Milwaukee County

BHD Zero Suicide Initiative
Focus on Prevention
Introductions and Disclosures:

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Goals of the Presentation:

Create increased familiarity with:
- Zero Suicide
- Risk Factors of Suicide
- Warning Signs of Suicide
- Protective Factors from Suicide
- Training Opportunities

This is not an inclusive training, as suicide assessment and treatment have many intricacies. This is exploration of suicide assessment main ideas. If you or someone you know is suicidal, if you are trained - assess him/her. If you do not have formal training, refer the individual. You can call the Crisis Mobile Team at 414.257.7222.
Today we will be talking about suicide. If you are feeling overwhelmed or affected by the content, please take a moment and be kind to yourself. Please reach out to one of us if you need or would like support.

## Language 101

Note: language is always evolving which means words in the table below may shift over time. It is important to continually examine the language we use related to suicide, mental health, and other experiences that still carry stigma. Language matters!

<table>
<thead>
<tr>
<th>Say This</th>
<th>Instead of This</th>
<th>Why</th>
</tr>
</thead>
<tbody>
<tr>
<td>Died by/of Suicide or</td>
<td>Committed Suicide or</td>
<td>Implies crime, wrongdoing, sin</td>
</tr>
<tr>
<td>Took their own life or</td>
<td>Completed Suicide or</td>
<td>Completing something and success are typically good-</td>
</tr>
<tr>
<td>Killed themselves</td>
<td>Successful Suicide</td>
<td>Not for suicide!</td>
</tr>
<tr>
<td>Survived a Suicide Attempt or</td>
<td>Unsuccessful Suicide or</td>
<td>Unsuccessful and failed imply bad outcomes-</td>
</tr>
<tr>
<td>Non-fatal Suicide Attempt</td>
<td>Failed Suicide Attempt</td>
<td>Again, not for suicide!</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Do not want to imply failure or lack of success to a</td>
</tr>
<tr>
<td></td>
<td></td>
<td>person who survives their suicide attempt</td>
</tr>
<tr>
<td>Suicide Attempt Survivor</td>
<td>Suicide Survivor</td>
<td>Clarifies that the person survived their suicide</td>
</tr>
<tr>
<td></td>
<td></td>
<td>attempt</td>
</tr>
<tr>
<td>Suicide Loss Survivor</td>
<td>Suicide Survivor</td>
<td>Clarifies that the person survives the loss of a</td>
</tr>
<tr>
<td></td>
<td></td>
<td>loved one to death by suicide</td>
</tr>
</tbody>
</table>
Zero Suicide

Zero Suicide is the belief that suicide deaths, for individuals under the care of a health system, are preventable.

*If not zero, how many?*
Key Components

- Lead
- Train
- Identify
- Improve
- Engage
- Transition
- Treat
Suicide Safer Care

- Screening
- Assessment
- Safety Planning (Means Restriction)
- Treatment
- Follow-up Care (including warm hand offs during care transitions)
Risk Factors

Normal Risk Factors:

-Dynamic Risk Factors
  -Recent mood changes
  -Impulsivity
  -Hopelessness

-Static Risk Factors
  -History of suicide attempts or self-injurious behaviors
  -Demographics (male, veteran, LGBTQ+, age)
  -History of psychiatric disorder (mood disorder, psychotic disorder, substance use).
    -Trauma
    -History of being impacted by a suicide event

*Several of these are included in the SAFE-T form which is an assessment tool used to determine risk.
COVID-19 Increased Risk Factors:

- Job loss
- Financial stressors
- Increased Social Stress
- Health Insurance Loss
- Increased demands
- Decreased access to protective factors
- Increased fear of catching the virus or passing onto friends/family.
Warning Signs:

- Actions: Giving things away, withdrawing from social activities, isolating, impulsive behaviors
- Words: "I am a burden...", "What's the point..."
- Physical: weight loss/gain, sleeping more or less
- Feelings: sad, angry, irritable
- Increased substance use.
- Changes from baseline

*This list is not all inclusive. If you notice these signs, explore further or refer for further evaluation.
(Example: Is the withdrawing from social activities related to concerns about COVID-19?)

* These warning signs are adapted from LivingWorks ASIST training
Protective Factors:

- Spiritual and cultural beliefs
- Living with others or responsible for others
- Positive supports
- Reasons for living
- Future orientation
- Uncertainty or ambivalence

*Several of these are included in the SAFE-T form which is an assessment tool used to determine risk.*
Trainings:

- QPR
- Living Works Safe Talk
- ASIST
- Brief Cognitive Behavioral Therapy for Suicide Prevention
- AMSR
- CALM
Resources for (a lot) More Information

Zero Suicide Toolkit:
• [http://zerosuicide.sprc.org/toolkit](http://zerosuicide.sprc.org/toolkit)
• Includes access to webinars, tools and other resources related to screening, safety planning, etc.

COVID Edition of Zero Suicide Toolkit:
• Includes articles, practical applications, hope box information, telehealth, etc.
What Action Steps Can You Take?

- Sign up for a suicide assessment training.
- Ask the question about suicidality when meeting with someone.
- Familiarize yourself with the various levels of care.
- Cultivate a culture where there is continuous learning and review of systems, to support clinicians and provide person centered care to clients.