



**Our mission is to serve as a supportive resource and compassionate voice** for lives touched by mental illness and suicide.

# The Kim Foundation

- Founded in honor of Larry Courtnage's Daughter, Kim
- We strive to:
  1. Connect people to resources
  2. Provide grants to local non-profits
  3. Increase awareness about mental health and suicide prevention
  4. Break down stigma often associated with seeking mental health care



*Larry and Kathy Courtnage Family*

## Our Connection



Managed services partner of Aureus Medical

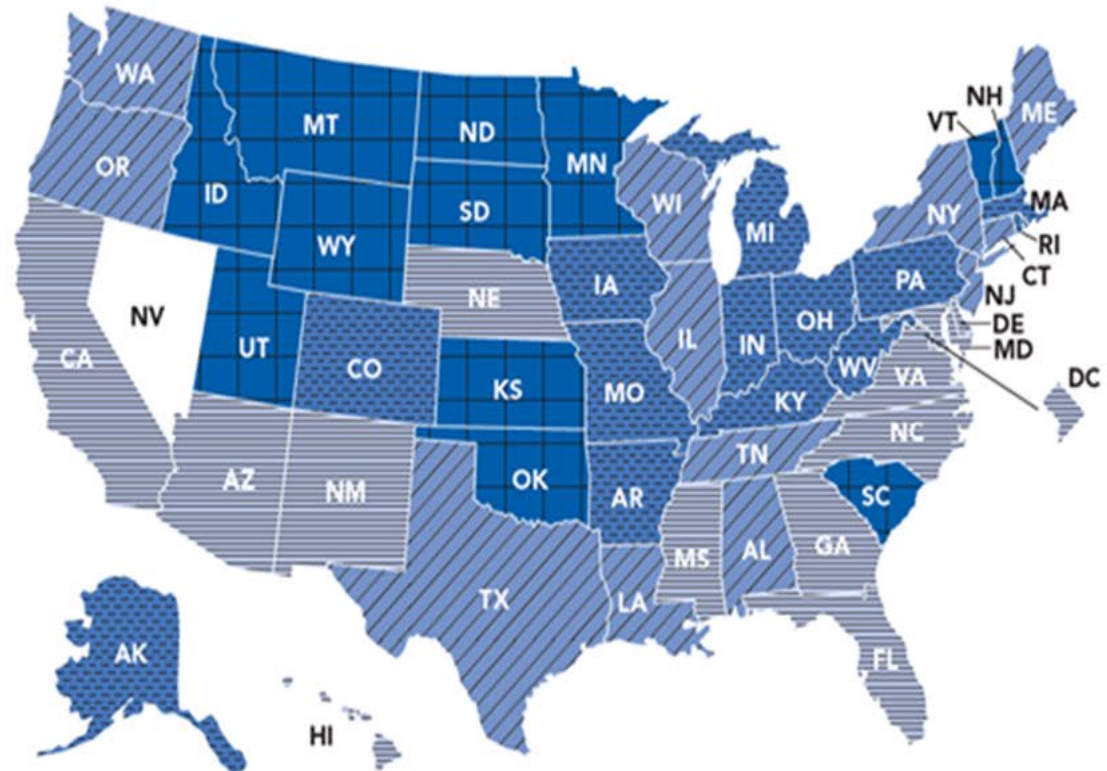


# Endorsed Business Partner

of the Indiana Hospital Association

# National Suicide Data

Suicide rates rose across the US from 1999 to 2016.



SOURCE: CDC's National Vital Statistics System;  
CDC Vital Signs, June 2018.

## 2017 National Suicide Statistics

- 47,173 Suicide Deaths
- 1,400,000 Suicide Attempts
- Suicide & Self-Injury cost the US \$69 Billion - 2015
- Men died by suicide 3.54x more often than women
- White males account for 69.67% of suicide deaths
- Firearms account for 50.57% of all suicide deaths
- 90% vs 54% of those who die by suicide had an underlying mental health condition

## 2017 Indiana Suicide Statistics

- On average 1 suicide death every 8 hours
- Suicide is the 2<sup>nd</sup> leading cause of death for 15-34 year olds
- 4<sup>th</sup> leading cause of death of 35-54 year olds
- 1,092 total suicide deaths
- Suicide cost Indiana a total of \$1,023,791,000 combined lifetime medical & work loss cost in 2010
- Nearly 5x as many people died by suicide than in alcohol related motor vehicle accidents

## Interesting Facts - Nebraska

- Comparisons between Indiana & Nebraska
- NE population – 1.929 million
- IN population – 6.692 million
- NE – car accidents/suicide
- NE – homicides/suicide
- What do Indiana's numbers look like?

