

# GLS Campus Suicide Prevention Grant Program: Guide for Applying

## Applying for funding for Zero Suicide? We can help!

This document provides guidance on adding Zero Suicide Institute® services to your grant application, as well as how to use the Zero Suicide Toolkit™ to build your narrative.

## Zero Suicide Institute Services

***Zero Suicide Institute at Education Development Center (EDC) guides organizations and professionals through transformational change toward safer suicide care.***

Our staff and faculty have expertise in behavioral health, education, and healthcare, and are committed to providing high quality training, consultation, and products to meet the unique needs of your campus community. We understand that suicide prevention is multi-dimensional and complex. Suicide prevention efforts require comprehensive solutions that consider local context, resources, and social dynamics unique to each system. With a wealth of experiences in Zero Suicide implementation, our staff consult with systems to:

- Overcome barriers to implementing suicide prevention policies and practices;
- Utilize data to improve suicide care and support sustainability;
- Develop a strategic plan that is responsive to community needs and assets; and
- Grow initiative leadership that is inclusive, and honors lived experience.

Our clients include health and behavioral healthcare providers, state and federal agencies, tribal nations and urban indigenous healthcare organizations, and others who are ready to make continuous quality improvements system-wide, **such as colleges and universities**. We also provide services to clinicians, care specialists, and practitioners who share our dedication to person-first care based on empathy and lived experience expertise.

Since 2006, Zero Suicide Institute at EDC has been a leader in training, technical assistance, and consultation in suicide prevention. Our [Assessing and Managing Suicide Risk](#) trainers have trained over 109,000 participants in hundreds of public and private organizations, colleges and

universities, and branches of the U.S. military. In addition, with the launch of our [Zero Suicide Academy](#) in 2015, we have trained over 4,500 individuals representing more than 1000 organizations. Finally, we draw on over a decade of leadership in suicide prevention, including the federally funded Suicide Prevention Resource Center (SPRC), the National Action Alliance for Suicide Prevention, and the Injury Control Research Center for Suicide Prevention.

Zero Suicide Institute at EDC has the experience and expertise to assist campuses to navigate the myriad of suicide prevention resources to design and implement a comprehensive safer suicide care initiative.

## Summary of Zero Suicide Framework

The Zero Suicide framework is comprised of seven elements that represent a holistic approach to safer suicide care within health and behavioral healthcare systems, and in other settings where professionals can identify individuals at risk for suicide, help maintain safety, and promote timely connection to treatment services and supports. Zero Suicide takes a system-wide approach to improve outcomes and close gaps, creates a just culture for staff, and engages lived experience to inform quality care delivery within the context of these 7 elements:

- **Lead** system-wide culture change committed to reducing suicides.
- **Train** a competent, confident, and caring workforce.
- **Identify** patients with suicide risk via comprehensive screening and assessment.
- **Engage** all individuals at-risk of suicide using a suicide care management plan.
- **Treat** suicidal thoughts and behaviors using evidence-based treatments.
- **Transition** individuals through care with warm hand-offs and supportive contacts.
- **Improve** policies and procedures through continuous quality improvement.

Visit [ZeroSuicide.edc.org](http://ZeroSuicide.edc.org) for resources and more information.

## Zero Suicide Institute Services

These services could be included your grant application:

- **Zero Suicide Workshops**

[Zero Suicide Workshops](#) introduce or support existing efforts to implement Zero Suicide. These tailored training events include up to six months of planning and consultation with Zero Suicide Institute. Workshops are recommended for awareness building of the intent to implement Zero Suicide, as kick-off events to the effort, or, in later years of Zero Suicide implementation, to focus on next steps and sustainability. Zero Suicide Institute offers [in-person](#) and [online](#) versions of the Zero Suicide Workshop, as well as shorter webinar events that offer similar support.

- **Zero Suicide Academies**

Zero Suicide Institute offers the [Zero Suicide Academy](#)<sup>®</sup> signature training event for systems to attend early in the implementation phase. This training will teach the core implementation team the Zero Suicide framework, as well as provide consultation on creating the teams action plan for implementation.

The Academy is available in three formats. The [in-person](#) and [online](#) formats include up to six months of consultation and planning. The [National Zero Suicide Academy](#) is offered twice a year and an excellent opportunity for existing teams to reinvigorate their implementation or onboard new members, for smaller systems to send an implementation team, or for larger systems to register multiple teams.

- **Zero Suicide Consultation**

Zero Suicide Institute offers a range of [consultation](#) services, both in person and online. Consultation can be used alone or alongside other events, such as the Zero Suicide Academy.

- **Zero Suicide Community of Practice**

The [Zero Suicide Community of Practice](#) is recommended as a follow-up to a Zero Suicide Academy or Workshop. In this consultation service, the implementation teams continue to meet virtually as they work on their implementation of Zero Suicide. We recommend a nine-month Community of Practice, so that, with the Academy or Workshop, the team has a total of one year of support and guidance.

