

**CALL FOR APPLICATIONS  
WISCONSIN ZERO SUICIDE TRAINING**

**June 21-22, 2018  
Wisconsin Dells, Wisconsin**

**A. Background**

Mental Health America of Wisconsin (MHA), with support through a grant from the Wisconsin Department of Health Services/Division of Care and Treatment Services, is inviting applications from eligible entities to participate in the WI Zero Suicide Training. Zero Suicide is a quality improvement initiative that includes both a cultural shift in addressing suicide prevention within organizations and a set of best practices. Zero Suicide seeks to use clinical and cultural forces to shift the healthcare system's focus from "if we can save just one life, it will be worth it" to a much bolder vision: a goal of zero suicides within "boundaried populations"; healthcare plans or care organizations serving a defined population of consumers such as behavioral health programs, integrated delivery systems and comprehensive primary care programs. This approach arose out of the experiences of a number of organizations that had achieved significant reductions in suicides by implementing systemic suicide prevention practices. These experiences were a key focus of a report by the National Action Alliance on Suicide Prevention's (Action Alliance) Clinical Care and Intervention Task Force: Suicide Care in Systems Framework: <http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/taskforces/ClinicalCareInterventionReport.pdf>

This training is designed to assist health and behavioral health plans and organizations in developing and implementing a Zero Suicide approach. Essential dimensions of the Zero Suicide model include:

1. Creating a leadership driven, safety-oriented culture that commits to dramatically reducing suicide among people under their care that includes suicide attempt and loss survivors as part of their leadership and planning.
2. Systematically identifying and assessing suicide risk level among people at risk.
3. Ensuring every person has a pathway to care that is both timely and adequate to meet their needs.
4. Developing a competent, confident and caring workforce.
5. Using effective, evidence-based care including collaborative safety planning, promoting suicide safe environments, and effective treatment of suicidality.
6. Continuing contact and support, especially after acute care.
7. Applying a data-driven quality improvement approach to inform system changes that will lead to improved patient outcomes and better care for those at risk.

The website [www.zerosuicide.com](http://www.zerosuicide.com) is a repository of "zero suicide" tools and techniques.

This effort builds on work that MHA has done over the past four years. This began by creating learning communities around Perfect Depression Care (PDC), a program developed by Henry Ford Health System (HFHS) that was one of the programs featured in the Clinical Care and Intervention Task Force Report noted above. MHA sent teams of individuals from 5 organizations in each of 2013 and 2014 to HFHS to learn about their model. MHA also arranged for Dr. Ed Coffey, then CEO of Behavioral Health Services at HFHS, to provide ongoing consultation to the learning community members.

The work continued in 2015 and 2016 when MHA collaborated with the Suicide Prevention Resource Center (SPRC) to offer Zero Suicide Academies, and in 2017 with a Wisconsin-focused Zero Suicide training. All of these trainings were followed by a one year learning community along with ongoing Zero Suicide topic calls. 39 healthcare, behavioral healthcare and human service agencies have been trained in Wisconsin to date.

As a result of the training, 97% of participants felt they had a better understanding of how to develop a comprehensive, system-wide approach to suicide care in their organization. Comments from the participants in the learning community include:

- “We need all organizations – public and private, that provide healthcare to have this information.”
- “The presenters were very well informed.”
- “I found the step by step process of implementing Zero Suicide very helpful. The documents and website will be very helpful. The presenters were knowledgeable and presented good ideas.”
- “This was among the best trainings that I have attended in my career.”
- “Our perception of what is an acceptable rate of suicide has changed. A zero suicide rate is the ONLY acceptable rate.”
- “Very helpful to hear real life success stories of implementation”

## **B. Wisconsin Zero Suicide Training Description**

MHA is offering a two-day WI Zero Suicide Training for organizations interested in developing and implementing a Zero Suicide approach. The Wisconsin training will walk participants through the seven elements of the Zero Suicide toolkit, providing background about the resources and rationale for each and descriptions about how different types of organizations have implemented these elements in Wisconsin and elsewhere. Teams will be guided in developing an implementation plan and provided direction and resources for beginning this process. Faculty will also discuss how participants might partner with others in their community in promoting Zero Suicide efforts. Faculty will include two individuals who are faculty for the Zero Suicide Academy presented by the SPRC as well as individuals who have gone through prior trainings described above and successfully implemented these practices in their organizations or others who have significant involvement in this initiative. A preliminary list of faculty can be found in Attachment 2.

