Zero Suicide Learning Collaborative

August 26, 2021

Welcome!

Via Chat, let us know:

- Your name
- Your organization (if from a large system, please provide facility too)
- And your response to: Favorite thing to listen to while you drive? Podcast? Genre of music? News?

COLORADO
Department of Public Health & Environment

Agenda

- Community Check-In
  - Via chat- name, organization, and your response to: Favorite thing to listen to while you drive? Podcast? Genre of music? News?
- Session Focus: Elevating Lived Experience
  - Jess Stohlmann-Rainey, MA, from RMCP
- Please use the chat for comments, questions, etc.!

COLORADO
Prevention Services Division
Department of Public Health & Environment

Lived Experience

defined as *"personal knowledge about the world gained through direct, first-hand involvement in events (rather than through representations constructed by other people)"*

also defined as *"experiences of people on whom a social issue or combination of issues has had a direct impact"*

Relevant to Zero Suicide, life experience of suicide generally includes those who have

- Suicidal thoughts, behaviors
- Attempted suicide
- Supporting someone through a suicidal crisis
- Lost a loved one to suicide

Definitions from the Suicide Prevention Resource Center (SPRC), 2021

Lived Experience

defined as *"personal knowledge about the world gained through direct, first-hand involvement in events (rather than through representations constructed by other people)"*

also defined as *"experiences of people on whom a social issue or combination of issues has had a direct impact"*

Relevant to Zero Suicide, life experience of suicide generally includes those who have

- Suicidal thoughts, behaviors
- Attempted suicide
- Supporting someone through a suicidal crisis
- Lost a loved one to suicide

VITAL to ingrain in ZS implementation and QI efforts to bolster your suicide care pathways and save lives!

Definitions from the Suicide Prevention Resource Center (SPRC), 2021

Presenting Today:

Jess Stohlmann-Rainey, MA

- - -

Director of Program Development, Rocky Mountain Crisis Partners

Additional Resources: Lived Experience

- SPRC's Toolkit for activating folx w/ lived experience
- EDC Zero Suicide Website for toolkit and videos
- This expertise already exists in your community, your meetings, your hospital rooms, your friendships, etc. - tap in!

Zero Suicide Toolkit

Your practical guide to systemic change.

The online Zero Suicide Toolkit offers free and publicly available tools, strategies, and resources.

RESOURCES

- Information
- Materials
- Outcomes
- Innovations
- Research
- Tools
- Readings
- Videos
- Webinars
- Podcasts

zerosuicide.edc.org

ZERO SUICIDE

OUR TEAM WHAT'S NEW CONTACT US LOG IN ZERO SUICIDE INSTITUTE

Home About Evidence Movement Toolkit Resources

Home > Toolkit > Toolkit: Lead

Lived Experience

Involving People with Lived Experience

Until recently, the field of suicide prevention has rarely tapped the first-person knowledge of suicidal behavior and re
attempt survivors bring to the table. The field, along with health and behavioral health care organizations, is now beg
the most intimate information about suicidal thoughts, feelings, and actions—those who have lived through such exp

The Suicide Attempt Survivors Task Force of the National Action Alliance for Suicide Prevention recently issued the re
Hope, Recovery, and Wellness with Insights from Lived Experience. The report offers a set of core values to inform sui
specific recommendations for health and behavioral healthcare organizations and program developers.

For the organization developing a Zero Suicide approach, one of the first actions should be to partner with people wi
implementing, and evaluating efforts. For example, a Zero Suicide Implementation Team should include at least one

LIVED EXPERIENCE | VIDEOS

Lived Experience: Aftercare That Makes a Difference

Lived experience expert Diana Cortez-Yanez discusses transitions through care and the supportive contacts that helped her recover.

Lived Experience: Aftercare That Makes a Difference
Diana Cortez Yanez

© 2018 EDC All Rights Reserved

A lived experience expert discusses transitions through care.

Tags: Support Services Contact after Leaving Care Inpatient Mental Health Lived Experience Web Treat Transition

Lived Experience

VITAL to ingrain in ZS implementation and QI efforts to bolster your suicide care pathways!

Tangibly improves

- Quality of care
- Impact of mental health service
- Ability to develop innovative approaches that more capably reach patients where they are
- Communication and safety in mental health treatment
- **Support and recovery for both suicide attempt and loss survivors**
    - **Reduces suicide attempts and deaths**

Findings from the Suicide Prevention Resource Center (SPRC), 2021

Other updates

- Resources from the OSP
  - **Free**: Veteran-Ready Military Cultural Awareness Training
    - psycharmor.org/sign-up/colorado-department-of-public-health-environment/?gid=357251&unYBQ/xF2wDRs
  - **Free**: Start Gatekeeper training resources still available!
    - cdphe.colorado.gov/suicide-prevention/training
  - Hard copy materials available!
  - Colorado Zero Suicide Website with much more!
    - cdphe.colorado.gov/suicide-prevention/zero-suicide-colorado

Thank you!

Next Meeting:
September 23rd, 2021 | 10–11 am
Topic TBD

Email topic suggestions, questions, needs to
Conlin.Bass@state.co.us

COLORADO
Department of Public
Health & Environment