- **Assessing and Managing Suicide Risk**

Zero Suicide Institute's [Assessing and Managing Suicide Risk](#) (AMSR) trainings are provided as in-person and online [workshops](#) and as asynchronous [courses](#). There are courses geared toward clinical staff as well as their support staff. We also offer [train-the-trainer](#) courses for AMSR.

## **Grant Language**

When you reference Zero Suicide Institute services in your application, please use the following language to describe our role with your project:

EDC is pleased to provide the services described herein acting as a Contractor per [2 CFR part 200.331, Subrecipient and Contractor determinations](#).

# Zero Suicide Grant Narrative

***Here are suggestions from Zero Suicide Institute on how to use the Zero Suicide Toolkit for your application narrative—and implementation after your award!***

This guide was created for the Garrett Lee Smith Campus Suicide Prevention Program but can be used for other funding opportunities for suicide prevention in higher education. You may also find [Getting Started with Zero Suicide](#) helpful in designing your implementation approach.

## Section 3. Required Activities

The SAMHSA [Notice of Funding](#) (NOFO) provides a list of required and allowable activities that support capacity building. Many of these activities can be strengthened by Zero Suicide framework's systemic approach to quality improvement of safer suicide care. See required activities and related Zero Suicide strategies and practices below:

1. *Create a network infrastructure (which includes a crisis response protocol and postvention plan) to link the institution of higher education with appropriately trained behavioral health care providers who treat mental health and substance use disorders. The network shall include providers with knowledge of local behavioral health crisis response services (mobile response, crisis stabilization services, crisis lifeline call centers, and other support services), as well as traditional outpatient providers and emergency departments.*
  - A Zero Suicide approach includes identification, intervention, and postvention **policies and procedures** that, when necessary, include **partnerships with community providers** of crisis and behavioral health services.
  - The [Lead element](#) includes the [Organizational Self-Study](#), a tool to assess current practices and identify areas for improvement.
  - The [Identify element](#) provides guidance on how to **screen, assess, and form a level of suicide risk**.
  - The [Engage element](#) provides guidance on creating a **suicide care pathway** for students at risk of suicide.
2. *Develop a plan to seek input from relevant stakeholders in the community, and other appropriate public and private entities to implement the program.*
  - A Zero Suicide approach includes an [Implementation Team](#) responsible for decision-making, developing policies and protocols, communicating Zero Suicide efforts, and monitoring continuous quality improvement efforts. Teams are often comprised of individuals internal to the organization and key community partners.

- A campus based Zero Suicide implementation team will lead suicide prevention, intervention and postvention efforts, and include administrators, faculty, quality and safety staff, student support staff, lived experience, community partners, and others.
  - Including the voices of **[lived experience](#)** (i.e. suicide attempt and loss survivors) in a meaningful way is essential to the success of a Zero Suicide approach. This includes lived experience on the implementation team, as part of staff training, and providing feedback as part of quality improvement activities.
  - As part of your plan, engage in continuous quality improvement efforts to improve safer suicide care. The **[Improve element](#)** can help identify data metrics to determine if your efforts are meeting the intended goals.
3. *Administer voluntary mental and substance use disorder screenings and assessments and provide information and referral services, as appropriate.*
- Suicide risk screening is a key component of the **[Identify element](#)**. A positive screen is followed by an assessment, preferably on the same day, to stratify risk and create a plan for safer suicide care. For campus Zero Suicide, consider:
    - Implementing **universal suicide screening** upon intake for all students visiting campus-based health and behavioral health clinics.
    - Establishing protocols for programs such as residential life, student support services, and academic advisement to screen for suicide and refer for a suicide assessment.
    - The **[Treat element](#)** will provide guidance on ensuring student access to evidence-based, suicide-specific treatment that's that provided directly or through collaborative partnerships. The Treat element also guides campuses in providing brief interventions, including safety planning, lethal means counseling, peer services, psychoeducation, and support groups.
4. *Train students, faculty, and staff to identify, respond effectively, and make appropriate referrals for students experiencing mental and substance use disorders, distress, crisis, or at risk of suicide. Training should be evidence-based.*
- In a Zero Suicide approach, all employees, clinical and non-clinical, receive **suicide prevention training** appropriate to their role.
  - The **[Workforce Survey](#)**, available in the Zero Suicide toolkit, provides a snapshot of how prepared staff feel to provide suicide care, and allow for staff input on designing and implementing training programs.
  - The **[Suicide Care Training Options](#)** can help determine which training is best for your students, faculty, and staff.

