

PROJECT ZERO SUICIDE

Ending Suicide in Alabama

More than half of people who die by suicide see a medical provider within 30 days of death.

Nearly 2 in 3 medical providers feel as though their skills are insufficient for providing care to an individual at risk of suicide.

Zero Suicide is an evidence-based, system-wide framework for universal suicide screening, assessment, and treatment. The approach is built on the principle that with the right interventions, suicide deaths are preventable. In Zero Suicide settings, every patient is screened, and those at risk are provided safety-promoting care and follow-up. The Zero Suicide model of care is structured to create a suicide-safe organizational culture where all persons involved with patient care have the skills, knowledge, and leadership to save lives.

- **Zero Suicide** aligns leadership, clinical practice, and organizational culture to promote suicide-safe care for all patients, fostering a coordinated, organization-wide commitment to suicide prevention.
- This collective commitment cultivates a culture of low-stigma, high-quality care that both improves patient outcomes and enhances provider performance and well-being.
- By engaging healthcare providers, community partners, individuals with lived experience, and other stakeholders, Zero Suicide extends suicide prevention beyond clinical settings to create a connected network of support and build suicide-safer communities.

VitAL's **Project Zero Suicide** is a statewide effort to lower the number of suicides in Alabama to zero. Project Zero Suicide seeks to create suicide safer spaces for all Alabamians through healthcare implementation, stigma reduction, and community engagement and education. Project Zero Suicide focuses on reaching rural and underserved communities to ensure safer, more effective, and equitable access to mental health care for every Alabamian.

Seven Elements of the Zero Suicide Framework:



LEAD

Lead system-wide culture change committed to reducing suicides.



TRAIN

Train a competent, confident, and caring workforce, folding in pre-existing strengths.



IDENTIFY

Identify individuals with suicide risk via comprehensive screening.



ENGAGE

Engage all at-risk individuals using valid assessments and safety planning techniques.



TREAT

Treat identified patients using evidence-based therapies that focus on suicidal ideation & safety.



TRANSITION

Transition individuals through care with warm hand-offs and supportive contacts.



IMPROVE

Improve policies & procedures through continuous quality assessment.



The Project Zero Suicide team can help with provider and staff education, patient engagement tools, patient handouts, and in engaging your community to create suicide safer spaces. Reach out today to explore how you can join this work and how the Project Zero Suicide team can support your organization or community! Scan the QR Code to connect.

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