The training will provide informational content, real life examples and presentations, and small group sessions that will address all of the dimensions identified above. The objectives of the WI Zero Suicide Training are to:

- Provide organizations interested in adopting a Zero Suicide approach with the skills and information necessary to launch their effort;
- Create collaborative links between the organizations launching these initiatives in order to provide mentorship and support so that the perspectives, knowledge, and skills of each inform the work of the others; and
- Develop implementation plans for the Zero Suicide initiatives at each participating organization.

The training will run from approximately 8:00 am - 4:00 pm each day. A detailed agenda will be provided to those accepted into the training.

## **C. Eligibility and Expectations**

**Eligible Organizations:** Eligible organizations are health care or behavioral health organizations that are ready to adopt and implement a Zero Suicide approach and whose client population includes adults with Serious Mental

Illnesses or youth with Serious Emotional Disturbances. A wide variety of organization types have participated in our Zero Suicide initiative and are welcome to apply:

- Health maintenance organizations
- Hospitals or hospital systems
- County human service programs, including mental health, emergency services, community support programs, etc.
- Other public/private outpatient mental health/behavioral health programs
- Federally qualified health centers
- Veterans Administration hospitals or clinics or WI Department of Veterans Affairs facilities
- Campus counseling centers

**Team Composition:** Applicants/participants must come with teams of 4-6 individuals. Smaller organizations (generally those under 20 staff) may request to send 3 staff only.

- At least one of the individuals must be a senior level administrative staff person who is positioned to engage in action planning during the training and who has the ability to ensure the Zero Suicide approach is embedded into the organization.
- At least one of the individuals must be a senior clinician who can represent the current knowledge and skills of the clinical staff and engage in action planning about changes to clinical practices and training.
- Organizations are encouraged to consider also including:
  - Individuals with lived experience of suicidal ideation or behavior who can provide insight into the impact of organizational practices on those seeking care
  - Key community partners, such as leaders of your local suicide prevention coalition, to facilitate the spread of Zero Suicide within the broader community.

**Learning Community:** Applicants **must** be willing to be part of an ongoing learning community for one year post-training, which includes quarterly group calls and quarterly topic calls administered by teleconferences. The group calls will be an opportunity to discuss implementation of your action plans, obtain consultation, and share successes and challenges. Applicants are expected to utilize the action plans developed at the training to begin implementation of Zero Suicide practices within their organization and to modify these during the course of the year. The quarterly topic calls will provide an opportunity to go into more depth on specific issues identified by members of the learning community. Frequently this will involve hearing from individuals from organizations, both within and outside of Wisconsin, who have successfully addressed the identified issue.

**Evaluation:** Organizations will be required to complete an organizational Self-Study and provide updates on progress of their work. Those applying for the training are required to complete and submit an organizational Self-Study along with initial application. The Self-Study is best completed by a team of individuals who can speak to both administrative and clinical practices within the organization. The Self-Study will be utilized in action planning at the training. Organizations are expected to redo and submit the organizational Self-Study to MHA at the end of one year as a way to measure change within the organization. The Self-Study can be accessed here: <http://zerosuicide.sprc.org/what-organizational-self-study> (See Section D for more information)

Organizations may also be asked to update progress on their work quarterly through a document that will be provided by MHA.

**Pre-Training Preparation:** In order to optimize the time we have together at the training, attendees may be asked to do some preparation. Organizations that are accepted for the training will be notified of any pre-training assignments.

**Participation in Future Educational/Training Events:** Participating organizations may be invited to “pay it forward” by sharing their experiences at future trainings, conference presentations or other types of educational events. Reimbursements for travel costs and/or stipends may be available depending upon the event.

#### D. Timeline and Submission Process

Application released	January 22, 2018
Applicant Teleconference	February 23, 2018 at 11:00 am
Application and Self-Study Due	March 23, 2018 at 4:00 pm
Applicants notified of their status	April 20, 2018
Zero Suicide Training conducted	June 21-22, 2018
Final Organizational Self-Study Due	June 28, 2019

**Applicant Teleconference:** A teleconference will be held by MHA staff to provide an overview of the Zero Suicide Training, review the application and expectations and respond to any questions.

