001.
- The research evolved throughout the 2000s.
- National Action Alliance formed to create a new National Strategy in 2012.
  - Focus on Zero Suicide.
- Zero Suicide adopted by SAMHSA.
- Health systems across the US begin implementation.
- International Zero Suicide movement begins.

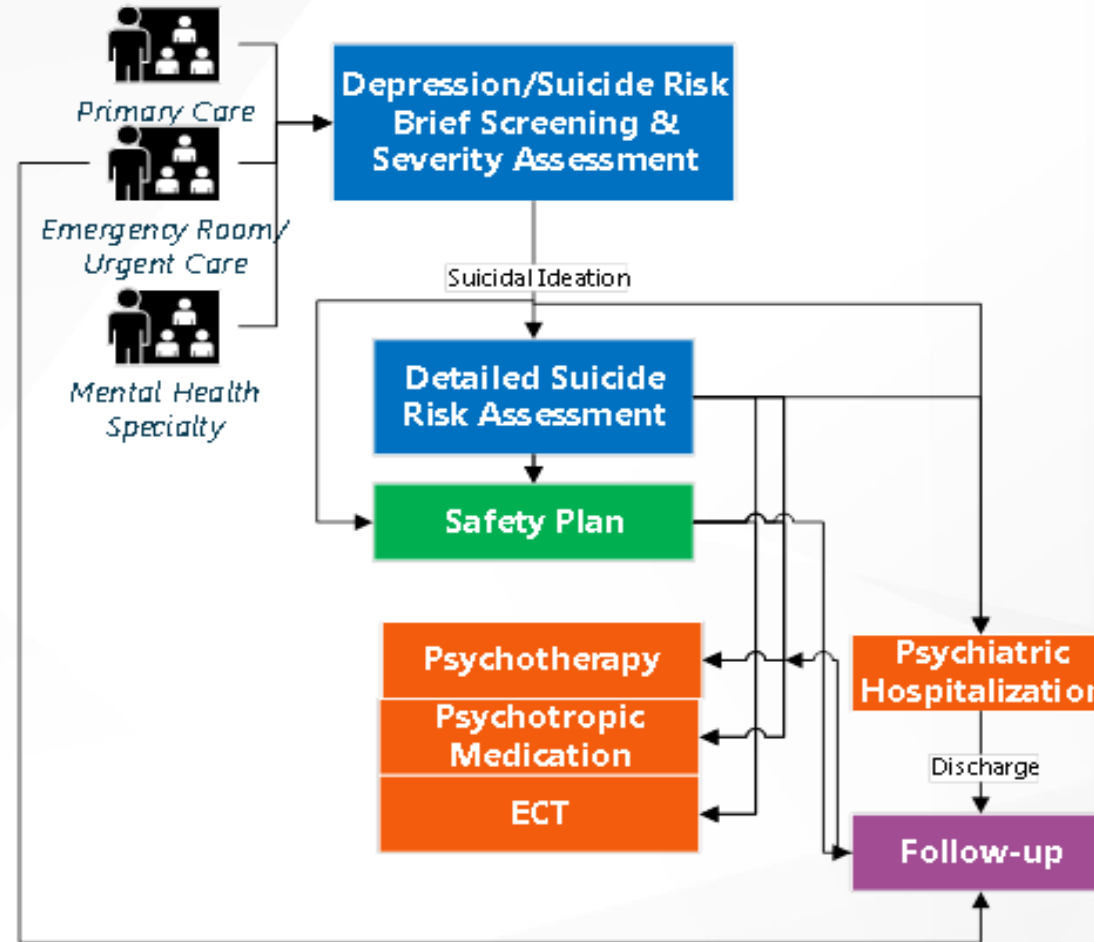




# MHRN Zero Suicide Implementation Study

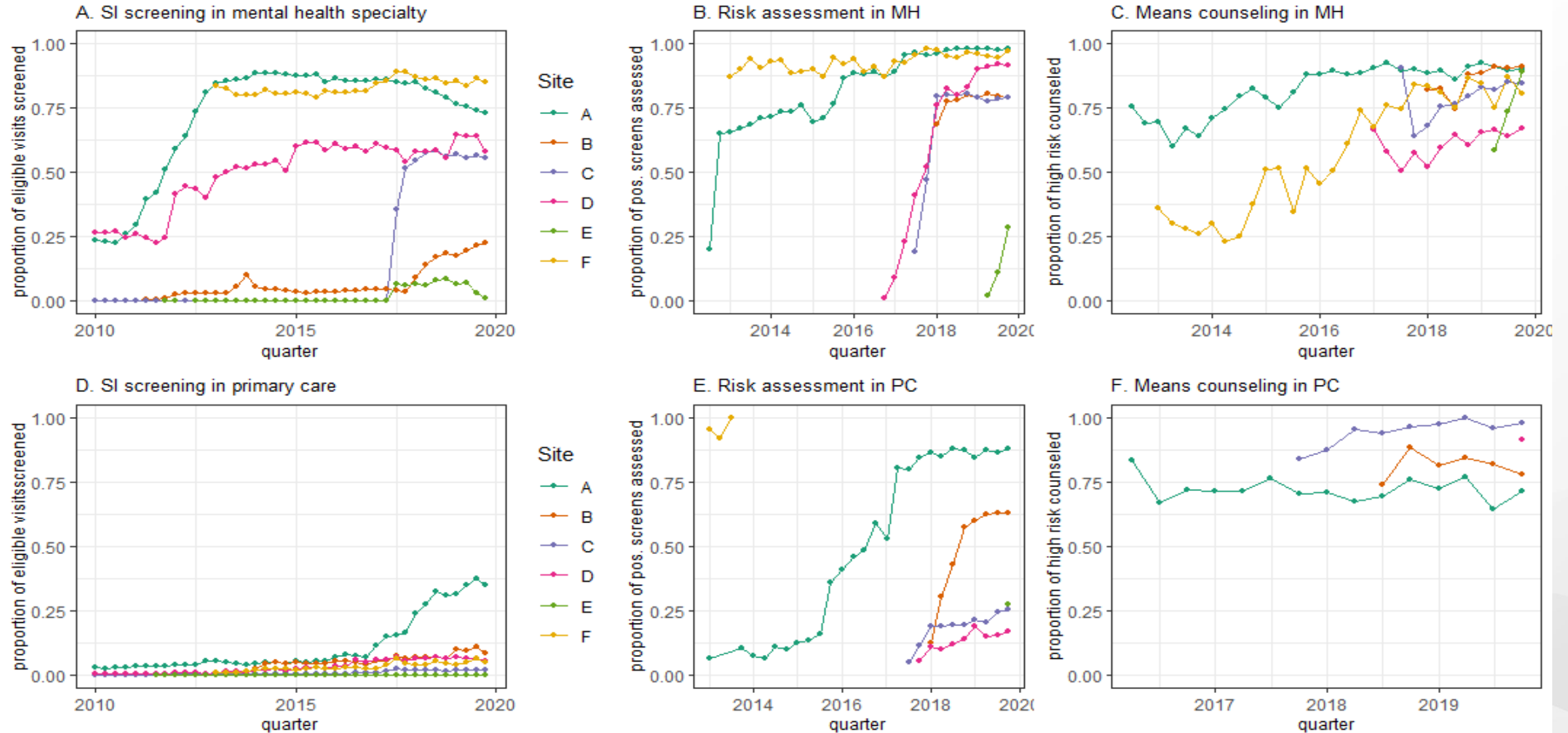
- Title: *An Evaluation of the National Zero Suicide Model Across Learning Healthcare Systems* (U01MH114087).
- Sites: Henry Ford Health, KP Washington, KP Northwest, KP Southern California, KP Northern California, KP Colorado
- ZS ‘Operational’ Components (Aim 1 collaboration)
- ZS ‘Clinical’ Components (Aim 1-3 measurement)
