PREVENTING SUICIDE THROUGH A NETWORK OF HELP
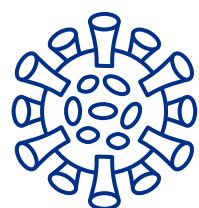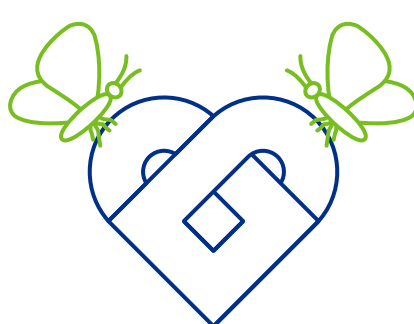
The COVID-19 pandemic contributed to suicide risk among health care workers.

In response, Intermountain Health and the Utah Department of Health and Human Services' Office of Substance Use and Mental Health (SUMH) partnered to **update the health system's crisis response protocol for suicide prevention and postvention** for its caregivers.
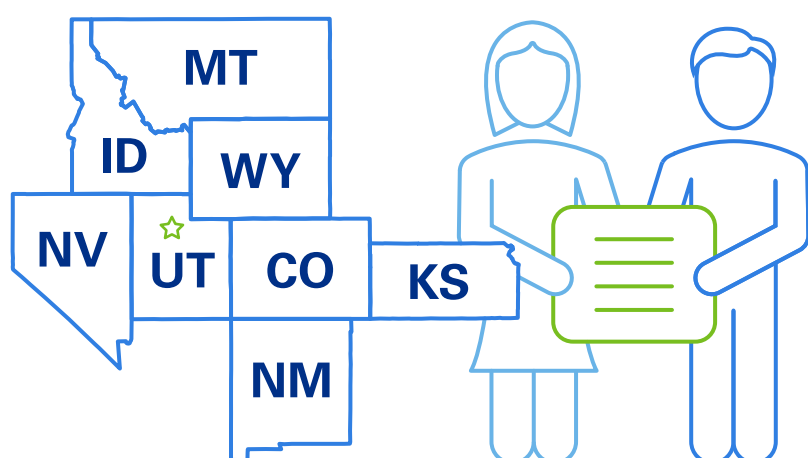
Participating in the HCC, the organizations **created the first comprehensive suicide crisis response plan** for Intermountain caregivers.

The plan was implemented across the entire system.

60,000 caregivers

It encompasses:

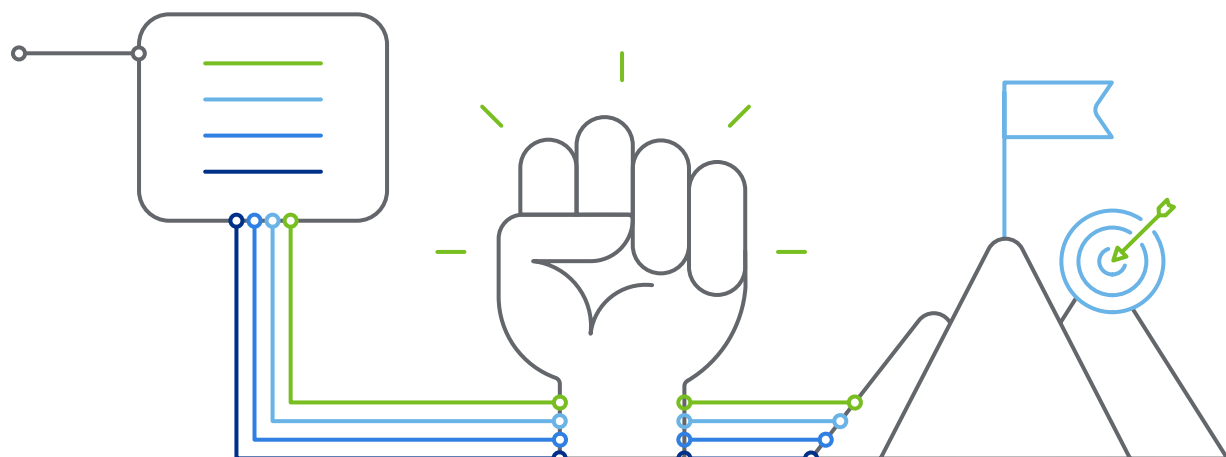- Crisis response planning
- Lethal means safety counseling
- Live On playbook, a statewide suicide prevention education campaign
- Postvention playbook
- Caregiver training

The HCC provided the structure and motivation needed for success, inspiring the partners to stay on target, gain valuable feedback and improve resources by:

Using a community-based database to incorporate more relevant findings.

Changing an Intermountain caregiver survey from annual to quarterly and adding questions to gauge concerns and well-being.

Creating a dashboard for tracking data, trainings and peer support.

Intermountain also continues to update its suicide crisis response plan with input from two key internal groups:

Caregiver Well-Being Resource Group

Front-line caregivers and others directly touched by suicide

Caregiver Well-Being Steering Committee

Key leaders who can empower systemic change

SUMH's postvention playbook has expanded and grown as a valuable resource. Key learnings and best practices are regularly added.
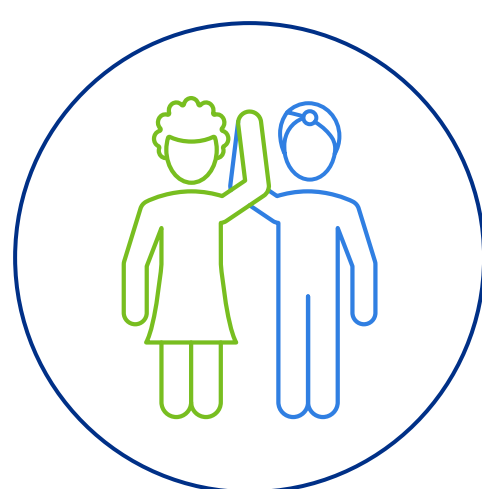
The partnership has produced:

- A greatly expanded network, including:

Utah **Suicide Prevention Coalition** + Utah **Zero Suicide** Collaborative

- Shared resources. For example, SUMH and the U.S. Department of Health and Human Services have shared Intermountain's newly updated Counseling on Access to Lethal Means (CALM) to Prevent Suicide training extensively with their networks.