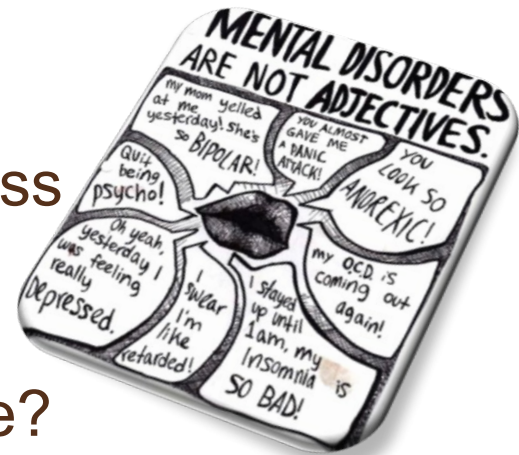
## Other Data

- Estimated 300-400 doctors die by suicide each year
- More than double that of the general population
- Burnout, one factor
- Jeopardizing medical license
- Care and service for others
- National movements to address issue led by the Federation of State Medical Boards through recommendations (though no mandates)
- Up to each facility to prioritize employees' mental well-being



# Language

- Why does language matter?
- People first language
- Mental Illness/Mental Health Challenge/Disorder/Condition
- Slang words to describe mental illness
- Non-verbal communication
- Committed suicide or died by suicide?



## Successes We've Seen

- 13 Minutes – unique components
- LOSS Data
- Monitor Trends
- 2017 – 10 youth suicide deaths
- Targeted prevention messaging to youth
- 2018 – 4 youth suicide deaths
- 2018 – 10 less overall suicide deaths in our community (99/89)
- Using numbers/data to determine success
- <https://www.13minutes.org/Videos.html>

## IHA Resources

- Suicide Prevention Toolkit

[https://www.ihaconnect.org/\\_layouts/15/WopiFrame.aspx?sourcedoc={AF242AA2-9AD5-4CDB-B310-3B18FC8B6289}&file=Suicide%20Awareness%20Toolkit-final.pdf&action=default&DefaultItemOpen=125](https://www.ihaconnect.org/_layouts/15/WopiFrame.aspx?sourcedoc={AF242AA2-9AD5-4CDB-B310-3B18FC8B6289}&file=Suicide%20Awareness%20Toolkit-final.pdf&action=default&DefaultItemOpen=125)

- Offered Zero Suicide Academy (11 orgs attended)

- Continued support for rural & critical access hospitals through Small Rural Hospital Improvement Program (SHIP)

- Suicide Ideation Data through Datalink

- Statewide involvement at Council on Behavioral Health & Council on Quality & Patient Safety meetings

## Other Indiana Resources

- Multiple LOSS Teams
- 25 Support & Community Resources online
  - [www.pfw.edu](http://www.pfw.edu)
- Purdue Suicide Prevention resources
- Opportunities for hospitals to move beyond your walls & into the community
- What can you do in your community?

## Questions to Consider

- Does your facility have suicide prevention policies?
- Does your facility have suicide postvention policies?
- Do you know what postvention is?
- Are you in a position of leadership at your facility?
- If you do have policies pertaining to suicide, have you communicated those with your entire staff?
- Do they believe in your support and priority of saving lives from suicide, just as heart, cancer, etc?
- Do your employees know self-care is a priority and something they have your/leadership's support in practicing?

## Further Considerations

- Creating thoughtful, impactful policies
- Often requires cultural/organizational change
- Who should be at the table to create these policies?
- Administration/board must be there
- Not only be there, but buy in 100% and share that message

# Organizational Change

- Transformational/Radical Change
- Incremental Change
- Developmental Change
- Remedial Change
- Process & System Change
- People & Cultural Change

# Organizational Change

- 70% of change initiatives fail
- Negative Employee Attitudes
- Unproductive management behavior
- Clearly define your change
- How does it align with your existing business goals?
- Communication Strategy
- Productive & effective training & support to implement change



## National Best Practices

- Integrated care
- CCBHC's (Certified Community Behavioral Health Centers)
- Expands access to mental health & addiction care in community based setting
- Since 2018, Congress has appropriated funds for 2 year expansion grants, including Indiana
- Currently operating in 21 states

## National Best Practices

- Zero Suicide
- Founded in the belief that suicide deaths for those under the care of health & behavioral health systems are preventable
- Essentially improving patient safety/quality improvement
- System wide transformation toward safe suicide care
- Addresses a sometimes fragmented & distracted health care system
- <https://zerosuicide.sprc.org/>

## Other Resources

- SAMHSA – National Strategy for Suicide Prevention Implementation Assessment Report
- Assessments & Screeners System Wide
- <https://suicidepreventionlifeline.org/best-practices/>
- Health Affairs Article -  
<https://www.healthaffairs.org/doi/full/10.1377/hlthaff.2015.1672>
- National Action Alliance for Suicide Prevention  
<https://theactionalliance.org/>

## Where Do We Go From Here?

- Each of us plays a role
- What level of change is your facility going to require?
- Sound policies truly do work
- Communicate the clearly & effectively
- Follow National Best Practices, or evidence based practices
- Your community needs you

## Fact or Fiction

- Suicide is the 5<sup>th</sup> leading cause of death in 15-34 year olds.
- More females attempt suicide than males.
- More males die by suicide than females.
- It is more appropriate to say committed suicide as opposed to died by suicide.
- Suicide is preventable.

# Questions?

Julia Hebenstreit, J.D.

Executive Director

The Kim Foundation

[jhebenstreit@thekimfoundation.org](mailto:jhebenstreit@thekimfoundation.org)

402.891.6997