  - Suicide Risk Identification (PHQ-9, C-SSRS, other)
  - Care Coordination and Follow Up (Caring Contacts)
  - Treatment (Safety Plan; Suicide-Specific Psychotherapy)
- Measurement tracking via the Electronic Health Record Systems (*Epic*), Insurance Claims, and Mortality Records.
  - Established data sources in MHRN *Virtual Data Warehouse*.
  - New ZS data sources in *Epic/Claims*.
  - State and government mortality records.

# Making Sense of the Clinical Pathway Across Settings



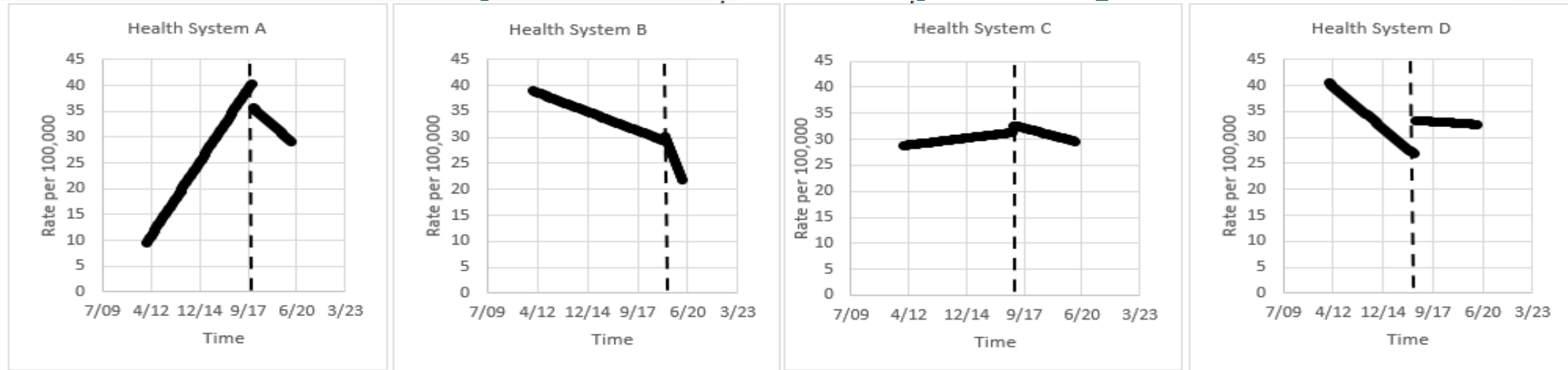
Richards, et al. An implementation evaluation of "Zero Suicide" using normalization process theory to support high-quality care for patients at risk of suicide. *Implement Res Pract*. 2021 Jan 1;2:10.