- Establish protocol for [postvention response](#) to support healing and identify individuals at increased risk due to exposure to suicide.
- 5. *Operate hotlines and/or promote access and the availability of 24/7 crisis services (phone/text/chatline) through local services and the national [988 Suicide & Crisis Lifeline](#).*
  - The Zero Suicide toolkit includes guidelines for incorporating crisis services into the Zero Suicide implementation.
- 6. *Provide outreach services to inform students about mental and substance use disorder resources and services, including recovery support services and how these concepts vary across cultural groups.*
  - The [Framework for Successful Messaging](#) from the National Action Alliance for Suicide Prevention is a research-based resource that outlines critical issues to consider when developing safe and effective messaging about suicide.
- 7. *Educate and disseminate informational materials to college students, families, faculty, and staff to increase awareness about suicide, suicide prevention, mental health promotion, substance misuse prevention, and mental and substance use disorders, and promote resiliency.*
  - SPRC has resources specific for [college and university settings](#).
- 8. *Develop and implement educational seminars for students to enhance life skills, resilience, and promote social connectedness that align with campus initiatives and activities.*
  - Suicide prevention awareness activities, such as promoting access to local crisis services and the 988 Suicide and Crisis Lifeline, outreach, and psychoeducation (required activities #5-8), help reduce stigma and promote a **culture of safety**, an essential part of the Zero Suicide approach.
- 9. *Implement strategies to reduce access to lethal means among students with identified suicide risk.*
  - All individuals at risk should have a [safety plan](#) that provides clear strategies to help the individual manage distressing emotions before they become a crisis, mitigating risk, and increasing safety. A high-quality safety plan should:
    - Be developed collaboratively with the student to meet their needs, comforts, and strengths
    - Include coping strategies and social supports that are accessible and individualized to the student

- Actively involve trusted crisis supports, including family and friends, who understand their role in suicide safety
- Include professional supports
- Outline a plan to reduce access to lethal.
- **Counseling on Access to Lethal Means (CALM)** is a free, online course offered through the Zero Suicide Institute for health and behavioral health providers. This self-paced training introduces strategies for raising the topic of lethal means and helps professionals feel more comfortable and competent having these conversations with students.
- SPRC offers **Safety Planning for Youth Suicide Prevention**, a free, online course that can be applied to working with students in a college or university setting.

## Section 4. Allowable Activities

1. *Develop a plan to provide mental health and substance use disorder prevention and treatment services to college students by employing appropriately trained staff. Services may include recovery support services and programming and early intervention, treatment, and management, including through the use of telehealth services.*
  - The **Treat element** stresses the importance of training clinical staff in modalities specifically demonstrated by research to reduce suicide thoughts and behaviors.
2. *Develop supportive policies addressing students who need a medical leave of absence due to the presence of SED, SMI, or co-occurring disorder (COD).*
  - The **Transition element** recognizes an increased risk for individuals moving between levels of care and provides additional support to promote safety. These same strategies can be applied to students taking a medical leave of absence.
3. *Conduct research through a counseling or health center at the institution of higher education involved to improve the behavioral health of students through clinical services, outreach, prevention, and promotion of mental health or academic success, in a manner that is in compliance with all applicable personal privacy laws.*
  - The Zero Suicide framework is a **data-driven, quality improvement process** that seeks to transform the way individuals at risk receive care both internally and in collaboration with community partners.
4. *Develop and support evidence-based and emerging best practices, including a focus on culturally and linguistically appropriate best practices and trauma-informed practices.*
  - Zero Suicide takes a **person-centered, trauma-informed approach** to care by creating a suicide care pathway in collaboration with the individual, by continuously examining data

and making adjustments when needed, and by engaging lived experience in meaningful ways throughout the framework.

- The [Toolkit for Modifying Evidence-Based Practices to Increase Cultural Competence](#) provides a structured method for modifying Evidence-Based Practices (EBPs) to better meet the needs of the cultural groups that will be served under this grant.

## Data Collection & Performance Measurement

GLS Grantees are required to collect data and report on key outcomes measures, including prevention training, suicide risk screening, evidence-based treatment and referrals to crisis or other behavioral health services.

- The Zero Suicide framework is a **data-driven, quality improvement process**, that is supported by resources such as the Zero Suicide [Data Dashboard](#), to help systems track and analyze data.
- For ideas on what outcomes can be achieved when Zero Suicide is implemented, the [Zero Suicide Results](#) and [Zero Suicide Outcome Stories](#) may be of help.

## Learn More & Connect with Us

To learn more about EDC's Zero Suicide Institute and how our services might be a fit for your grant application, visit [ZeroSuicideInstitute.edc.org](https://ZeroSuicideInstitute.edc.org).

We are happy to meet with you as you prepare your application for this award. We will provide you with an estimate after we have been able to talk with you about the right selection of services for the intended outcomes the system seeks to achieve.

If you would like to discuss options with us, please reach out by [email](mailto:solutions@edc.org) at [solutions@edc.org](mailto:solutions@edc.org) if you don't see a time that will work.