

# Zero Suicide Training

## Provider Frequently Asked Questions

### Q. What is the investment required of an organization?

A. Zero Suicide offers a framework for rigorous quality improvement that can be implemented in health and behavioral health care systems. Organizations begin with an organizational self-study, and then each has the flexibility to implement the components of the framework that are the most pertinent and feasible. Because of this, organizations are able to control the cost and timing of their implementation. Trainings and resources are available to organizations in Northern Colorado through the Colorado Department of Public Health and Environment's Office of Suicide Prevention and through the local Imagine Zero coalition. However, there is an investment of staff time that is required. Each organization must appoint an implementation team to work through the framework, and allow time for all staff to be trained (over time).

### Q. Does the framework need to be embedded into the electronic health record?

A. The framework was designed to be flexible in order to meet the needs and limitations of each organization. There are components of the framework that lend themselves to electronic health record integration, however, they are not required and can be implemented over a long period of time, if needed.

### Q. Is there a requirement for continued training over time?

A. There is no requirement for continued training. However, training and technical assistance are helpful to organizations that are actively implementing the Zero Suicide framework. There are a myriad of training and technical assistance resources available at no cost to organizations in Northern Colorado:

- To assist health and behavioral health organizations, the Suicide Prevention Resource Center (SPRC) offers an evolving online toolkit that includes modules and resources to address each of the elements of the Zero Suicide framework. SPRC also provides technical assistance for organizations actively implementing this approach, and hosts a listserv where organizations can ask questions to and brainstorm with others across the country.
- The Colorado Department of Public Health and Environment's Office of Suicide Prevention has created a learning collaborative for Zero Suicide organizations that meets via webinar on a monthly basis. The Office of Suicide Prevention also offers continued trainings to northern Colorado that will allow Zero Suicide organizations to train their staff on areas relevant to the framework at no cost.
- The Imagine Zero suicide prevention coalition in northern Colorado facilitates a local Zero Suicide learning collaborative that meets on a monthly basis and works together to compare strategies and trainings and brainstorm solutions to universal problems such as cross-organizational communication. Imagine Zero also helps connect Zero Suicide organizations to local resources for staff training.

### Q. Is Zero Suicide evidence-based?

A. Yes. The approach incorporates both best and promising practices in quality improvement and evidence-based care and has demonstrated stunning results—an 80 percent reduction in the suicide rate among health plan members. However, unlike an evidence based program, Zero Suicide is a framework that was designed to be flexible to each organization's needs and capacity, and can be implemented slowly over time.

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## Q. Who is currently implementing the model in Northern Colorado?

- North Range Behavioral Health
- Salud Family Health Centers
- SummitStone Health Partners
- Sunrise Community Health
- UCHealth

## Q. What is the benefit of attending a training for Zero Suicide implementation?

A. During the Zero Suicide training, organizations will:

- Learn about each of the seven tenants of the framework
- Develop tangible first steps of a Zero Suicide work plan
- Hear about successes and challenges from other local Zero Suicide organizations
- Find out about local resources for training and implementation
- Become a part of the local community of organizations working to reverse the suicide crisis in Northern Colorado

## Q. Who should attend a training for Zero Suicide?

A. Organizations who are interested in implementing the Zero Suicide framework should send an implementation team of approximately four people. Ideally, the team should include:

1. A decision-maker who can change policy and procedures
2. A clinician who is familiar with current workflows
3. A consumer who has experienced the organization's suicide care (for themselves or for a family member)