# Visit Based Screening, Assessment, Safety Planning/Lethal Means Counseling

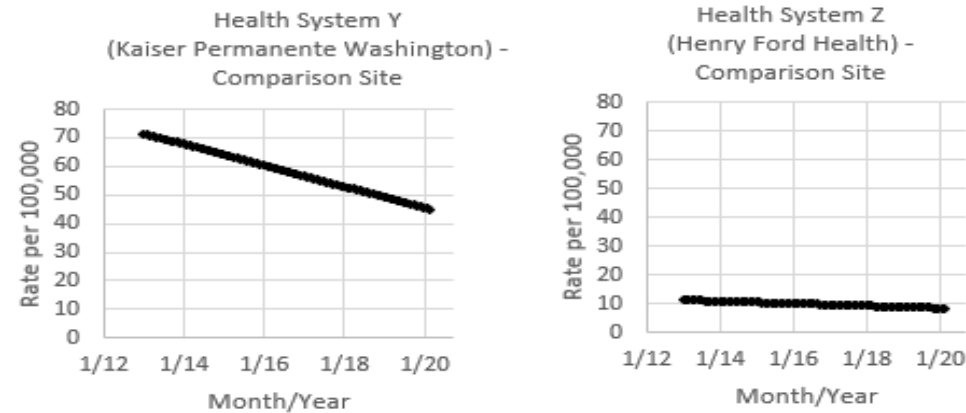


Boggs JM, Richards J, Simon G, Aguirre-Miyamoto EM, Barton LJ, Beck A, Beidas RS, Bruschke C, Buckingham ET 4th, Buttlair S, Clarke G, Coleman K, Flores JP, Frank C, Penfold RB, Richardson L, Ryan JM, Schoenbaum M, Sterling S, Stewart C, Yarborough BJH, Yeh HH, Ahmedani B. (2024). Suicide Screening, Risk Assessment, and Lethal Means Counseling During Zero Suicide Implementation. *Psychiatr Serv*, 75(7), 638-645. doi: 10.1176/appi.ps.20230211. PMID: 38566561.

# Suicide Attempt Rates in MH Specialty



*Panel B: Comparison Group Sites*



Ahmedani, B.K., Penfold, R.B., Frank, C., Richards, J.E., Stewart, C., Boggs, J.M., Coleman, K.J., Sterling, S., Yarborough, B.J.Y., Clarke, G., Schoenbaum, M., Aguirre-Miyamoto, E.M., Barton, L.J., Yeh, H-H, Westphal, J., McDonald, S., Beck, A., Beidas, R.S., Richardson, L., Ryan, J.M., Buckingham, E.T., Buttlair, S., Brusckie, C., Flores, J., Simon, G.E. (2025). Zero Suicide Model Implementation and Suicide Attempt Rates in Outpatient Mental Health Care. JAMA Network Open, 8(4), e253721. doi:10.1001/jamanetworkopen.2025.3721. PMID: 40193074.

# Research Leading to Broad Implementation

MIMind

[MI Mind Website](#)





# Research Leading to Global Partnerships and Prevention

- Henry Ford is leading Zero Suicide International®
- >25 Countries are Zero Suicide International partners
- 5<sup>th</sup> Zero Suicide International Summit
  - June 24-25, 2024 in Liverpool, England

## Zero Suicide International



# Example Zero Suicide International Initiatives

- Zero Suicide Nepal:
  - First-ever Nepal Suicide Prevention Symposium; 19-20 October 2022
  - “Implementation Strategies for Suicide Prevention among Youth in Nepal”
  - Partnership with government, healthcare, and other stakeholders nationwide.
  - Implementation strategy development leveraging:
    - Schools, CHWs, community partners.
    - Connecting to healthcare systems.
- Dareecha – Zero Suicide Pakistan:
  - School-based program connected to healthcare implemented in Lahore, Karachi
  - Screening in schools followed by connection to virtual care pathway and treatment.

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# Questions

