

Suicide Prevention Action Plan for Health Care and Behavioral Health

Health and Behavioral Health systems have the power to implement programs and policies that not only improve access to care, but also provide the care that is most needed for each patient. The health sector is well positioned to identify and support people at risk of suicide through activities delivered across the continuum of care, to include primary care, community care, behavioral health care, and hospitals.

Below are opportunities for action and relevant resources. Below are some opportunities for action as well as resources to learn more.

Sign up for the [Suicide Prevention Newsletter \(public.govdelivery.com/accounts/MNMDH/subscriber/new?topic_id=MNMDH_271\)](https://public.govdelivery.com/accounts/MNMDH/subscriber/new?topic_id=MNMDH_271). For additional support or guidance, complete the [Suicide Prevention TA form \(redcap.health.state.mn.us/redcap/surveys/?s=8RT4XKK7HH7EE3RN\)](https://redcap.health.state.mn.us/redcap/surveys/?s=8RT4XKK7HH7EE3RN).

Opportunities for action



Integrate mental health, substance use disorder treatment with primary care systems to improve integrated care.

- [MIRECC / CoE Home \(mirecc.va.gov/index.asp\)](https://mirecc.va.gov/index.asp): Resources and education to improve the quality of veterans' lives and daily functioning in their recovery from mental illness.
- [Addressing Suicidal Thoughts and Behaviors in Substance Use Treatment \(store.samhsa.gov/sites/default/files/pep20-06-04-005.pdf\)](https://store.samhsa.gov/sites/default/files/pep20-06-04-005.pdf): Provides guidance on identifying and addressing suicidal thoughts and behaviors among people with substance use treatment.



Promote evidence-based safety planning tools to be used with those at risk of suicide.

- [Stanley Brown Safety Plan \(sefbhn.org/assets/zero-suicide-recommended-evaluation-tools/safety-plans/stanley-brown-safety-plan.pdf\)](https://sefbhn.org/assets/zero-suicide-recommended-evaluation-tools/safety-plans/stanley-brown-safety-plan.pdf): Brief intervention to help those experiencing self-harm and suicidal thoughts to mitigate risk and increase safety.



Provide equitable screening tools and suicide care procedures for high-risk communities and populations.

- The Columbia-Suicide Severity Rating Scale (C-SSRS) is a short questionnaire that can be administered quickly in the field by responders with no formal mental health training, and it is relevant in a wide range of settings and for individuals of all ages. [About the Protocol the Columbia Lighthouse Project \(cssrs.columbia.edu/the-columbia-scale-c-ssrs/about-the-scale\)](https://cssrs.columbia.edu/the-columbia-scale-c-ssrs/about-the-scale)



Streamline delivery of suicide safe care to individuals identified at risk through participation in Zero Suicide framework.

- [Zero Suicide \(zerosuicide.edc.org\)](https://zerosuicide.edc.org): Transformation framework for health and behavioral health systems.

SUICIDE PREVENTION ACTION PLAN FOR HEALTH CARE AND BEHAVIORAL HEALTH



Participate in a lethal means reduction training or Counseling on Access to Lethal Means (CALM).

- **Mental Health and Suicide Prevention Trainings**
(health.state.mn.us/communities/suicide/communities/preventsuicidetrainings.html):
Suicide prevention training opportunities through the Minnesota Department of Health.



Participate in monthly learning collaboratives with MDH for statewide networking, skills-training and technical assistance opportunities.

- To learn more or get involved in monthly learning collaborative, email
health.suicideprev.MDH@state.mn.us.



Incorporate procedures within systems for all new and existing employees regarding skills training on identifying an individual at risk and transitioning that individual to safer suicide care.

- **Mental Health and Suicide Prevention Trainings**
(health.state.mn.us/communities/suicide/communities/preventsuicidetrainings.html):
Suicide prevention training opportunities through the Minnesota Department of Health.



Share data with MDH on the number of individuals screened and seen for suicide care to help build a statewide comprehensive approach to suicide prevention.

- To discuss sharing data with the Minnesota Department of Health, email
health.suicideprev.MDH@state.mn.us.

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To obtain this information in a different format, call: 651-201-5400.