**Friday, February 23<sup>rd</sup> at 11:00 am CDT**  
Call-in number: 888-387-8686  
Passcode: 5111211

**Letter of Intent:** A letter of intent is not required.

**Notification of Changes:** Any changes or updates to the application or instructions will be communicated through the Prevent Suicide Wisconsin listserv. If you are not signed up to receive e-newsletters through the listserv you can do so at [www.preventsuicidewi.org](http://www.preventsuicidewi.org). Click on Newsletter Archives at the bottom of the right menu bar.

**Application and Self-Study Date Submission:** The application narrative (see Attachment 1) and organizational Self-Study are due by March 23<sup>rd</sup>, 2018 at 4:00pm in order to receive primary consideration. Proposals can be submitted via email, fax or USPS with attention to Milan Alexandra – information is listed below.

The completed organizational Self-Study must be sent along with the application. Applications will not be considered completed until the self-study is received. Organizations who submit their application and/or Self-Study after 4:00 pm on March 23<sup>rd</sup>, 2018 will be considered for inclusion in the training only if slots are still available.

The Self-Study can be accessed here: <http://zerosuicide.sprc.org/what-organizational-self-study>. You can complete the Self-Study in three different ways:

- Print the PDF and hand write your results.

- Use the fillable PDF form and type your results. You will want to save a copy for your records
- Use the online portal to complete the Self-Study. You will be required to create a login through the website. If you choose to use the online portal, you **MUST print the final results from the portal and send that document with their application.**

**Cost:** A fee of \$100 per person participating in the training will be payable upon notification of acceptance. This will cover meals and materials. Lodging and travel must be covered by applicants.

MHA will explore obtaining approximately 10-12 continuing education hours through the National Association of Social Workers-Wisconsin Chapter. These would qualify for meeting the requirement of 30 hours of continuing education per two year credential period for licensed Marriage and Family Therapists, Professional Counselors and Social Workers. We will notify participants if these are awarded. We do not anticipate any additional charge associated with this.

**Location:** The Academy will be held at Wintergreen Resort and Conference Center in Wisconsin Dells. Specific room information will be provided to those accepted into the training. Attendees need to make their own travel and lodging plans; these costs are not covered by MHA. Rooms are being held at the hotel and information will be provided to those who are accepted into the training.

**To submit your application and self-study:**

By Mail:

Mental Health America of Wisconsin  
 Attention Milan Alexandra  
 600 W. Virginia Street, Suite 502  
 Milwaukee, WI 53204

By Fax:

414-276-3124  
 Attention Milan Alexandra

By Email:

Milan@mhawisconsin.org

**E. Selection Criteria:**

Each application will be reviewed by at least two Zero Suicide Training faculty members. A variety of factors will be taken into account in making selections:

- The completeness and quality of the responses to the Application Narrative found in Attachment 1.
- The timeliness of the responses:
  - First priority is given to those organizations whose application and Self-Study are received by the deadline (application must meet completeness and quality criteria).

- Second priority is given to those organizations who submit their application and self-study after the deadline and slots are still available.
- The degree to which the organization serves the priority populations of adults with Serious Mental Illnesses and youth with Serious Emotional Disturbances.
- Consideration of geographical and organizational composition.

## Attachment 1: Wisconsin Zero Suicide Training Application Narrative

**Please respond to each of the following points. While there is not a hard page limit, applications are expected to be in the range of 3-5 pages total, single-spaced, plus attachments.**

