



House Committee on Health Care

Suicide Prevention

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OneCare Vermont
onecarevt.org



Emergency Department (ED) Navigators

- Supporting mental health initiatives led by Designated Agencies for Mental Health and Substance Use: Washington County Mental Health, Northeast Kingdom Human Services, and Northwestern Counseling and Support Services.
- All three projects will work to reduce the use of the ED for urgent mental health needs by providing embedded support and systematized follow-up care to patients to improve quality of care in the ED.

SASH/Howard Embedded Mental Health Clinician

Goals

- Prompt Access to Services
- Coordinated Services by Team Members
- Decline in Emergency Room Visits
- Better Knowledge & Reduced Stigma of Mental Health Interventions
- Improved Participant Experience

Outcomes

- 80% of those referred were seen same day or next day
- 231 ER visits in 2017 down to 161 ER visits in 2019 (44% reduction)
- Reduced risk of depression, decline in loneliness and reduced isolation risk compared to SASH's general population
- 100% of SASH clients agreed they now know where to go for help and 79% feel less stigma in seeking mental health support (participant survey)



Zero Suicide

ZERO SUICIDE IN VERMONT

- Working with the Department of Mental Health to expand Zero Suicide
- Build connections across systems in local communities
- OneCare will engage primary care to partner with the DAs
- Adoption of Zero Suicide principles including referral and follow-up



Clinical Education-Suicide Prevention

Interdisciplinary Grand Rounds

December 2017

35 Attendees

- Improve understanding of suicide prevalence in Vermont
- Increase assessment skills for identifying risk factors for suicide
- Identify appropriate office response & role of community resources
- Appreciate interdisciplinary team member's roles in supporting individuals at risk

Presenters: Isabel Desjardins, MD, Chief Medical Officer, UVMMC; Debra Lopez, MD, General Adult Psychiatrist, Clinical Assistant Professor UVM Larner College of Medicine, Department of Psychiatry; Steve Broer, Psy. D. Director, Behavioral Health Services Northwestern Counseling and Support Services

Gatekeeper Training to All Field Team

November 2019

36 Attendees

- Share basic information about suicide
- Identify protective factors, risk factors, and warning signs
- Learn the 3-step intervention process
- Improve confidence to respond to individuals at risk/in crisis
- Understand your role in suicide prevention at your organization

Presenter: JoEllen Tarallo, ED.D., MCHES, FASHA Executive Director, Center for Health and Learning; Director, VT Suicide Prevention Center

Zero Suicide Noontime Knowledge

January 2020

145 Attendees

- Describe the epidemiology of suicide in Vermont
- Improve knowledge on suicide prevention through implementation of evidence-based principles and practices
- Discuss resources and tools to support Zero Suicide implementation
- Review the CAMs screening tool for use in primary care settings

Presenter: Alison Krompf, MA, Director of Quality and Accountability, DMH



Sheds Model

Reduce Social Isolation and Build Resiliency in Older Vermonters.

OneCare Vermont will partner with Cigna's Community Ambassador Fellowship program to launch a "Sheds" initiative to improve social connections for older residents and create a space where members can contribute their skills to the needs of the broader community.

- Based on a successful model that originated in Australia and currently operates in Canada and throughout Europe
- Males are four times more likely than females to die by suicide in Vermont, and older Vermont males age 70 to 74 are at a significantly higher risk than the national average.
- SASH will assist with recruitment of Sheds members along with the local RiseVT program managers.

Community Spotlight: Randolph Health Service Area

- Gifford has implemented the Zero Suicide Model
- Gifford's team attended a two day institute lead by VT-SPC
- Began work to implement the use of the Columbia Suicide Severity Rating Scale (C-SSRS) in all clinics and hospital
- Trained all medical office staff on the use of the C-SSRS and trained all inpatient and emergency room nurses
- Trained staff on the importance of follow up care, connecting patients with resources, and reducing access to lethal means
- Goal is to screen patients during their annual visit

Community Spotlight: Chittenden Accountable Community for Health (CACH)

- Suicide prevention is a CACH priority
- Received UVMMC Community Health Benefit funding
- Steering committee members include OneCare, Cathedral Square SASH, Home Health, UVM and community-based Primary Care, Turning Point, AgeWell, United Way, Howard Center, CHCB, AHS
- Steering committee formed three action teams, to include community stakeholders to identify goals and strategies in each of the following areas:
 - Increase screening and intervention in healthcare settings
 - Reduce stigma
 - Increase social connections



OneCare Innovation Fund Project: **Psychiatric Urgent Care for Kids (PUCK)**

Behavioral Support Program serving as an alternative to the ER for children with urgent mental/behavioral health issues

- Partnership between United Counseling Service and Southern Vermont Medical Center, funded by OneCare
- From September 2019 – January 2020: 42 children accessed PUCK rather than going to the ER
- Children were transported via staff rather than by the police
- Expanded from pilot school to allow any elementary aged child 11 and younger in Bennington County to access PUCK
- 40% reduction in ED utilization [for elementary aged children] in Bennington County