1. Provide a description of your organization; e.g. are you applying as a health system, a behavioral health clinic, an FQHC; how many lives do you cover/individuals do you serve on a yearly basis?
2. Discuss how you serve adults with Serious Mental Illnesses and/or youth with Serious Emotional Disturbances. Identify whether you have unique programs for these individuals. Provide an estimate of the number of such individuals you serve or the percent of your service population these individuals comprise.<sup>1</sup>
3. Identify each team member and include the following information: name, credentials, job title, and job duties (including job duties as it relates to this project). You are encouraged to include individuals with lived-experience, those representing local suicide prevention coalitions and/or other community partners. See “Team Composition” section above.
  - a. Please indicate who the lead is for the application; this person will receive all correspondence related to questions about the application, notification of acceptance and information related to the training itself. If someone within your organization who is not attending the training will have primary responsibility for implementation of this systems change describe their role and authority to direct this project, provide a description of their job and explain why they are not attending the training.
4. Provide evidence, through a letter from your CEO, Executive Director, Medical Director, or equivalent organization leader that this project has high-level support within your organization.
5. How does your organization involve people with lived experience in program development?
6. What has motivated you to apply to participate in this training?
7. Provide a statement that you will be able to fulfill the participant expectations that are outlined in Sec. C of the application.
8. What do you know about the demographics of those who have died by suicide, either within your organization or the broader community (age, gender, ethnicity, and other characteristics of the population)?
9. What have you done within your organization to date to reduce suicide among your clients? What have the results been? Please describe any involvement in community-wide suicide prevention efforts?
10. Zero Suicide is a systems change effort. It requires modification to many elements of your organization's culture and practices. If there is an example of another type of systems change that is comparable to this project that you have attempted within your organization please describe this to demonstrate your understanding of what is involved. What did you accomplish? What did you learn from that process that informs your participation in this

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<sup>1</sup> Wisconsin Zero Suicide training is supported by funds from the Mental Health Block Grant, which prioritizes these specific populations.

project? If you do not have an example of systems change within your organization discuss what you understand this to entail.

## **Attachment 2: Wisconsin Zero Suicide Training Faculty and Facilitator Bios**

### **Lead Faculty**

**Toni Simonson, PhD, FACHE, LPC, SAC**, has served in a leadership role in healthcare for the past 20+ years. Prior to healthcare leadership, Toni provided direct services to individuals with behavioral health needs in both clinical and community settings.

Toni holds a PhD in Psychology, is a Fellow with the American College of Healthcare Executives, is a Licensed Professional Counselor and a Substance Abuse Counselor.

Toni is a survivor of suicide, losing her mother in 2010. Since that time, Toni's advocacy and drive for suicide prevention have been paramount in her life. She lives by the philosophy that one person can make a difference, and ZERO is the only acceptable suicide rate to work toward. Simonson attended the Perfect Depression Care workshop through the Henry Ford Health Systems in Detroit, MI and continues to be active in suicide prevention efforts. She is also a national faculty member for the Suicide Prevention Resource Center's Zero Suicide Academy.

**Sue Jungen, CSAC, ICS**, is Certified Substance Abuse Counselor- Certified Clinical Supervisor, who has worked in the field for 35 years. Her last role prior to retirement was Director of Mental Health for Affinity Health System.

Sue is a former board member and Co-Chair/Founder for N.E.W. Mental Health Connection, Co-Chair for Zero Suicide Initiative, Co-Chair Fox Valley Substance Abuse Coalition and Board member for the Wisconsin Behavioral Health Association. She also volunteers at St. Joe's Food Pantry, and United Way Fox Cities. Sue is a trainer for Youth Mental Health First Aid as well as QPR. She also provides consultation to two local organizations for Substance Abuse Clinical Supervision

Sue will share her lived experience having lost a boyfriend to suicide as well as a child who was an attempt survivor. After attending Henry Ford Perfect Depression Care conference in 2013 she has been very active in sharing her philosophical shift as it relates to suicide. She is also a national faculty member for the Suicide Prevention Resource Center's Zero Suicide Academy.

**Jim Salasek, PhD**, received his doctorate degree in Clinical and School Psychology from Hofstra University, Hempstead, New York in 1985. He has worked almost his entire professional career with individuals who have experienced difficulties expressing their anger in adaptive ways. In 1988 he moved to Sheboygan, Wisconsin where he became the program coordinator at the Sheboygan County Comprehensive Health Care Facility for their Intermediate Care Facility for the Mentally Retarded (ICF-MR) and Institute for Mental Disorders (IMD). In 1990, Jim joined the staff at St. Agnes Hospital in Fond du Lac, Wisconsin as a licensed psychologist and saw children and adults in an outpatient setting. In 1994 he was promoted to Assistant Director of Behavioral Health Services and in 1999 was asked to become the director of Agnesian HealthCare's Behavioral Health Services from which he retired in January, 2016. Throughout his career he provided clinical services primarily to individuals who had acting out behaviors associated with domestic, community and workplace violence. Jim was part of the team from Agnesian HealthCare that participated in the first Wisconsin State Zero Suicide Academy in April 2015, the second Academy held in June, 2016 and third one in June, 2017 and was responsible for implementation of Zero Suicide at Agnesian HealthCare.

Jim also enjoys community outreach and provides consultation services and staff training to Mahala's Hope, a residential program for women in recovery in Fond du Lac and with the domestic violence program of SSM St.

Agnes Hospital. He is currently an ad hoc member of the Steering Committee of the Wisconsin Batterer Treatment Provider Association. He sits on the Executive Committees of Healthy Fond du Lac 2020 and the of Comprehensive Services Integration of Fond du Lac, Inc. (CSI) and also serves as chair of the Access to Mental Health and Prevent Suicide Fond du Lac committees of CSI and is on the Trauma-Informed Care committee. He is on the Advisory Board of YScreen, an emotional health screening offered to all ninth graders and high school students in Fond du Lac County and is on the Board of Directors of ASTOP, a program that provides services to victims and survivors of sexual abuse and their families.

**Patty Slatter**, Speaker, President NAMI Rock County, Co-Chair of NAMI Rock County's Suicide and Mental Health Awareness committee, Member of Rock County Human Services Zero suicide Team and a member of the Rock County Behavioral Health Redesign Steering Committee. Trained in facilitating peer support groups, In Our Own Voice presentations for NAMI, Trained in Youth Mental Health First Aid and helps with a Suicide Grief Support Group.

My involvement with mental health and suicide awareness is driven by my lived experience of over 20 years. After a long road of recovery, it has been my pleasure to share my story in order to give others hope and assist in identifying treatment gaps. In all my roles, I am powered by my passion to raise awareness, support my peers, and increase knowledge and understanding to all community members in the hopes to break the silence around mental health challenges and suicide. I love collaborating with local organizations on mental health and suicide Awareness!!

### **Additional Faculty and Facilitators**

**Julianne Dwyer, JD**, is with the Wisconsin Department of Health Services (DHS), Division of Care and Treatment Services (DCTS), where she is the Mental Health Promotion and Prevention Coordinator. She administers the state's Mental Health Block Grant funding for suicide prevention, which supports the systems approach of Zero Suicide. Julianne participated in the first workshop at Henry Ford Health System in Detroit, Michigan, about its effective Zero Suicide model (Perfect Depression Care) in 2013. Since that time she has facilitated a Perfect Depression Care Learning Community in Wisconsin and taken part in a Zero Suicide Learning Collaborative with other states.

**Shel Gross, MA**, is Director of Public Policy for Mental Health America of Wisconsin (MHA). Shel is the project manager for a suicide prevention grant from the State of Wisconsin/Department of Health Services and previously administered suicide prevention grants from the federal Substance Abuse and Mental Health Services Administration. Shel Chairs the Prevent Suicide Wisconsin Steering Committee and in that role oversaw the development of the Wisconsin Suicide Prevention Strategy published in April 2015. Shel participated in the first Wisconsin State Zero Suicide Academy and has participated in the learning communities supporting those organizations that participated in the Perfect Depression Care workshops at Henry Ford Health Systems.

Shel's work has also included stigma reduction efforts, improving care for people with mental illnesses in emergency departments and enhancing access to mental health services.

**Karissa Vogel, MSW, LCSW**, received a master's degree from UW-Madison's School of Social Work and is a licensed clinical social worker. She joined Mental Health America of Wisconsin in 2010, providing direct service

through their Strong Families Healthy Homes Program and is now the Associate Director. As the Associate Director, she is responsible for operational and program management, community engagement and development, and supervision of management teams.

Karissa is also an outpatient therapist, and works primarily with families involved in the child welfare system. She specializes in working with parents who are experiencing mental health concerns, as well as providing relational and dyadic therapy for caregivers along with infants/young children who have experienced complex trauma. Karissa is an infant, early childhood and family mental health specialist and a registered Child-Parent Psychotherapist.

**Additional faculty and facilitators to be named prior to the training.**